

What's New or Coming Up!!

1 Off Sessions/Courses

Paediatric First Aid Awareness

1.00 till 3.00 Wednesday

18/05/2022, 08/06/2022, 21/09/2022 & 16/11/2022

Workshop for pregnant or new mums

Highlights emotional rollercoaster of being a new mum. Full of top tips to reduce stress & negative thinking

1:00 till 3:00 Wednesday

25/05/2022

Weaning Workshops 2022

1.30 till 3.00 Wednesday

11/05/2022, 17/08/2022 & 09/11/2022

Places are limited, booking is essential Tel: (01752) 313293

Great Expectations

Wednesday 12:45 till 3:00

06/07/2022 & 05/10/2022

Great Expectations Re-Union

Wednesday 12:45 till 3:00

04/05/2022, 10/08/2022 & 02/11/2022

Places are limited, booking is essential Tel: (01752) 313293



LARK Children's Centre Timetable

Your local Children's Centres have a range of activities and opportunities for you and your family. Inside you will find our timetable of family activities that we currently offer.

We are here to help!!

If you require any further support or advice please call the Sure Start Shop, The Beacon, Lark Hill, Plymouth PL2 2LL.

Or call us on **(01752) 313293**

**Universal Groups no longer bookable in advance,
Universal groups are term time only**



Lark Children's Centre is part of the LARK Cluster



Come find us on Facebook - Look for our Logo!



LARK Children's Centre

Monday

Baby Buds 10.00 – 11.30

Suitable from Birth
Promotes skin to skin
contact & bonding with
your baby, will incorporate
techniques from Baby
Massage

Latch On 10.00 – 11.30

provides breastfeeding
support from pregnancy
and beyond & a bra fitting
service.

Tuesday

Step by Step 9.30 – 10.30 or 11.00 - 12.00

Is a group for parents who
have concerns about their
child/ren's (0-4 years)
development. Supported by
LARK and Portage Service.

To be booked!

Parenting Programmes Rolling timetable through the year 1.00 – 3.00

Circle of Security
Helps us understand
our child's emotional
needs and behaviours

Sollihull
Offers skills to build a
positive relationship
with your child

Wednesday

Post Natal Yoga 9.30 – 10.15

Come along and meet Ruth
who will go through 6 week
sessions with you and Baby
starting 27th April 2022

Great Expectation 1.00– 3.00

Providing parents-to-be
with useful information and
practical skills, to help them
feel more comfortable
about making choices for
their new arrival.

Dates on outside

**All our groups run out
of the Sure Start Room
(rear of Ham Drive
Nursery) PL2 2NJ**

Thursday

Mini Mix 9.15 – 10.45

A group for parents, run by
parents. This group prides
itself on making sure all new
parents are made to feel
welcome and included from
day one.

Welcome to the World (Baby Group) 1.00 – 2.30

A session that will
encourage baby to explore
& communicate from an
early age. Babies welcome
from birth.

Friday

Little Squirrels (Baby Group) 09.30 – 11.00

A session that will
encourage baby to explore
& communicate from an
early age. Babies welcome
from birth.

**Check out our Facebook
page for more
information, to keep up
to date on what we are
doing and to join our
groups!**