

# WHAT'S ON

February – April 2025



## 0-5 years

### Monday

#### Baby and You – 10-11am

Baby and You is a great group for babies because everything is age appropriate. This session is for parents or carers and their babies from birth to pre-walking stage. This session provides a great opportunity for positive play between you and your baby. They're also a chance to meet other parents and carers in a friendly environment.

### Tuesday

#### Infant Massage – 10am-11am and 11am-12pm – call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Infant massage is a blissful way for you and your baby to bond. This session is for parents or carers and suitable for babies from 6 weeks old to crawling stage. The sessions will help support your baby's development and strengthen your attachment. They're also a chance to meet other parents and carers in a friendly environment.

#### Chat Play Read – 1pm – 2.30pm

Our Chat Play Read session is a great way for your child to interact with other children and build their confidence. This session is for parents or carers and children under 5.

Scan here for more information



[lancashire.gov.uk/family](https://lancashire.gov.uk/family)



This session will support the development of your child's speech and language skills and their ability to listen and learn. They're also a chance to meet other parents and carers in a friendly environment.

### Wednesday

#### Development Matters – 9.30am-11am

This group provides stimulating and challenging activities for babies and children under 5 based on child-initiated play. It is also an opportunity to meet other parents and carers in a friendly environment.

### Thursday

#### Chat Play Read – 11am-12pm (Speech and Language Assistant supports this session)

Our Chat Play Read session is a great way for your child to interact with other children and build their confidence. This session is for parents or carers and children under 5. This session will support the development of your child's speech and language skills and their ability to listen and learn. This also provide opportunity to meet other parents and carers in a friendly environment.

### Friday

#### Mini Move and Groove – 9.30am-11am

A range of physical health and wellbeing activities for early years children to help guide them on their first steps to living well and boosting their physical and motor development.

## 0-8 years

### Wednesday

#### Colourful Footsteps – 1pm-2.30pm

If your child has a physical, learning, behavioural or emotional difficulty then Colourful Footsteps is a great place for them to feel safe and be themselves. Your child will be encouraged to be confident in expressing themselves and have a chance to make new friends. This session is for parents or carers with children who have an additional need. A place to meet other parents and carers in a friendly environment.

## Parenting and Family support

### Monday

#### **2-2.5years Developmental Assessment and School Readiness (by appointment only) – 9am-12pm**

You will be invited to an appointment with a member of the Health Visiting Team to complete your child's 2-2.5 years developmental assessment. We offer a contact at this age, so that we can discuss and observe your child's progress. It also gives you an opportunity to discuss any worries that you may have regarding your child's diet, sleeping, behaviour etc. We can also discuss how best to support your child's speech and language development. Any concerns that you or the professional have, can be identified early so that the appropriate referrals and early intervention can be offered. This is a health review and is separate from an educational review. ASQ (Ages and Stages) questionnaires will be sent to you to complete prior to the appointment. Please bring your child's Red Book.

#### **Child Health Clinic (by appointment only) – 1pm-4pm**

Our Child Health Clinics give an opportunity for Parents /Carers to have their baby weighed and receive face to face Health Promotion advice from a member of our Health Visiting Team. Our clinics are appointment only, please contact via our Single Point of Access Tel: 0300 247 0040 or Email:

[vcl.019.SinglePointOfAccess2@nhs.net](mailto:vcl.019.SinglePointOfAccess2@nhs.net) (including your child's name, date of birth and contact number). Please bring your child's Red Book.

### Tuesday

#### **Midwife clinic (by appointment only) – 9am-4pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

### Wednesday

#### **Midwife clinic (by appointment only) – 9am-4pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

#### **Citizen Advice (by appointment only on set dates) - 9am-12pm**

Need advice and support on a range of issues such as housing or benefits? Bookable sessions available with Citizen Advice.

