

LDWA Drop-in

Every Wednesday 3.00 to 5.00 run by women for advice, support and a listening ear if you are, or have been, affected by domestic violence or abuse.

Peer Support worker for

Breastfeeding available in this Centre.



Healthy teeth and gums, and a mouth free from disease, are important. Everyone should therefore expect to be able to access good quality NHS dental services.

Are you registered with an NHS dentist? If not contact Dental Access Team on **01253306378**.

For emergency dental care phone 01539716822.

"FROM BUMP TO BIRTH AND BEYOND"

West End Satellite Monday

WELLBEING IN PREGNANCY

27/02/2012 (2.00-4.30) Introduction to pregnancy, labour and birth

05/03/2012 (2.00-4.30) Labour continued & baby bathing tips & techniques

12/03/2012 (2.00-4.00) Preparing for becoming a parent & home safety, lead by Children's Centre staff

19/03/2012(12.00-2.00) The role of Health Visitor & what to expect when baby arrives.

26/03/2012(2.00-4.00) Introduction into breastfeeding with Sandra & breastfeeding peers support & first aid for babies

Come and join our special FREE

Session with Harvey

Come along, have fun and learn about keeping your child safe on the road.

7th February 2012

TUESDAY

10.00am.—11.30am.

At PLAYZONE

Sefton Road United Reformed Church Hall

10th February 2012

FRIDAY

9.15am.—11.00am.

At CHILL & CHAT

West End Satellite

Westminster Road



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Morecambe
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www.balmoral.childrencentre.org

What's on in January/February at Balmoral Children's Centre!



**ALL FAMILIES AND CHILDREN
WELCOME**

**ALL GROUPS ARE FREE OF
CHARGE**

MONDAY

Wake up and Shake up-a music & movement group. 9.15 - 10.00 BalmoralCC
Followed by...

Healthy Breakfast- help & support from experienced staff & professionals available 10.00 -10.15 BalmoralCC

Chill & Chat-meet with other Mums/Carers & Children. 10.15-11.00 BalmoralCC

Balmoral Breast Friends - Breast feeding support group. All new Mums are welcome! 1.00 -2.30 BalmoralCC

TUESDAY

Play Zone-stay & play session including creative activities. Open to all parents/carers and children. 10.00-11.30 Sefton Road Church Hall

Baby Massage with rattle and rhyme- to help develop speech and language skills and re-enforces bonding with your baby. For babies from 8 weeks. 10.00-12.00 BalmoralCC

Family Links- a 10 week program how to get the best out of family life. 9.30-11.30 West End Satellite

Whoops!- a 6 week course for parents/carers how to keep children safe at home. Crèche available. Starting 24th January. 12.30-2.30 West End Satellite

Dad's Group- fortnightly (10th & 24 January) open to all male parents/carers. Light supper provided. 5.30-7.00 BalmoralCC

WEDNESDAY

Empowering Parents- 13 week rolling programme with crèche. 9.30-11.30 West End Satellite
Please ring for availability.

Young Parent's Café- make new friends and use the opportunity to cook with your child, access help & advice. Open to parents under 25 years. 1.30-3.00 BalmoralCC

THURSDAY

Glucose Tolerance Testing - by midwife appointment only 8.30-12.30 BalmoralCC

Messy Play-creative fun, painting, sand, water, jelly etc. All children Welcome. 9.30-11.00 BalmoralCC

Numeracy -starting 26th Jan. A 10 week course for adults to improve maths skills. Crèche available 9.30-11.30 West End Satellite

Empowering Parents- 13 week rolling programme with crèche. 12.30-14.30 West End Satellite
Please ring for availability.



Library

available within most of the groups. Borrow 2 books or a book and a story sack for 2 weeks to share at home

FRIDAY

Chill & Chat- meet with other Mums/Carers & Children. Help & support from experienced staff & professionals. 9.00 - 11.00 West End Satellite

Child Health Clinic- run by Health Visitors 9.30-11.30 BalmoralCC

Midwife Appointments 9.00-11.30
Midwife Drop-in 11.30-12.30 BalmoralCC

Smoking cessation drop-in 1.30-3.00 BalmoralCC

***Healthy Start** vitamins are available from Balmoral Children's Centre - please ring **01524 413524** for further information.

Sensory Room

Available to book for half hour slots on Tuesday between 9.30am and 3.30pm

The room offers a multi sensory environment which can help children's development including concentration, language and motor skills

To book a time please call in or ring the centre 01524 413524.

