



What's on at Poulton Children's Centre in February & March



Day	Session	Venue	Cost	Time
Monday	am Groovy Movers	Poulton Memorial Hall	Standard CC*	9:30-10:30
	am Baby Time	Poulton CC	Standard CC*	10:00-12:00
	pm Midwife Appointments	Poulton CC—only for clients of Morecambe Health Centre	Free	13:00-15:00
	pm Bright Sparks	Poulton CC	See reverse	13.00-16:00
Tuesday	am Work Club Drop In	Poulton CC	Free	9:30-12:00
	pm Jelly Tots	Poulton CC	Standard CC*	12:45-14:45
	pm Parent Education	Poulton- Phone Sandra Lively to book a place on: 01524 583863	Free	18:30-21:30
Wednesday	am Bosom Buddies	Poulton CC	Free	11:00-13:00
	pm Baby Massage	Poulton CC	Free	13.15- 14.00
	pm Midwife Appointments	Poulton CC - Only for clients of Morecambe Health Centre	Free	13:00- 15:00
	Pm Midwife Drop In	Poulton CC	Free	15:00- 16:00
	pm Child Health Clinic	Poulton CC	Free	14:00-16:00
Thursday	am Messy Play	Poulton CC	Standard CC*	9:00-11:30
	am Tiddlers Stay and Play	Poulton Memorial Hall	£1.50 per adult	9.30-11.15
	am LDWA Drop In	Poulton CC	Free	10:00-14:00
Friday	pm Child Health Clinic	Poulton CC	Free	14:00-16:00

Did you know that you can always find an up-to date version of our What's on Guide at www.Babymaze.co.uk

Standard CC* charging: Unless otherwise stated each session will now cost £1 for one child or £1.50 for 2 + children. Please pay the group leader or purchase pre paid tickets from the office at Poulton or Heysham Children's Centres.

Poulton Children's Centre Groups

Tiddlers Stay and Play - All sorts of fun activities for 1 to 4yr olds such as slides, bikes, craft activities, books, singing and much more - come and join in the fun!

Baby Time- A range of baby orientated activities including singing and messy play. Please bring a change of clothes and a towel as you may get messy!

Bright Sparks- Support group for families with children 0-5 yrs with additional needs. Free to stay and play or £5 per session for respite. Call Matt on 01524 833644 to book.

Work Club- A drop-in for anyone ready to apply for work. One to one support to complete applications, write covering letters and interview practice as well as free access to on-line job searches. A Crèche is available at a cost of £2.50 per child, however booking is essential. Please contact Ruth Threlfall on 01524 833644.

Baby Yoga- This group is aimed at babies aged from 6 weeks to 10 months and is a great way to bond with your baby. Cost is £3 per session.

Jelly Tots- Great for running off steam, please bring a coat as we will play outside if the weather permits. Suitable for children of all ages under 5yrs. Activities and snack provided .

Parent Education- Learn about labour, birth and the first few weeks of life with your new baby.

Bosom Buddies- Breastfeeding support group, an informal group of mums supported by a health Visitor and lactation consultant. For all breastfeeding Mums.

Child Health Clinic- Run by the Health Visitors. Come along for any health advice for your baby or child. Includes a soft play area for stay & play.

Messy Play- A chance for children aged 1yr+ to have fun being messy, wear old / easily washable clothes.

Baby Massage- For babies from 8 weeks to crawling. Can help with babies sleeping problems. Relaxation and bonding with your baby (should have had their 6/ 8 weeks Doctors check). Baby massage also aids development from sitting to standing. Please bring a towel and olive oil with you.

Saturday Superstars- Respite activity club for children 6-18 yrs with additional needs. Please call Matt on 01524 833644 for information.

Groovy Movers- Fun dance class for children under 5.



Children's Centre Contacts

Poulton Children's Centre- 01524 833644

Heysham Children's Centre - 01524 853912

Balmoral (West End) Children's Centre- 01524 413524

Westgate Children's Centre-01524 409569



Poulton Children's Centre, Clark St, Morecambe.LA4 5HT

Heysham Youth & Community & Children's Centre, Emmaus Rd, Middleton Way,Heysham.LA3 2LL

Poulton CC have a range of courses running, ranging from first aid to adult college courses. If you are interested , please phone us on 01524 833644 to see which course will suit your needs.

If you would like a copy of the monthly What's On's for Poulton and Heysham Children's Centres emailed to you please email Robert.Hepburn@Lancashire.gov.uk.