### Thursday

#### **Midwife clinic (by appointment only) – 9am-4pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

#### **Triple P Group – 9.30am-11:30am - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>**

Triple P Group will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This course will help you manage your expectations and look after yourself as a parent. This session is for parents or carers of children aged 2-11 years old.

#### **Bumps to Birth and Beyond – 5:30pm-7:30pm - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>**

Bump to Birth and Beyond is a great course to support you in getting ready for baby. Delivered in partnership with Midwives and Health Visitors, with practical demonstrations along with the sharing of information to help you prepare.

# WHAT'S ON



## Friday

### Midwife clinic (by appointment only) – 9am-4pm

The dedicated team of midwives on hand to support you through your antenatal journey.

### Positive Relationships, Stronger Families – 9.30am-11:30am - call 01524

581280 to book, or online via

<https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Positive Relationships, Stronger Families is a 4 weeks course designed to empower you as parents/carers to understand your conflicts and see how to resolve issues through constructive communication.

### Coffee and Connect/One Stop Shop – 1pm – 3pm

**3<sup>rd</sup> Friday of every month**

Drop in for a brew and support.

Scan here for more information



[lancashire.gov.uk/family](https://lancashire.gov.uk/family)



## 0-5 years

### Monday

#### **Development Matters – 1pm-2.30pm**

This group provides stimulating and challenging activities for babies and children under 5 based on child-initiated play. It is also an opportunity to meet other parents and carers in a friendly environment.

## 8-11 years

### Monday

#### **Inside Out – 3.30pm-4.30pm**

A range of strategies and creative physical activities to encourage positive play, build self-confidence and manage anxious feelings.

## Carnforth Hub

Kellet Road  
Carnforth  
LA5 9LS

## Parenting and Family support

### Monday

#### **Breastfeeding Peer Support Group – 1.30pm – 3pm**

For support and encouragement and a chance to meet other breastfeeding mums. Advice and information shared in a supportive environment.

### Friday

#### **Coffee & Connect – 9.30am-11am 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month**

Drop in for a brew and support.

#### **Positive Relationships, Stronger Families – 9.30am – 11am call 01524**

**581280 to book, or online via**

**<https://events.apps.lancashire.gov.uk/w/webpage/all-events>**

Positive Relationships, Stronger Families is a 4 weeks course designed to empower you as parents/carers to understand your conflicts and see how to resolve issues through constructive communication.

#### **Citizen Advice – 1.30pm-4pm – by appointment only. Book on 01524 400404**

Need advice and support on a range of issues such as housing or benefits? Bookable sessions available with Citizen Advice.

#### **Carnforth Food Club – 2pm-4pm – contact 01524 928027 or email [members@eggcup.org](mailto:members@eggcup.org) to sign up.**

A food club run by Eggcup.

# WHAT'S ON



## Westgate Family Hub

Langridge Way  
Morecambe  
LA4 4XF

### 0-5 years

#### Tuesday

##### Baby and You – 10am-11am

Baby and you is a great group for babies because everything is age appropriate. This session is for parents or carers and their babies from birth to pre-walking stage. This session provides a great opportunity for positive play between you and your baby. They're also a chance to meet other parents and carers in a friendly environment.

##### Deaf Baby Group (term time only) – 1pm-2.30pm

A group for deaf children under 5 years and their parent/carer. An opportunity for babies and children to play whilst parent/carer meet in a supportive environment.

#### Wednesday

##### Chat Play Read – 9:30am-11am

Our Chat Play Read session is a great way for your child to interact with other children and build their confidence. This session is for parents or carers and children under 5. This session will support the development of your child's speech and language skills and their ability to listen and learn. They're also a chance to meet other parents and carers in a friendly environment.

Scan here for more information



[lancashire.gov.uk/family](http://lancashire.gov.uk/family)



#### Infant Massage – 1pm-2pm – call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Infant massage is a blissful way for you and your baby to bond. This session is for parents or carers and suitable for babies from 6 weeks old to crawling stage. The sessions will help support your baby's development and strengthen your attachment. They're also a chance to meet other parents and carers in a friendly environment.

