The Family Noticeboard

The really useful guide for parents, carers and children in South Lakeland

A fairy

Drawn by Eva age 4 1/2 years

Find it in The Family Noticeboard!

www.thefamilynoticeboard.co.uk
Sure Start Children’s Centres

Lakes Children’s Centre
Opening Hours- Monday & Tuesday 8.45-3, Wednesday 8.45-1
Lakes Windermere Children’s Centre (Goodly Dale Primary School) Lake Road, Windermere, Cumbria LA23 2JX
Telephone 015394 88035
There we have:
• A one to one room which can be booked to meet with professionals.
• An office space.
• A Parent Information Point.

Kendal West Children’s Centre
Opening Hours- Monday to Friday 9-5pm
Kendal West Children's Centre (St. Thomas’ Primary School) Kendal Green, Cumbria LA9 5PP
Telephone- 015394 722267
There we have:
• A family room with facilities to make refreshments.
• A one to one meeting room which can be booked to meet professionals.
• A training room.

Kendal East/Sedbergh/Kirkby Lonsdale Children’s Centre
For information on developments for this Children’s Centre please phone 015394 43500.
Welcome to the Family Noticeboard for the South Lakes area.

The magazine is produced in partnership with The Family Noticeboard (Catherine and Sheila) and South Lakeland Children’s Centres (Barnardo’s). We are very excited to bring the magazine to South Lakeland and we are sure you will find it really useful!

Listings in the magazine are free and if you would like to be included please contact Catherine or Sheila on 01524 824807 or email info@thefamilynoticeboard.co.uk

Please note that we cannot include childminder’s details unless you request this personally. Details of all registered childminders are available from the Children and Families Information Service by calling 08457 125 737.

If you want your listing to say more, or you do not fit into any of our categories there is the option to take a Listing Extra and of course to grab everyone’s attention you can take a display advert. Please contact us for details.

Copies of the Family Noticeboard are available from Children’s Centres, doctors, dentists, libraries and many other community venues or you can take a subscription and have it delivered!

If you enjoy the magazine please spread the word.

Catherine and Sheila

Listings Extra !!

ABRACADABRA “for all occasions” Punch & Judy, Magic, Balloons, Mike Falcon The Punch & Judy Man
01254 261540/07973 313537

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

USBORNE BOOKS AT HOME Would you like a job that fits around family commitments? You will have an unlimited earning potential and can choose when and where you want to work. Interested? Contact Karen on 01253 405369 or email at kwhittaker01@aol.com www.usborneonline.org/bookskidslove

To place your listing here please call 01524 824807 for details.

Why don’t children come with a guidebook?

Children’s Needs
Play, Praise & Encouragement
Behaviour Management
Looking after yourself

NOW THEY DO!

Triple P (Postive Parenting Programme)
for parents and carers of children aged 2 to 12 years

In and around the South Lakes area - please come and join one of our friendly, supportive groups

Free Creche Places Available
To book your place, please contact Kendal Children’s Centre on 01539 722267 or 01539 443500

One parent families
GING&R BREAD making change happen

Building Futures Course
Are you looking after your child on your own?
Do you want to

• Be more confident
• Make new friends
• Be more motivated
• Have some fun

Please contact Kendal Children’s Centre for more information
Kendal Children’s Centre
(in the grounds of St Thomas’ Primary School on Kendal Green)

Please call 01539 722267 or text 07500 968568

www.thefamilynoticeboard.co.uk
Childminders

All Childminders must be Ofsted Registered. If you would like to be included in this listing please call or email us.

Registered Childminder before and after school care, collect and drop off in Leck and Arkholme Ages 5+ Casterton 015242 71957

Amanda Lancaster - Member of the Children Come First quality assured childminding network. All ages catered for including special needs Kendal 01539 734606

Registered Childminder Age 0 to school age Kendal 01539 738585

Registered Childminder Age 0 - 11 yrs Kendal 01539 730873/07855 306782

Registered Childminder Ages 0 - 14 yrs, play room and large garden Heron Hill Kendal 01539 738156/07941 101962

Mums best friend (Kate Barrow) Registered Childminder Ages 0 - 11 yrs Kendal 01539 730873/07855 306782

