The Family NoticeBoard

The really useful guide for parents, carers and children in and around Lancaster

Childcare
Toddlers to Preschool
Education
Performing Arts
Days Out
Health & Welfare
Children’s Clubs
Parties
Sports & Hobbies

Find it in The Family NoticeBoard!

www.thefamilynoticeboard.co.uk
ACTIV8 SELF DEFENCE - JUJITSU We offer Jujitsu Classes from 4 years+. Build your confidence, fitness and give you and your family peace of mind. Call 0870 3120228 or 07939 400333 www.activ8selfdefence.com

BAY LEARNING CENTRES - French and Spanish for all ages in Lancaster and surrounding areas, for individuals, groups and schools/nurseries 01524 874285 www.baylearning.co.uk email info@baylearning.co.uk

Giving people in debt hope and a solution through free professional debt counselling. Call free on 0800 328 0006 or visit www.capuk.org

DAVE DOES ORIGINAL PAINTINGS, murals (Winnie the Pooh, meerkats etc) for childrens rooms, also signed portraits 01524 734368 daveandjeannette@tiscali.co.uk


ENJOY-A-BALL SPORTS COACHING 10 Ball Sports for girls and boys 3 - 9 yrs. Classes around the Bay Area. Childrens parties. Contact Paul Darwent 07879 896 156 paul.darwent@enjoy-a-ball.com

KIDS DISCO PARTY ROOM HIRE Disco lights, dance floor, karaoke machine and mini tables / chairs. Bring your own food or meal deals available. Morecambe Superbowl. 01524 400974 www.super-bowl.co.uk

PINOCCHIO’S TRADITIONAL TOYS, 224/5 Marine Road Central. Selling dolls houses and accessories, Sylvanian families, wooden toys and games, kites, puppets, castles and forts together with figures, genuine Russian nesting dolls, childrens jewellery and much more. Now stocking LEGO and Playmobil. Tel 01524 400940 www.wishes-come-true.com

REGENT PARK STUDIOS, Morecambe for all the family. Childminding, Nursery, After School care, Special needs activities, Sport coaching, Trampolining, Media Training in Film Studios, Stunt and Extreme Sports. New Game Blue Green Yellow DEAD - LIVE Courses run by appointment. Contact Martin Shenton 01524 419861/07976 213812

YOGA FOR EVERYONE Classes in South Lancaster Tuesday Evenings, Friday mornings. Drop-in anytime - beginners welcome. British Wheel of Yoga Teacher Pamela Johnson 07734 006 911/01524 389940 pamsyogagroup@gmail.com
Welcome ...

... to the Spring edition of the magazine. We hope you find it really useful.

For the very latest news and listings please visit our website. If you have ideas for anything you would like to see on the website or in the magazine please do let us know. And of course if you have news or listings to add just contact us by email or via the website with your information.

As always if you would like to advertise in The Family NoticeBoard please call 01524 824807 or email info@thefamilynoticeboard.co.uk

Remember to check our website for Easter and Jubilee events and other activities where these are updated regularly www.thefamilynoticeboard.co.uk

The Summer magazine will be available in July.

Catherine & Sheila
Editors
Lollipop Nappies - washable nappies 01524 64803
Pigtails Childrenswear, Bentham 015242 62417
Simply Baby, Lancaster 01524 66888
Starmaker Dance & Leisure Wear, Torrisholme 01524 419550 / 07816 758505

Childminders

All Childminders must be Ofsted Registered.
Andrea’s Childminding Services 0-14 yrs, before and after school pick ups, Morecambe 01524 425953
The Bay Childminding Network, NCMA Children Come First quality assured childminding network 01524 382818
Auntie Netty’s Childminding Service Ofsted childminding for 0-11 year olds by Heysham 01524 850987
Butterflies Childminding Ages 0 - 11 Morecambe 01524 430938
Caroline Mayor Registered Childminder. Places available for 0-12yrs. School Holiday places also available. Contact 07986631839
Childminders Drop In Monday 10am - 11.30am St Christopher’s Hall, Bare
Joanne Giles, Registered childminder, 0 – 11 years Flexible hours Heysham 01524 858849 / 07814528901
Large Group of Registered Childminders have places available in your area. Contact Paul on 01524 854170 / 07754 581708
Lisa’s Childminding Service Ofsted registered childminder. Bolton-Le-Sands based. Ages 0-14 yrs 01524 822976 / 07931436344
Registered Childminder Est. 1994., Ages 0-12 Bowerham, Lancaster 01524 63267
Registered Childminder Age 0-9 yrs, Carnforth 01524 730633
Registered Childminder Age 0-14yrs Carnforth 01524 720043
Registered Childminder Age 0-4 yrs, Halton 01524 812994
Registered Childminder Age to 9 yrs, Heysham 01524 852716
Registered Childminder Age0-12 yrs, also wrap-around care, Heysham 01524 852087
Ofsted Registered Childminder Age 0 - 14 yrs Heysham 07771 496187
Registered Childminder Age up to 9 yrs, Lancaster 01524 840338
Registered Childminder/Nursery Nurse 3 months - 8 yrs Lancaster Ridge Estate 01524 840338
Registered Childminder Age 12 months + Scale Hall, Lancaster 01524 65089
Registered Childminder Age 0 - 8 yrs Halton Road area Lancaster 01524 32049
Hop, Skip & Jump,Registered Childminder ages 0 - 5 years Mon - Fri 8am - 6pm, after school and holidays and pick ups from Dallas Rd School, Westbourne Road area of Lancaster 01524 382198
Registered Childminder Age 0 - 12 yrs. Standon Gate Lancaster. Pick up from Christ Church School 01524 844130
Jayne’s Juniors Registered Childminder Ages 0 - 8yrs Morecambe 01524 409021
Little Monkeys Registered Childminder Age 0 - 8yrs Morecambe 01524 401139
Little People Childminding Service Experienced Teaching Assistant and Nursery Practitioner Birth to 11 yrs Morecambe 01524 427975
Registered Childminder Age 0-8yrs, Westgate, Morecambe 01524 409162
Registered Childminder Westgate, Morecambe 01524 425020
Registered Childminder up to age 11, Scale Hall, Lancaster 01524 60451
Registered Childminder Ages 0 - 12 yrs Hala Lancaster 01524 62775 / 07879 242456
Registered Childminder 0-11 yrs Central Morecambe flexible hours 01524 419344
Registered Childminder Morecambe 07562 052626
Cherubs Child Care Registered Childminders Ages 0 - 5yrs Morecambe 01524 409256 / 07908 387930
Registered Childminder & Qualified Nursery Nurse, Morecambe Age 1yr+ After school & holidays 01524 427318
Registered Childminder ages 0 – 11yrs West End Morecambe 01524 427975
Registered Childminder experienced Teaching Assistant Ages 0 - 11yrs Scotforth 01524 848912
Registered Childminder Age 0 - 7 yrs Standen Gate, Lancaster 01524 846063
Registered Childminder 3 mths - 8 yrs south Lancaster 01524 841206
Registered Childminder Established 12 yrs, Age 0-8 yrs Slyne, Lancaster 01524 823059
Registered Childminder ages 0 - 14 yrs, Scale Hall, Lancaster 01524 383276
Registered Childminder -0 - 8 yrs Slyne A6 01524 824326
Registered Childminder 0-11yrs Torrisholme 01524 409063
Registered Childminder 20 yrs experience Ages 0 - 12.730am - 6pm Torrisholme 01524 401000
Registered Childminder Age from birth 7.30am -6pm, can collect from Torrisholme School 07930 658558
Registered Childminder Ages 0 - 11 inc. school holidays Westgate Morecambe 01524 422913
Registered Childminder ex Primary School Teacher with places available call 01524 845388/0775694133
Day Nurseries

Abacus Day Nursery Age 2-5 yrs
Morecambe 01524 416800
Apple Tree Nursery School, Lancaster Age 3-4 01524 64132
Arkholme Nursery at Arkholme C of E primary school, Olsted registered 015242 21418
Bobbins Day Nursery, Kendal Age 0-5 01539 822400
Bowerham Nursery, Lancaster 01524 63999
Brookdale Day Nursery Lancaster Age 0-7 yrs 01524 64740
Busy Bees, Ovangle Road Lancaster 01524 845245
Busy Bees, Kendal College Age 0-5 01539 814617
Casterton Nursery School Kirkby Lonsdale ages 3+ to 5 yrs Free Nursery entitlement accepted, Extended Hours to 6pm 015242 79249
Castle Park, Kendal 01539 773633
Cheeky Cherubs Nursery West End Road, Morecambe 01524 409409
Daisies Day Nursery, Kendal Cricket Club Age 0-3 01539 739183
Daisies Day Nursery, Crescent Green, Kendal Age 3-4 01539 739183
Furnace Barn Nursery, Halton 01524 811811
Giggleswick School Nursery (Mill House), Settle Age 3-4 yrs Nursery vouchers accepted 01729 893100
Horndby Day Nursery 3 mths - 7yrs 015242 22288
Highfield Priory Independent Day School and Nursery, Fulwood, Preston 01772 709624
Joey's, Milnthorpe Children's Centre Age 0-5 015395 64090
kidsunlimited nursery Age 3 mths - 5yrs, Lancaster Royal Infirmary. Open to the public 08458 500222
Lancaster Road Nursery, Morecambe 01524 401271
Lancaster & Morecambe College Treetops Nursery Age 2-7 yrs 01524 521233
Lancaster University PreSchool Centre, 3 mths to 7 yrs 01524 594464
Little Dolphins, Dolphinhomle C of E Primary School Day Nursery Age 2 - 5 yrs Full day care 01524 791530
Meadowview at Stramgote, Stramgote School, Kendal Age 3-5 07847 479420
Morecambe Bay Primary School Nursery Age 3+ 01524 832682
Morecambe Kindergarten at Poulton Children's Centre 01524 832602
Nazareth House Day Nursery Lancaster 0-2 and 2-5 yrs 01524 64090
Lune Park Childrens Centre Ryelands, Lancaster 3mths - 4 yrs 01524 844441
Newlands Nursery, Lancaster 18 mths - 5 yrs 01524 61622
Nippers Childrens Nursery Day Nursery, 0 - 5 yrs Carnforth 01524 73553 Lancaster 01524 844441
Morecambe 01524 735531
Regent Park Studios Morecambe, Olsted Registered birth to 14 yrs 01524 419861
Rising Stars The Children's Place at Firbank Children's Centre Ages 0 - 5. Nursery Vouchers Lancaster 01524 383366
Ryelands Nursery at Ryelands Primary School 01524 64626
Sandcastles Nursery ages 2 - 5 yrs Morecambe 01524 831932
Sandylands Community Primary School Nursery, Morecambe Age 3+ 01524 410286
Scale Hall Nursery, Lancaster 0-5 yrs 01524 39015
Silverdale C of E Nursery Class Age 3 - 4 yrs Foundation Stage Unit 01524 701467
Smiley Day Nursery, Kirkby Lonsdale 3 mths - 11 yrs 015242 73700
Spotted Dog Children’s Centre, Clawthorpe Hall Business Centre, Burton, Carnforth Age 0-12 01524 784321
St Martin's College Campus Baby Unit, 0 - 2 yrs 01524 526379
Time 4 Nursery, Heysham 0 - 5 yrs 01524 851288
Torrisholme Kindergarten from 3 mths 01524 414114
Total Tots Lancaster Birth - 5 yrs 01524 68043
Total Tots at Balmoral Children's Centre, Morecambe 01524 411753
Trumacar Community Primary School Nursery, Age 3+ Heysham 01524 851043
Westbourne House Nursery, Lancaster 0 - 7yrs 01524 35127

Quality Childcare

Children from 3months to 11years
Out of School & Holiday Club
Ofsted Registered
Open from 7:30am til 6:00pm
Safe, large outdoor play area
Sensory/Heuristic play room
Brand New Beach Room
Spanish with Christelle!

For more information or to arrange a visit please call Julie on 01524 845 245 or visit www.busybees.com

Busy Bees at Lancaster, Ovangle Road, Lancaster, LA5 5JR
Toddler Groups

ARKHOLME/HORNBY
Hornby Toddler Group
015242 21320
Waughtail Toddlers Group, Arkholme 015247 17795

ARNSIDE
Arnside Baby and Toddlers
01524 762583

BARE/TORRISHOLME
St Christopher’s Toddler Group, Bare 01524 421979
Torrisholme Toddlers, Church of Ascension, Torrisholme Tues/Thurs am

BOLTON LE SANDS/SLYNE
Bolton-le-Sands Toddlers
01524 824907

BURREN
Burton Toddlers Group
01524 782282/831283
Holme Playgroup & Toddlers, Parish Hall 01524 781806

CARNFORTH
Activity Time Parent & Toddlers Wed am Ages 0 - 4 Our Lady of Lourdes Church Hall, Carnforth 01524 730082
Crag Bank Toddlers, Carnforth 07870 816771
Warton Toddlers 07720 914790
Mother and Toddler, Yealand, Carnforth 01524 782967
Toddlers Spot Fridays in term time 9.45-11.45, Carnforth Free Methodist Church, Free baby and toddler group, all welcome.

