

Please check that the activity you want to attend is running that day especially in school holidays - things sometimes change!

Please visit our new webpage: -

<https://services.actionforchildren.org.uk/furness-sure-start-childrens-centres/>

For further details contact your local Children's Centre

Bram Longstaffe Children's Centre, Farm Street	01229 821825
Dalton Children's Centre, Dowdales Grounds	01229 877220
Greengate Children's Centre, Greengate Street	01229 821855
Hindpool Children's Centre, Bath Street	01229 827300
Newbarns Children's Centre, Rising Side	01229 827323
Ormsgill Children's Centre, Millstone Avenue	01229 877220
Walney Children's Centre, Mill Lane	01229 471655



Furness SureStart Children's Centres

What's On for New Parents in your local Sure Start Children's Centre March 2018



**Children's Centres are available for ALL
parents/carers and they are entirely**

free to use.

Open Access 0-2 - Baby Time

A group for you and your baby from birth to walking. A variety of activities including, baby rhythm, baby talk, messy time, baby Picasso, tummy time and an opportunity to bond with baby and make new friends.

MONDAY	ORMSGILL	1.00-2.30pm
	DALTON	9.30-10.45am
TUESDAY	BRAM LONGSTAFFE	1.30-3.00pm
THURSDAY	GREENGATE	9.30-10.30am
	NEWBARN	9.30-11.00am
	WALNEY	1.30-3.00pm
FRIDAY	HINDPOOL	11.15am-12.45pm



Post-Natal Support - Baby Days

Our new 12 week programme covers the following topics and enables you to share your experiences with other new parents:

5 weeks baby massage, 1 week sleep routines, 1 week weaning, 1 week baby talk and play, 1 week first aid and safety and 3 weeks baby and me

MONDAY	NEWBARN	9.30-11.00am
	HINDPOOL	1:00 – 2:30pm
TUESDAY	DALTON	9.30-11.00am
WEDNESDAY	BRAM LONGSTAFFE	1:30 – 3:00pm
	ORMSGILL	10.00-11.30am
FRIDAY	GREENGATE	9:30-11.00am



If you are interested, please ring the Centre as **booking is essential**

Practical Parenting for parents to be

A chance for expectant parents to get together and share information with each other. Some of the topics we cover are: feeding, caring and bathing, crying and routines, 1st aid, healthy eating for mum and baby.

Please ring your local Centre to see when the next course is running



Young Parents to Be & Parents with Prospects

This is an accredited level 1 Btec course for parents aged 22 and under

TUESDAY & WEDNESDAY 10.00am-2.00pm weekly
GREENGATE CHILDREN'S CENTRE Tel: 01229 821855

Breastfeeding Support

Are you breastfeeding or thinking about breastfeeding?

Are you pregnant and want to find out more?

Are you breastfeeding and need some help?

At this group you can find out more and meet other parents and parents to be. **Breastfeeding Support Line: 0300 1000212**

WEDNESDAY GREENGATE (weekly) 9.30-11.00am

THURSDAY DALTON (1st & 15th) 11.15am-12.15pm



Health Visitor Clinic

A drop in session for professional advice/weighting for your child.

MONDAY WALNEY (12th & 26th) 10.00-11.30am

TUESDAY ORMSGILL (13th & 27th) 1.00-3.00pm

WEDNESDAY BRAM LONGSTAFFE (7th & 21st) 10.00-11.30am

HINDPOOL (weekly) 1.00-3.00pm

THURSDAY DALTON (1st & 15th) 10.00am-12noon

GREENGATE (8th & 22nd) 9.30-11.30am

FRIDAY ABBOTSWALE (2nd & 16th) 9.30-11.00am

ASKAM (9th & 23rd) Term Time Only 10.00-11.00am

Parentcraft

A full day Antenatal Class for parents to be.

SATURDAY GREENGATE 10.00am – 4.00pm (prompt start)

10th March 2018

Are you wanting to stop smoking? If so, give the

NHS stop smoking service a call and see what

help they can give you. Tel: 01900 324222.