Registered Childminder Ages 0-8, Kendal Parks area Heron Hill School pick ups 01539 726756/07984 441064

Registered Childminder Deborah Thorsby, Kendal Quality childcare, willing to cover unsocial hours 01539 733607/07905687627

Registered Childminder ages birth to 11 yrs Early Years and Ofsted Registered, Kendal Green 01539 736983

Registered Childminder ages 4 months to 10 yrs Level 3 NVQ Children’s care and development Windermere 01539 442868

Day Nurseries

ARKHOLME

Arkholme Nursery at Arkholme C of E primary school, Ofsted registered 015242 21418

AMBLESIDE

Kiddiewinks Day Nursery Ambleside Age 0-3 015394 34035

BURTON

Spotted Dog Children’s Centre, Clawthorpe Hall Business Centre, Burton, Carnforth Age 0-12 01524 784321

KENDAL

Bobbins Day Nursery, Kendal Age 0-5 01539 822400

Busy Bees, Kendal College Age 0-5 01539 814617

Castle Park, Kendal 01539 73633

Daisies Day Nursery, Crescent Green Age 0-3 01539 736343

Daisies Day Nursery, Kendal Cricket Club Age 3-5 01539 726183

Greycoak Day Nursery Age 3 mths - 5yrs Arnside 01524 76137

Hornby Day Nursery 3 mths - 7yrs 015242 22288

Joey’s, Milnthorpe Children’s Centre Age 0-5 015395 64090

Little Vicarage, Kendal 01539 734607

Meadow View at Stramongate, Ages 3-5 Stramongate School, Kendal 01524 79420

Playbase Nursery, Kendal Age 0-5 01539 737472

Playmates Nursery, Kendal Age 0-5 01539 723340

QKS Meadowview Day Nursery, Kendal Age 2-5 01539 722888

Silverdale C of E School Nursery Class Age 3 - 4 yrs Foundation Unit 01524 701467

Sunnybrow Day Nursery, Bankfield, Kendal Age 0-5 01539 729437

KIRKBY LONSDALE

Casterton Preparatory School Nursery, Kirkby Lonsdale Age 3 - 4 yrs. Nursery Vouchers accepted 015242 79282

