



If you have a child between the age of 1 and 2, why not try our

'Inbetweenies'

at Lune Park
Thursdays 1.30 to 3.00pm

A good progression from Baby Club.

Drop in sessions include: sensory room play, craft activities and exploration in a safe, fun environment.

Contact Grace or Shaz for further information at Lune Park on 01524 382818 or just come along.

'Fizzy Kids'

at Lune Park
Wednesdays 1.30 to 2.30pm
(term time only)

for children aged 18 + months who are confident walkers.

A group session where you and your child can have fun together through dance and physical activities using music and movement.

Contact Sammie or Sandra for further information at Lune Park on 01524 382818 or just come along.

Smile 4 Life Up-date

Following from last months Newsletter we have more news for you about Smile 4 Life.

As we are working towards the Smile 4 Life accreditation, we are needing to withdraw diluted squash, dried fruit and non diluted fresh juice.

However, we will be providing milk, water and diluted fresh juice.

'Improving Oral Health for Children and Young People in Lancashire.'

This will take effect from 1st April 2011.

Thank you for your co-operation.

If you have any questions please feel free to speak to Sammie.



'Sammie Webster Oral Health Champion for Lune Park Children's Centre'

Other Services offered by the Children's Centres

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

MONDAYS & THURSDAYS at LUNE PARK

Meet the Midwife - Informal sessions for antenatal and postnatal mums. Birth planning, teenage support & triple test. Mondays 1pm to 3.45pm and Thursdays 10am to 10.45am. Please ring 01524 382818 for an appointment. Thursdays 11am to 12pm. Drop-In session NO appointment necessary.

THURSDAYS at LUNE PARK

One-to-one Stop Smoking Advice - Thursdays 9am to 1pm
Please ring 01524 845145 for an appointment.

TUESDAYS at CARNFORTH

Young People's Sexual Health Drop-In - Between 3pm and 5pm. Confidential advice & support, Chlamydia screening, pregnancy testing, free contraception.
For further information please ring 01524 727901 or 727900

LUNE PARK Children's Centre
Ryelands 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



NEWS and TIMETABLE

LUNE PARK, CARNFORTH, HALTON & GALGATE CHILDREN'S CENTRES

SPRING

Volume 2

APRIL 2011

SPECIAL ARTICLES

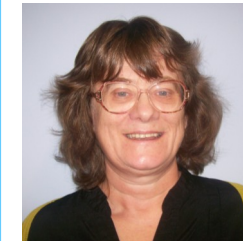
- FREE Courses 'Family Links' & 'Food Hygiene' Certification
- 'Nippers Nursery' News
- 'Janet Westwell' Retires

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'Janet Westwell Retires'



It is with great sadness that we say goodbye to Janet who has worked at the centre for the past 9 1/2 years since the Sure Start Local Programme began. Over the years she has brought great wisdom and skills to our Centre, coordinating our Family Support and Outreach service,

as well as working closely with our Health partners. Janet will be missed by the staff, families and our professional partners. We would like to offer her all our:

Best wishes and congratulations on her retirement

With love from us all.

'Nippers News'

'Congratulations' to all the Nippers Nursery Staff for completing Lancashire Quality Award Module 2

The team will be attending an Awards Ceremony on the 4th May 2011



'FREE' Courses - Coming Soon

'Food Hygiene Certification' two 3 hour sessions coming soon to Lune Park (date to be confirmed) free crèche provided

'Family Links' Nurturing Parenting Course at Lune Park Course runs for 10 weeks (date to be confirmed) free crèche provided



Contact Carol if you are interested at Lune Park on 01524 382818



To book your place contact Trisha or Liz at Lune Park on 01524 382818

All groups are for families with Children under 5 and are FREE OF CHARGE

LUNE PARK		MONDAYS	
9.15 to 11.15	Toddler Group - Come and join us for 2 hours of fun and activities including painting, music, singing and story time.		
1.15 to 2.00	Baby Massage - For babies from 8 weeks to 9 months. All equipment provided. Weighing scales available. May help with sleep problems, colic, constipation, relaxation and bonding with your baby.		
2.00 to 3.45	Child Health Clinic with Health Visitors - Your Child Health Clinic, run by Health Visitors, offers regular health advice for your baby or child. Immunisations are also available on Thursdays only from 10.00 to 11.00am. You can talk about any concerns to do with your child, but if your child is ill & is likely to need treatment, you should go to your G.P. Healthy Start vitamins are available from Ryelands House. Meet other mums, have a chat with your Health Visitor & find out more about what's on offer at your local Children's Centre. Please call 01524 519512 for further information.		

