



Larkrise Activities

Baby Massage/Gym: A programme of six weekly sessions for parents with babies over six weeks old. These sessions need to be booked as there are a limited number of spaces.

Breakfast Drop-in: A session intended to make mornings easier for parents. Mums/Dads and carers with children aged 0-5 are all welcome. Soft drinks are available and toast is served with a selection of different spreads. A member of staff is on hand to signpost to other services and to offer help and advice.

Breastfeeding Peer Support Group: A group led by mums who have breastfed and been trained to support you. An opportunity to get together with other breastfeeding mums to relax and have a chat.

Childminder Drop in: Support sessions for childminders delivered by our Early Years Professional and contact with the NCMA Development Officer. Open to all childminders. Enjoy getting together with local childminders and gain ideas and support regarding aspects of EYFS. Themed activities are provided for children. Children's age range: 0-5 years.

Grandparents' Group: If you are a grandparent looking after grandchildren, come along and meet other grandparents for a chat and relax. A healthy snack and activities are provided for the children. Children's age range: 0-5 years.

Little Helpers: A drop-in session for single parents to get together and support each other. This session is run by Anna, our Outreach Worker at Larkrise, and she is on hand to offer any support you may need. There are planned activities for the children, and a healthy snack is provided. Children's age range: 0-5 years.

Making the most of your money: Children Centre staff are on hand to offer advice and signpost to other agencies. This is not a session but a drop in, and therefore no snacks or activities are provided for children.

Mini Music Makers: Children's age range: 0-5 years. Activities include singing, dancing and playing musical instruments. Free snack included.

Shining Stars: A session for families with premature or sick babies. Mums, dads and carers are all welcome at this session. Children's age range: 0-5 years. There is a selection of toys available, and a free snack is included. Shining Stars is affiliated with the charity BLISS, and information from the charity is available during these sessions.

Stay & Play: Mums, dads and carers are all welcome at these sessions. Many activities are available including crafts, a baby area, a mobile car area, puzzles, building blocks, etc. A healthy snack is also provided. Information is available on topics such as childcare, feeding, health visitors, etc. Children's age range: 0-5 years.

Young Parents' Childbirth Preparation Workshop: If you are a young mum-to-be and need support in childbirth preparation, please contact the Centre to find out about these classes. These sessions need to be booked, so please call first.

Young Mums' Group: This is aimed at mums up to 21 years old. A chance to get together with other mums to relax and chat in an informal atmosphere. Information is provided about health visitors, weaning, benefits, and Job Centre Plus. Children's age range: 0-5 years.