

	Bluebell Room (downstairs)	Poppy Room (upstairs)	Clover Room (upstairs)	Parents' room, school hall, Bridge,	Litherland Sports Park
Monday	Creche for Parents as Educators course	10.00 – 11.00 Baby Rhyme Time 5 weeks for 3-12 mth olds <i>book now!</i>  1.30 – 3.00 Baby Massage <i>book now!</i>	<i>Bookable for CAF, CAMHS, and 1:1 etc</i>	4.00 – 5.00 Toddler Soccer (indoors if bad weather)	
Tuesday	9.45 – 12.30 Creche  1.15 – 2.45 Family Food Courses <i>enrol now!</i>		<i>Bookable for CAF, CAMHS, and 1:1 etc</i>	10.00 – 12.00 Refresher maths  1.30 – 3.00 FAST Start Right	Tums and Bums class and Fitness Suite <i>crèche place must be booked in advance</i>
Wednesday	10.00 – 11.30 Mid-week Playgroup  12.30 – 2.00 P.I.P.S Teenage Parents Group	4.00 – 5.30 Ante Natal Yoga	10.30 – 12.00 Baby Health Club		
Thursday	10.00 – 11.30 Stay and Play (Toy Library)  12.00 – 3.30 Creche	12.20 – 3.30 Parents' Pampers	Starts 20 <sup>th</sup> May Post Natal Clinic <i>appointment only</i>	Starts in May Giggles and Wiggles <i>music and dance for under 4s put your name down now!</i>	Pilates class and Fitness Suite <i>crèche place must be booked in advance</i>
Friday	9.30 – 11.30 Childminders' Playgroup	10.00 – 3.00 Toss and Tumble	<i>Bookable for CAF, CAMHS, and 1:1 etc</i>		

*Our Health Visitor also runs one-off sessions: Sleepless Nights, Terrible Twos, Fussy Eaters etc*

Our Family Development Workers can also arrange meetings and sessions with a whole range of specialists, including:

**Our Teacher Glynis**

(for advice on children's learning and play)

**Citizens Advice Bureau**

(for financial and benefits help)

**Health Visitors**

(for child development questions)

**Speech and Language Therapists**

(for advice on children's language development)

**Job Centre Plus and Sefton @ Work**

(for job-related advice)

**SWACA**

(for women living with domestic violence)

**VENUS**

(for women who feel isolated)

**The Feelgood Factory and May Logan Centre**

(for advice on food and nutrition)

Don't forget the **Home Safety project** – we can organise home safety equipment (window locks, stair gates, fire guards etc), as well as smaller items such as cupboard locks, bath slip mats, reins and harnesses etc.

Call and speak to Jan or pop in anytime

If we can't help – we know someone who can!!

Opening hours: 8.00am to 6.00pm Monday to Friday

## Litherland Moss Primary and Children's Centre

### Children's Centre Activities and Services

May to July 2010

Contact details:

Litherland Moss Children's Centre

201 Moss Lane

Litherland

L21 7NW

Tel: (0151) 949 9720

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