

Lancaster and Morecambe Family Hubs Group and Drop in Information Summer 2025
1st September – 31st oct

Group	Location	When?	Bookable	Age range	Description
SEND drop in	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN	1 st Friday of the month – 1pm-3pm Starts 3 rd October	No just turn up		Supported by school age Autism Pathway Navigator <ul style="list-style-type: none"> - Meet other parent/care rs - Gain support and advice, no diagnosis needed - Info and advice from SEND services
Colourful footsteps	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN	Thursdays 1pm-2:30pm	No, just turn up	0-5 years	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.
Wellcomm Screening	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN	Thursdays between 9:30-11:00am Wednesdays between 9:30-11am	Yes, to book please call 01524 581280	6 months – 6 years	Speech and language screening

	Westgate Neighbourhood Centre Langridge Way Morecambe LA4 4XF				
Baby & You	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN Westgate Neighbourhood Centre Langridge Way Morecambe LA4 4XF Poulton Neighbourhood Centre The Old Fire Station Clark Street Morecambe LA4 5HT	Monday 10-11am Tuesdays 10am-11am Thursdays 1pm-2pm	No, just turn up	0-pre walking	This group encourages positive play and interaction between you and your baby with key messages about how to care for your baby through their early stages of development. Poulton's baby and you has use of the sensory room along side the group
Development Matters	Westgate Neighbourhood Centre Langridge Way Morecambe LA4 4XF Poulton Neighbourhood Centre The Old Fire Station Clark Street Morecambe LA4 5HT	Fridays 9:30-11am Mondays 9:30-11am	No, just turn up	0-5 years	Stimulating and challenging activities across all ages from 0-5yrs based on child-initiated play guided by the Early Years Foundation Stage Development Matters.

	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN	Wednesda y 9:45- 11:15am			
Chat, Play and Read	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN Westgate Neighbourho od Centre Langridge Way Morecambe LA4 4XF	Tuesdays 1pm- 2:30pm Wednesda ys 9:30am- 11am	No, Just turn up	0-5 years	The sessions will provide opportunities to read and share books together, exploring the fun, rhythms and excitement of words and stories to support your child's speech and language development.
Mini Moove and Groove	Lune Park Ryelands Park Owen Road Lancaster LA1 2LN	Fridays 9:30-11am	No, Just turn up	0-5 years	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.
Babbling Babies	Westgate Neighbourho od Centre Langridge Way Morecambe LA4 4XF Carnforth Neighbourho od Centre Kellet Road Carnforth LA5 9LS	Fridays 1pm-2pm Mondays 1pm-2pm	No, Just turn up	0-18 mont hs	This group encourages positive play and interaction between you and your baby with activities, Songs and Sign Language Also key messages about how to care for your baby through their early stages of development.

Schools Out	Carnforth Neighbourhood Centre Kellet Road Carnforth LA5 9LS Morecambe Library Marine Road Central, Morecambe LA4 5DL	Mondays 3:30-4:30pm Mondays 3:30pm-4:45pm	No, Just turn up	8-11 years	This group targets emotional health and wellbeing, with range of creative and physical activities to encourage positive play, build self-confidence, and manage anxious feelings. It provides a safe, sensitive, and nurturing space for children to meet, have fun together, and promote physical activity and healthy lifestyles.
Food Club Egg cup	Carnforth Neighbourhood Centre Kellet Road Carnforth LA5 9LS	Fridays 2pm-4pm	Yes sign up through Egg Club Call 01524928027 Email members@eggclub.org £5 per week		Food Club
Sensory room	Poulton Neighbourhood Centre The Old Fire Station Clark Street Morecambe LA4 5HT	Monday-Friday 9:30am-4:30pm	Yes call 01524 581280 to book a free 1 hour slot. Maximum 4 adults 4 babies at one time.		
M.A.T.C.H	Morecambe Library Marine Road Central, Morecambe LA4 5DL	Saturdays Every 1 st and 3 rd Saturday of the month 10am-12pm	No, Just turn up	0-11 years	Men And Their Children Calling all Dads, Grandads, Uncles and Male Carers. Join us for a FREE hot breakfast, activities and games. Suitable from birth to 11 years
Coffee and Connect – One stop shop	Morecambe Library Marine Road Central,	Thursdays 9:30-11:30am 1 st	No, Just turn up		One stop shop, Lots of different agencies under one roof.

	Morecambe LA4 5DL	Thursday of the month			Ranging from Family Hubs, Advice with SEND, Information from Citizens Advice, local council, benefits and employment and lots more (please note agencies attending may differ from month to month(
New Horizons – Starting 4 th sept – 10 week course	Westgate Neighbourhood Centre Langridge Way Morecambe LA4 4XF	Thursdays 9:30- 2:30pm	Yes- Pre book call 01524 581280		10 week course 🌸 New Horizons 🌸 🌟 A fresh start begins here! 🌟 Are you feeling low in confidence? 🧑 Want to boost your personal development and gain new qualifications? 🎓 Looking to meet friendly faces in a warm, welcoming space? ☕
Triple P	Various Centres	Various dates	Please follow this link for dates and to book on Lancashire County Council Events		Triple P Course is Evidenced based parenting programme for parents of children aged 2-11 years old. The course is delivered across 8 sessions focused on Positive Parenting and raising confident, competent, and resilient children.
Early Explorers	Sandylands Community Hub (next to sandylands school)	Tuesdays 9:15- 10:15am	No, just turn up	0-5 years	Stimulating and challenging activities across all ages from 0-5yrs based on child-

		Starts 9 th September			initiated play guided by the Early Years Foundation .
Separated families – positive relationship Programme	Various venues	Various dates	Please follow this link for dates and to book on Lancashire County Council Events		<p>The sessions will help you understand:</p> <ul style="list-style-type: none"> • Why you may have fallen into a pattern of destructive conflict. • The effects of this on your children's health, wellbeing and educational attainment • How relationships go through a set of stages as they develop and how we can often move up and down those stages over time. • How Lancashire County Council will support our past and what we bring to our relationship , including existing vulnerabilities can make us more susceptible to conflict • How arguments

					and disagreements can be constructive or destructive
Bump, Birth and Beyond Antenatal classes	Various venues	Various Dates	Please follow this link to see dates and to book on Lancashire County Council Events		<p>The sessions will:</p> <ul style="list-style-type: none"> • help you to prepare for parenthood • Safer sleep for your baby • Support on feeding your baby • How to ensure your home is safe and ready for your baby • Support with how to care for your newborn's needs, including practical demonstrations on bathing and changing nappies • The importance of communication and talking to your baby and how this supports the developing brain • Strategies for coping with a crying baby <p>Baby's cry,</p>

					<p>you can cope (ICON)</p> <ul style="list-style-type: none">• Early Play• Me you and Baby Too digital app, how a new baby may impact your relationship with strategies for healthy communication• Smoking and 'Smoke Free Homes
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