CARNFORTH	
1.30 to 2.30	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. Drop-in session no need to book your place.

HALTON	
10.00 to 11.30	Stay & Play - This is a group for babies & toddlers. Craft activities, messy play. Come & have some fun!

GALGATE	
1.30 to 3.00	Messy Mondays - Have lots of fun getting messy with your child. Bring spare clothes!

LUNE PARK		TUESDAYS	
1.00 to 3.00	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 Denise Armer.		

CARNFORTH	
10.00 to 11.30	Playtime - This is a group for Babies & Tots & will allow them the opportunity to play & explore in a safe environment.
1.30 to 3.00	Tots 'n' Tunes - Music, songs & crafts for pre-school children. Come & have some fun!

GALGATE	
10.00 to 11.30	Galgate Giggles - This is a Stay & Play group for babies & toddlers. Craft activities, Messy Play. Come & have some fun!

LUNE PARK		WEDNESDAYS	
9.30 to 11.00	Happy Tots - For children aged 1+ to come along and have some fun with crafts, musical instruments, action songs and rhymes. Fortnightly - April sessions are on the 6th, 20th		
9.30 to 11.30	Munchkins Childminders Group - Registered childminders group. Come & join us for 2 hours of fun & activities including craft activities, playtime & song time. Have a chat with other childminders. Fortnightly - April sessions are on the 13th, 27th		
10.00 to 12.00	YMG Group (Young Mums Group) - A place for younger mums and mums 2B to meet one another (teens - 21) This is a small, friendly group where you can relax, play, do craft activities or just have a chat with other mums.		

LUNE PARK		WEDNESDAYS CONT:	
1.30 to 2.30	Fizzy Kids - A group where you and your child can have fun together through dance & physical activities using music & movement. For children aged 18+ months who are confident walkers. Term time only		
HALTON			
10.00 to 11.30	Baby Club - Come along, meet other parents & enjoy playing with your baby. There will be a Health Visitor Drop In on the first Wednesday of every month for advice, baby weighing or just a chat about any concerns you may have.		
11.45 to 12.15	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. Places are limited so please ring Grace or Dawn on 01524 382818 to book.		

LUNE PARK		THURSDAYS	
10.15 to 11.45	Crib to Crawlers - Come along, meet other parents & enjoy playing with your baby. Refreshments provided. All parents and carers are welcome.		
10.00 to 11.45	Child Health Clinic with Health Visitors See Monday for details of the Child Health Clinic.		
12.15 to 1.00	Baby Massage - See Monday for details of Baby Massage.		
1.30 to 3.00	Inbetweens - This is a group aimed at children who are not babies but not yet confident toddlers (aged 12 months to competent walker), & will allow them the opportunity to play & explore in a safe environment.		
1.30 to 3.00	Messy Mates for 2's to 3's - Have lots of fun "getting messy" with your child. Bring spare clothes!		

CARNFORTH	
9.30 to 11.30	Childminders Drop In - Registered childminders group. Come & join us for 2 hours of fun & activities. Fortnightly - April Sessions are on the 7th, 21st,
10.00 to 11.30	Crafty Kids - A Craft & Activity group for Toddlers. Fortnightly - April Sessions are on the 14th, 28th

CARNFORTH		FRIDAYS	
10.00 to 11.00	Fizzy Kids - A group where you and your child can have fun together through dance & physical activities using music & movement. For children aged 18+ months who are confident walkers. Term time only.		
GALGATE			
10.30 to 11.30	Galgate Wigglers - A music & movement group for children who have started to toddle! Term time only.		

LUNE PARK		SATURDAYS	
10.00 to 12.00	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 for information.		