COCKERHAM
Cockerham Baby & Toddler 01524 793632

FORTON
Baby and Toddler Group Forton Playing Field Pavilion Fridays in term time 10-11.45 07907763649

HALTON
CHIMPS United Reformed Church, Halton Tuesday 10 am 01524 811854

Slyne with Hest Toddlers, Memorial Hall, Wed am
Shining Stars Parent & Toddler St Luke’s Hall Slyne-with-Hest Tuesday am 01524 824089/825466

BROOKHOUSE/CATON
Brookhouse Toddler Group 01524 811360
Caton Toddler Group 07903 100220

BURTON
Burton Family Drop In 01524 782282/831283

THE OLIVE BRANCH (FAITH IN ACTION)
REGISTERED CHARITY No 1116239
Come into a SAFE place for an informal CHAT
Receive help with: Addictions, Debt, Stress, Health issues, Family issues, Emergency Food, Housing Poverty
1 Westbourne Rd, Lancaster 01524 382818, 11.00pm to 4.00pm Tel (01524) 555715 email libolivebranch@live.co.uk

Home-Start Morecambe and Lancaster
Home-Start Volunteers offer friendship, and support to families who have a child or children under five.
Many parents value this kind of support during the early years when children are young.
Please call us if you are interested in finding out more.
Volunteers - If you have parenting experience and could spare a few hours a week to support a local family, please call us.
Home-Start Morecambe & Lancaster Tel: 01524 414871 9 Morecambe St, Morecambe LA4 5HE mail@homestartml.co.uk www.home-start.org.uk

The Centre at Halton 01524 812874/07970 442 456

HEYSHAM
Heysham Young & Community Centre 01524 853114
Kingsway Parent & Toddlers, Heysham 01524 853580/07890 816559
Heysham Jubilee Institute Parent & Toddlers Wed am 10.30 - noon 01524 854182/07890 963908
Little Fish, Heysham Free Methodist Church 01524 853890

THE KELLETS
Neither Kettle Toddler Group, Congregational Church 01524 733006
Over Kettle Toddler Group 07799 274163

KIRKBY LONSDALE
Kirkby Lonsdale Toddler Group, St Mary’s School 015395 67213

CASTERTON COMMUNITY TODDLER GROUP
Tues 9.30 - 11.30 Outdoor play available. Refreshments £1.50 per family 01524 79249

LANCASTER
Babies & Toddlers at Lancaster Baptist Church 01524 39677
Barton Road Youth and Community Centre Wed/Fri 10-11.30 01524 65622
Free Grace Church, Parents & Toddlers, Skerton, Lancaster Wed am, 01524 382443
Little Fishes St Thomas’s Church, Lancaster 01524 62987
Little Pebbles, Lancaster Methodist Church Thurs 10-11.30am 07748 812153
Rainbow Parent and Toddler Group (Steiner oriented) Lancaster 01524 841351

RIDGE YOUTH & COMMUNITY CENTRE
Parent & Toddler 01524 389008

MORECAMBE
Chatterbox, Poulton Square Memorial Hall, Morecambe 01524 417039
Lancaster Road Nursery Morecambe 01524 401271
Mums and Toddler Group, Church Hall Stanley Road, Morecambe, 01524 426355
Poulton Toddlers Toddler Group, snacks and weekly activities included, Poulton Memorial Hall, Morecambe, Thursdays 9.30 to 11.15am 07986631839
Toddler Group Salvation Army Church & Community Centre Morecambe 01524 415718
Youth & Community Centre, Morecambe, 01524 412425

QUERNMORE
Quernmore Parent & Toddler Group 01524 475124

SILVERDALE
Silverdale Toddlers 01524 702954

Creiches
Chill and Chat Youth & Community Centre Woodhill Lane, Morecambe Tuesday 12.45 - 14.45 07533 328591
Salt Ayre Sports Centre, Lancaster 01524 847540
Signposts ‘Travelling Tots’ Mobile Creche 01524 419021
University Of Cumbria ages 2 - 4 01524 526578/9

Making life better for children, parents and communities by bringing together:
► early education
► childcare
► health and family support

Activities, support and advice for pre-school children and their families

For more information please contact us on 01524 382818, visit our website www.lunepark.childrenscentre.org or call in,
Lune Park Children’s Centre, Rylands Park, Owen Road, Lancaster LA1 2LN
Playgroups & Preschools

ARKHOLME/HORNBY
Wagtail Playgroup, Arkholme, Hornby 01524 736264

ARNSIDE
Arsnside Playgroup, The Studio The Education institute 01524 762426

BARE/TORRISHOLME
Bare Necessities Pre-school & Playgroup, Morecambe 01524 422769

BOLTON LE SANDS/SLYNE
Bolton-le-Sands Pre-school & Playgroup, 01524 824907

BROOKHOUSE/CATON
Caton Pre-school & Playgroup 07746 857 904

BURTON
Burton Pre-school & Playgroup 07759 245984

COCKERHAM
Cockerham Caterpillars 07767 844854

CARNFORTH/WARTON
Crag Bank Playgroup & Pre-school, Carnforth 07870 816771

DOULTHOLME
Little Dolphins Preschool

DOLPHINHOLME
Little Dolphins PreSchool Dolphinholme C of E School 01524 791530

FORTON
Stepping Stones Forton
Preschool I 07754 899569/ 01995 601922

GALGATE
Galgate Preschool & Playgroup, The Institute, Stoney Lane 07853 615714

GARSTANG
Garstang Rainbow Preschool and Toddlers 01995 606286/07779 443 940

Squirrels Pre-School, Wrinmarleigh nr Garstang, Age 2+ 01995 604155/01253 790001

HALTON
Pre School every morning term time only at The Centre at Halton 01524 811316/07786 633865

HEYSHAM/OVERTON
Butterflies Pre-school, Heysham 01524 859759

Bunnies Pre-school, Overton 01524 858900

Heysham Youth & Community Centre 01524 853114

Kingsway Playgroup & Pre School Centre, Heysham 01524 859261 /07890 816559

HIGH BENTHAM
Mucky Buckets, High Bentham 01524 62672

THE KELLETS
Nether Kellet Playgroup Ages 2 - 5 07506 948022 or 07895 026844

Over Kellet Playgroup 07789 274163

KIRKBY LONSDES
Kirkby Lonsdale Pre-school St Mary’s C of E School 01524 71352

LANCASTER
The Cathedral Playgroup/Preschool Ages 2 - 5 yrs The Social Centre Balmoral Road Lancaster 07770 363 212

Cherry Trees Steiner Kindergarten 01524 382695

Christ Church School, Pre-school & Playgroup, Lancaster 07779 660581

Lancaster University Pre-school Centre, Lancaster 01524 594464

Moorside Preschool, Lancaster 01524 66516

Mucky Pups Pre School at Lancaster Boys Club Age 2+ Dallas Road 01524 849106

Scale Hall Pre-school & Playgroup, Lancaster 01524 39015

Ducklings Pre-school at Skerton Primary School Lancaster Age 3 - 4 yrs 01524 63785

The University of Cumbria Preschool Centre, Lancaster 01524 526578/9

St Thomas Church Pre-school, Lancaster Age 2-5 yrs 07985 035959

Tatham Tots, Tatham, Lancaster 01524 61620

MORECAMBE
Poulton Pre-school Morecambe 01524 854842

Westgate Pre-school Morecambe 01524 415366/831854

SILVERDALE
Silverdale Playgroup 01524 702617

Caton Preschool Gang

Quality childcare in a fun and friendly setting!

Childcare for children aged 2 - 4 yrs

Free places available for ages 3+

For more information please contact Claire:

07746 857904

www.catonpreschool.net

Balmoral Children’s Centre

Balmoral Road
Morecambe
Lancs
Tel: 01524 413524

Activities, support & advice for families pre-birth to 5 years.

Call in & find out all about us.

Childcare
Early education
Health & family support

Total Tots Day Nursery

@ Balmoral Children’s Centre
Open 7.30am-6pm Monday to Friday

Contact Kirsty 01524 411753

www.totaltots.co.uk

FOR MORE INFORMATION PLEASE CONTACT US ON

Tel: 01524 845319 Fax: 01524 60463

Email: firbankchildrenscentre@lancashire.gov.uk

OR CALL IN TO SEE US ON FIRBANK ROAD, LANCASTER, LA1 3HL

www.thefamilynoticeboard.co.uk
Out of School & Holiday Clubs

Arnside After School Club, Educational Institute, Arnside 4 - 11 yrs 01524 762828
Burton Out of School Club 01524 949882
Carnforth Out of School Club, Parish Hall, Kellet Road Age 4 - 11 yrs 01524 739260
Cathedral Primary School, Lancaster Age 4-11 07904 074507
Cockerham ‘Schools Out’ After School Club 07929 896419
Dallas Road Kids Club, Lancaster Boys Club, 4-11 yrs 01524 849106
Dolphinholme C of E School Hall 01524 791530
Forton After School Club 4-11 yrs 01524 751018
Friday Club, Free Grace Church, Skerton Age 5-11 6.15-7.15 01524 845064
Halton Kids Club Before and After School ages 4 - 11 The Centre at Halton 01524 811316 / 07786 638865
Hest Bank Memorial Hall Age 4 - 11 for children from St Luke’s School Slyne with Hest 07951 711866
The Hive at Busy Bees Nursery, Lancaster 01524 845245
Holme School, Carnforth 01524 782485
Hornby Day Nursery Breakfast Club and After School Club 015242 22288
Imps Club activity sessions with a martial arts theme for ages 3 to 7. Lancaster, Morecambe and Carnforth 07530 669991
Joey’s Holiday Playscheme Milnthorpe Family Centre Age 0-5 yrs 015395 64090
Kirkby Lonsdale Out Of School Club, St Mary’s CE School, Kirkby Lonsdale 0781 446 7853
Lancaster and Morecambe College Sports Centre holiday activity clubs ages 4-7 and 8-14 01524 521411
Moorside Out of School Scheme Age 4-11, After School and Holiday Care, Lancaster 01524 381403
Outled Registered After School Club. All school ages to 14 yrs Regent Park Studios Morecambe 01524 419861
Rising Stars The Children’s Place After School & Holiday Club at Firbank Children’s Centre Ages 4 - 11+ Lancaster 01524 383366
St Peters Heversham, Out of School Club 015395 625145
Scoforth After School Club at Scoforth St Paul’s School 07796 569 719
Shooters Stars at Christ Church, Breakfast and after school care for Great Wood, Poulton-le-Sands, St Marys and Lancaster Road schools. Holiday care for all local children aged 4 to 11 07538 421743
Silverdale C of E School Lancaster 01524 701467
Smile Day Nursery After School Club and Holiday Full Day Care Age 4-11 Kirkby Lonsdale 015242 73700
Star Club 2000 at Christchurch School, Lancaster 07779 660581
Time 4 Nursery, Heysham 01524 851288
Time Out Club, Heysham 01524 851422/851029
Tommy’s Time St Thomas Church Pre-school and After School Club Lancaster 07790 541706
Unique Kidz and Co After School and Holiday Club for Children with Disabilities and their Siblings. Rated outstanding by Ofsted. Term time 3.15 to 6pm. Holiday Club open 8am to 6pm. Ages 3-19. Based at The Loyne Specialist School. To book a place call 07762491725
Warton Archbishop Hutton’s Breakfast & After School Fun Clubs Ofsted registered childcare for 3-11 year olds 07799 447 233
Westgate Wonders After School Club, Westgate Primary School 01524 423348
Woodhill Community Centre, Morecambe 01524 412425
Alexandra Addams DABCH MCAHyp NLP [master] Family Hypnotherapist and Personal Development Consultant, Forton 01524 793829
Alysia Alexander Beauty Therapy, Lancaster 01524 847704
Aquarius Health & Beauty at Salt Ayre, Lancaster 01524 382985
Beauty by Wendy mobile beauty & holistic therapy 01524 850728/07888 681898
Body Beautiful, Milnthorpe 015395 644884
Cartier’s Hair & Beauty Milnthorpe 015395 64440 Burton 01524 782880 Arnside 01524 761247
Chapley’s Beauty Clinic, Bare, Morecambe 01524 417077
Flow Therapies, holistic therapies at home or workplace Lancaster 07840 273536
Garstang Natural Health & Beauty Centre 01995 602833
The Holistic Centre, Heysham Complimentary Therapies 01524 833553
House of Beauty Mobile Beautician, Bare Morecambe 07789 727559
Images, Health & Beauty Naturally, Bolton le Sands 01524 823729
Alexandra Addams DABCH MCAHyp NLP [master] Family Hypnotherapist and Personal Development Consultant, Forton 01524 793829

Help around the house

Creases, ironing service, Morecambe 01524 427619
Edge Cleaning Services, Morecambe 0808 1565654
Home Maids, Lower Bentham 01524 42 6180
Just Artificial, plants, trees & flowers, Heysham 01524 833888
Ion, Ironing Services, Lancaster 0870 609 3190
MK Home Services, Lancaster 01524 388892
Maid2 Clean Lancaster, Morecambe and South Lakes 0800 043 5260
Mapp’s Cleaning Service, Lancaster 07739424408
Rose Beach Sewing Services, Carton 01524 770255
The Laundry Company, Morecambe 01524 406222
Baby Massage Courses for pre-crawling babies, Kirkby Lonsdale 015242 72873

Baby Yoga in Morecambe. From birth to age 3 01524 422816

Baby & Toddler Rhyme Time Wednesday 10.30 to 11.00am Morecambe Library FREE 01524 415215

Clapping Song 0-5 yrs The Holthouse, Morecambe 01524 831997

Communicating Hands signing with babies and young children Contact Deborah 01524 853295/ 07952255638

Gymbabes, 6 months to walking in Kendal, Lancaster and Bolton-le-Sands 01539 824036

Gymn’y Crickets, Gymnastics Salt Ayre Sports Centre 18 mths - 4 yrs 01524 847540

Hands Up! Baby and Toddler Signing Courses Lancaster, Morecambe & Silverdale 01525 298374 or 07952255638

Imps Club activity sessions with a martial arts theme 3 to 7. Lancaster, Morecambe and Carnforth 07530 669991

Jo Jingles, Lancaster, Heysham, Morecambe & Garstang 01524 859965

Little Kickers football classes, 18 mths - 7 th birthday South Lakes and Lancaster 01539 898195

Little Nippers Swim School at Capernwray age 3+ 01524 727622/07976 553 878

Old Holly Farm Play Barn, Garstang 01524 791200

Parents and Tots swimming at Heysham Pool Thursday 11-12 am 01524 420763

Paul Nicholas School of Acting Morecambe Ages 4 - 15, Torrisholme Methodist Church Hall 07778 694411

Paul Nicholas School of Acting ages 4 - 6 yrs Heysham Library Thursdays 3.45 - 4.45 Drop in or contact Susan 07778 694411

Pre-School Yoga at Yoni Yoga On The Bay, Morecambe 07512 202611

Sing and Sign Lancaster learn to communicate with your baby (age 7months+) before they can talk 01524 60146

Smartac Gymnastics Club Lancaster, 01524 526526

Space Babies, Mini-Movers and Jumping Beans at Ludus Dance, Lancaster 01524 35936

Swimming lessons, Lancaster University Pool, Age 3 - 5 01524 594000

Toddlers Dance at Ludus School of Dance, Lancaster 01524 35936

Toddler Sessions Trampolining at Regent Park Studios Age 18 months+ 01524 419861/07976 213812

Topsy Turvey’s pre-school gymnastics, The Centre@ Halton 01524 812571

Tumble Tots in Lancaster, Bolton-le-Sands and Kendal 01539 824036

Water Babies, baby swim school Lancaster & Silverdale 01204 846003

Soft Play

Cottams Field, Lancaster 01524 384800

Sing Along with Jo Jingles

Musical fun with the UK’s leading provider of Music, Singing, Movement Classes.

