Summer 2013

The Family NoticeBoard

The really useful guide for all the family in and around Lancaster

Childcare
Toddlers to Preschool
Education
Performing Arts
Days Out
Health & Welfare
Children’s Clubs
Special Occasions
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

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 896156 paul.darwent@enjoy-a-ball.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

Pets

Animal Care and Hedgehog Helpline Lancaster 01524 65495
Bark Busters, Home Dog Training 0808 1004071
Barking Mad, home from home pet care Lancaster 01524 401222
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 01524 41120
Corio Raptor Centre, Bentham Care & rehabilitation of birds of prey 015242 63482
CSJ Dog Food & Herbal Supplements 015242 644871
Daisykens 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
Glanelis 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 behavourist, psychologist, massage and training Morecambe 07883 092453
Lancaster Pet Heroes for Dog walking and Pet sitting 07543 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
Springy Paws, Lancaster dog grooming, walks and holiday care 07545 873 617
Stonehead Farm Boarding Kennels and Breeders, Over Wyresdale 01524 791502
Subly 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 015242 61652
Wolfwood, rehoming of rescue dogs, Lancaster 07931 220994

Dog & Cat Grooming

Barkers, Lancaster 01524 847132
Dial-a-Dog-Wash Mobile Grooming Service Morecambe, Lancaster 07818 672 595
Heads & Tails, Arnside 01524 761817
Lancaster & Morecambe College 01524 521461
Lush Pups Dog Grooming Morecambe 07816 978083
Posh Paws, Morecambe 01524 423406
Top Dogs K9 Grooming Salon Carnforth 01524 733544

Pet Shops

The Animal Zone Open 7 days Lancaster 01524 235259
Hutches and Crutches, Bolton le Sands 01524 727600
Animal Magic, Carnforth 01524 736123
Blanco’s Pet Shop Morecambe 01524 231416
Hala Pet Stores Lancaster 01524 847434
The Dog Bowl Morecambe 01524 410523

Tel: 01524 824807 email: info@thefamilynoticeboard.co.uk

www.thefamilynoticeboard.co.uk
Welcome ...

... to the Summer magazine. Our really useful guide for all the family in and around Lancaster.

Remember to check online too at lancaster.thefamilynoticeboard.co.uk for more school holiday activities and other seasonal events and news, where they are updated regularly.

Look out for our Winter magazine which will be published in November.

Catherine & Sheila

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Notes

Fun activities for you and your young children

- ‘Mini Movers’, ‘Play to Learn’, ‘Baby Massage’, ‘Play at Home’ and lots more…
  - Health Visitor Clinic
  - Midwife Drop-In
  - Breastfeeding Support
  - Childminder Drop-In
- ‘FASD’ support group for families affected by autistic spectrum disorders
- Lots of support and advice from our dedicated outreach team and partners
  - Parenting courses
  - Speech and language support
**Childrenswear & Equipment**

Baby World, Kendal 01539 740040
Country Kids, Ages 0 - 14 yrs Garstang 01995 601016
LIFE at The Lighthouse Centre Morecambe Baby Clothes & Equipment Swaps Mon 12.30 - 2pm 01524 409236
Childs & Co Hand built children's storage Kendal 01539 741177
Happy Kid Shoes including Toddlers Squeaky Shoes Contact Jema 01524 812937
Humpty Dumpty Boutique Exclusive Baby & Childrens Wear, Toys and Gifts ages 0 - 5 Morecambe 01524 414454
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 registered childminder for 0-11 year olds by Heysham 01524 812994
Beth Ahava Childminding Service Ages 0 - 11 yrs. 8.00am to 5.30pm Scotforth Lancaster 01524 336787 / 07949 316 986
Butterflies Childminding Ages 0 - 11 Morecambe 01524 423098
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 Poul 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 Bolton-Le-Sands area all ages full & part time. School drop off and collection at Bolton Le Sands Primary and Pre School. 07598 232 914
Registered Childminder Est. 1994., Ages 0-12 Bowerham, Lancaster 01524 63267
Registered Childminder Bowerham area 0-8 years 01524 849717
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 0-9 yrs, Heysham 01524 852716
Registered Childminder Age 0-12 yrs, also wrap-around care, Heysham 01524 852087
Ofsted Registered Childminder Age 0 - 14 yrs Heysham 07717 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, Standen Gate Lancaster. Pick up from Christ Church School 01524 844130
Joanne's Juniors Registered Childminder Ages 0 - 8yrs Morecambe 01524 409021
Little Monkeys Registered Childminder Age 0 - 8 yrs Morecambe 01524 401139
Little People Childminding Service Experienced Teaching Assistant and Nursery Practitioner Birth to 11 yrs Morecambe 01524 427975
Registered Childminder Age 0-8 yrs, 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 0-11yrs Torrisholme 01524 409063
Registered Childminder 20 yrs experience Ages 0 - 12 7.30am - 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 845388/07769694133

**Childcare Information**

Family Information Service, Lancashire 0800 195 0137
National Childrens Bureau, Kendal 01539 740928
National Childminding Association, Lancaster, Morecambe & District Children Come First Quality Childminding Network, 01524 382818

www.thefamilynoticeboard.co.uk
Day Nurseries

Abacus Day Nursery Age 2-5 yrs
Morecambe 01524 416800
Apple Tree Nursery School,
Lancaster Age 3-4 01524 641332
Arkholme Nursery at Arkholme
C of E primary school. Ofsted
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
Hornby Day Nursery
3 mths - 7 yrs 015242 22288
Highfield Priory Independent
Day School and Nursery,
Fulwood, Preston 01772 709624
Joey’s, Milnthorpe Children’s
Centre Age 0-5 015395 64090
kiddimanage nursery
Age 3 mths - 5 yrs. 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, Dolphinholme C
of E Primary School Day Nursery
Age 2 - 5 yrs Full day care
01524 791530
Little Learners, Galgate Nursery
& Pre-school 07968 033444
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 Centres
Ryelands, Lancaster 3mths
-4yrs 01524 844444
Mucky Pups Pre School
Open 8.30 to 5.30 Monday to
Friday year round Lancaster
01524 849106
Newlands Nursery, Lancaster
18 mths - 5 yrs 01524 61622
Nippers Day Nursery, Kirkby
Lonsdale 3 mths - 11 yrs
015242 73700
Rodefult Studios
Morecambe, Ofsted 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
School Nursery Age 3+ 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 School Nursery
Class Age 3 - 4 yrs Foundation
Stage Unit 01524 701467
Smile 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 526579
Time 4 Nursery, Heysham
0 - 5 yrs 01524 851288

Lancaster Road
Nursery
Places available for
2 yr olds and FREE places
for 3 & 4 yr olds
Please contact
Mrs Blackburn on
01524 401271

Scale Hall
Pre-school Nursery
0 - 5 yrs
Open 8.30 am until 5.45 pm
all year
All staff are fully qualified
Small group of 20 children
Lovely surroundings including
large outdoor area with safety
surface
Morning, afternoon or
all day care
For a prospectus and to
arrange a visit please call
01524 39015 or write to
The Manager,
Scale Hall Nursery
17 Cleveleys Avenue
Scale Hall, Lancaster LA1 1BH

Rural Wyre Children’s Centre
Kepple Lane, Garstang
SureStart

Total Tots
Quality Childcare with
experienced staff!
Ages Birth to 5 years
Following the Early Years
Foundation Scheme
Free entitlement sessions for
3 & 4 year olds
Employee Voucher Scheme
accepted
Full & part time places
available
Balmoral Children’s Centre
Balmoral Rd, Morecambe
Contact Kirsty on 01524 41753
Lancaster Business Park
Caton Rd, just off Jct 34 on M6
Contact Kara on 01524 68043
For more information and photos
visit www.totaltots.co.uk

For further information or to
receive our full programme
please call
01995 606736

Rural Wyre Children’s Centre
provide a range of high quality services
for children under 5 and their
families including:
Play & Learn
Ante-Natal
Baby Massage
SaturDads
Breastfeeding Support
Jo Jingles
Speech & Language
Family Support
and lots more ....