#### Friday

##### Development Matters – 9:30am-11am

This group provides stimulating and challenging activities for babies and children under 5 based on child-initiated play. It is also an opportunity to meet other parents and carers in a friendly environment.

## Parenting and Family support

### Monday

#### **Midwife clinic (by appointment only) – 9am-5pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

### Wednesday

#### **Midwife clinic (by appointment only) – 9am-1pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

#### **Positive Relationships, Stronger Families – 9.30am-11:30am - call 01524**

**581280 to book, or online via**

[\*\*https://events.apps.lancashire.gov.uk/w/webpage/all-events\*\*](https://events.apps.lancashire.gov.uk/w/webpage/all-events)

Positive Relationships, Stronger Families is a 4 weeks course designed to empower you as parents/carers to understand your conflicts and see how to resolve issues through constructive communication.

#### **Bumps to Birth and Beyond – 5:30pm-7:30pm - call 01524 581280 to book**

**or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>**

Bump to Birth and Beyond is a great course to support you in getting ready for baby.

Delivered in partnership with Midwives and Health Visitors, with practical demonstrations along with the sharing of information to help you prepare.

### Thursday

#### **New Horizons – 9.30am – 2.30pm – call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>**

This course runs over 12 weeks. It's a programme designed to kickstart your personal development. You will gain a Level 1 certificate in Personal Development and a Level 2 in Mental Health First Aid.

### Friday

#### **Midwife clinic (by appointment only) – 9am-12pm**

The dedicated team of midwives on hand to support you through your antenatal journey.

# WHAT'S ON



## Poulton Family Hub

The Old Fire Station  
Clark Street  
Morecambe  
LA4 5HT

## 0-5 years

### Monday

#### Development Matters – 9.30am-11am

Development Matters is a lovely session for your child to be able to learn, play and socialise with other children. This session is for parents or carers and suitable for children under 5. This session will provide stimulating and challenging activities based on play both indoors and outdoors.

#### Infant Massage – 1pm-2pm - call 01524 581280 to book, or online via

<https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Infant massage is a blissful way for you and your baby to bond. This session is for parents or carers and suitable for babies from 6 weeks old to crawling stage. The sessions will help support your baby's development and strengthen your attachment. They're also a chance to meet other parents and carers in a friendly environment.

### Thursday

#### Baby and You Sensory Time – 1pm – 2pm

Baby and you is a great group for babies because everything is age appropriate. This session is for parents or carers and their babies from birth to pre-walking stage. This session provides a great opportunity for positive play between you and your baby. This session includes use of the sensory room.

## Parenting and Family support

### Monday

#### Midwife clinic (by appointment only) – 9am-1pm - 01524 583367

The dedicated team of midwives on hand to support you through your antenatal journey.

### Tuesday

#### Midwife clinic (by appointment only) – 9am-1pm - 01524 583367

The dedicated team of midwives on hand to support you through your antenatal journey.

#### Positive Relationships, Stronger Families – 9.30am-11:30am - call 01524 581280 to book, or online via

<https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Positive Relationships, Stronger Families is a 4 weeks course designed to empower you as parents/carers to understand your conflicts and see how to resolve issues through constructive communication.

Scan here for more information



[lancashire.gov.uk/family](http://lancashire.gov.uk/family)



## Wednesday

### Midwife clinic (by appointment only) – 9am-1pm - 01524 583367

The dedicated team of midwives on hand to support you through your antenatal journey.

### Triple P Group – 9.30am-11:30am - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Triple P Group will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This course will help you manage your expectations and look after yourself as a parent. This session is for parents or carers of children aged 2-11 years old.

## Thursday

### Midwife clinic (by appointment only) – 9am-1pm - 01524 583367

The dedicated team of midwives on hand to support you through your antenatal journey.