For babies and pre-school age children 0-5 years. Educational, Creative Fun

For details on classes in LANCASHIRE, MORECAMBE, HEYSHAM & GARSTANG Call Chris on 01524 859965 jojingleschris@hotmail.com www.jojingles.com/lancaster

The soft play centre has now re-opened!

- Same price as before
- Birthday Parties
- Open 7 days
- Plenty of free parking
- After school discount rates

There’s the Open Farm and Wellies Cafe as well so why not make a day of it? Fun for all the family.

www.greenlandsfarmvillage.co.uk 01524 784184

Find us on Facebook and Twitter.

THE ZONE
SOFT PLAY CENTRE
Dalton Square, Lancaster

Huge 5 tiered structure with the biggest soft play slide anywhere in the country!!

Packed with exciting new play features, with new cafe menus and new party packages.

Telephone 01524 382225 for further details or visit www.thezonesoftplay.co.uk
Independent Schools

Casterman Preparatory School
Co-ed ages 3 - 11 Free Nursery entitlement accepted.
Extended Hours to 6pm 01524 729249

Casterman School for Girls
Kirkby Lonsdale Age 11 - 18 01524 79200

Catterall Hall, Giggleswick, Settle, Co-ed Age 7-13 01729 893100

Giggleswick School, Settle 01729 893000

Highfield Priory Independent Day School and Nursery, Fulwood, Preston Age 2 - 11 yrs 01772 709624

Kirkham Grammar, Age 4 -18 01772 671079

Lancaster Steiner School
Lune Road Age 3 - 14 01524 841351

Mill House Nursery & Pre-Prep, Giggleswick, Settle Co-ed day school, Age 3-7 01729 893110

Sedbergh Senior School, Sedbergh, Co-ed, Age 13 -18 015396 22210

Windermere St Anne’s School, Age 2 - 18 015394 46164

Rossall School, Fleetwood 01253 774201

Primary Schools

Arkholme C of E 01524 21418

Arnside National C of E 01524 761159

Austwick C of E 01524 51366

High Bentham 01524 61412

Low Bentham 01524 61416

Bolton le Sands C of E 01524 823606

Bowerham Community Primary and Nursery School Lancaster 01524 63999

Burton Morewood School 01524 781627

Cathedral Primary, Lancaster 01524 64686

Caton Community Primary School 01524 770104

Caton St Paul’s C of E 01524 770241

Christ Church C of E, Carnforth 01524 732536

Christ Church C of E, Lancaster 01524 60955

Cockerham Parochial C of E 01524 791550

Lancaster Dallas Rd Community 01524 64520

Dolphinholme C of E, 01524 791530

Elliot St John’s C of E, Galgate 01524 751302

Forton County Primary 01524 791188

Great Wood, Bare 01524 416971

Grosvenor Park Primary, Morecambe 01524 845708

Holme School, 01524 781205

Mountwood Academy
(Department of Education registered) caters for boys and girls, aged 8 to 19, with a learning or physical disability or with Autistic Spectrum Disorders.

We can offer residential care and Education on site.

The central location and proximity to shops, local business, cultural and social entertainment and transport links will enhance young people’s learning and education.

For more information please contact 01524 762222
www.rocnorthwest.co.uk
## Tuition

11+/13+ entrance examinations  
Mathematical short cuts  
as a speciality  
Lancaster  
01524 581595

- **Biography Tuition to GCSE and A Level & Chemistry to KS3**  
  01524 701269
- **Chemistry GCSE and A Level, Dr Jim Howard PhD Chemistry**  
  Kirkby Lonsdale 015242 71826
- **Davis Nicholls MA PhD Key Stage 2 SATS 11+ entrance**  
  Key Stage 3 & 4 Mathematics, AS Mathematics Lancaster  
  01524 32240

Demystifying Mathematics  
GCSE Maths Tuition. Individual and small groups 07963 584873

- **Experienced primary school teacher 11+ preparation.**  
  Can provide home tuition  
  Lancaster, Morecambe areas  
  01524 822068

- **Experience Science Teacher**  
  offers GCSE and A Level Chemistry & Physics 01524 842804/07936 941 759

- **Pauline Fisher Cert.Ed. Key Stage 2 Grammar School entry. Tuition in your own home Lancaster, Morecambe, Milnthorpe 01229 776581**

- **GCSE and A level English Lancaster 01524 581595**

- **Human/Biology A & A/S Level Arnside, Milnthorpe, Carnforth e Lawlor 01524 701853**

- **Inspired Child tuition in Maths, English, IT, 11+, Languages Lancaster 01524 841989**

- **Lancaster Tutoring Centre**  
  Maths, English GCSE, 6-16 yrs  
  Lancaster 01524 61199/07752 624605

- **Maths tuition to GCSE and A level, 11+ Tuition preparation for Grammar School Entrance Exams 01524 424002**

- **Yvette Price BMus (Hons) ALCM (TD) Music Theory tuition 07932 962360**

- **Susan Wilson Speech and Drama Tuition, Morecambe**  
  01524 414641/07778 694411

- **Tuition by experienced college lecturer GCSE Maths, Physics, Chemistry & Biology, A Level Maths and Physics, Bay areas, reasonable rates 07737 681125**

- **Voyage Educational ESOL, Maths, English, 11+ in your home possible 07812 024406**

## Languages

- **Bay Learning Centres-French and Spanish for all ages Lancaster and surrounding areas, 01524 874285**
- **Portuguese lessons 01524 841703**
- **French tuition, all levels, Lancaster 01524 62726**
- **French lessons Bolton-le-Sands and surrounding areas 01524 824634**
- **German tuition for all stages and ages by experienced teacher and native speaker Dorothy Williamson 01524 36 709**
- **Inspired Child, French and Latin tuition 01524 841980**
- **Jenny Stevenson Qualified Spanish Tutor, native speaker, Lancaster 07775 921752**
- **Portuguese Circle North West, Families welcome 01524 841703**

## Special Needs & Learning Difficulties

- **Additional Needs Group for children under 5 years and their parents/carers Firbank Children’s Centre, Lancaster 01524 845319**
- **Adults Learning Disability Partnership Board, get involved have your say, Lancaster 01524 586195**
- **Bay Community NHS Trust, Learning Disabilities Division, Lancaster 01524 846332**
- **Beaumont College, Further Education, Lancaster 01524 541400**
- **Childrens Integration Group for children with learning disabilities, Lancaster 01524 859725**
- **District Health Team 01524 586192**
- **Dyspraxia Foundation St Annos on Sea 01253 738679**
- **Education Special Needs Lancaster 01524 842757**
- **Educational Psychology Service, Lancaster 01524 66231**

- **Lancashire Parent Partnership working to support parents at children with special educational needs Helpline 0845 6014284**
- **Lancaster Deaf Club, Lancaster 01524 846147**
- **Mounthwood Academy day and residential school for children with autism, learning or physical disabilities 01524 762222**
- **Outreach support service for children with a learning disability 01524 585609**
- **The Knoll, Lancaster for Adults with learning disabilities 01524 586190**
- **Pauline Fisher Cert.Ed. Sp.l.d.Teacher (Dyslexia) in your own home Lancaster, Morecambe, Milnthorpe 01229 776581**
- **ROC Northwest Ltd Domiciliary Care Service 01524 762222**
- **Social Work Adult Team 01524 586195**
- **Specialist Dyslexia Tutor Cressida Graves, PGCE, PG Cert Dyslexia and Literacy Lancaster, (01524) 848127**
- **Special Needs activities at Regent Park Studios Morecambe 01524 419861**
- **Thumbprint, Bentham. Projects for people with learning difficulties 01524 63084**
- **Unique Kidz and Co After School and Holiday Club for Children with Disabilities and their Siblings. Based at The Loyne Specialist School. 07762491725**

## Further Education

- **Adult College, Lancaster 01524 581595**
- **Lancaster & Morecambe College Main Site Lancaster 0800 306 306**
- **Ridge Learning Centre 01524 67881**
- **Morecambe Learning Centre 01524 410365**
- **Student Services 0800 306 306**
- **Lancaster & Morecambe School of Art & Design 0800 306306**
- **Lancaster University Department of Continuing Education, Courses for adults 01524 592624/ 592621**
- **Kendal College 0800 121141**
- **Learn Direct, MBW Training Services, Lancaster 01524 849805**
- **Open College of the North West, Lancaster 01524 845046**
- **Intraining Ltd, Employment Skills Lancaster and Morecambe 01524 840952**

## ROC Northwest Ltd

**Domiciliary Care Service**

ROC Northwest Ltd provides a “three star” quality rated domiciliary care services to children and young people with a learning and or physical disability, or mental health needs, and assistance to their families.

Support is offered by caring for young people in their home either with the parents or carers still at home, or while they go out. Young people are also supported to go out and take part in activities and outings with their support workers.

For more information please contact 01524 762222  
www.rocnorthwest.co.uk
### Party Venues & Rooms for Hire

<table>
<thead>
<tr>
<th>Venue</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Bowland Wild Boar Park, Chipping Nr Preston 01995 61554</td>
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<tr>
<td>Blackpool Tower &amp; Circus</td>
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<tr>
<td>Brewsters, Lancaster 01524 384800</td>
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<tr>
<td>Carnforth Civic Hall, Carnforth 01524 62308</td>
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<tr>
<td>St James Centre Heysham Road 01524 85142</td>
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<tr>
<td>Caton Youth Centre 01524 770256</td>
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<tr>
<td>Cockerton Parish Hall 01524 75144</td>
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<tr>
<td>Embassy &amp; Bolton Abbey Steam Railway, Skipton, incl Thomas the Tank Engine events 01756 710614</td>
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<tr>
<td>Folly Cafe &amp; Gallery Lancaster 01524 38855</td>
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<tr>
<td>Giddy Kiddy’s Fun Factory, Kendal 01539 741377</td>
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<tr>
<td>Greenlands Farm Village Carnforth 01524 784184</td>
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<tr>
<td>Halton Youth &amp; Community Centre 01524 811444</td>
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<tr>
<td>Hornby Institute 01524 21003</td>
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<td>Happy Mount Park Café, Morecambe 01524 401140</td>
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<td>Holker Hall, Grange over Sands 015395 58328</td>
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<tr>
<td>The Hothouse, Morecambe West End 01524 831997</td>
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<tr>
<td>Johnny’s Fun Factory, Morecambe 01524 424212</td>
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<tr>
<td>Karting Centre, Blackpool Age 8+ 07779 319990/ 01523 406340</td>
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<tr>
<td>Lancaster &amp; Morecambe College Sports Centre, Ages 4 - 14 01524 521411</td>
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<td>Lancaster University Sports Centre Age 5+ 01524 594000</td>
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<td>Leighton Moss Nature Reserve Silverdale 01524 701601</td>
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<tr>
<td>Lisa Salem’s Strawberry Dance Studios, Dance Parties, Morecambe 01524 400435</td>
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<tr>
<td>Marsh Community Centre, Lancaster 01524 843300</td>
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<tr>
<td>Lancaster University Sports Centre Age 5+ 01524 594000</td>
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<td>Megazone, Morecambe 01524 410224</td>
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<td>Nether Kellet Village Hall 01524 736578</td>
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<td>Old Holly Farm, Garstang 01524 791200</td>
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<td>Over Kellet Village Hall 01524 730667</td>
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<td>Priory Hall, off Castle Hill, Lancaster 01524 65338</td>
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<tr>
<td>Pizza Margherita Galleria Rooms, Lancaster 01524 36333</td>
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<tr>
<td>The Redwell Inn, Arkholme 01524 21240</td>
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<tr>
<td>Exclusive stunt parties, Regent Park Studios, Morecambe 01524 419861/07976 213812</td>
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<tr>
<td>Ryelands House, Lancaster 01524 64567</td>
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<tr>
<td>Salt Ayre Sports Centre, Lancaster 01524 847540</td>
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<tr>
<td>Sylne with Hest Memorial Hall for all occasions 01524 825464</td>
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<tr>
<td>St Martin’s Sports Complex, Lancaster 01524 526526</td>
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<td>Superbowl, Morecambe 01524 400974</td>
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<tr>
<td>Trinity Community Centre Lancaster 01524 381752</td>
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<tr>
<td>Victoria Institute, Caton 01524 771733</td>
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<tr>
<td>Wacky Warehouse, Morecambe 01524 410724</td>
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<tr>
<td>Yoni Yoga on the Bay 0751220261</td>
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<tr>
<td>The Zone Soft Play Centre, Lancaster 01524 382225</td>
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</tbody>
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### Party Entertainment

- **ABRACADABRA-ITS FALCONS Magic & Punch & Judy Show**, Carnforth 01254 261540
- **Ally the Clown children’s parties** 07946 464141
- **Astronut, children’s entertainer**, Kendal 01539 726058
- **BJ Entertainments, children’s games, magic, disco/karaoke** 07941 973575
- **Chrissie Harrison Children’s Bead Parties**, Lancaster 07786 932900
- **Flash Monster Roadshow** - specialising in senior schools, colleges and universities 01524 401020
- **Handheld Theatre, professional Puppet Theatre for all ages and occasions**, Lancaster 07780 623855
- **Harvey Rush Entertainments, Children’s Party Package Morecambe** 01524 426161
- **Imps Club activity sessions with a martial arts theme for ages 3 to 7, Lancaster, Morecambe and Carnforth07530 669991**
- **Jesters of Ambleside** 015394 33982
- **Kalimba, Entertainment Consultants** 01524 424303
- **Kidz Craft 01793 330821**
- **Lee Michaels Wizard of Magic, Burton in Kendal** 01524 781571

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**Children’s Birthday Parties**

Why not have your party with us? We’ll run the party for you, provide the invitations, do all the cooking and cleaning and even give you a free drink to sit back and relax. Probably the cheapest party in town! Parties available for 4-6yrs and 7-14yrs Lancaster & Morecambe College, LMC Sport & Fitness, Morecambe Road, Lancaster, LA1 2TY Call 01524 521411 for more details

**Kids Disco Party Room hire from £25*!!**

**Kids & Teen Bowling Parties from £6.66* per child!!**

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Contact 01524 427975

little.partypeople@sky.com

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Find Us on Facebook for special offers!!