For information and photos visit
www.totaltots.co.uk
Toddler Groups

ARKHOLME/HORNBY
Horby Toddler Group 01524 21320
Wagtail Toddlers Group, Arkholme 01524 71795

ARNSIDE
Arnside Baby and Toddlers 01524 762583

BARE/TORRISHOLME
St Christopher’s Toddler Group, Bare 01524 421979

BOLTON LE SANDS/SLYNE
Bolton-le-Sands Toddlers 01524 824907
Little Lambs Parent, Baby & Toddler Group, Bumps to 4’s Mondays 10-12 (term time) Christadelphian Hall, Slyne. Call Kate 07739 031 739 or just turn up
Slyne with Hest Toddlers, Torrisholme Tues/Thurs am

BROOKHOURSE/CATON
Brookhouse Toddler Group 01524 811360

Caton Toddler Group 07903 100220

BURTON & HOLME
Burton Family Drop In 01524 782282/831283
Holme Playgroup & Toddlers, Parish Hall Mon & Fri 10-12pm 01524 781878

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

Cockerham Baby & Toddler Group 01524 793632

Tea-Cakes and Tots a drop-in session for parents, babies & toddlers Fridays during term time 9.45-11.45am Carnforth Methodist Church.,Hunter St Carnforth

Cockerham Baby & Toddler Group 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

The Centre at Halton 01524 812874/07970 442 456

HEYSHAM
Heysham Youth & Community Centre 01524 853114
Kingsway Parent & Toddlers, Heysham 01524 853580/07890 816559
Heysham Jubilee Institute Parent & Toddlers Wed am 10.30 - noon 01524 854168/07890 963098
Little Fish, Heysham Free Methodist Church 01524 853890

THE KELLETS
Over Kellet Toddler Group 07789 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
Father’s House, Skerton, Lancaster, Thurs am 01524 63770

Free Grace Church, Parents & Toddlers, Skerton, Lancaster Wed am 01524 382443

Lancaster Road Nursery Morecambe 01524 410271
Mums and Toddler Group, Church Hall Stanley Road, Morecambe, 01524 426355
Poulton Toddlers Group, snacks and weekly activities included, Poulton Memorial Hall, Morecambe, Thursdays 9.30 to11.15am 07986631839

Morecambe Toddler Group Salvation Army Church & Community Centre 01524 415718

Quernmore Toddler Group 01524 475124

Silverdale Whetherham Toddlers 01524 702954

FATHER’S HOUSE
Father’s House Elim Pentecostal Church
Owen Road, Skerton, Lancaster LA1 2AP
email: fathershouselancaster@gmail.com
Telephone: 01524 63770

Sunday Service 10.30am, creche/youth groups facilities during service.

Baby & Toddler Group Thursday mornings 10.00-11.30am (term time only). Parents/grandparents/guardians/friends all welcome.

Youth Club Friday night youth club, 7.30pm (term time only).

Function room hire
- Café area suitable for children’s parties, general meetings, exercise classes, etc.
- Lounge room suitable for meetings.
- Port-a-cabin suitable for children crafts activities.
- Main Hall suitable for large meetings and conferences

www.thefamilynoticeboard.co.uk
**Playgroups & Preschools**

**ARKHOLME/HORNBY**
Wagtail Playgroup, Arkholme, Hornby 01524 736264

**ARNSIDE**
Arnside Playgroup, The Studio The Education Institute 01524 762426

**BARE/TORRISHOLME**
Bare Neccessities Pre-school & Playgroup, Morecambe 01524 422769
Sparrow Playgroup & Pre-school Torrisholme 01524 833165

**BOLTON LE SANDS/SLYNE**
Bolton-le-Sands Pre-school & Playgroup, 01524 824907
Slyne with Hest Pre-school, Hest Bank 01524 652323

**BROOKHOUSE/CATON**
Caton Pre-school & Playgroup 07746 857 904
Lune Valley Pre-School Centre, Brookhouse Lancaster 01524 907358

**BUTTON & HOLME**
Burton Pre-school & Playgroup 07759 245984
Holme Playgroup, Parish Hall, Mon & Fri 10-12pm 01524 781878

**COCKERHAM**
Cockerham Caterpillars 07767 844854

**CARNFORTH/WARTON**
Crag Bank Playgroup & Pre-school, Carnforth 07870 816771
Warton Pre-school Age 2-4 yrs 07762 365671

**DOLPHINHOLME**
Little Dolphins PreSchool Dolphinholme C of E School 01524 791530

**FORTON**
Stepping Stones Forton Preschool I 07754 899569/01995 609122

**GALGATE**
Galgate Pre-school & Playgroup, The Institute, Stoney Lane 07855 615714
Little Learners, Galgate Nursery & Pre-school 07968 033444

**GARSTANG**
Garstang Rainbow Pre-school and Toddlers 01995 604155/01253 790001

**HALTON**
Pre School every morning term time only at The Centre at Halton 01524 813136/07786 633865

**HEYSHAM/OVERTON**
Butterflies Pre-school, Heysham 01524 859759
Bunnies Pre-school, Overton 01524 858900
Heysham Youth & Community Centre 01524 853114

**KINGSWAY**
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 948222 or 07895 026844
Over Kellet Playgroup 07789 274163

**KIRKBY LONSDALE**
Kirkby Lonsdale Pre-school St Mary’s C Of E School 01524 713352

**LANCASTER**
The Cathedral Playgroup/Preschool Ages 2 - 5 yrs The Social Centre Balmoral Road Lancaster 01772 363 212

**Cherry Trees Steiner Kindergarten** 01524 382695

**Christchurch School, Pre-school & Playgroup, Lancaster** 07779 660581

**LANCASTER UNIVERSITY**
Lancaster University Pre-school Centre, Lancaster 01524 594464

**Moorside Playgroup, Lancaster** 01524 66516

**SCALE HALL**
Scale Hall Pre-school & Playgroup, Lancaster 01524 39015

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

**The University of Cumbria Preschool Centre, Lancaster**
01524 590893/4

**ST THOMAS CHURCH**
St Thomas Church Pre-school, Lancaster Age 2-5 yrs 07985 035959

**Tatham Tots, Tatham, Lancaster** 015242 61620

**MORECAMBE**
Poulton Pre-school Morecambe 01524 854842

**Westgate Pre-school Morecambe 01524 415366/ 831854**

**SILVERDALE**
Silverdale Playgroup 01524 702617

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**Balmoral Children’s Centre**

- Activities, support & advice for families from pre-birth
- Call in & find out all about us

**Awards**
- Breastfeeding friendly
- Be Active Eat Healthy

**Child Health Clinic & Midwife**
**Childcare**
**Health & family support**
**Early Education**
**Parent/Carer courses**

**Sensory Room**

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**Balmoral Road Morecambe**

- Lancs LA1 1HH
- Tel: 01524 413524
- www.www.balmoral.childrencentre.org

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**Lancashire County Council**

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**Outstanding**

- Poulton Children’s Centre was recently rated as **OUTSTANDING** by Ofsted who described us as ‘... a highly effective children’s centre that serves its community exceptionally well’...

- We have a range of courses from First Aid to GCSE level Maths and English running throughout the year and also offer a family support outreach service.

- Why not call in and see what we can offer you and your family?
Out of School & Holiday Clubs

Atkins After School Club, Educational Institute, Arnside 4 - 11 yrs 01524 762828
Burton Out of School Club 01524 409882
Carnforth Out of School Club, Parish Hall, Kellet Road Age 4 - 11 yrs 01524 732960
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 01524 811316/07786 633865
The Hive at Busy Bees Nursery, Lancaster 01524 845245
Holme School, Carnforth 01524 782485
Hornby Day Nursery Breakfast Club and After School Club 015242 222988
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 01524 759095
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
MORO’s After School, Saturday and Holiday Club - for children and young people with additional needs and disabilities 5 - 18 years. Morecambe Road School 01524 414384
Ofsted 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 569719
Shooting 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 07563 588987
Silverdale C of E School After School Club 01524 710145
Smile Day Nursery After School Club and Holiday Full Day Care Age 4-11 01524 727000
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 9am to 6pm. Ages 3-19. Based at The Lorney 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
Alyxia 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 644848
Carter’s Hair & Beauty Milnthorpe 015395 644440
Burton 01524 782880
Asda 01524 781247
Chapley’s Beauty Clinic, Bare, Morecambe 01524 417077
Flow Therapies, holistic therapies at home or workplace Lancaster 07840 275536
Garstang Natural Health & Beauty Centre 01953 602833
The Holistic Centre, Heysham Complimentary Therapies 01524 835553
House of Beauty Mobile Beautician, Bare Morecambe 07789 727559
MKA Home Services, Lancaster 01524 388892
Maid2 Clean Lancaster, Morecambe and South Lakes 0800 043 5260
Mopps Cleaning Service, Lancaster 07739424408
Rose Beach Sewing Services Caton 01524 770255
The Laundry Company, Morecambe 01524 406222
The Squeaky Cleaners, Lancaster 07765 502542, 07538 858144

