

## What's on at Lune Park, Carnforth, Halton & Galgate Children's Centres

Day	Venue	Session	Cost	Time
<b>Monday</b>	Lune Park	Toddler Group	See reverse	9.15 - 11.15
	Lune Park	Meet the midwife	FREE	1.00 - 3.45
	Lune Park	Baby Massage	FREE	1.15 - 2.00
	Lune Park	Child Health Clinic & Health visitors	FREE	2.00 - 3.45
	Carnforth	Inbetweenies	See reverse	10.00 - 11.30
	Halton	Stay and Play	See reverse	10.00 - 11.30
	Galgate	Messy Mondays	See reverse	1.30 - 3.00
<b>Tuesday</b>	Lune Park	AOK Club	FREE	1.00 - 3.00
	Lune Park	Gateway Service CAB drop in	FREE	9.30 - 12.00
	Carnforth	Baby Club	See reverse	10.00 - 11.30
	Galgate	Galgate Gigglers	See reverse	9.30 - 11.00
<b>Wednesday</b>	Lune Park	Baby Club	See reverse	10.15 - 11.45
	Lune Park	Happy Tots (Weekly) with Munchkins (Fortnightly)	See reverse	9.30 - 11.00
	Lune Park	Stepping Stones	FREE	12.00 - 1.30
	Lune Park	Fizzy Kids (Term time only)	See reverse	1.30 - 2.30
	Carnforth	Baby Massage	FREE	11.00-11.45
	Halton	Baby Club	See reverse	10.00 - 11.30
	Halton	Baby Massage	FREE	11.45-12.15
<b>Thursday</b>	Lune Park	Child Health Clinic	FREE	10.00 - 11.45
	Lune Park	Meet the Midwife	FREE	10.00 - 10.45 & 11.00 - 12.00
	Lune Park	Baby Massage	FREE	12.15 - 1.00
	Lune Park	Inbetweenies	See reverse	1.30 - 3.00
	Lune Park	Messy mates	See reverse	1.30 - 3.00
	Carnforth	Crafty Kids (Weekly) with Childminders Drop In (Fortnightly)	See reverse	10.00 - 11.30
<b>Friday</b>	Carnforth	Fizzy Kids (Term Time Only)	See reverse	10.00 - 11.00
	Galgate	Galgate Wigglers ( Term Time Only)	See reverse	9.30 - 10.30
<b>Saturday</b>	Lune Park	Dad's Club	See reverse	10.00 - 12.00

**Sessions cost £1 for parent with one child or £1:50 for parent with two or more children. Please pay staff in groups. Vouchers can be bought from reception at Lune Park or Carnforth Children's Centres or from staff at Halton and Galgate Children's Centres.**

**Toddler Group** - Come and join us for 2 hours of fun and activities including, painting, music, singing and story time.

**Meet the Midwife** - Informal sessions for antenatal and postnatal mums. Birth planning, breastfeeding support, teenage support, triple test Please ring 01524 382818 for an appointment. Thursday. 11am to 12pm Drop-In session. NO appointment necessary.

**Child Health Clinic with Health Visitors.** Offers regular advice for your baby or child. Immunisations are available on Thursdays ONLY from 10.00 - 11.00 at Ryeland's House. You can talk about any concerns to do with your child, but if your child is ill and is likely to need treatment, you should go to your G. P. Healthy Start vitamins are available from Ryeland's House. Meet other parents, have a chat with your Health Visitor and find out more about what's on offer at your local Children's Centre. Please call 01524 519512

**Inbetweens** - Aimed at children who are not babies but are starting to toddle (aged 12 months to competent walker) allowing them to play & explore in a safe environment.

**Baby Massage** - For babies from 8 weeks to 9 months. All equipment provided. May help with sleep problems, colic, constipation, relaxation and bonding with your baby. **Please book in advance for Halton Baby Massage on 01524 382818.**

**Stay & Play** - For babies & toddlers. Come & have some fun with craft and messy play activities.

**Messy Mondays** - Have lots of fun getting messy with your child. Bring spare clothes!

**AOK Club** - Peer Support Group for Parents/Carers of children with additional needs with or without a diagnosis. Aged from birth to 8 years. The Parent supporter is Lucy Ellis



**Gateway Service** - Citizens Advice Bureau drop in service. **No appointment necessary**, open to all.

**Baby Club** - A group that will allow your baby the opportunity to play and explore in a safe environment. From birth to walking.

**Galgate Giggles** - Stay & Play group for babies and toddlers with craft and messy play activities.

**Munchkins Childminders Group** - Registered childminders group. Come and join us for fun and activities including craft activities, playtime & songs. Meet other childminders.

**Stepping Stones** - Time for younger mums and mums 2B (teens - 24) to enjoy making lunch together, have a chat and play with your children.

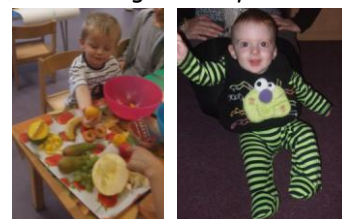
**Fizzy Kids** - Time for you and your child to have fun together through dance and physical activities using music and movement. For children aged 18+ months who are confident walkers.

**Happy Tots** - For children aged 1+ to come along and have some fun with crafts, musical instruments, action songs and rhymes.

**Messy Mates for 2's to 3's** - Have lots of fun "getting messy" with your child. Bring spare clothes!

**Crafty Kids** - A Craft & Activity group for Toddlers

**Galgate Wigglers** - A music & movement group for children who have started to toddle.



**Dads Club** - Want help, support & a friendly chat? Take part in fun activities with your child/children. Run by local dads.

**Contact:** [andrew@lancasterdads.co.uk](mailto:andrew@lancasterdads.co.uk) for information.

#### **Other Services offered by the Children's Centres**

**Citizen's Advice Bureau** - Advice and Information. Please ring Lune Park Children's Centre 01524 382818

**One-to-one Stop smoking advice** - Thursdays Lune park 9.00am - 1.00pm Please ring 01524 845415 for an appointment

**Young Persons Sexual Health Drop In** - Tuesdays at Carnforth 3.00 - 5.00 Confidential advice and support, Chlamydia screening, pregnancy testing, free contraception. For further information please ring 01524 727901 or 727900

LUNE PARK Children's Centre  
Ryeland's Park  
Owen Road  
Lancaster LA1 2LN  
01524 382818

CARNFORTH Children's Centre  
at The Carnforth Hub  
Kellet Road  
Carnforth LA5 9LS  
01524 727900 or 382818

HALTON Children's Centre  
Next to Halton Library  
Pennystone Road  
Halton LA2 6QE  
01524 382818

GALGATE Children's Centre  
Ellel St John's C of E P Sch.  
Chapel Street  
Galgate LA2 0GS  
01524 382818