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Morecambe Superbowl 01524 400974

www.super-bowl.co.uk

info@super-bowl.co.uk

www.thefamilynoticeboard.co.uk
Party Supplies

Birketts Bouncers freephone 0800 511 8149 or 01524 735749
Bounce Bounce Bouncy
Castles, Carnforth 01524 733540

Puppets, Bouncy Castles,
Milnthorpe 01524 67467
Caroline at Creative Cakes,
Lancaster 01524 388700
Evans Marquees Hire, Lancaster
01524 63090

Gill’s Pantry, Cakes & Buffets
 catered 01524 832281
Happy Days Bouncy Castle &
 Giant Game hire, Morecambe
01524 851563
Jerome Celebration Cakes
 Morecambe 01524 831024
Rascals Fancy Dress,
 Morecambe 01524 424091
Ribbons and Roses,
 Morecambe 01524 419993
Robinsons’ Balloons, Bar Mount
 Morecambe 01524 831355

For Family Fun head to
LucyCooks Cookery School,
near Kendal

LucyCooks Cookery School has some wonderful courses planned for the coming season, why not take a peek at our website and be encouraged to come along and cook with us in our fabulous foodie environment at Staveley Mill Yard, just outside Kendal.

Whether you’d like to enjoy a full Family Fun Day where you can indulge in the pleasure of spending a whole day preparing, cooking and sharing with your loved ones or get a taste of cooking together with one of the younger family members and join our ‘Little Bites’ half day courses, where, under the guidance of our experienced, caring chefs you’ll be amazed at your ability to prepare and present two different dishes, together with appropriate accompaniments.

There’s a Little Bites course for everyone aged 5 – 15 accompanied by an adult, including some interestingly different ‘round the world’ days – Little Bites of Italy, France, Cumbria and Thai for example … as well as a Little Bites of Tiddly Tapas.

LucyCooks is also a great environment to host a cooking party and special occasion – whether it’s something for boisterous boys or girly girls or everything in between. LucyCooks can provide a safe, controlled and invigorating experience for all ages. So go on, take a look and then you can book and cook with us.

PS Don’t forget our Jubilee Party Open Day on Sunday 4th June between 12pm – 4pm – Demonstrations, Active Participation, Vintage Teas and Cakes fit for a Queen – everyone welcome!

Docker Park Farm

Docker Park Farm at Arkholme continues to move slowly forward in our major refurbishment programme. There is now a brand new animal barn, playground, new go karts and all sorts of wierd and wonderful ride on toys for ages 1 through to 101… Our two storey undercover soft play area is starting to take shape and will either be open by the time you read this or very nearly ready.

The new cafe and gift shop continue to offer a super place to have a run out for lunch or coffee and a browse at all the lovely things we have here (including paintings and felt work by local artists).

The animals continue to provide plenty of excitement for the children to come and see. We’ve had lots of new babies recently from piglets, rabbits, guinea pigs, chicks and, of course, we are not far away from lambing time which children - and adults - all love!

The two lakes here at the farm are a haven for wildlife, both have paths all the way round. A lone baby swan took up residence this year, so we have an unexpected addition to our family.

We’re delighted to be able to say that our pork continues up to the standard we work towards. We have “half a pig” boxes (butchered into joints, chops and sausages) available at different times throughout the year.

Plans for 2012? The under 5 soft play area will hopefully be converted so it’s not only under cover but is entirely indoors so much warmer throughout the year. Work will start on repairing and restoring the magnificent old barn, a dedicated track will be made for the go karts and an on site class room is planned for school visits…. another busy year we suspect!!

The boarding kennels and cattery are busy and word has spread that we look after your pets as if they were our own.

Keep an eye on our website www.dockerparkfarm.co.uk or ring us on 01524 21331 to see what events we have on or just come and see us!
Days Out

Aquarium of the Lakes, Lakeside, Newby Bridge 015395 30153
Blackpool Tower & Circus 01253 292029
Embassy & Bolton Abbey Steam Railway, Skipton, incl Thomas the Tank Engine events 01756 710614
Bowland Wild Boar Park, Chipping, Near Preston 01995 61554

Brantwood, home of John Ruskin, Coniston 015394 41396
Bronte country W Yorkshire Haworth Parsonage 01527 452100
Cobble Hey Farm & Gardens, Cloughton-on-Brock, Nr Garstang 01995 602643
Docker Park Farm, Arkholme nr Carnforth 015242 21331
EdenOstrich World, Langwathby, Nr Penrith 01768 881771
Fellfoot Country Park, Ferry & steam engine Newby Bridge 015395 31273
Holker Hall and Gardens & Lakeland Motor Museum, Grange over Sands 015395 58328
Haworth Station Steam Engines 01535 645214
Ingleton Waterfalls Walk 015242 41930
Jodrell Bank Science Centre, Holmes Chapel 01772 717614
La’al Ratty, Ravenglass & Eskdale Steam Engine 01229 717171
Lake District Visitor Centre at Brockhole 015394 46601
Lakeland Maize Maze, Raines Hall Farm, Kendal 015395 61760
Leighton Hall, Carnforth 01524 34474
LucyCooks cookery school, Staveley nr Kendal, 015394 32288
Malham Cove & Malham Tarn, 01768 2809 (TIC)
Mother Shiptons Cave Knaresborough 01423 541888
Pencil Museum Keswick 01768 780898
Puzzling Place, Keswick Gallery & Shop 017687 75102
The Queens Lancashire Regiment Museum, Preston 01772 253731 (TIC)
Rheged Discovery Centre, Penrith 01768 868000
Ribble Steam Railway Preston 01772 728800
Sellafield Visitor Centre, Calderbridge, Mon to Fri 019467 27027

South Lakes Wild Animal Park, Dalton in Furness 01229 466086
Stump Cross Caverns, Pateley Bridge 01772 752780
The Forbidden Corner, Middleham, N Yorkshire. Booking essential 01969 640638/640697
Trotters World of Animals, Bassenthwaite, Nr Keswick 017687 76239
Ullswater Steamer 017684 82229
Warton Stock Car Club All ages. Mini Stox Age 10-16 07709 746744
White Scar Cave, Ingleton 015242 41244
Williamson Park, The Ashton Memorial & Butterfly House, Lancaster 015244 33318
Windermere Lake Cruises from Bowness 015394 43360
World of Beatrix Potter, Bowness on Windermere 015394 88444

Nature & Wildlife

Arnside/Silverdale AONB Landscape Trust 01524 761034
Cobble Hey Farm & Gardens, Cloughton on Brock 01995 602643
Gait Barrows National Nature Reserve, Silverdale access by permit only 01539 531604
Grizedale Forest Park, Nature Trails & Play area, Cumbria 01229 860010
Lakeland Wildlife Oasis, Hale, Milnthorpe 015395 63027
Lancaster & District Birdwatching Society Age 12+ 01524 734462
Grizedale Forest Park, Nature Trails & Play area, Cumbria 01229 860010
Lakeland Wildlife Oasis, Hale, Milnthorpe 015395 63027
Lancaster & District Birdwatching Society Age 12+ 01524 734462
Leighton Moss RSPB Nature Reserve Silverdale 01524 701601
Old Holly Farm, Garstang 01524 791200
Martin Mere wildlife Wildfowl and Wetlands Trust, Burscough, Lancs 01704 895181

www.thefamilynoticeboard.co.uk
National Trust, Lunesdale & Kent Estuary Group 01524 33735
RSB Wildlife Explorers 01524 701601
Sea Life Centre, Blackpool 01253 621258
Wildfowl and Wetlands Trust, Martin Mere, Burscough, Lancs 01704 895181

Museums & Galleries
Abbot Hall, Kendal Art Gallery & Adventure Playground 01539 722464
Beatrix Potter Gallery, Hawkshead 01538 436355
Cars of the Stars Motor Museum, Keswick 017687 73757
Cottage Museum, Lancaster 01524 64637
City Museum, Lancaster 01524 64637

Tate Gallery, Liverpool 0151 709 3631 (TIC)

Family Pubs & Restaurants
Black Bull Inn, Brookhouse 01524 770329
Cottams Field Brewers Fayre & Brewsters Fun Factory, Lancaster 01524 384800
The Fleece Inn, Bay Horse 01524 791233
George and Dragon, Wray Nr Lancaster 01524 21403
The Globe at Overton, Morecambe 01524 858228
The Golden Lion, Lancaster (children 14+) 01524 842198
Greaves Park Bar and Dining Lancaster 01524 389335
Guy’s Thatched Hamlet, Bilsborrow Nr Garstang 01995 640010
Heaton Hall, Lancaster 01524 69255
The Keys, Slyne, Lancaster 01524 823166
Longlands Hotel, Tewitfield, Carnforth 01524 781256
Lucy’s On a Plate, Restaurant & Cafe, Ambleside 01539 431191
Lucy 4, Wine Bar & Bistro, Ambleside 01539 434666
The Mill at Conder Green 01524 752852
Th’Owd Tithe Barn, Garstang 01995 604486
Pizza Margherita Lancaster, high chairs/baby changing/children’s menu 01524 36333

Visitor Information Centres
Armside/Grange over Sands 015395 34026
Ambleside 015394 32582
Bentham 015242 62549
Broughton-in-Furness 01229 716115
Garstang 01995 602125
Horton-in-Ribblesdale 01729 860333 (Closed Tuesdays)
Ingleton 015242 41049
Kendal 01539 725758
Kirkby Lonsdale 015242 71437
Lake District National Park Authority 015394 42895
Lancaster 01524 582394
Morecambe 01524 582808
Settle 01729 825192
Windermere 015394 46499

WARTON STOCK CAR CLUB
Stock Car and Banger Racing
at Warton, nr Carnforth

Watch Stock Car & Banger racing and more ...
Racing starts at noon and with more than 15 races per meeting its a fun filled day out for all the family.

Admission: Only £9 for adults, £5 for 10-16 year olds, OAPs £5 FREE for under tens

Check the website www.wartononline.com or call Tony Porter on 07709 746744 for fixtures and more details.
Got a SAT NAV ? LA5 9NJ

Olive Nicholson
Professional Child Care Services

Love the Lakes?..
Relax in the restaurants, hike the hills and cycle the corners.
Enjoy the beautiful Lake District and I’ll take care of your little ones for as long as you need...

• A reliable childcare service • Birth to 15 years
• Day and evening care available all year round

E info@lakedistrictbabysitting.co.uk
M 07977 456 963

Docker Park Farm
Under new ownership, the open farm has undergone major refurbishment and now offers a brilliant day out for all ages in a fabulous setting.
Friendly boarders, kennels and cattery too!

Arkholme, Carnforth, LA6 1AR
01524 213331

www.dockerparkfarm.co.uk

OLIVIA NICHOLSON
Professional Child Care Services

Love the Lakes?..
Relax in the restaurants, hike the hills and cycle the corners.
Enjoy the beautiful Lake District and I’ll take care of your little ones for as long as you need...