Christine’s Pristine Clean domestic cleaning in Lancaster and surrounding areas 07870 886591
Creases, ironing service, Morecambe 01524 427619
Edge Cleaning Services, Morecambe 0808 1565654
Home Mails, Lower Bentham 01524 42 61840
Just Artificial, plants, trees & flowers, Heysham 01524 858888
Ion, Ironing Services, Lancaster 0870 609 3190

Out of School & Holiday Clubs

Relax

Help around the house

MK Home Services, Lancaster 01524 388892
Maid2 Clean Lancaster, Morecambe and South Lakes 0800 043 5260
Mopps Cleaning Service, Lancaster 07739424408
Rose Beach Sewing Services Caton 01524 770255
The Laundry Company, Morecambe 01524 406222
The Squeaky Cleaners, Lancaster 07765 502542, 07538 858144

Images, Health & Beauty Naturally, Bolton le Sands 01524 823729
Lancaster & Morecambe College Beauty Salon 01524 521229
Lancaster & Morecambe College Hairdressing Salon 01524 521232
Midland Spa, at the Midland Hotel Morecambe 01524 417674
Naomi Waite Nail Studio, Lancaster 01524 846468
Pure Beauty at South Lakeland Leisure Village, Borwick 01524 727845
Creative Birth: Pregnancy and Postnatal Massage. Call Aurea on 07779 232866
Revive Health and Beauty at VVV Hest Bank, non-members welcome 01524 823363
Sue Shields Health & Beauty Carnforth 01524 720369
Tricia’s, Bentham, Lancaster 015242 63223
Yoga, Lancaster & Lune Valley 015242 21806
Yoga For Everyone Classes in South Lancaster Tues eve, Fri am British Wheel of Yoga Teacher 07734 006 911/01524 389940
Yoni Yoga On The Bay, Morecambe 07512 202611
Preschool Activities

Baby Massage Courses for pre-crawling babies, Kirkby Lonsdale 01524 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
City of Lancaster Gymnastics & Trampolining Club at Heysham High School Sports Complex 07714 216 368
Clapping Song 0-5 yrs The Hothouse, Morecambe 01524 831997
Communicating Hands signing with babies and young children Contact Deborah 01524 852959/ 07922556638
diddi dance funky preschool dance classes for boys and girls, Lancaster 07738 406349
Gyn’y Crickets, Gymnastics Salt Ayre Sports Centre 18mths - 4 yrs Lancaster 01524 847540
Hands Up! Baby and Toddler Signing Courses Lancaster, Morecambe & Silverdale 01525 298374 or 07992255638
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
LittleKickers football classes, 18 mths - 7th birthday South Lakes and Lancaster 01539 898195
Little Hippied Swim School at Capernwray age 3+ 01524 727262/07976 553 878
Old Holly Farm Play Barn, Garstang 01524 791200
Parents and Tots swimming at Heysham Pool Thursday 11-12 am 01524 420763

Soft Play

Cottams Field, Lancaster 01524 384800
Giggles Play and Adventure, Ages 0 - 12 yrs Lancaster Leisure Park 01524 542856
Old Holly Farm, Cabus Nook Lane, Cabus, Garstang 01524 791200
Pirates in the Café, Happy Mount Park, Morecambe 01524 401140
The PlayBarn, Greenslands Farm Village, Carnforth 01524 784184
The Zone Soft Play Centre, Lancaster 01524 382225

Leading family support charity wins award for their vital work in supporting local families

Home-Start Morecambe and Lancaster, which forms part of the UK’s leading family support charity is celebrating after beating off stiff competition to win Morecambe’s Sunshine award.

The Sunshine awards are a celebration and ceremony for services and people in the town of Morecambe.

In an ideal world Home-Start wouldn’t be needed. But for many parents the pressures of family life are simply too much to cope with alone. There are so many reasons for this including poverty, illness, depression, isolation, addiction and physical and mental health issues.

And this is where Home-Start steps in recruiting and training parent volunteers to offer emotional and practical support to families in their own homes; preventing family breakdown and crisis.

Home-Start Morecambe & Lancaster was set up in 1999, and in the last year alone their 40 volunteers have supported 60 families with 130 children.

Local Morecambe residents nominated their favourite good causes who in turn, were then put to a public vote. Home-Start Morecambe and Lancaster were up against many other great local charities, including the Morecambe Bay Food Bank and the Friends of the Winter Gardens.

Joanne Knowles, senior coordinator at Home-Start Morecambe and Lancaster said: “Thank you to everybody who supports our local Home-Start, we are all very shocked and delighted at winning the award and we will endeavour to continue our good work!”

To find out more about volunteering or getting support, please contact Home-Start Morecambe & Lancaster on 01524 414871 or email mail@homestarta.ml@co.uk

5 tiered structure with huge soft play slide!!
Packed with exciting new play features, with new cafe menus and new party packages.

Late night opening for late night shopping.
Telephone 01524 382225 for further details or visit www.thezonesoftplay.co.uk
Independent Schools

Casteron Preparatory School
Co-ed ages 3 - 11 Free Nursery entitlement accepted. Extended Hours to 6pm 015242 79249

Casteron School for Girls
Kirkby Lonsdale Age 11 - 18 015242 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 709624

Fulwood, Preston  Age 2 - 11 yrs Day School and Nursery, Highfield Priory Independent 01729 893000

Giggleswick School, Settle 01729 893000

Low Bentham, Co-ed Age 4 - 13 015396 22210

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

Rossall School, Fleetwood 01253 774201

Primary Schools

Arkholme C of E 015242 21418

Armside National C of E 01524 761159

Austwick C of E 015242 51366

High Bentham 015242 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

Ellie St John’s C of E, Galgate 01524 751320

Forton County Primary 01524 791188

Great Wood, Bare 01524 416971

Groveson Park Primary, Morecambe 01524 845708

Holme School, 01524 781205

Hornby St Margaret’s C of E, 015242 21496

Ingleton Primary 015242 41592

Lancaster Bowerham Community 01524 63999

Lancaster Rd County Primary, Morecambe 01524 410914

Leck St Peter’s C of E, Leck, 015242 71538

Melling St Wilfred C of E 015242 21538

Moorside, Bowerham Rd, Lancaster 01524 66516

Morecambe Bay County Primary 01524 401002

Mossgate, Heysham 01524 850736

Nether Kellet Community Primary 01524 733778

Scorton C of E, 01524 791596

North Road County Primary Carnforth 01524 732435

Our Lady of Lourdes RC Carnforth 01524 732289

Cawthorne’s Endowed School, Forton 01524 791565

Poulton le Sands C of E, Morecambe 01524 413273

Quernmore C of E 01524 66628

Ridge County Primary Lancaster 01524 67880

Ryelands County Primary Lancaster 01524 64626

Sandylands Community Primary Morecambe 01524 410286

Scotforth St Paul’s C of E Lancaster 01524 65379

Silverdale C of E 01524 701467

Slyne with Hest St Luke’s C of E School, 01524 823505

St Bernardette’s R C, Lancaster 01524 63934

St Helen’s C of E, Overton 01524 858615

St John’s C of E, Silverdale 01524 858615

St Joseph’s RC, Lancaster 01524 65576

St Luke’s C of E, Lancaster 01524 65445

St Mary’s C of E, Kirkby Lonsdale 015242 71334

St Mary’s RC, Morecambe 01524 410302

St Patrick’s RC, Heysham 01524 851766

St Peter’s C of E, Heysham 01524 852155

Secondary Schools

Carnforth High School 01524 732424

Central Lancaster County High 01524 32636

Heysham High Specialist Sports College 01524 416830

Ingleton Middle School 015242 41301

Kirbie Kendal 01539 727422

Lancaster Girls Grammar 01524 32010

Lancaster Royal Grammar 01524 580600

Morecambe High School 01524 410207

Our Lady’s Catholic College Secondary School Lancaster 01524 66689

Queen Elizabeth School, Kirkby Lonsdale 015242 71275

Ripley St Thomas C of E High School, Lancaster 01524 64496

Skerton County High Lancaster 01524 65143

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

PROFESSIONAL TUTORING
READING SPELLING ENGLISH MATHS ENTRANCE EXAMS AGES 6-16 YEARS
For FREE assessment Call 01524 61199 or 07752 624605
jan@lancastertutoring.co.uk
www.uktuition.org.uk

Mountwood Academy
www.mtwood.org.uk

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
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 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
AOK Parent peer support group for children with additional needs up to 8 yrs, Lune Park Children’s Centre Tuesdays 1-3pm 01524 382818
Bay Community NHS Trust, Learning Disabilities Division, Lancaster 01524 846332
Beaumont College, Further Education, Lancaster 01524 541400
District Health Team 01524 586192
Education Special Needs Lancaster 01524 842757
Educational Psychology Service, Lancaster 01524 66231
Horsability service for adults, young people and children with a learning disability, Dolphinholme 01524 791824

