



What's on at Heysham

Youth, Community & Children's Centre in February & March



Day	Session	Venue	Cost	Time
Monday	am Talk, Play & Sing	Trumacar Primary School	Standard CC*	9:00-11:30
	pm Jo Jingles After School (Please Enquire Before attending, Details overleaf)	Heysham CC	See Reverse	15:45-16:45
Tuesday	am Baby Time	Mossgate Primary School	Standard CC*	10:15-11:30
	pm Messy Play	Heysham CC	Standard CC*	13:00-15:00
Wednesday	am Play & Stay	Trumacar Primary School	Standard CC*	9:00-11:30
	am Jo Jingles 0-2 yrs	Heysham CC	See reverse	10:45-11:20
Thursday	am Talk, Play & Sing	Heysham CC	Standard CC*	9:30-11:30
	pm Baby Massage	Heysham CC	Free	13:15-14:00
	pm Midwife Drop In	Heysham CC	Free	13.30-15.00
	pm Child Health Clinic	Heysham CC	Free	14:00-16:00
Friday	am Stay & Play	Mossgate Primary School	Standard CC*	9:45-12:00
	am Bright Sparks	Heysham CC	Free	10:30-12:30
	pm Messy Play	Trumacar Primary School	Standard CC*	13:00- 15:00



Did you know? You can always find an up to date version of the
What's on Guide's 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.

Heysham Children's Centre Groups

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. (Please skin test with olive oil before attending).

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

Jo Jingles- Nursery rhymes and music play for children aged 5 months - 18 months. £5 per session. Call Chris on 01524 859965 for further info.

Jo Jingles after school- A Jo Jingles class aimed at children between the ages of 4-6, please ring Chris on 01524 859965 for more details.

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

Stay & Play- Parent and toddler group for all children (from birth but more suited to those who can move around a bit).

Talk, Play & Sing- Speech and language session with play activities to encourage speech. For children and toddlers.

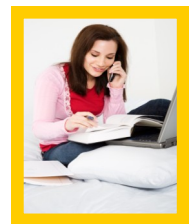
Bright Sparks- Stay & Play support group for families with children with additional needs.

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!

Children's Centre Contacts



Poulton Children's Centre- [01524 833644](tel:01524833644)
Heysham Children's Centre - [01524 853912](tel:01524853912)
Balmoral (West End) Children's Centre- [01524 413524](tel:01524413524)
Westgate Children's Centre-[01524 409569](tel:01524409569)



[Poulton Children's Centre](#), Clark St, Morecambe.LA4 5HT

[Heysham Youth & Community & Children's Centre](#), Emmaus Rd, Middleton Way, Heysham.LA3 2LL

Heysham CC have a range of courses running, ranging from first aid to adult college courses. If you are interested, please phone us on 01524 853912 to see which course will suit your needs.

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