• A reliable childcare service • Birth to 15 years
• Day and evening care available all year round

E info@lakedistrictbabysitting.co.uk
M 07977 456 963
Performing Arts

Dance & Drama

Alysia Gilda School of Dance, Bolton le Sands 01524 822207
Ann-Marie’s Dance & Drama School Kendal 01539730849
Belly Dancing, Boogie or Ballroom at Ludus Dance, Lancaster 01524 35936
Boogie, Breakdance, Bollywood and Burlesque - and lots more besides. All at Ludus Dance, Lancaster 01524 35936
Brewery Arts Centre Dance, Theatre, Film Clubs, Kendal 01539 725133
Central Dancing children and adults at Central Lancaster High School 01524 32636

Centrestage Dance Wear, Bare, Morecambe 01524 406279
Creations Dance Academy, Westgate, Bare & Skerton ages 3+ 01524 832201
Dance Factory, Morecambe Age 2+ 01524 421841
NRG Dance Ages 1½+, Drama Factory, Lancaster Morecambe, Haly, Carnforth 01524 62819
DT3 Youth Arts Team 01524 598522
Dukes Youth Theatre Ages 7 - 25 yrs Rob Falmon 01524 598516
Folk Dance Group, September to May, United Reformed Church Hall Bolton le Sands 01524 412754
Handheld Theatre, professional Puppet Theatre for all ages and occasions, Lancaster 07780 623855
Happy Feet School of Dance and Performing Arts, Age 3+ Torrisholme 01524 831189
Helena Howard School of Dance & Performing Arts, Age 3+ Torrisholme 01524 831189
Janette Leach School of Dance & Theatre Arts Kendal 07870 755704
J B School of Dance, Morecambe, Hornby & Caton 07708 085659
Jennifer’s Dancers Lancaster, Carnforth and Kendal 01524 720525/07970 096051
Joan Ward School of Dance, Lancaster 07876 794205
John O’Gaunts Morris Men, need Morris Men and lady musicians 01524 703553
Kendal Majorettes 01539 728024
Lancaster Ballet & Theatre School, Lancaster and Kirkby Lonsdale 01772 877048
Lakeland & Morecambe Academy of Theatre Arts 01524 420648
Line Dancing, Vale of Lune Rugby Club. Weds 01524 64029
Line Dancing at Salt Ayre Leisure Centre 01524 847540
Lisa Salem Strawberry Dance Studios, Morecambe Ages 2+ and adults 01524 400435
Ludus Dance in Education Co Lancaster 01524 35936
Paul Nicholas School of Acting Morecambe Ages 4 - 15, Torrisholme Methodist Church Hall 07778 694111
Rigney Bank House Ballet School, Milnthorpe 01539 62236
Robinson Read Dance Classes, Bolton le Sands, Hest Bank & Burton 07778 071777
Stagecoach Theatre School, Lancaster & Kendal 01539 730849
Star Maker Dance & Leisurewear Morecambe 01524 419550
Susan Wilson Speech & Drama, Morecambe 01524 414641/ 07778 694 411
Turning Point Theatre Arts, Lancaster 01524 36222

WANT TO LEARN TO PLAY THE CELLO?

Maja Bugge BA, MA is an experienced professional cello teacher based in Lancaster.

Instrument hire available. All ages and abilities welcome.

For free trial call 01524 67062 or 07756 027241
maja_bugge@hotmail.com
www.lancastercelloteacher.com

Lisa Salem’s Strawberry Dance Studios (next to Winter Gardens) All dance styles from age 2 years

Principal: Lisa Salem AIDTA 01524 400435
lisa.salem@btinternet.com

Lancaster Ballet & Theatre School

Fully Qualified Tuition from 3 years of age in Ballet, Modern, Tap and National Classes in Lancaster
Telephone 07702 890258

Twinkle Toes Dance Academy

Scale Hall, Lancaster age 2yrs+ 07768 535 228 (after 5 and w/ends)

Wilde School of Dancing

Casterton 01524 76455

Music and Singing

Amabile Girls’ Choirs Auditioning now for girls aged from 4 to 19. Call Cathy Parsons 01524 72476
Arnside Ladies Choir, need new members 01524 762170
Baybeat Street Carnival Band Age 10+ Tues 6.30 Howthoe Morecambe 01524 831997
Peter Blackburn & Mus Violin, Piano, Keyboard, Lancaster 01524 39209
Dr Denise Carlyle, LRAM, LTCL Piano lessons Pass your grade 5 theory Lancaster 01524 383156
Carnforth Choral Society, Needs new members, Contact Matt Patrick 01524 781478
R W Compton LCMFDT Guitar Tutor, Morecambe 01524 416003/823772
Drumdance, Community Music & Education Project Lancashire Music Service, 01257 239716

Philip Fawcett LCMFDT Guitar Tutor, Morecambe 01524 847050
Galloway’s Choir needs new members. For sighted & visually impaired. Monday pm, Morecambe 01524 414846
Fredrik Holm Mmus Piano, singing and bassoon tutor, Lancaster 07780 623855
The Holthouse, Morecambe 01524 831997

Inspired Child, tuition in piano, guitar, trumpet, recorder and more Lancaster 01524 841980
Jo Jingles, Lancaster, Heysham, Morecambe & Garstang 01524 859965
LADOS Lancaster Amateur Dramatic & Operatic Society 01524 34937
Lancaster Association of Change Ringers, Lancaster 01524 72417
Lancaster City Brass 01524 850907/07882 218657 (Secretary)
Lancaster Community Music Centre, Lancaster Grammar School All ages 07866 289545
Lancaster & District Choral Society 01524 701500/791634
Lancaster Guitar Studio, 01524 846464
Lancaster & District Male Voice Choir Need New Members. Concert Requests. 01524 65761/34454
Lancaster Music Centre Thursday 4.00 – 6.00pm at Central Lancaster High School Crag Road. Offering a range of musical ensembles for children of school age 07996 310 793
Lancashire Music Service, Chorley 01257 239716
Lancaster Priory Boys Choir Age 7+, Girls Choir Age 9+ 01524 66204
Lancaster Red Rose Amateur Operatic & Dramatic Society 01524 67968
Levens Choir Conductor/ contact Ian Jones 01539 720168
Morecambe Warblers Amateur & Operatic Society 01524 413256
Music Spot, Lancaster Instruments and Tuition 01524 842007
Off The Rails, creative jazz orchestra 07796 798 986
Piano & flute lessons, Shan Harpest LRAM ALCM PGCE Morecambe 01524 426481
Piano/Keyboard lessons, all ages, exams and for fun. Lessons in your own home, Lancaster and surrounding areas 07707 512 319
Red Rose Amateur Operatic & Dramatic Society, Morecambe 01524 34552
Yvette Price BMus (Hons) ALCM (TD) Piano, Keyboard, Clarinet and Music Theory Tuition Heysham, Morecambe & Lancaster 01793 962360
St Aubyn’s Academy of Music, Morecambe 01524 426244
Westmorland Youth Orchestra, Kendal 01539 60054

Theatres & Cinemas

Apollo 4 Cinema & Kids Club, Morecambe 0871 220 6000
Brewery Arts Centre, Kendal 01539 725133
Duke’s Theatre/Cinema, Lancaster 01524 598500
Grand Theatre, Lancaster 01524 6495
Lancaster Concerts, Lancaster University 01524 594151
The Platform, Morecambe 01524 582803

Fun at the Library!!

Lancaster Library, Market Square 01524 580700
Storytime for the Under 5s Mondays 10 - 10.30am
Toddler Rhyme Time Tuesdays 11 - 12pm
Baby Bounce and Rhyme Fridays 11am - 12pm
Morecambe Library, Central Drive, 01524 415215
Toddler Rhyme Time Tuesdays 10.30 - 11am
Heysam Library, 396-8 Heystam Road 01524 851530
Storytime for the Under 5s Tuesdays 10.30 - 11am
Bolton-le-Sands Library Main Road, 01524 823906
Baby Bounce and Rhyme Mondays 9.15 - 9.45am
Halton Library, Penny Stone Road, 01524 811265
Storytime for the Under 5s Thursdays (during term time) 2.30 - 3pm

Libraries

Arnside Library 01524 761649
Bolton le Sands Library 01524 823906

READING GROUPS

1st Tuesday in month 10am Thursday nearest 20th 7pm Lancaster Library 01524 580700
Last Thursday in month 7pm Last Friday in month 2pm Morecambe Library 01524 415215

LANCASTER CITY COUNCIL LEISURE DEVELOPMENT
SCHOOL HOLIDAY ACTIVITY PROGRAMMES

For ages 4 - 16, the programmes are packed with exciting art and sport workshops. Activities on offer include sailing, gorge walking, BMX biking, skiing, cheerleading and beach volleyball for the Summer Holiday Programme.

A full programme is available from Salt Ayre Sports Centre, Lancaster and Morecambe Town Halls and Visitor Information Centres, local swimming pools and libraries.

Alternatively you can download a copy by visiting www.lancaster.gov.uk/holidayprogramme

All coaches are CRB checked and all venues used are risk-assessed.

Book early as places fill up very quickly.
Childrens’ Clubs

Armed Services Cadets

Air Training Corps, Carnforth 01524 850525/07968 820603
Air Training Corps, Lancaster 01524 842345
Air Training Corps Morecambe & Heysham 01524 419043
Army Cadets: Carnforth, Galgate, Heysham, Hornby, Lancaster, Morecambe 01524 34810
Lancaster Royal Grammar School Combined Cadet Force, Lancaster 01524 32859
Sea Cadets, Morecambe & Heysham 01524 420942/422825

Youth Clubs

1st Boys Brigade, Bare Morecambe Age 8 -18 Wed 6.30 01524 416470
1st Burton-in-Kendal Boys Brigade Age 6 to 18 Thurs 6pm 01524 732194
1st Skerton Boys Brigade Lancaster Age 8 - 18 Thursdy 6.30pm 07886 656930
1st Morecambe & Heysham Boys Brigade Age 6 - 18 Friday 6pm 01524 61683
Arkholme, Hornby, Youth Club 01524 21079
Asian Groups for Women & Girls, Lancaster 01524 389259
Barton Rd, Lancaster Youth & Community Centre various groups including Girls Group, Junior and Senior Youth Groups, Toddler Groups 01524 65622
Bentham Youth & Community Centre 01524 61800
Caton Youth Centre 01524 770256
Caton Youth Club 01524 812274
Dolphinholme Youth Club, Lancaster 01524 751477
DT3 (formerly Dukes Arts Centre) Youth Arts Team (Lancashire County Council Youth & Community Service) 01524 598522
Dukes Youth Theatre Rob Faimon. Ages 7 - 25 yrs 01524 598516
Galgate Youth Club 01524 581171
Girls Brigade, Bare Age 6 - 18 01524 382174
Girls Brigade, Carnforth 01524 811983
Girls Night 11 - 19 yrs, Lancaster Boys Club 01524 32020
The Centre at Halton 01524 812874/ 07970 442 456
Heysham Cop Shop Wesley Methodist Church 01524 65106
Heysham Youth & Community Centre various groups 01524 853114
Hornby Youth Club 01524 770475
Kendal Lads and Girls Club 015395 36032
Lancashire Association of Clubs for Young People Lancaster 01524 65106
Lancaster Boys and Girls Club 01524 32020/07761 640 251
Lancaster Young Firefighters 14 & 15 yr olds 01524 60193
Lancaster Woodcraft Folk Elfins ages 6 - 9 Pioneers ages 10 - 12 Monday 6pm - 7.15pm Friends Meeting House Lancaster Venturers ages 13 - 15 Wednesday 7 - 8 pm Gregson Centre Lancaster 07834592662
Morecambe Community Church Age 13-17 01524 853857
Morecambe Youth & Community Centre various groups 01524 412425
North Lancaster Youth & Community Centre various groups 01524 389618
The Priory, Lancaster 01524 60070
Princes Trust Volunteers 01229 844768
Ridge Youth & Community Centre 01524 389008
Mixed Group ages 7 - 12 Wednesday 4 - 6pm Mixed Group ages 12 - 18 Wednesday 6.30 - 8.30 Mixed Group ages 8 - 12 Friday 4 - 6pm
Stanley’s Youth & Community Centre, Morecambe ages 8 - 18 01524 410076
Skerton Youth Project, Skerton Youth & Community Centre 07951 023571

Young Farmers

Vale Of Lune Young Farmers Club 01524 771413
Lancaster Young Farmers’ Club, 01524 822712

Beavers, Cubs & Scouts

Beavers Age 6 - 8 Cubs Age 8 - 10% Scouts Age 10½ - 16 Explorer Scouts Age 14 - 18 Lancaster and Bay areas. Campsites at Littledale and Silverdale also available for other Groups

District Commissioner, Lancaster 01524 36687
Beavers, Kendal 015395 60960 Cubs/Scouts, Kendal 01539 721776

Rainbows, Brownies Guides & Rangers

Lancaster & Garstang - Divisional Commissioner 01995 603301
Morecambe - Divisional Commissioner 01524 851934
**Sports & Hobbies**

**Activity & Adventure Centres**

Active Education Summer Camps at Winstanley Hall, Preston 0845 671 1356
Activities in Lakeland (Pleasure in Leisure Ltd) 015395 35999
The Calvert Trust, Keswick Outdoor Activity Centre for people with disabilities 017687 72254
King’s Sports Camps, multi activity sports camps for 4-17’s around the UK 0845 643 5272
Water Park, Outdoor Adventure Centre, Coniston Water, Ulverston 01229 885456

**Angling**

Lansil Sports & Social Club, Seniors & Juniors 01524 32103
Lonsdale Angling Club All Ages 07989 761 369
Morecambe & District Junior Anglers 01524 733829

**Archery**

John O’Gaunt’s Bowmen, Lancaster 01524 63896
Regent Park Studios, Morecambe 01524 419861/07976 213812 Age 8+

**Arts & Crafts**

Card Crafts Lancaster 01524 848833
Little Shop of Hobbies, Morecambe 01524 401774
Pottery Art & Crafts, Station House Tearooms, Kirkby Lonsdale 01524 72847
The Pottery at Greenlands Farm Village, Tewitfield Nr Carnforth 01524 784184

**Astronomy**

Astronomical Society, Lancaster & Morecambe 01524 383288

**Basketball**

University of Cumbria Sports Complex, Lancaster 01524 526526

**Circuit Training**

Regent Park Studios, Morecambe 01524 419861/07976 213812

**Climbing**

Mere Mountains Rock climbing, gorge scrambling, canyoning, aqua-sailing, mobile climbing tower 015395 35030
Indoor Climbing Wall Age 6+ Regent Park Studios, Morecambe 01524 419861/07976 213812

**Cycling**

Celebrating Cycling, cycling for all the family, Lancaster 01524 582392
Salt Ayre Cog Set Go Ride cycling activities for young people aged 6 - 16 years. Weekly coaching sessions held between March - October plus additional activities during Winter months. Contact Jonathan Abra- Club Chair 01524 771929