Lancashire Parent Partnership working to support parents of children with special educational needs Helpline 0845 6014284
Lancaster Deaf Club, Lancaster 01524 846147
Mountwood 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
Specialist Dyslexia Tutor Cressida Graves, PGCE, PG Cert Dyslexia and Literacy Lancaster, (01524) 848127
Special Needs activities at Regent Park Studios Morecambe 01524 419861
Unique Kidz and Co After School and Holiday Club for Children with Disabilities and their Siblings. Based at The Loyne Specialist School, 07762491725

Special Schools

Bleasdale House, Silverdale 01524 701217
Cedar House School, Kirkby Lonsdale 01524 419861
Crookhey Hall School 01524 792618
Lancaster Portage Services for pre-school children with learning difficulties 01524 847140
Morecambe Road School 01524 414384

The Loyne, Lancaster 01524 64543
Underley Educational Services, Kirkby Lonsdale 015242 72224
Underley Garden School, Kirkby Lonsdale 015242 71569
Underley Hall School, Kirkby Lonsdale 015242 71206
Wennington Hall School 015242 21333
Witherslack Hall School 015395 52397

Further Education

Adult College, Lancaster 01524 60141
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
Learn Direct, MBW Training Services, Lancaster 01524 849805
Open College of the North West Lancaster 01524 845046

ONEANDDONE TUITION

Key Stages 1 and 2, ELEVEN PLUS Lancaster, Morecambe and Carnforth areas Tel: 07981 865374

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

www.thefamilynoticeboard.co.uk
Party Venues & Rooms for Hire

Bowland Wild Boar Park, Chipping Nr Preston 01995 61554
Blackpool Tower & Circus 01253 292029
Brewsters, Lancaster 01524 384800
Carnforth Civic Hall, Carnforth 01524 732197
St James Centre Heysham Road 01524 851422
Caton Youth Centre 01524 770256
Cockerham Parish Hall 01524 751442
Ellel Village Hall, Galgate 01524 942494
Embassy & Bolton Abbey Steam Railway, Skipton 01756 710614
Father’s House, Skerton, Lancaster 01524 63770
Folly Cafe & Gallery Lancaster 01524 38855
Giddy Kiddy Fun Factory, Kendal 01524 714377
Giggle Play and Adventure, Ages 0 - 12 yrs Lancaster Leisure Park 01524 542856
Greenlands Farm Village Carnforth 01524 784184
Halton Youth & Community Centre 01524 811444
Hornby Institute 015242 21003
Happy Mount Park Café, Morecambe 01524 401140
Holker Hall, Grange over Sands 015395 58322
The Hothouse, Morecambe West End 01524 831997
Johnny’s Fun Factory, Morecambe 01524 424212
Karting Centre, Blackpool Age 8+ 01253 319990/ 01253 406340
Lancaster & Morecambe College Sports Centre, Ages 4 - 14 01524 521411
Lancaster University Sports Centre Age 5+ 01524 594000
Leighton Moss Nature Reserve, Silverdale 01524 701601
Lisa Salem’s Strawberry Dance Studios, Dance Parties, Morecambe 01524 400435
Marsh Community Centre, Lancaster. Parties, functions, conferences 01524 843300
Lancaster University Sports Centre Age 5+ 01524 594000
Megazone, Morecambe 01524 410224
Nether Kellet Village Hall 01524 736578
Old Holly Farm, Garstang 01524 791200
Over Kellet Village Hall 01524 730667
Priory Hall, off Castle Hill, Lancaster 01524 65338
Pizza Margherita Galleria Rooms, Lancaster 01524 36333
The Redwell Inn, Arkholme 01524 21240
Exclusive stunt parties, Regent Park Studios, Morecambe 01524 419861/01796 213812
Ryelands House, Lancaster 01524 64567
Salt Ayre Sports Centre, Lancaster 01524 847540
Slyne with Hest Memorial Hall for all occasions 01524 825464
St Martin’s Sports Complex, Lancaster 01524 526526
Superbowl, Morecambe 01524 400974
Trinity Community Centre Lancaster 01524 381752
Victoria Institute, Caton 01524 771733
Wacky Warehouse, Morecambe 01524 401724
Yoni Yoga on the Bay 07512202611
The Zone Soft Play Centre, Lancaster 01524 382225

Party Entertainment

ABRACADABRA-ITS FALCONS Magic & Punch & Judy Show 01254 261540
Ally the Clown childrens parties 07946 461441
BJ Entertainments, childrens games, magic, disco/karaoke 07941 973575
Chrisie Harrison Children’s Bead Parties, Lancaster 07786 932900
Enjoy-a-Ball 10 ball sports for boys and girls ages 3 - 9 Paul Darwent 07879 896 156
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 Carnforth 01524 401020
Jesters of Ambleside 015394 339982
Kalimba, Entertainment Consultants 01524 424303
Kidz Kraft 01793 330821
Lee Michaels Wizard of Magic, Burton in Kendal 01524 781571
Mobile disco and karaoke 01524 424738
Over the Top Puppet Co. Lancaster 01524 36114

Party Supplies

Birketts Bouncers freephone 0800 511 8149 or 01524 736749
Bounce Bouncy Castles, Carnforth 01524 733540
Bouncers, Bouncy Castles, Milnthorpe 015395 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
Hellum Balloons, Arkholme 015242 21240
Itsy Bitsy Vintage China Hire for Weddings and parties 01524 848566
Jerome Celebration Cakes Morecambe 01524 831024
Laura’s Leisure Soft Play and Giant Games Hire Lancaster, Morecambe and surrounding 07528 973 299
Ribbons and Roses, Morecambe 01524 419993
Robinson’s Balloons, Bare, Morecambe 01524 831355

Weddings

Deborah Jane Bridal Wear Morecambe 01524 411042
Bridal House of Torrisholme 01524 423328

www.thefamilynoticeboard.co.uk
AGE UK Lancashire, dedicated to helping all older people have valued and fulfilling lives. Chapel Street Lancaster for all details call 0300 303 1234

LUNCH CLUBS
County Hotel, Carnforth every Tuesday
Scarthwaite Hotel, Caton every Tuesday
Silverdale Hotel, Silverdale 1st Wednesday of the month
George Washington, Warton alternate Wednesdays
York Hotel or Clarendon Hotel, Morecambe alternate Thursdays

Men That Mend in conjunction with Furniture Matters 55+ if you would like to renovate furniture and white goods contact Age UK

Personal Safety Alarms - Age UK Coping Alone Bereavement Support Age UK
Time to Spare? Become a Volunteer with Age UK Lancashire
Help Direct a support and information service for the people of Lancashire. We’re here to give you the help and guidance you need before a small problem becomes a crisis 0303 333 1111
Marsh Agelink activities and outings 01524 32616
U3A University of the Third Age for the retired or semi-retired 65 Subjects from Archaeology to Yoga at Friends Meeting House Lancaster, Dukes Theatre, Lancaster or members homes contact 01524 60236 or 01524 74349
Rainbow Centre, Clarence St, Morecambe various activities for Over 55’s Monday to Thursday 01524 415502
Friendship Centre, Lancaster for over 55’s Keep Fit, Computers and Crafts Mon, Wed, Fri Baptist Church Robert Street Contact 07763 652 808

Skerton Community Centre: Autumn Club Wednesdays 1.00 -4.30pm (bingo, quiz and lunch for age 55+)
Over 55’s Social Group 1st and 3rd Thursdays - 2.00-4.00pm (carpet bowls, darts, Wii sports and table tennis)
Women’s Craft Group make and sell recycled goods 01524 380818

Anchor Housing Morecambe Properties for Rent 55+ 0800 270 7061
Derwent Court, Lancaster properties for rent 55+ 0845 217 0711
Elms Hall Properties to purchase 55+ 01524 401402

Residential & Retirement Homes
Abbeyfield, Silverdale 01524 701219
Bare Hall, Morecambe 01524 410906
Brant Howe, Kirkby Lonsdale 01524 71832
Craigneil, Morecambe 01524 831011
Elmfield House, Holme, Carnforth 015395 63896
Greenroyd Residential Home Ltd Hest Bank Lancaster 01524 824050

Housing

The Penshale Society Ltd
8 South Road
Morecambe
LA4 5RA
Tel: 01524 411772
Registered Charity 223933

Very Sheltered Accommodation for the Elderly Subsidised Housing in En-Suite Flatlets
admin@penshale-society.co.uk
www.penshale-society.co.uk

Holly Bank, Arnside 01524 761277
St Gregory’s House, Preston Patrick, Milnthorpe 01539 587406
St Wilfrids, Halton, Lancaster 01524 235042
Scaleford Care Home Ltd Lancaster 01524 841232
The Mayfair, Morecambe 01524 411836
The Thorns, Hest Bank, Lancaster 01524 231383
Thornton Lodge, Morecambe 01524 410430

Nursing Homes

Laurel Bank Care Home
Lancaster 01524 388980
Whitelow House Residential 
& Nursing Home Morecambe 01524 411676
Westmorland Court Nursing Home Arnside 01524 761291
The Sands Retirement 
& Nursing Home Morecambe 01524 400300

Lancaster City Council Leisure Development

School Holiday Activity Programmes

For ages 4 - 16, the programmes are packed with exciting art and sport workshops. Sessions are run by trained professionals and have limited places to ensure that they are run in a safe manner.

