

Day	Session	Venue	Cost	Time
Monday	Midwife Drop in	Firbank	Free	11.00-12noon
	From Bump to Birth & Beyond	Firbank	Free	10.00 -12.30pm
	Mini Movers	Hala St Paul's	Standard CC*	10.00-10.45am
	Empowering Parents	Firbank	Free	9.30-11.30am
	Family Links Course	Firbank	Free	1-3pm
Tuesday	Child Health Clinic	Firbank	Free	10.00-11.30am
	Rattle & Rhyme (term time only)	Moorside School	Standard CC*	9.00-9.45am
	Baby Massage (term time only)	Moorside School	Standard CC*	9.45-10.30am
	Childminder Drop in	Firbank	Standard CC*	9.30-11.30am
	Glitter & Glue	Firbank	Standard CC*	1.00-2.30pm
	Numeracy Course	Firbank	Free	1.00-3pm
	Dalton Square Midwife Clinic	Firbank	Free	1.30-4pm
Wednesday	Lancaster District Women's Aid	Firbank	Free	9.30-12.30pm
	Chatterplay	Firbank	By Invitation	10.00-11.30am
	F.ASD	Firbank	Free	10.30-12noon
	Empowering Parents	Firbank	Free	12.30-2.30pm
	Child Health Clinic & Baby Massage	Hala St Paul's	Free	1.00-3.30pm
Thursday	Early Days Drop in	Firbank	Standard CC*	9.15-11.30am
	Inbetweenies	Firbank	Standard CC*	9.15-11.30am
	Young Mum's & Dad's	Firbank	Free	11.00-1pm
Friday	Family Wellbeing	Firbank	Free	9-12noon
	Mini Movers	Gregson	Standard CC*	10.15-11.am & 11.15-12noon
	Whoops Course	Firbank	Free	12.30-2.30pm
Alternate Saturdays	Football and Multi ball Training	Firbank	Standard CC*	10.30-11.30am

Standard CC* from 1st November 2011

Unless otherwise stated each session will now cost £1 for one child or £1.50 for 2+ children. Please pay on the door or purchase pre paid tickets from the reception desk at Firbank Children's Centre.

Please remember to supervise and stay with your children at all times in the centre or in our garden. We ask that your child comes to groups with appropriate clothing including hat and sun cream when necessary - they are likely to want to play outside & will definitely get MESSY!

We actively promote breastfeeding as the best way of feeding your baby. You are welcome and supported to breastfed in any of the groups, we have trained 'Star Buddies' to help.

We have a lending Library which you can join & borrow toy sack & book to enjoy at home.

Free NHS Stop Smoking advice & support please call 01524 845145.

Chlamydia screening all confidential please phone Rosie on 07919497402 for an appointment

Family planning & Well Woman Clinic - if you have any sexual health & family planning issues please contact Rosie on 07919497402 for advice or to arrange an appointment.

Please remember the Golden Rules when accessing all of our groups & services. We are always interested in your comments, compliments & suggestions on how we can improve what we offer and how we work. Chat to any member of the team or feel free to comment in one of the books available in each room. If you leave your name i will always give you feedback on what you have to say. You can chat to me in the centre, on the phone or by e mail sarah.hargreaves@lancashire.gov.uk Remember Firbank is your centre and families and children play a huge part in shaping what we do. Please keep an eye out for our newsletters to keep up to date with changes that we made. If you would like to contribute to the newsletter, again, contact me as above. Look forward to hearing your thoughts & ideas!

Midwife Drop in - Drop in session to see a local midwife.

From Bump to Birth & Beyond - 5 week course with Sandra Lively Parent craft midwife, Health Visitors & Children's Centre Staff
For more details phone Kat on 845319

Empowering Parents - Learn to improve your skills in working with others, Equality & Diversity, CV's, Assertive Communication & Interview skills - 10 week course, for more details phone Ruth on 845319

Mini Movers - Musical movement for parents and toddlers

Rattle & Rhyme - Early communication for the youngest babies where you can enjoy songs & treasure baskets, suitable for babies 4 months until mobile, no need to book & held in the community rooms at Bowerham School - Term time only.

Baby Massage - Learn to massage your baby - please bring a towel for your baby to lay on - no need to book, we use organic sunflower oil or you can bring your own - Term time only, held in the community rooms at Bowerham School.

Child Health Clinic - with our outreach staff & you can see the health visitor from 10.30 - 11.30am, for any health advice & get your baby weighed. Includes a soft play area for stay & play.

Childminder Drop in - A group for childminder and the children in their care - for more details phone Jo Dodd 382818.

Glitter & Glue - Craft activities for families.

Numeracy Course - The next step in improving your math skills for you & your family, please phone 845319 for more details

Dalton Square Midwife Clinic - For Dalton Square patients ONLY.

Young Mum's & Dad's drop in - fun, advice & support for parents under 23 and their children. For more information ring 845319 or text Ruth: 0777522193 with Free healthy dinner.

Lancaster District Women's Aid - LDWA - Drop in run by women for advice, support and a listening ear if you are, or have been, affected by domestic violence or abuse.

Chatterplay - 6 wk course of structured, small group session designed to improve communication skills through songs, stories and craft, minimum age 24 months, for more details contact Julie on 01524 845319 or 07917 521869

F ASD (Forum for Autistic Spectrum Disorder) - Drop in Infochat session meeting every second Wednesday in the month for parents/carers who have children with Autistic Spectrum Disorder - Term time only.

Family Wellbeing course - Build your confidence and self-esteem and learn about nurturing yourself & your family, 10 week course for more details phone Ruth on 845319.

Early Days Drop in - For parents & Babies from birth until they are mobile, Includes Baby Massage from 9.30am - please bring a towel.

Inbetweens - Lots of fun activities for you and your children up to 5 years.

Football Training - Football training for parents and children between the ages of 3 & 6 years every fortnight

Family Links Course - The Nurturing Programme for parents and carers - How to get the best out of family life for more details phone Ruth on 845319 or Catherine Simmons on 67880.

Whoops course - Child Safety Project - learn more about accidents in the home, Fire Safety, Toy Safety & First Aid for more details phone Kat & Sam on 845319

Please remember we are unable to have older children in the group who are absent from school.

Please check on Babymaze.co.uk for an up to date 'What's On'

Firbank Road, Lancaster LA1 3HL Tel 01524 845319