**Cricket**

Bare Cricket Club 01524 841234
Carnforth Cricket Club, junior section 8-16, senior section everyone welcome 01524 733494/732182
Galgate Cricket Club 01524 751109 (Capt)
Heysham Cricket Club 01524 850318
Lancaster Cricket Club 01524 65087
Morecambe Cricket Club 01524 418192
Torrisholme Cricket Club 01524 811939
Warton Cricket Club 01524 734466

**Badminton**

Arkholme, Hornby 015242 22185
Bailrigg at Lancaster University: 01524 62798
Bolton-le-Sands 01524 736408
Brookhouse 01524 35248
Garstang 07791 741044
Hest Bank, Lancaster 07768 050585
Kirkby Lonsdale Badminton Club 015242 63420
Lancaster & Moor Hospital 01524 34600
Low Bentham 015242 62534
Lancaster University Sports Centre 01524 594000
Salt Ayre Sports Centre, Lancaster 01524 847540
Torrisholme 01524 418535

**Basketball**

University of Cumbria Sports Complex, Lancaster 01524 526526

**Bowling**

Crown Green Bowling Lancaster League 01524 833658
Crown Green Bowling Morecambe League 01524 824128
Crown Green Bowls Coaching for all ages 01524 400414
Ten Pin Bowling, Morecambe Superbowl 01524 400974

**Boxing**

Lancaster Boys Club Age 11-15 & 15+ 01524 32020

**Bridge**

Bay Bridge Club, Torrisholme 01524 420526
Lancaster Bridge Club 01524 734585

**Ballooning**

Lakeland Balloons, Lancs/Lake District 01253 736869
Suzanna Hot Air Balloons, Preston 01772 422705
Virgin Balloon Flights Wray, Kirkby Lonsdale, Newby Bridge, Burton-in-Lonsdale, and Dalemain 0871 663 0016

**Cheerleading**

Bay Stormers Cheerleading Club, Salt Ayre Sports Centre, Lancaster 07763 338198

**Chess**

Arnside Chess Club, age 6+ 015395 62494/762462
Braille Chess Association 0114 230 5995
Lancaster Chess Club 01524 64706
Morecambe Chess Club 01524 421125

**Circuit Training**

Regent Park Studios, Morecambe 01524 419861/07976 213812

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Morecambe Cricket Club 01524 418192
Torrisholme Cricket Club 01524 811939
Warton Cricket Club 01524 734466
**Equestrian**

Bay Horse School of Equitation 01524 791154
Green Bank Riding Centre, Warton 01524 732643
Lancaster & District Pony Club 01524 824836
Morecambe Lanquistrian Ltd (Lancaster Riding Centre), Pony Club Centre, Overton 01524 853397
Trekkers, beginners & children welcome, Hale, Milnthorpe, 01539 63265

**Fencing**

Lancaster Sword Club 01524 35338
Morecambe Blades Fencing Club Lancaster & Morecambe College 01524 793308/07973 878 841
Regent Park Studios, Morecambe 01524 419861/07976 213812 Age 8+

**Fitness**

Fitness Dynamics: Pilates, Zumba Fitness & Zumba Toning, Milnthorpe and the surrounding villages. 07886 457563

**Football**

Bare Rangers 07813 667738
Bowerham Bombers 01524 381762
Bentham Juniors 01524 62342
Carnforth Rangers 01524 824257
Cockerham 07967 962 607
Craven Wanderers 01524 41192
Galgate 01524 752952
Halton Hotshots 01524 811348
Heysham B S 01524 853246
Highgrove FC 01524 68051
Lancaster & Morecambe College Sports Centre 01524 521411
Lancaster Boys Club 01524 381762
Lancaster City Youth 07918 191539

Little Kickers football classes, 18 months – 7th birthday South Lakes and Lancaster 01539 89819
Lancaster City Football Club 01524 382238
Lune Valley 01524 21143
Morecambe Football Club 01524 418178/411797
Morecambe Youth 07791 925756
Slyne with Hest 01524 824706
Warton Warriors 01524 734569
Westgate Wanderers 07737 237524

Bowerham Karate Club, Lancaster 0750765851
Carnforth Tae Kwon Do, Carnforth High School every Tuesday and Thursday, Under 12’s 6:30 - 7:30 Over 12’s and Adults 7:30 - 9pm 07971 219436 Children’s Kick Jitsu, Salt Ayre 01995 670150
Jiu Jitsu (Total Fight System) at Salt Ayre 01995 670150
Judo at Salt Ayre 01524 413228
Ju-Jitsu at Millhead, Carnforth 01524 734214
Junior Judo at Lancaster University Sports Centre 01524 594000
Karate at Hornby 01729 822140
Karate at Salt Ayre, Lancaster 07836 359860
Kentai Karate Club at Salt Ayre, Lancaster 07711 805606
Kick Boxing at Salt Ayre Sundays 07836 359860
Kuk Sool Won of Lancaster Morecambe & Heysham Fitness, fun and self defence all ages 01524 851370
Imps Club activity sessions with a martial arts theme for ages 3 to 7, Lancaster, Morecambe and Carnforth 07530 669991
Red Rose Ju-Jitsu Club, Central High School, Lancaster all ages, 01524 426643
Kung Fu at Salt Ayre 07941 331084
Lancaster Karate Kofu Kan Club, Skerton Community Centre Wed 7pm Sat 10.30am 07887 931 658
Lancaster University Sports Centre 01524 594000
Shotokan Karate Club Lancaster age 4 01524 847540
University of Cumbria Lancaster from 419861/07976 213812 Age 5+

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Lancaster University Sports Centre 01524 594000
Shotokan Karate Club Lancaster age 4 01524 847540
University of Cumbria Lancaster from 419861/07976 213812 Age 5+

**Gymnastics**

Garstang School of Gymnastics 01995 600800
Gymbobs, 4 - 7 years in Kendal 01539 824036
Gymnastics Courses at Salt Ayre Sports Centre Lancaster from age 4 01524 847540
Smartac Gymnastics Club University of Cumbria Lancaster ages 5+ 01524 526526

**Golf**

Bentham Golf Club, 01524 62445
Casterton Golf Club, 01524 71592
Forrest Hills Golf Club, Galgate, 01524 752566
Golf Academy, Garstang Golf Centre, juniors, individuals & groups 01995 600100
Heysham Golf Club, Morecambe 01524 851011
Junior Golf Academy at Ashton Golf Centre, Lancaster, Contact Stuart Booth 01524 752221
Kirkby Lonsdale Golf Club 01524 76365
Lancaster Golf & Country Club 01524 731247
Morecambe Golf Club 01524 412841
Silverdale Golf Club 01524 702074

**Motor Sports**

Kirkby Lonsdale Motor Club 01524 410753
Morecambe Car Club, all ages 01524 412050
Mini Stox at Warton ages 10 - 16 07709 746744

**Netball**

Lancaster Netball League 01524 847130/67778

**Orienteering**

South Ribble Orienteering Club, all ages 01772 721573

**Parachuting**

Black Knight Parachute Centre, Cockerham, 16+ 01524 791820
Sky Dive North West, Flookburgh 015395 58672

**Paragliding**

Air Ventures Paragliding School, Keswick 07830 281986
Lakeland Leisure Paragliding, Coniston 015394 41825
Lakes Paragliding Centre, Maulds Meaburn, Cumbria 0845 123 2553

**Photography**

Lancaster Photographic Society Lancaster Methodist Church
Photographic Society, Morecambe 01524 400234

**Rambling/Fellwalking**

Lancaster Fellwalkers, all ages 01524 58243
Morecambe/Heysham Rambling & Fellwalking, all ages, 01524 859072
Ramblers Association Lancaster 01524 732305

**Warton Stock Car Club, all ages 07709 746744**

**Mountain Biking**

Bog Trotters Mountain Bike Club All abilities age 15+ 07732 929 543/07756 367 598
Sailing

Arnside Sailing Club
01524 761670
Glosson Sailing Club, Lancaster, all ages, 01524 751089
Morecambe & Heysham Yacht Club 01524 418206

Scuba Diving

Capenwray Diving Centre, Carnforth 01524 735132
Lunesdale Sub Aqua Club at Heysham Pool 01524 22008

Self Defence

Activ8 Self Defence - Jujitsu Lancaster areas - all ages 0870 3120228
Self Defence for Women Lancaster University Sports Centre 01524 594000
Women’s Self Defence at Salt Ayre, Lancaster 01995 670150

Sports Centres & Health Clubs

Holgate Caravan Park, Silverdale Pool & Gym 01524 701508
La3 Fitness Suite & Sports Facilities, Heysham High School 01524 405812
Lakes Leisure Kendal 01539 729511
Lancaster & Morecambe College Community Sports & Coaching Centre, including Holiday activities for children age 8-14 01524 521411
Lancaster University Sports Centre 01524 510600
Midland Spa at the Midland Hotel Morecambe 01524 417674
Pure Leisure, South Lakeland Leisure Village, 01524 727845
Salt Ayre Sports Centre, Lancaster 01524 847540
Sandpiper Leisure Club, Lancaster House Hotel, Ellie, Lancaster 01524 844822
Spirit Health & Fitness Club, Holiday Inn, Lancaster 01524 843579
University of Cumbria Sports Centre Lancaster 01524 526526
VVV Health & Leisure Club, Hest Bank, 01524 823363

Sports Injury

Bowen Technique, Laura van Tatenhove, Lancaster 07910 979 932
Dacrelands Clinic, Lancaster 01524 69864
Deep Tissue Massage Sadie Mckeand 07811 868 851
Healing Hands, Lancaster 01524 84 84 83
Hyperbaric oxygen therapy Middleton 01524 855422
Lakesland & Lunesdale Physiotherapy, Milnthorpe 01539 64727
University of Cumbria Sports Complex, Lancaster 01524 526526

Swimming

Capenwray Hall Swimming Pool 01524 738030
Carnforth County High 01524 734699
Carnforth Otters Swimming Club 01524 762039/720884
Heysham County High 01524 420763
Holgate Caravan Park, Silverdale, Swimming & lessons 01524 701508
Hornby County High 01524 21119
Ingleton Swimming Pool 01524 21119
Lancaster Swimming & Water Polo Club, Salt Ayre 01524 35375
Lancaster University Pool 01524 594000
Little Nippers Swim School at Capenwray age 3+ 01524 727622/07976 553878
Mexican Waves Swimming School at Ripley Pool Lancaster 07768 567272/427369
Robertson School of Swimming, Hest Bank Age 3½+ 01524 425215
Swimming Classes for Adults Lancaster University Sports Centre 01524 594000
Swimming lessons at Capenwray 01524 734642

VVV Leisure Centre, Hest Bank 01524 823363
Water Babies, baby swim school Lancaster & Silrvedale 01204 846003

Table Tennis

Arnside Table Tennis Club, all ages 01524 762722
Coaching for School children Table Tennis League 01524 781000
St Luke’s Church Hall, Slyne 01524 822680
Lancaster, Morecambe & District Table Tennis League 01524 34632
Salt Ayre Sports Centre, Lancaster 01524 847540

Tennis

Bolton-le-Sands Lawn Tennis Club 01524 846739
Bowerham Lawn Tennis Club Lancaster 01524 66534/35521
Douglas Park, Heysham 01524 847540
Lancaster & Morecambe District Lawn Tennis League 01524 701368
Lancaster Tennis Club, Junior Tennis Coaching 01524 311737
Regent Park, Morecambe 01524 847540
Ryelands Park, Skerton, Lancaster 01524 847540
Salt Ayre Sports Centre, Lancaster 01524 847540
Slyne with Hest Tennis Club 01524 847779
Lancaster University Sports Centre 01524 594000

Tunstall Tennis Club (Casual Use) 01524 74301
St Martin’s Sports Complex, Lancaster 01524 526526

Trampolining

Lancaster & Morecambe Trampoline Club at Lancaster & Morecambe College Sports Centre & Lancaster University, from 4yrs. Zoe 07714 216368
Pre-school Trampolining and Tumbling from age 18 months and Trampolining from 3 yrs. Regent Park Studios, Morecambe 01524 419861/07976 213812

Watersports

Activities in Lakeland (Pleasure In Leisure Ltd) waterskiing, wakeboarding, sailing, canoeing, kayaking 01539 35999
Pine Lake Resort, Carnforth 01524 733377/07850 185 150
Waterskiing, Windsurfing and Wakeboarding, Pine Lake, Carnforth 0850 185150

Yoga

yogic prescription and yogakids Yoga for All, Bay area 07922 144 384
Kundalini Yoga and Ayurveda Heysham 01524 855717
Yoga for Beginners. Fridays 9.30-11.00 term time. Lancaster Leisure Park call 01524 389940
Yoga For Everyone Classes in South Lancaster Tues eve, Fri am British Wheel of Yoga Teacher 07734 006 911 01524 389940
Yoga Quests Lancaster 07710 185827
Yoni Yoga On The Bay, Morecambe 07512 202611

Swim School

All levels and abilities catered for from 3 years of age. Nationally recognised teaching plans to national awards standard
Small classes with qualified & experienced teachers Complete term (6 Sessions) only £30 per child
Capernwray Hall, nr Carnforth Only 5 minutes from the A6 Borwick roundabout
For further information or booking forms please contact Lorna
ASA Qualified Instructor 07976 553 878/01524 727622
Lorna@littlenippersswimschool.co.uk

Little Nippers Small classes with qualified & experienced teachers
For further information or booking forms please contact Lorna
ASA Qualified Instructor 07976 553 878/01524 727622
Lorna@littlenippersswimschool.co.uk
Easy Health Tips

We are going to look at some general health questions we have been asked on the Family Noticeboard.

What should I do to help my son aged 11 get to sleep more easily? He takes ages to go to sleep, is very restless and then tired in the morning.