Visit www.lancaster.gov.uk/holidayprogramme
for more information about holiday activities in 2013 and to join the mailing list.

Booking and Information Line 01524 842493

Booking is required for all activities and places fill up very quickly!
Days Out

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 01539 41396
Bronte country W Yorkshire Haworth Parsonage 01525 642323
Cobbled Hey Farm & Gardens, Cloughton-on-Brock, Nr Garstang 01995 602643
Docker Park Farm, Arkholme nr Garstang 015242 21331
EdenOstrich World, Langwathby nr Penrith 01768 881771
Fellfoot Country Park, ferry & steam engine Newby Bridge 015395 31273
Greenlands Farm Village & Wellies Cafe at Tewitfield Nr Carnforth 01524 791200
Grizedale Forest Park Hawkshead, Ambleside 01229 860010
Gullivers World, Warrington 01925 444888
Happy Mount Park, Morecambe 01524 401140
Harewood House, Gardens & Adventure Playground Leeds 0113 218 1010
Henshaw Arts & Crafts Centre at Conyngham Hall, Knaresborough 01423 341888
Heysham Heritage Centre 01524 853465
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 01477 571339
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
Lakes Aquarium, Lakeside, Newby Bridge 015395 30153
Lancaster Castle 01524 64998
Levens Hall, Levens, Cumbria 015395 60321
Leighton Hall, Carnforth 01524 34474
Malham Cove & Malham Tarn, 01756 2809 (TIC)
Mother Shiptons Cave Knaresborough 01423 864600
Muncaster Castle, Gardens & Owl Centre, Ravenglass 01229 717614
Myerscough College, Bilsborrow, Preston - Plants, Pets, Gardens 01995 642273
Old Holly Farm, Garstang 01524 791200
Pencil Museum Keswick 01768 780988
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
Sandcastle Water Park Blackpool 01253 343602
Sellafield Visitor Centre, Calderbridge, Mon to Fri 019467 27027
South Lakes Wild Animal Park, Dalton in Furness 01229 466086
Stump Cross Caverns, Pately Bridge 01576 752780
The Forbidden Corner, Middleham, N Yorkshire, Booking essential 01969 640638/640769
Trotters World of Animals, Bassenthwaite, Nr Keswick 017687 76239
Ullswater Steamers 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 01524 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
Brookholes Nr Preston Nature Reserve with a difference opened in 2011 01772 872000
Cobbled Hey Farm & Gardens Cloughton on Brock Garstang 01995 602643
Garfield Barrows National Nature Reserve, Silverdale access by permit only 01539 531604
Grizedale Forest Park, Nature Trails & Play area, Cumbria 01229 860010
Holehird Gardens - Lakeland Horticultural Society - Windermere 015394 46008

Sea Life Centre, Blackpool 01253 621258

Museums & Galleries

Abbot Hall, Kendal Art Gallery & Adventure Playground 01539 722464
Beatrix Potter Gallery, Hawkshead 015384 36355
Cars of the Stars Motor Museum, Keswick 017687 73757
Cottage Museum, Lancaster 01524 64637
City Museum, Lancaster 01524 64637
Eureka! the museum for children, Halifax 01422 330012
Farfield Mill Arts & Heritage Centre, Sedbergh 015396 21958
Harris Museum & Art Gallery, Preston 01772 258248
Imperial War Museum North, Manchester 0161 836 4000
Judge’s Lodgings Museum, Lancaster 01524 32808
Maritime Museum, Lancaster 01524 382264
Museum of Lancashire, Preston 01772 253731 (TIC)
National Museum of Photography, Film & Television Bradford, W Yorks 01274 202030
Greater Manchester Museum of Science & Industry 0161 832 1830
Storey Gallery, Lancaster 01524 844133
Tate Gallery, Liverpool 0151 709 3631 (TIC)

Gardens

Holehird Gardens - Lakeland Horticultural Society - Windermere 015394 46008

www.thefamilynoticeboard.co.uk
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 855228
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
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 363333
The Plough Inn, Galgate, Lancaster 01524 751337

Visitor Information Centres

Arnside/Grange over Sands 01539 34026
Ambleside 0844 225 0544
Bentham 01524 62549
Broughton-in-Furness 01229 716115
Garstang 01995 602125
Horton-in-Ribblesdale 01729 860333 (Closed Tuesdays)
Ingleton 01524 41049
Kendal 01539 725758
Kirkby Lonsdale 01524 71437
Lake District National Park Authority 015394 42895
Lancaster 01524 582394
Morecambe 01524 582808
Settle 01729 825192
Windermere 015394 46499

Morecambe Festivals by the Sea

Morecambe Jazz Festival, 5-7 July
West End Festival, 20 July
Tutti-Frutti 1950s Festival, 26-27 July
Motown Magic, 9-11 August
Morecambe Beer Festival, 15-18 August
Morecambe Seaside Festival, 31 August - 1 Sept
Morecambe Bay Golf Festival, 9-13 Sept
Vintage By The Sea, 14 Sept
Heritage Open Days, 12-15 Sept
Bradford to Morecambe Historic Vehicle Run, 15 Sept

For details please visit www.citycoastcountryside.co.uk or call 01524 582808

The Legacy Goes On ...

Lancaster University Sports Centre is offering £1 a play activities for adults and children this summer. Find out more at www.sportscentrelancaster.co.uk or call 01524 510600.

For a chance to win a family swim each week for a month enter our competition online at www.thefamilynoticeboard.co.uk

Old Holly Farm, Cabus, Garstang
Open 9am - 5pm everyday
Donkey rides, Coolcow ice cream, Indoor Playbarn, Cafes, Farm Shop, animals and more...
make Old Holly Farm the place to be this Summer!!
Plus it’s still FREE entry to the open farm & FREE parking
Tel: 01524 791200 for further details or visit www.oldhollyfarm.com

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, Concessions £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

REAL RACING REAL ACTION REAL CHEAP

www.thefamilynoticeboard.co.uk
**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
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
diddi dance funky preschool dance classes for boys and girls, Lancaster 07738 406349
NRG Dance Ages 1½+, Morecambe 01524 850079
Drama Factory, Lancaster Morecambe, Hala, 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 62754
Handheld Theatre, professional Puppet Theatre for all ages and occasions, Lancaster 07780 628855
Happy Feet School of Dance and Performing Arts, Age 3+ Torrisholme 01524 831899
Helen Howard School of Theatre Dance, Low Bentham and Settle 015242 61968
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 720525/07790 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 specialising in dance for all 01524 35936
MOKY Fit dance exercise classes 07790324027
NRG Dance Morecambe 01524 850079/07790324027
Rigney Bank House Ballet School, Milnthorpe 015395 62236
Robinson Read Dance Classes, Bolton le Sands, Hest Bank & Burton 07778 017737
Stagecoach Theatre School, Lancaster & Kendal 01539 730849
Star Maker Dance & Leisurewear Morecambe 01524 419550
Susan Wilson School of Drama, Morecambe Ages 4 - 15, Torrisholme Methodist Church Hall 07778 694411
Turning Point Theatre Arts, Lancaster 01524 36222
Twinkle Toes Dance Academy Scale Hall, Lancaster age 2yrs+ 07768 535228 (after 5 and w/ends)
Wilde School of Dancing Casterton 015242 76455