## Friday

### NCT Breastfeeding Peer Support Group – 10.30am – 12noon

For support and encouragement and a chance to meet other breastfeeding mums. Advice and information shared in a supportive environment.



**Poulton Sensory Room**

### Monday - Friday – 9.30am-11:30am - call 01524 581280 to book.

Our sensory room is available for you to book free of charge for an hour, subjected to availability Monday to Friday. Maximum of 4 adults, 4 children per session.

# WHAT'S ON



## 8-11 years

### Monday

#### Move and Groove – 3.30pm-4.45pm

A safe, sensitive, and nurturing space for children to meet and have fun together, promoting physical activity and healthy lifestyle.

### Tuesday

#### Inside Out – 3.30pm-4.30pm

A range of strategies and creative physical activities to encourage positive play, build self-confidence and manage anxious feelings.

## 11-19 years (up to 25 with SEND)

### Monday

#### SEND Easy Group – 6.15pm – 8.30pm

A group for young people with special educational needs and disabilities. Activities include cooking, games and physical activities in a safe supportive environment. Contact Claire Armer on 07717815062 before attending with a young person.

Scan here for more information



[lancashire.gov.uk/family](http://lancashire.gov.uk/family)

### Friday

#### Safe Space Open Youth Club (12 to 19yrs, or up to 25 with SEND) 6.15pm – 8.30pm

This group is open to any young person in the local area. Safe space for young people to hang out with friends and opportunities to participate in a variety of activities. Contact Charlie Bluglass on 07977273886

## Parenting and Family support

### Tuesday

#### Bump to Baby – 1pm-3pm

A group for young parents under 20 years.

### Wednesday

#### 2-2.5years Developmental Assessment and School Readiness – 9am -1pm Appointment only

You will be invited to an appointment with a member of the Health Visiting Team to complete your child's 2-2.5 years developmental assessment. We offer a contact at this age, so that we can discuss and observe your child's progress. It also gives you an opportunity to discuss any worries that you may have regarding your child's diet, sleeping, behaviour etc. We can also discuss how best to support your child's speech and language development. Any concerns that you or the professional have, can be identified early so that the appropriate referrals and early intervention can be offered. This is a health review and is separate from an educational review. ASQ (Ages and Stages) questionnaires will be sent to you to complete prior to the appointment. Please bring your child's Red Book.

## First Thursday of every month

### Coffee and Connect/One Stop Shop – 9.30am-11.30am

Drop in for a brew and support.

## First and third Saturday of every month

### M.A.T.C.H (Men and Their Children) – 10am-12pm

Calling all dads, grandads and male carers of children aged 0-11. Call in for a fun packed morning with breakfast.

## Parenting and Family support and courses in our centres

### Healthy Start Vitamins – 9am-5pm

If you have a Healthy Start Card, you can get your Healthy Start Vitamins from us. Drop in between 9am to 5pm on Monday to Friday with your card to collect. Ask at the reception desk for your Vitamins.

### The Freedom Programme – contact 01524 581280 for more information

Relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship. We also offer support for children who have been affected by domestic abuse.

### Positive Relationships, Stronger Families - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Positive Relationships, Stronger Families is a 4 weeks course designed to empower you as parents/carers to understand your conflicts and see how to resolve issues through constructive communication.

### Triple P Group – 9.30am-11:30am - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Triple P Group will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This course will help you manage your expectations and look after yourself as a parent. This session is for parents or carers of children aged 2-11 years old.

### Teams Triple P Teens - call 01524 581280 to book, or online via <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Triple P Teens is a course run via Teams. This will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This course will help you manage your expectations and look after yourself as a parent. This session is for parents or carers of teens.

### Coffee and Connect/One Stop Shop/Warm Space

Check individual centres timetable to find out when you can drop in for a brew and support. Drop in and connect with others in a warm and friendly environment. Get practical advice on: Housing Finance Employment Parenting/ Triple P Advice Emotional Health and Wellbeing Relationships