The things I am going to discuss are also applicable to adults. So, the first thing to consider is whether he has a proper sleep routine in place. This is important even for children and teens. Playing on the computer or x-box for long periods before bed can actually wake up the brain, making it difficult to fall asleep. Watching television can also have the same effect. Make sure any drinks taken after 4-5pm have no caffeine in as this can have a stimulating effect that lasts into the night. Sometimes a bath before bed can help someone unwind or try a milky drink (but not one with caffeine in) or a lettuce sandwich an hour before bed. Finally, it is worth trying some magnesium supplementation particularly if your child/teen suffers with restless legs.

My daughter is starting senior school and she is starting to worry. Is there anything I can give her to help her at this time?

I would consider getting some Dr Bach rescue remedy which is safe and easy to take. You can get it from Holland and Barrett, Boots and even some supermarkets. Put four drops in a glass of water and give that to her daily for about a week before she starts school. You can also put 4 drops in a water bottle for her to take to school until she has settled in. This is also useful before exams or driving tests etc.

My child has bad eczema and her usual medicine from the doctors is not making much difference. I am worried that if I took her to a complementary therapist she would have to come off her medication or be put on some kind of strict diet.

Many homeopaths see children who are on conventional medication (also adults). Generally, they work with the patient and the medication they are on. Therefore they probably won’t ask you to stop any prescription medication.

My children often catch a cold when at school, and seem to have little resistance during the winter/spring particularly. I was wondering if there is anything I could give them to help them recover?

There is a product called Sambucol for kids. This is usually in a liquid form and is a totally natural product. At the first sign of a cold or feeling unwell, start taking it a couple of times a day. Once they start to feel better, stop taking it. Make sure you always keep some in the house. You can get it from Boots, Holland and Barrett or online at Highernature.com.

Animal Care and Hedgehog
Helpline Lancaster 01524 65495
Bark Busters, Home Dog Training
0808 1004071
Barking Mad, home from home pet care Lancaster
01524 855304
Bird Hotel and Rescue, Morecambe 07719 570896
Blue Cross Animal Welfare Charity 01993 822651
Blue Cross & Society for Companion Animal Studies & Pet Bereavement Support Service 0800 096 6606
Canine Society, Lancaster & District 01524 60360
Cats Protection Lancaster and Morecambe 01524 850112
Chalybeate Kennels, Westhouse 015242 41120
Corio Raptor Centre, Bentham Care & rehabilitation of birds of prey 015242 63482
CSSJ Dog Food & Herbal Supplements 015242 64871
Daisybank Kennels and Cattery, Quernmore 01524 35493
Docker Park Boarding Kennels and Cattery, Carnforth 015242 21259
Dog Training Club Lancaster and Lune Valley 01524 751656
Dog Training Club, Lune Valley 01524 421446
Gardners Farm Boarding Kennels, Galgate 01524 751415
Glaneils Boarding Kennels & Cattery, Burton-in-Kendal 01524 781530
Green Bank Boarding Kennels and Cattery, Warton 01524 732643
Hest Bank Kennels, Cattery & Dog Training Centre 01524 822473
Kirsty’s Pet Clinic Dog behaviourist, /psychologist, massage and training Morecambe 07863092453
Lancaster Pet Heroes for Dog walking and Pet sitting 07545 299 973
Lune Valley Dog Training Club 01524 60774
North View Boarding Kennels & Cattery, Nateby, Garstang 01995 602141
Pampered Paws, Cattery, Yealand Redmayne 01524 781308
Pearson’s Pet & Aquatic Store 01524 67391
Pets as Therapy, Lancaster 01844 345445
Petssearch UK, Lancaster 01524 823013/822518/ 34748
Raingills Farm Boarding Kennels, Forton 01524 791393
Stonehead Farm Boarding Kennels and Breeders, Over Wyresdale 01524 791502
Tulby Kennels and Cattery, Middleton 01524 852012
The Cats Pyjamas, Luxury Cats Hotel, 01524 732373
Valley View Pets Hotel, Lancaster 01524 382749
Waterscales Cattery, High Bentham 01524 61652
Woolford, rehoming of rescue dogs, Lancaster 07931 220094

Lara is an experienced complementary therapist. She is currently working on a Macmillan Unit providing complementary therapies for people who have cancer, and has a private practice in Lancaster.

If you have a question for Lara you can write to, or email The Family Noticeboard or if you would like to book a personal consultation please call 01524 824581 or visit www.cancer1to1.com

Any information given must not replace the advice from your doctor. If you are in any doubt about your symptoms you must contact your GP.

www.thefamilynoticeboard.co.uk
Antenatal & Postnatal

Active Birth Centre
0207 281 6760
Antenatal Workshops Royal Lancaster Infirmary, Sandra Lively 01524 583863
Association of Postnatal Illness 020 7386 0868
Aqua Natal, Salt Ayre Sports Centre, Lancaster 01524 847540
Baby Massage Courses for pre crawling babies, Kirkby Lonsdale 015242 72873
BLISS Supporting access to quality care for sick and premature babies 0500 618140
Breastfeeding Support Group Royal Lancaster Infirmary, Sandra Lively 01524 583863
Breastfeeding Support Group Carnforth Clinic 015245 738913 or 738914
Cot Death Helpline Freephone 0800 802 6868
Creative Birth: Birth Doula services, Birthing From Within antenatal classes, and pregnancy and postnatal massage. Call Aurea on 07779 232866
CRY-SIS support for parents whose babies cry excessively 0845 122 8669
HypnoBirthing, Friends Meeting House, Lancaster 07913 389009
Lancaster Women’s Running Group, contact Sadie on 07811 868851
Lancaster, Morecambe & District: Antenatal classes 0844 243 6970
Parentcraft at all Children’s Centres contact Sandra Lively 01524 583863
Post natal group Monday 11am - 12noon, Poulton Children’s Centre, Morecambe 01524 405712
Postnatal Pilates Yoni Yoga On The Bay, Morecambe 07512 202611
Pregnancy Yoga, Yoni Yoga On The Bay, Morecambe 07512 202611
Royal Lancaster Infirmary Antenatal Clinic 01524 583861
TAMBA Twins and Multiple Births Association 01483 304442

Family Health

Aids/HIV Advice and Support, Signposts Morecambe 01524 419597
Alan J Hedges BSc, D.Hyp, PDCHyp, MBSc, Clinical Hypnotherapist, Dacrelands Clinic, Lancaster 01524 35587
Aromatherapy and Therapeutic Massage Julie Weaver at Dacrelands Lancaster 01524 39450
Aurea Kelvin: Deep Tissue Massage, Therapeutic massage, Pregnancy Massage, Reiki, Relaxation techniques, Lancaster 07779 232866
Bay Mobile Foot Clinic North Lancs and South Cumbria 015242 21343/07548 221 482
Bowel Technique, Laura van Tatenhove, Lancaster 07910979323
Bowen Therapist, Karen Benbow, Lancaster 01524 847837
CancerCare 01524 381820
Alan J Hedges BSc, D.Hyp, PDCHyp, MBSc, Clinical Hypnotherapist, Dacrelands Clinic, Lancaster 01524 35587
Cognitive Behavioural Therapist Sean O’Donnell MSc PSI-p, Pgd APSIMH, BSc (Hons) CBT, BABCP accredited 07919 033346
Deep Tissue Massage Sadie Mckeand 07811 868851
Dyspraxia Foundation St Annes on Sea 01253 738679
Epilepsy Action, Lancaster Branch 0808 800 5050
Expert Patients Programme Community Interest Company (EPP CIC) Free courses to help you manage the effects of your long-term health condition. 0800 988 5550
Lancaster & Morecambe Headway, Lancaster support group for people suffering head injuries or brain damage 01524 598304
Healing Hands, Lancaster 01524 848483
Heart Concern, Heart Support Group Lancaster, Morecambe & District 01524 67859
The Holistic Centre, Middleton 01524 853553
J2R (Journey to Recovery) Community Drug and Alcohol Services, Lancaster 01524 834210
Lara Stuart BSc (Hons) LNWCH Homeopath/Flower Essences 01524 824581
Hyperbaric oxygen therapy Middleton 01524 855422
Hypnotherapist, Leander Edmunds BA MA DHP(NC), MHA (Reg Hyp) Lancaster 01524 383065
ICAS - Independent Complaints Advocacy Service advocacy service who can support you through making an NHS complaint. We are free, confidential and independent of the NHS. 0808 802 3000 Free calls from landlines and mobiles
Jungian Therapist 01524 811363
Lancaster Women’s Running Group, contact Sadie on 07811 868851
Lakeland & Lunesdale Physiotherapy, Milnthorpe 015395 64727
North Lancashire Advocacy helping people with health problems and social issues 01524 841845
MENCAP, Morecambe & Lancaster 01524 850090
Motor Neurone Disease Association 01524 422493
Multiple Sclerosis Society, Lancaster, Morecambe & District 01524 720613

Morecambe Bay Smoking Cessation Service 01524 845145
National Childbirth Trust, Lancaster, Morecambe & District: General Enquiries, Membership 01524 855737
Post natal group Monday 11am - 12noon, Poulton Children’s Centre, Morecambe 01524 405712
Postnatal Pilates Yoni Yoga On The Bay, Morecambe 07512 202611
Pregnancy Yoga, Yoni Yoga On The Bay, Morecambe 07512 202611
Royal Lancaster Infirmary Antenatal Clinic 01524 583861
TAMBA Twins and Multiple Births Association 01483 304442

Counselling and information
LIFE Pregnancy Care Service Counselling and information 01524 409236
Physiotherapy
Lakeland & Lunesdale Physiotherapy in Milnthorpe has a lot to offer!

‘Tummy Tummies for Mummies’ Postnatal exercise classes
Women’s Health Physiotherapy for continence issues
Respiratory Physiotherapy for children & adults with asthma and other breathing problems
Musculoskeletal assessment & treatment for aches, pains & injuries
Other physio-led classes include Pilates, back class …etc in our superb Exercise Studio
Telephone 015395 64727 www.physio-sportsinjuries.co.uk

www.thefamilynoticeboard.co.uk

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Natural Health Practitioner, Julia Russell AMH, MGNI, ITEC, MIFR Herbalism, Iridology, Therapeutic Massage, Reflexology, Lancaster 01524 33389

NHS Direct 0800 665544

Osteopath, Dacrelands Lancaster 01524 69864

Person Centred Counsellor Greaves, Lancaster Contact Debbie Lemmon 07870 415 759

Play Therapist ages 3+ Halton Katherine Daniels 0845 391 1892

Reflexology/Reiki Master Jean Alenby MAR Hest Bank 01524 824080 and at VVV Hest Bank 01524 823363

Registered Osteopath Mary Vale DO, Hest Bank & Kirkby Lonsdale 01524 822501

SCOPE for people with Cerebral Palsy Freecall Helpline 0800 800 3333

Sean O'Donnell MSC PSi-p, PGd APSiMH, BSc(Hons) CBT. BABCP accredited Cognitive Behavioural Therapist. 07919033346

Martin Knowles Shiatsu Therapist, Caton 01524 771598

**Childrens Health**

A Breath for Life - alternative therapies for sick children. Hyperbaric oxygen facility for children suffering from cerebral palsy and brain injury, Middleton 01524 855422

ADHD Northwest Supporting individuals and their families with Attention Deficit Hyperactivity Disorder Contact 01524 822867

Childrens Holiday of a Lifetime, Morecambe for children with life threatening illnesses 01524 852584

Childrens Integration Group, Lancaster for children with learning difficulties 01524 857925

Eating Disorder Association Youth Line up to age 25 0845 347650

Eating Disorder Association Adult Line 18+ 0845 634 1414

**BAY DENTAL HELPLINE** for all dental emergencies 01539 716822

Lancaster & Morecambe Deaf Children’s Society Vicki Galt 01524 793248

Music Therapist, Mel Rowe SRAsT(M) 01524 781920

Red Oak care for children with emotional & behavioural difficulties Lancaster 01524 842266

Rainbow Trust Children’s Charity Family centred care for children with life-threatening or terminal illness South Cumbria & Lancaster 01529 739077

Ross Childrens Centre working with children & adolescents suffering from emotional problems Morecambe 01524 424445

**Hospitals**

Lancaster and Lakeland Nuffield Hospital 01524 62345

Queen Victoria Centre, Morecambe 01524 405700

Royal Lancaster Infirmary 01524 65944

RU Accident and Emergency 01524 583100

St John’s Hospice, Lancaster 01524 382538

Westmorland General, Kendal 01539 732288

**Doctors**

Ash Trees Surgery, Market St, Carnforth 01524 720000

Bairrigg Health Centre, Lancaster University 01524 387780

Bentham Surgery, High Bentham 015242 61202

Brookfield Surgery, Bolton le Sands 01524 822088

Caton Health Centre, 01524 770718

Dalton Square Practice, Lancaster 01524 842200

Galgate Health Centre, 01524 751284

Health Centre, Heysham 01524 511999

Meadowside Medical Practice Lancaster 01524 32622

Morecambe Health Centre 01524 511999

Owen Road Surgery Lancaster 01524 846999

Parkview Surgery, Milnthorpe 015395 63327

West View, Hornby 015242 21216

King ST Surgery, Lancaster 01524 32294

Queens Square Surgery, Lancaster 01524 843333

Queen Victoria Centre, Morecambe 01524 405700

Rosebank Surgery Lancaster 01524 842284

Scale Hall Surgery, Lancaster 01524 64135

Stoneleigh Surgery, Milnthorpe 015395 63307

Strawberry Gardens, Medical Practice, Morecambe 01524 850999

The Surgery at Bare, Private Consultations for registered/unregistered patients Morecambe 01524 418871

The Surgery, Arnside 01524 761311

and Silverdale 01524 701744

West End Medical Practice, Morecambe 01524 511999

Westgate Medical Practice, Morecambe 01524 832888

York Bridge Surgery, Morecambe 01524 831111

**Children’s Clinics**

Appletree Nursery Milking Stile Lane, Lancaster Term Time only Wednesdays 2 - 3pm Contact Health Visitors 01524 397400

Balmoral Childrens Centre Friday 9.30 – 11am 01524 413524

Carnforth Clinic Health Visitors 01524 738913 or 738914

Wednesdays 2 - 3.30pm

Caton Health Centre Wednesdays 2 - 3.30pm Contact Health Visitors 01524 770718

Firbank Childrens Centre Ridge Lancaster Tuesday 10 - 11.30 am Contact Health Visitors 01524 397400

St Pauls Hala Centre (Beckview) Lancaster Wednesdays 2-3.30pm contact Health Visitors 01524 387400

Heysham Children’s Centre incl Midwife Drop-in Thurs 1.30-3pm 01524 853912

Lune Park Childrens Centre, Rylands Park, Lancaster Monday 2 - 3.45pm, Thursday 10 - 12 noon 01524 519512/382818

Poulton Childrens Centre, Clark Street, Morecambe Wednesdays 2 - 4pm, Fridays 2 - 4pm Contact 01524 833644

Westgate Childrens Centre Tuesdays Tuesday 2 - 4pm 01524 409569

**Dentists**

If you don’t have an NHS dentist and you want a routine appointment or check-up and live in Lancaster, Morecambe or Carnforth, contact the database line on 0253 306378 and leave your details.