**Music and Singing**

Amabile Girls’ Choirs Auditioning now for girls aged from 4 to 19 Call Cathy Parsons 015242 72476
Arnside Ladies Choir, need new members 01524 762170
Baybeat Street Carnival Band Age 10+ Tues 6.30 Holthouse Morecambe 01524 831997
Peter Blackburn B Mus Violin, Piano, Keyboard, Lancaster 01524 39209
Dr Denise Carlyle, LRAM, LTCL Piano lessons Pass your grade 5 theory Lancaster 01524 389156
Carnforth Choral Society, Needs new members. Contact Matt Patrick 01524 781478
R W Compton LCM TDC Guitar Tutor, Morecambe 01524 416003/823772
Drumdance, Community Music & Education Project Lancaster Music Service, 01257 239716
Philip Fawcett LWCM TDLC Piano, Keyboard, Lancaster 01524 847050
Galloway’s Choir needs new members. For sighted & visually impaired. Monday pm, Morecambe 01524 414846
Sandy Holland LSRM BED(hons) MEd Professional Piano Teacher Lancaster/Garstang area All ages and levels 07973 775114
Fredrik Holm M(mus) Piano, singing and bassoon tutor, Lancaster 07780 623855
The Hothouse, 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 Main Band Weds 7.30 - 9.40pm Junior Band/Learners Mon. 6.30pm - 7.30pm 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
Levens Choir Conductor/ contact Ian Jones 01539 720168
Morecambe Brass Band Association Championship Section (local) and 2nd Section (national), Mon and Thurs 7.30 to 9.30pm 01524 734487
Morecambe Brass Band Academy One on One Tuition to all ages, and training band. Sat 9.30am to 12.30pm
Morecambe Bay Brass, All ages and abilities Tuesday 7.15 to 8.45pm 01524 734487
Morecambe Parish Church Choir 01524 823031
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 Hargest LRAM ALCM PGCE Morecambe 01524 426481
Red Rose Amateur Operatic & Dramatic Society, Morecambe 01524 34552
Christopher Steele AdvPgDip RCM. Singing lessons and vocal technique. Classical/music theatre ABRSM/Trinity Exam prep to diploma level. Lancaster 07786 194 333
Yvette Price BMus (Hons) ALCM (TD) Piano, Keyboard, Clarinet and Music Theory Tullian Heysham, Morecambe & Lancaster 07932 962360
St Aubyn’s Academy of Music, Morecambe 01524 426244
Westmorland Youth Orchestra, Kendal 015395 60054

Film
Media Training in Film Studios, Regent Park Studios, Morecambe 01524 419861/07976 213812

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 64695
Lancaster Concerts, Lancaster University 01524 594131
The Platform, Morecambe 01524 582803
Vue Cinema, Lancaster 08712 240240

Costumes
Rose Beach Sewing Services Caton 01524 770255

Stagecoach Theatre School Summer Workshop

Monday 5 August to Friday 9 August 2013
Lancaster Grand Theatre

Yes! It’s that time of year again as the summer approaches and we start to contemplate how to keep the kids happy and entertained during the holidays. Well, we’re pleased to inform you that bookings are now being taken for this year’s Stagecoach Holiday Workshop in August.

From the moment students arrive, they’ll be caught up in the excitement of casting, rehearsing and performing. Make new friends and grow in confidence during five inspiring and memorable days of fun, hard work and creativity.

This great value week is packed full of dancing, singing and acting and parents and friends can look forward to a fantastic show at the end of the week. Guaranteed to be the best week of the summer holidays – ask anyone who’s been!

Summer school is open to Stagecoach and non-Stagecoach students aged 4-18, so tell all your friends!

From Monday, 5th August to Friday, 9th August 2013 at the Lancaster Grand Theatre 10.00am – 4.00pm daily with an evening performance at 6.00pm on Friday.

£145.00 per child, £95.00 per sibling, £25.00 deposit

For more information, call: 01539 730849 or email: lancaster@stagecoach.co.uk
Children's 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 01524 34810
YMCA Lancaster 01524 32737

First Aid

ST John Ambulance Badgers, Morecambe 6 - 10 yrs 01524 422615
ST John Ambulance Cadets, Morecambe 10-18 yrs 01524 422615
ST John Ambulance Cadets, Lancaster Age 10 - 18 07788 708620
ST John Ambulance Adults, Lancaster Age 18+ 07788 708620

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 Thurs 6.30pm 07886 656930
1st Morecambe & Heysham Boys Brigade Age 6 - 18 Friday 6 pm 01524 61683
Arkholme, Hornby, Youth Club 015242 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, Toddlers Groups 01524 65622
Bentham Youth & Community Centre 015242 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 Falcon, Ages 7 - 25 yrs 01524 598516
Father's House, Skerton, Lancaster, Fri eve 01524 63770
Focus Youth Ages 11 - 16, Fridays 7-9pm Top Floor Post Office Buildings, Morecambe 07957 860 928
Galgate Youth Club 01524 581171
Girls Brigade, Bare Age 6 - 18 01524 382174
Girls Brigade, Carnforth 01524 811983
Girls football coaching Lancaster & Morecambe College Thursdays 5.30pm - 6.30pm
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
Kendal Methodist Youth Centre, Morecambe ages 8 - 18 01524 66426
Lancashire Association of Clubs for Young People Lancaster 01524 65106
Lancaster Boys and Girls 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
Morecambe Community Church Age 13-17 01524 853857
Morecambe Youth & Community Centre various groups 01524 412425

Rainbows, Brownies Guides & Rangers

Lancaster & Garstang - Divisional Commissioner 01995 603301
Morecambe - Divisional Commissioner 01524 851934

Duke of Edinburgh Award Scheme

Adult Education Youth & Community Service, Lancaster 01524 581170

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Over the past few years, it has become apparent that we are bombarded with information regarding all aspects of our health from newspapers, TV and radio, to the internet, twitter, blogging etc.

So much emphasis is placed on how to be ‘healthy’ and so many people seem to have yet another new idea about health that it is almost impossible to know what is real or false, and many people, especially parents can be forgiven for holding their hands up in the air and admitting defeat. The more we read or hear, the more inadequate we can become, and end up doing nothing to improve our health.

For a while, there has been a constant message to eat ‘low fat’ food, and many people buy just such products hoping they will stay healthy, yet it’s fair to say that some diseases such as diabetes are increasing, and as a nation we are getting heavier. This makes no sense when you think about it.

Lately, there is a movement towards bringing back fat into our diets as the scientists are starting to tell us we actually need some of these fats in order to be fully healthy. That’s a completely different message again.

Whilst the scientists, politicians etc make up their minds, it is perhaps time to take some control and look at ways to be healthy that fit into your lifestyle. Some ideas are:

- Have a walk round the block after tea. Or, if you are more energetic, why not go on a bike ride.
- Perhaps prepare a meal or two from scratch a week. Substitute a piece of fresh fruit instead of a pudding sometimes.
- Cut back on fizzy pop, or alcohol - maybe only have it at weekends. The same goes for sweets and biscuits. Don’t buy them if you know you or the kids will eat them there and then. Only get enough for the odd time you feel like something sweet.
- It doesn’t mean depriving yourself, it just means having variety in your diet, not eating or drinking too much of anything, adding some exercise into your weekly routine.
- Maybe look into taking a multi vitamin and mineral. Also have some quality down time once in a while – read a good book, listen to music if you get pleasure from that.

These are not new ideas, but in the absence of any definitive guidelines, these are things that could be fitted into a busy life without too much stress. Start small, and hopefully it will be easier for you and your kids to maintain and build on.

Unfortunately, there is still no magic pill to keep us in tip top shape, and it requires a little effort if you want to feel the best you can.

Also levels of health will vary depending on what your starting point is. An example of this would be someone who suffers with seasonal hay fever will have a different idea about their health in the Summer time, and may already feel a lot stronger in the Winter months.

Complementary Remedies
Lara Stuart

How to be ‘healthy’?

Lara is an experienced complementary therapist. She obtained a BSc (Hons) in health sciences for complementary medicine and went on to train in reflexology, aromatherapy, reiki, homeopathy and Dr Bach flower remedies.

She is currently working on a Macmillan Unit providing complementary therapies for people who have cancer, and has a private practice in Lancaster. Lara can advise on health issues affecting the whole family, from womens health to children’s behavioural problems.

If you have a question for Lara please write to, or email The Family NoticeBoard.

If you would like to book a personal consultation please call 01524 824581

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.
Sports & Hobbies

Activity & Adventure Centres

Active Education Summer Camps at Wimmarleigh 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 01229 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

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, aqasailing, mobile climbing tower 015395 35030
Indoor Climbing Wall Age 6+ Regent Park Studios, Morecambe 01524 419861/ 07976 213812

Coaching

Multi Sports Coaching for Boys and Girls ages 3 - 9 Football, Cricket, Dodgeball, Handball, Baseball, Tennis, Rugby, Basketball, Hockey, Volleyball Paul Darwen 07879 896 156

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+

Art & Craft

13 The Warehouse, Queen Street Morecambe 01524 401600
Little Shop of Hobbies, Morecambe 01524 401774

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Boxing

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

Bridge

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

Circuit Training

Regent Park Studios, Morecambe 01524 419861/ 07976 213812

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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

Chess

Arnside Chess Club, age 6+ 015395 62494/762462
Braille Chess Association 0114 230 5995
Lancaster Chess Club 01524 32020
Morecambe Chess Club 01524 418535

Fairground

Merry-Go-Rounds, Wimmarleigh Hall, Preston 0845 671 1356

Astronomy

Astronomical Society, Lancaster & Morecambe 01524 383288

Basketball

University of Cumbria Sports Complex, Lancaster 01524 526526

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Morecambe Chess Club 01524 418535

Fairground

Merry-Go-Rounds, Wimmarleigh Hall, Preston 0845 671 1356
Equestrian

Bay Horse School of Equitation 01524 791154
Green Bank Riding Centre, Warton 01524 732643
Horsability a new day service for adults, young people and children with a learning disability. Dolphinholm nr Lancaster 01524 791824
Lancaster & District Pony Club 01524 824836
Morecambe Lanquistrian Ltd [Lunebank Riding Centre], Pony Club Centre, Overton 01524 853397
Trekkers, beginners & children welcome. Hale, Milnthorpe, Lancaster & Morecambe 01539 658561
Fitness

Fitness Dynamics: Pilates, Zumba Fitness & Zumba Toning. Milnthorpe and the surrounding villages. 07866 457563

Football

Under 15’s
AFC Highgrove 07798 885 732
Bare White 07748 770 262
Carnforth 07909 667 629

Carnforth Rangers A 07951 638 566
Cockerham 07930 498 158
Heysham B.S 07413 534 912
Highgrove 07411 686 374
Westgate 07988 645 404

Under 14’s
Bare 07974 061 504
Bentham 015242 68266
Boys Club 07989 943 412
Carnforth Rangers 07766 508 273
Cockerham 07794 141 752
Lancaster 07817 778 587
Lancaster Blue 01524 67088
Morecambe 07504 765 267
Westgate Wanderers 07801 709 565

Under 13’s
Bare 07977 150 581
Bare Red 07990 582 511
Boys Club 07538 092 244
Carnforth Rangers 07882 188 499
Cockerham JFC 07899 918 886
Lancaster 07790 188 923
Lune Valley 01524 771734
Morecambe Hawk 07733 206 726
Morecambe Reds 07778 195 726
Storeys 07879 794 662
Westgate Wanderers 07988 645 404

Girls football coaching Lancaster & Morecambe College Thursdays 5:30pm-6:30pm
Lancaster & Morecambe College Sports Centre 01524 521414
Little Kickers football classes, 18mths – 4yr olds birthdays
South Lakes and Lancaster 01539 898195
Morecambe Football Club 01524 41797

Gymnastics

City of Lancaster Gymnastics & Trampolining Club University of Cumbria Lancaster ages 5+
01524 526526
City of Lancaster Gymnastics & Trampolining Club at Heysham High School Sports Complex 07714 216 368
Garstang School of Gymnastics 01995 600800
Gymnastic courses at Salt Ayre Sports Centre, Lancaster from age 4 01524 847540

Golf

Bentham Golf Club, 015242 62455
Casterton Golf Club, 015242 71592
Forest 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 015242 76365
Lancaster Golf & Country Club 01524 751247
Morecambe Golf Club 01524 412841
Silverdale Golf Club 01524 702074

Martial Arts

Activ8 Self Defence - Ju Jitsu Lancaster areas - all ages 0870 3120228
Bowerham Karate Club, Lancaster 07507 658561
Morecambe Tae Kwon Do, Christ Church every Tuesday and Thursday. Under 12’s 6:30 - 7:30 Over 12’s and Adults 7:30 - 9pm 07971 687284
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 667991

Red Rose Ju-Jitsu Club, Central High School, Lancaster all ages, 01524 426643
Lancaster Karate Kofu Kan Club, Skerton Community Centre Wed 7pm Sat 10.30am 07887 931 658
Lancaster University Sports Centre 01524 594000
Morecambe Taekwon-Do Christ Church United Reformed Church 07828 687284
Shotokan Karate Club Lancaster age 8+ 01524 852568
Riverside Judo Club at Salt Ayre 01524 413228
Tae Kwon Do at Salt Ayre, Lancaster 01523 826301
Tae Kwon Do Regent Park Studios, Morecambe 01524 419861/ 07976 213812 Age 5+

Horse Riding

Westgate Wanderers 07988 645 404
Morecambe 07778 195 726
Storeys 07817 778 587
Westgate Wanderers 07932 588 586

Parachuting

Black Knight Parachute Centre, Cockermouth, 16+ 01524 791820
Sky Dive North West, Flookburgh 01539 58672

Paragliding

Air Ventures Paragliding School, Keswick 07830 281986
Lakeland Leisure Paragliding, Coniston 01539 41825

Mountain Biking

Bog Trotters Mountain Bike Club All abilities age 15+ 07732 929 543/07766 367 598

Netball

Lancaster Netball League 01524 847130/67778

Motor Sports

Kirkby Lonsdale Motor Club 01524 410753
Morecambe Car Club, all ages 01524 412505
Mini Stox at Warton ages 10 - 16 07709 746744
Warton Stock Car Club, all ages 07709 746744

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Sailing

Armside Sailing Club
01524 761670

Glasson Sailing Club, Lancaster, all ages, 01524 751089

Morecambe & Heysham Yacht Club 01524 418206

Scuba Diving

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

Self Defence

Activ8 Self Defence - Ju-Jitsu 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, Eller, Lancaster 01524 844822
Spirit Health & Fitness Club, Holiday Inn, Lancaster 01524 843579
University of Cumbria Sports Centre Lancaster 01524 590841
VVV Health & Leisure Club, Hest Bank, 01524 823363

Sports Injury

Bowen Technique, Laura van Tatenhove, Lancaster 07910979323
Dacresland Clinic, Lancaster 01524 69864
Sports Massage Sadie Mckeand 07811 868851
Healing Hands, Lancaster 01524 84 84 B3
Hyperbaric oxygen therapy Middleton 01524 855422
Lakeland & Lunesdale Physiotherapy, Milnthorpe 015395 64727
University of Cumbria Sports Complex, Lancaster 01524 590841

Swimming

Capanwray 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 41147
Lancaster Swimming & Water Polo Club, Salt Ayre 01524 553375
Lancaster University Pool 01524 594000
Mad about Swimming Capenwray age 3+ 01524 727622/07976 553878
Swimming Classes for Adults Lancaster University Sports Centre 01524 594000
Swimming lessons at Capenwray & Silverdale 01524 734642
VVV Leisure Centre, Hest Bank 01524 823363
Water Babies, baby swim school Lancaster & Silverdale 01204 846003

Table Tennis

Armside 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 66343/35521
Lancaster Tennis Club, Junior Tennis Coaching 01524 311737
Slyne with Hest Tennis Club 01524 849779
Lancaster University Sports Centre 01524 510600
University of Cumbria April to October 01524 590841

Trampolining

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

Yoga

yogic prescription and yogakidz Yoga for All, Bay area 07922 144 384
Kundalini Yoga and Ayurveda Healing Hands, Lancaster 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
Antenatal & Postnatal

**Active Birth Centre** 0207 281 6760
**Antenatal Workshops, Sandra Lively** 07825 421371
**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 72673
**BLISS Supporting access to quality care for sick and premature babies** 0500 618140
**Breast Feeding Support Group Royal Lancaster Infirmary, Sandra Lively** 07825421371
**Breast Feeding Support Group at Balmoral Children’s Centre Mondays 1-2.30**
**Breast Feeding Support Group Carnforth Clinic** 015245 738913 or 738914
**Breastfeeding Support Group** 0152439450
**Breast Feeding Support Group at Lune Park Children’s Centre Mondays 1.30 - 2.30**
**Breast Feeding Group** every Wednesday 11am - 1pm Poulton Children’s Centre, Morecambe Louise Mapp 01524 405712
**Col Death Helpline Freephone** 0808 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
**Dancing for Birth TM Classes, Antenatal/Prenatal Exercise At the Friends Meeting House, Lancaster, Thursdays 7.45pm Contact Suzi on 07801 284369**
**Hypnobirthing, Friends Meeting House, Lancaster 07913 389009**
**Post/antenatal Personal Training contact Sadie on 07811 868851**