Anne King Dental Surgery Carnforth 01524 733867

Arnside Dental Practice 01524 762291

Bay Dental Partnership Lancaster 01524 32629

Broome & Young, Milnthorpe 015395 63685

Brock Street Dental Practice Lancaster 01524 37324

V S Dawber & Associates, Milnthorpe 015395 63926

Paul Davy Dental Practice Carnforth 01524 735431

The Gables Dental Practice, Morecambe 01524 410070

G.M Baird & E J Walker Heysham 01524 411100

Garbutt M.E. & Associates Lancaster 01524 61064

Grimshaw, Shimmin & Zeplin Lancaster 01524 32630

Hest Bank Dental Centre 01524 825218

Lancaster Dental Centre Skerton 01524 66242

Lancaster Orthodontic Clinic 01524 848344

Pavilion Dental Practice Lancaster 01524 841196

Princes Crescent Dental Practice, Bore 01524 831150

D R Storey & Partners, High Bentham 015242 61202

University Dental Practice Lancaster 01524 389144

Walkers Court, Garstang 01995 606572

Emergency Dentist, Sundays & Bank Holidays 01539 716822
**Contraceptive & Sexual Health Clinics**

Contraceptive and Sexual Health Clinics North Lancashire incl Lancaster, Morecambe, Carnforth, Ryelands, Queen Victoria and Ashton Health Centres 9am - 4.30pm Mon - Friday (not Bank Holidays) 0845 059 0015

**Family Welfare**

Alcohol & Drug Advisory Service, Morecambe 01524 832266

CancerCare Your local cancer support service 01524 381820

Children & Parenting Support Service, Selfon Drive Lancaster 01524 841256

Christians Against Poverty free professional debt counselling 0800 328 0006

Citizens Advice Bureau Outreach Centres, Bentham, Ingleton and Settle 01756 700210

Citizens Advice Bureau, Lancaster 01524 66529

Citizens Advice Bureau Morecambe/Heysham 08444 994197

Citizens Advice Bureau & City Housing 1st Friday of month Weekly Credit Union Adult drop in Fri 1-3.30pm

Credit Union Lancaster & Morecambe Savings & low cost Loans 01524 411240

Families Need Fathers 0207 613 5060

Family Mediation Consortium Lancaster 01524 841732

Furniture Matters *furniture recycling project* 01524 426622

Grandparents Association 01279 444964

Haven Lodge, Registered respite care facility for adults with a Learning Disability 01524 418309

**BAY URGENT CARE**

for URGENT attention out of surgery hours 0300 123 1144

The Helm, promoting recovery, wellbeing, greater independence and support for people with mental health needs Age 17+ Lancaster 01524 840521

Home Start Morecambe & Lancaster support for families with young children 01524414871

Homeless & Housing Action, Drop in Centre, Lancaster 01524 842008

Homeless Action, Morecambe Drop In 01524 401536

J2R (Journey to Recovery) Community Drug and Alcohol Services, Lancaster 01524 834210

North Lancashire Advocacy helping people to voice their wishes around health and social service issues 01524 841845

Lancaster Centre for Counselling & Psychotherapy 01524 845262

Lancashire and Cumbria Single Parents group meets regularly with events for parents and children. Ring 07981 289281 for more information.

Lancaster & Morecambe TUC Advice and Resource Centre Employment and trade union advice 01524 413600

LIFE Pregnancy Care Service Counselling and information 01524 409236

Marsh Community Centre, Lancaster activities for all ages, information & advice 01524 843300

Mencap, social activities for adults with a learning disability 12 Charles St, Morecambe 01524 835656

National Childbirth Trust Antenatal and Postnatal

National Deaf Children’s Society, Lancaster 0800 800 8880

North Country Wills Freephone 0800 043 4260

North Lancashire Counselling Service, 01524 389389

North Lancs Health Trainers Support and motivation to make healthier lifestyle choices Morecambe & Lancaster 01524 415752

North Lancashire Stop Smoking Service 01524 845145

Relate - Marriage Guidance, Lancaster 01772 717597

Ridge Youth & Community Centre 01524 389008

ROC Northwest Ltd Domiciliary Care Service 01524 762222

Samaritans, Lancaster 01524 61666

Signposts Resource Centre, Morecambe 01524 419597

The Olive Branch help with addictions, debt, stress, health issues, family issues, emergency food, housing poverty 01524 555715

Welfare Rights Service, Lancaster 01524 37200

Young Peoples Service - Information for young people, Morecambe 01524 831978

Support for Carers

Drop-in Centre, Lancaster for adults who suffer from mental illness Mon - Fri 10.00 - 5.00, Sat, Sun 10.30 - 4.00 01524 635334

Drop-in Centre Morecambe, Lancaster for adults who suffer from mental illness 01524 832606

Information Station Centre for Young People, Morecambe Help for young carers 01524 831978

The Lonsdale District Carers Centre, Morecambe 01524 833456

South Lakeland Carers Association 01539 742602

Welfare Rights Service, Lancaster 01524 37200

**Social Services**

Family Link Scheme Short breaks for children with a learning or physical disability in the home of a Link family 0845 053 0009

Children & Parenting Support Services Lancaster 01524 841256

North Lancashire Advocacy helping people to voice their wishes around health and social service issues 01524 841845

Parent Carer Network – Support group for family carers of young adults and adults with a learning disability – Lancaster 01524 586195

**Free Pregnancy Testing**

Crisis Pregnancy Counselling

Post-Abortion Counselling

Need to talk?

LIFE LOVING, OFFERING HOPE

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www.lifecharity.org.uk
Volunteer Services

Lancashire County Council Volunteer Service Child Care & Family Services, Lancaster 0845 053 0009
Help Direct Volunteer Bureau Lancaster 01524 387856

Young Peoples Services

Barton Rd Youth and Community Centre, Lancaster 01524 65622
Carnforth Hub Young Peoples Services 01524 727901
Children and Parenting Support Services, Lancaster 01524 841256
Information Station Centre for Young People, Kensington Rd Morecambe 01524 831978
Lancaster District Young Peoples Services 01524 581170
Lancaster Youth Arts Centre, 01524 64857
Morecambe Foyer (Salvation Army Training & Education) 16 - 20 yrs U1524 834348
Morecambe Youth & Community Centre 01524 412425
Skerton Community Centre Lancaster 01524 380818
Young Peoples Services, Morecambe 01524 831978
Youth Offender Team, Marton House, Marton St, Lancaster 01524 384780

Fostering and Adoption

After Adoption Actionline 0800 0568 578
After Adoption Preston Office 01772 258893
Barnados 0191 240 4800
Cotram Family Adoption Service 020 7520 0300
Fostering Network for Foster Carers 0207 620 6408

Lancashire County Council Family Placement, Lancaster 01524 620646

Solicitors

Allan Garrick Lawyers, Lancaster 01524 62985
Bannister, Bates & Son, Morecambe 01524 416300
Blackhurst, Swainson, Goodier, Lancaster 01524 32471
Clarkson Hirst, Lancaster 01524 39760 Freephone 0800 919231
Community Legal Advice 0845 345 4345
Douglas Clift & Co, Lancaster 01524 32437
Holdens: Lancaster 01524 32484 Kendal 01539 720629
Jennifer Knowles, Ingleton 015242 41417
Jobling & Knape: Lancaster 01524 598300 Morecambe 01524 416960
Joseph A Jones & Co, Lancaster 01524 63371
Laker Legal Solicitors, Lancaster 01524 753040
Marsh & Co, Lancaster 01524 68102
Oglethorpe, Sturton & Gillibrand Lancaster 01524 846846, Kirkby Lonsdale 01524 71388
The Penhalce Practice, Morecambe 01524 401010/ 409926
Ratcliffe & Bibby: Lancaster 01524 39039 Morecambe 01524 410424 Carnforth 01524 734884
Amside 01524 762276
Baines, Bagguley, Morecambe 01524 413294
Thomson & Wilson, Kendal 01539 721945
Wright & Lord, Morecambe 01524 400200
Wright & Lord, Barrow 01524 422965

Police and Crime Prevention

Crime Prevention Dept, Lancaster 01524 63333
Crimestoppers 0800 555111

Lancaster Police Station 01524 63333
Fire Brigade, Morecambe 01524 411590
Lancashire Fire and Rescue Service 01524 60193
Lancashire Probation Trust 01524 63537
Neighbourhood Watch, Lancaster Police division 01524 596696
Victim Support, Lancashire Blackpool 01525 626193

Local Information

County Council Welfare Rights Service 01524 37200
HMRC Advice Service - Self Assessment, PAYE, National Insurance, Tax Credits, Child Benefit, Customer Service Centre, Town Hall, Dalton Square, Lancaster Mon - Thurs 9am-4pm
Lancaster Bus Station Travel Shop 01524 64229
Lancaster City Council 01524 582000
Lancaster City Council Arts, & Events 01524 582803
Lancaster City Council Leisure Services 01524 582638

Lancashire County Council 0845 053 0000
Season tickets for schools travel on 0845 053 0000
Free school meals 01524 581267
Traveline, Public Transport Information 0871 200 2233
Welfare Rights Service/One Connect 0845 053 0013

Education Information

Lancaster Education Welfare Service 01524 585871
Lancashire Education Authority, Lancaster, Wyre & Fylde 01524 581132/48
Lancashire Early Years Development and Childcare Partnership, Preston 01772 261950
Lancashire Early Years Outreach Service, Lancaster 01524 847140
LIFE Education Centres, Lancaster 01524 68331
Nursery Education Grant Scheme, Education Offices, Lancaster 01524 581132/48

FREE Plasma Screen Advertising at Local Libraries

Lancaster District Libraries have 4 plasma screen TVs located in Lancaster (one in the main library, one in the Community History section), Carnforth and Heysham libraries.

Lancaster has an average daily footfall of 1,300 people, and Heysham and Carnforth are also busy libraries at the heart of their local communities. We are able to upload advertisements onto the screens so that they will be displayed in rotation for the whole day.

Lancaster District Libraries is aiming to develop these screens to provide a valuable free community resource promoting events and activities in the areas they serve and highlighting information of local interest.

To advertise on these screens please contact Sarah Rogan at Lancaster Library on 01524 580700, or email either a Powerpoint slide or a landscape PDF/Adobe to:

sarah.rogan@lancashire.gov.uk

www.thefamilynoticeboard.co.uk
HELP LINES

Alcoholics Anonymous 0845 7697 555
Alateen - for young people who are affected by a problem drinker 0207 403 0888
Al-Anon - for families and friends of a problem drinker 0207 403 0888
What Now? Young People’s Information Line 01524 831978
Carers Helpline 0800 1696 529 / 01524 833456
Christians Against Poverty free professional debt counselling 0800 328 0006
Eating Disorders Network (Caring Whispers) Lancaster 01524 410091
Gingerbread Support for lone parents 0800 018 4318
Help Direct Volunteer Bureau 0303 333 1000
Lancaster & District Womens Aid & Domestic Violence 01524 383636
Lancaster Homeless Action Service 01524 842008
Lancaster and Morecambe Cats Protection 01524 850112
Life Pregnancy Care Centre, practical help, supported accommodation, crisis pregnancy, post pregnancy loss counselling, Drop-in at Lighthouse Centre Morecambe Monday 12.30 - 2pm and Saturday 9.30 - 11am 01524 409236
Missing Persons Helpline 0500 700700
Missing Persons Message Home Send a confidential message 0800 700 740
National Aids Line 0800 567123 24 hrs
National Deaf Children’s Society Freephone 0808 800 8880
Talk To Frank - National Drugs Helpline 0800 776600
National Meningitis Trust 24 hrs 0845 600 0800
NHS Direct 24 hrs
Health Advice & Information 0845 46 47 or 0800 665544
North West Narcotics Anonymous 24 hrs 01253 850018
One Voice Disability Service, The Cornerstone Sulyard Street Lancaster 10-3 Mon-Fri 01524 34411
Petsearch UK, Lancaster register of lost and found pets 01524 823013/822518
Relate 01772 717597
Sal’s Place, Lancaster Domestic abuse support for men and women 01524 61747
Samaritans 01524 61666 or 0345 909090
Shelterline - Help with housing problems, 24 hrs Freephone 0808 800 4444
TCF The Compassionate Friends Supporting bereaved parents 01524 732876
What Now? Information Service for Young People Daily 10am - 10pm 0800 51 11 11
Women’s Domestic Violence Helpline (24 hrs) 0808 2000 247

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