**Lakeland & Lunesdale Physiotherapy, Milnthorpe 015395 64727**
**Lancaster Birth Support Group, Gregson Centre, Lancaster first Tuesday each month 6.30pm 07887 732547**
**LIFE Pregnancy Care Service Counselling and information 01524 409236**
**Morecambe Bay Smoking Cessation Service 01524 845145**
**National Childbirth Trust, Lancaster, Morecambe & District Antenatal classes 0844 243 6970**
**NCT Scotforth Bumps and Babies Mondays 10-12 (except Bank Holidays) Lancaster Methodist Church, Scotforth Rd 07984 802769**
**Parentcraft at all Children’s Centres contact Sandra Lively 07825 421371**
**Postnatal group Monday 11am - 12noon, Poulton Children’s Centre, Morecambe 01524 405712**
**Postnatal Pilates Yoni Yoga On The Bay, Morecambe 07510 202611**
**Pregnancy Yoga, Yoni Yoga On The Bay, Morecambe 07510 202611**
**Royal Lancaster Infirmary Antenatal Clinic 01524 583881**
**TAMBA Twins and Multiple Births Association 01483 304442**

**Family Health**

Alan J Hedges BSc, D.Hyp, PDCHyp, MBScH, Clinical Hypnotherapist, Dacrelands Clinic, Lancaster 01524 355875
**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 01524 21343/07548 221482**

Bealt, beating eating disorders
**Youthline 0845 634 7650 Text: 07786 20 18 20**
**Monday and Wednesday 10.30am – 7.30pm**
**Tuesday, Thursday and Friday 10.30am – 6.30pm**
**Live chats every Monday and Wednesday 6 - 7pm**
**Adults: Helpline: 0845 634 1414**
**Monday and Wednesday 10.30am – 7.30pm**
**Tuesday, Thursday and Friday 10.30am – 6.30pm**
**Bowen Technique, Lancaster 07910979323**
**Bowen Therapist, Karen Benbow, Lancaster 01524 847837**
**CancerCare 01524 381820**
**Alan J Hedges BSc, D.Hyp, PDCHyp, MBScH, Clinical Hypnotherapist, Dacrelands Clinic, Lancaster 01524 355875**
**Cognitive Behavioural Therapist Sean O'Donnell MSc PSI-p, Pgd APSIMH, BSc[Hons] CBT, BABCP accredited 07919 033346**
**Deep Tissue Massage Sadie Mckeand 07811868851**
**Dyspraxia Foundation St Annes on Sea 01253 738679**
**Peter Tomlinson Emotional Freedom Technique, Reflexology MAR IETC ART (Regd) CPAMET 01254 248989 and at VVV Hest Bank 01524 823363**
**Epilepsy Action, Lancaster Branch 0808 800 5050**
**Expert Patients Programme Community Interest Company Free courses to help you manage the effects of your long-term health condition. Lancaster & Morecambe 0800 988 5550**
**Headway, Lancaster Support group for people suffering head injuries or brain damage 01524 598304**
**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] UNWCH Homeopath/Flower Essences 01524 824581**
**Hyperbaric oxygen therapy Middleton 01524 855422**
**Hypnotherapist, Leander Edmunds BA MA DHP[NC], MHA (Reg Hyp) Lancaster 01524 383065**
**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 850710**
**Motor Neurone Disease Association 01524 422493**
**Multiple Sclerosis Society, Lancaster, Morecambe & District 01524 720613**
**Natural Health Practitioner, Julia Russell AMH, MGTI, ITEC, MIFR Herbalism, Iridology, Therapeutic Massage, Reflexology, Lancetor 01524 33389**
**NHS Direct 111**
**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 Allenby 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**
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 853422

ADHD Northwest Supporting individuals and their families with Attention Deficit Hyperactivity Disorder Contact 01524 822887

Childrens Holiday of a Lifetime, Morecambe 01524 405700

Childrens Integration Group, Lancaster for children with learning disabilities 01524 859725

Lancaster & Morecambe Deaf Children's Society 01524 793248

Red Oak care for children with emotional & behavioural difficulties Lancaster 01524 842626

Rainbow Trust Children's Charity Family centred care for children with life-threatening or terminal illness South Cumbria & Lancashire 01539 739077

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

Hospitals

BMI The Lancaster Hospital 01524 62345

Queen Victoria Centre, Morecambe 01524 405700

Royal Lancaster Infirmary 01524 65944

RtI 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

Ballrigg Health Centre, Lancaster University 01524 387780

Bentham Surgery, High Bentham 01524 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 519199

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

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 32224

Queens Square Surgery, Lancaster 01524 843333

Queen Victoria Centre, Morecambe 01524 405700

Rosebank Surgery Lancaster 01524 842284

Scale Hall Surgery, Lancaster 01524 64135

Strawberry Gardens Medical Practice Heysham Health Centre 01524 318500

Stoneleigh Surgery, Milnthorpe 015395 63007

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 Silke 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, Clarks Street, Morecambe Wednesdays 2 - 4pm, Fridays 2 - 4pm Contact 01524 833644

Westgate Childrens Centre Tuesdays 2 – 4pm 01524 409569

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 039 0015

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 01253 306378 and leave your details.

Arnside Dental Practice 01524 762291

Ashfield House Dental Practice High Bentham 015242 64813

Bay Dental Partnership Lancaster 01524 32639

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

Dr Gokul & Dr Chetty Morecambe 01524 411110

Hest Bank Dental Centre 01524 825218

Anne King Dental Surgery Carnforth 01524 733867

Lancaster Dental Centre Skerton 01524 66242

Oasis Dental Care, Garstang 01995 606572

OrthoWorld Lancaster 01524 848344

Marketgate Dental Practice 01524 32630

Princes Crescent Dental Practice, Bare 01524 831150

University Dental Practice Lancaster 01524 389144

Yorudentist Lancaster 01524 841196

Emergency Dentist, Sundays & Bank Holidays 01253 306378

www.thefamilynoticeboard.co.uk
Family Welfare

ACCESS Affordable Counselling and Caring Emotional Support Services CIC 14 yrs + 01524 39138
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 Advise Bureau & City Housing 1st Friday of month
Weekly Credit Union Adult drop in Fri 1-3.30pm
County Council Welfare Rights/One Connect 01524 413600
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
The Helm, promoting recovery, wellbeing, greater independence and support for people with mental health needs. Age 17+ Lancaster 01524 840521

Help Direct a support and information service for the people of Lancashire. We're here to give you the help and guidance you need before a small problem becomes a crisis 0303 333 1111

Home Start Morecambe & Lancaster support for families with young children 01524 414871
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
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 843500
National Childbirth Trust see Antenatal and Postnatal
National Deaf Children's Society, Lancaster 0808 800 8880
NCompass Advocacy Services helps people to voice their wishes around health and social service issues 03450 138 208
North Country Wills Freephone 0800 043 4260
North Lancashire Counselling Service, Lancaster 01524 389389
North Lancs Health Trainers support 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
Social Prescribing Support for adults 18+ to improve their mental health and wellbeing 01524 387857
The Olive Branch help with addictions, debt, stress, health issues, family issues, emergency food 01524 555715
Young Peoples Service - information for young people, Morecambe 01524 831978

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
NCompass Advocacy Services helping people to voice their wishes around health and social service issues 03450 138 208
Social Services, all departments for children and adults 0845 053 0009

Volunteer Services

Help Direct Lancashire Volunteer Opportunities 0303 333 1111
Home Start Morecambe and Lancaster 01524 414871

Free Pregnancy Testing
Crisis Pregnancy Counselling
Post-Abortion Counselling

Need to talk?
Life
LOVING LIFE, OFFERING HOPE
Registered National Charity No. 274144
...free of charge, free of pressure
LIFE Pregnancy Care Centre The Lighthouse Centre Townley Street (off Green Street) Morecambe
Tel: 01524 409 236
Open: Mon 12.30pm to 2pm and Sat 9.30am to 11am
www.lifecharity.org.uk

THE OLIVE BRANCH (FAITH IN ACTION)
REGISTERED CHARITY No1116239
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 Monday to Friday 1.00pm to 4.00pm
Tel (01524) 555715 email tobolivebranch@live.co.uk

BAY
URGENT CARE
for URGENT attention out of surgery hours 111

www.thefamilynoticeboard.co.uk
Holdens:
Lancaster 01524 32484
Kendal 01539 720629
Jennifer Knowles, Ingleton
015242 41417
JWK Solicitors Lancaster
01524 598300
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 015242 71388

Ratcliffe & Bibby:
Lancaster 01524 39039
Morecambe 01524 410424
Carnforth 01524 734884
Arnside 01524 762276

Thomson & Wilson, Kendal
01539 721945
Wright & Lord, Morecambe
01524 402050
Wright & Lord, Bare
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
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