Smile Day Nursery, Kirkby Lonsdale 3 mths - 11 yrs 015242 73700

Windermere

Thornleigh Day Nursery, Windermere Age 0-11 015394 48399

Childcare

Information

Childrens Information Service, Cumbria 08457 125 737

Children’s Services – South Lakeland 01539 773377

National Childrens Bureau, Kendal 01539 74020

National Day Nurseries Association 01484 541641
Toddler Groups

AMBLESIDE
Kelswick Centre, St Mary’s Lane Tues & Thurs 9.30 – 11.00 01539 37173
Hawkshead Toddler Group
Hawkshead Primary School
Fri 9.00 – 11.30 01539 37163
ARKHOLME/HORNBY
Arkholme Village Hall, Wednesdays 11.30am
Hornby Toddler Group
015242 21320
Wagtail Toddlers Group, Arkholme 015242 71795
ARNSIDE
Arnside Baby and Toddlers
01524 762583
BURTON
Burton Family Drop In
01524 782282/831283
Burton Parent & Toddler, Memorial Hall Wed 9.30 – 11.30 01524 781161
Holme Playgroup & Toddlers, Parish Hall Mon & Fri 11am-12 noon 01524 781806
DENT
Dent Memorial Hall, Tuesday 9.30-11.30
GRANGE OVER SANDS
Cartmel Toddler Group
Cartmel Village Hall
Mon 10.00 – 11.30 01524 781806
Witherslack Toddler Group
Parish Hall Witherslack Grange over Sands Tues 10.00 – 12 noon
GRASMERE
Grasmere Toddler Group, The Tithe Barn Thurs 10.00 – 12 noon 01768 771307
INGS
Ings Village Hall Thurs 9.30 - 11am
KENDAL
Beck Toddler Group, Beck Comm Centre Heron Hill Thurs 9.30 – 11.30 01539 734897
Branthfield Parent & Toddler Group, Brantfied Nursery Tues & Wed 9.20 – 11.20 and Thurs 1.00 – 3.00 01539 732592
Brewery Parent & Toddler Group, Brewery Arts Centre Mon/Wed & Thurs 12.45 – 2.45 015395 61549
Castle Street Toddlers, Castle Street Centre Mon & Fri 9.30 – 11.15 01539 737088
Crathwaite Toddlers, Village Hall Tues & Thurs 9.30 – 11.30 01539 822681
Endmoor Parent & Toddler Group at St Patrick’s C of E School, Endmoor Mon & Fri 9.00 – 11.00
Hallgarth Toddler Group, Hallgarth Community Centre Fri 9.30 – 11.00 01539 730683
Holy Trinity & St George, Toddler Group, Parish Centre Mon 1.00 – 3.00 01539 723446
Ings Toddler Group Ings Village Hall Staveley Thurs 9.30 – 11.00 015394 42452
Little Angels, Old Hutton Public Hall Wed 9.00 – 11.30 01539 726961
Parr St Toddler Group, Parr St Evangelical Church, Thurs 9.45 – 11.15 01539 723136
Playaways Toddler Methodist Church Stirklandgate Fri 10.00 – 12.00 01539 724047
Salvation Army Parent & Toddler Group, Gillingeate, Fri 9.30 – 11.30 01539 725529
Sedgewick & Crosscarse Toddler Group Wed am 015395 60171
Skelsmergh Mother & Toddlers, Selside Memorial Hall Tues 9.30 – 11.30 01539 823636
St Oswald’s Toddler Group, St Oswal’s C of E School Wed 1.00 – 3.00 01539 727923
St Thomas Toddler Group, St Thomas Church Stirklandgate Tues & Thurs 10.00 – 11.30 01539 730683
Staveley Parent & Toddler Group, Staveley Village Institute Tues 9.30 – 11.30 015395 822655
KIRKBY LONSDALE
Kirkby Lonsdale Toddler Group, St Mary’s School Fri 1.30 – 3.00 015242 71334
Kirkby Lonsdale Methodist Church Hall Thursday 9.30am – 12 noon
Leck Village Hall, Fridays 9.30 - 11.30am
Wray Institute, Thursdays 9.30 - 11am
LANGDALE
Forest Nursery at Langdale School Mon 10am-12pm
Wed 2-3.15pm 015394 37204
Langdale Under 5s, Langdale Village Hall Wed 10.00 – 12 noon 015394 37186
MILNTHORPE
Arnside Toddler Group
Church Hill Mon 9.30 – 11.30 01524 762828
Heversham Toddler Group The Athenaeum Wed 9.30 – 11.00
Levens Toddler Group Levens Institute Wed 9.30 – 11.00
Milnthorpe Toddlers at Milnthorpe Children’s Centre 015395 64090
Storth Toddler Group Heron Hall Playing Field Tues & Thurs 10.00 – 12 noon
SEDBERGH
Howgill Baby & Toddler Group, Howgill Village Hall Sedbergh
Mon 1.00 – 3.00 015396 22050
Zebras Baby & Toddler, Sedbergh Methodist Church Wed 1.00 – 3.00 015396 21644
WINDERMERE
Carver Hall Church Toddler Group Thurs 9.15-11am 015394 88035
Ducklings Toddler Group at Elleray Prep School, Windermere Term time only, ages 0 - pre-school 01229 480776
Humpty Dumpty Toddler Group, Maryhol Centre Windermere Mon & Wed 9.45 – 11.30 015394 45393
Parents and Carers Forum

The Children’s Centre is committed to the participation of all parents/carers and we believe they should have a real say in how Children’s Centres in your area are run.

The government also agrees and says that Children’s Centres should and must actively listen to parents/carers and children. One of the ways we would like to do this is by having a parents and carers forum – we would really like all parents to give us their ideas on how Children’s Centres should run.

Forums will be running from now on in each of our areas.

If you would like to get involved in a parents forum or would like to know more, please ask your local Children’s Centre for more information.

You can reach us on the following numbers:

Kendal West Children’s Centre – 01539 722267
Windermere/Ambleside Children’s Centres – 015394 88035
Kendal East/Sedbergh/Kirkby Lonsdale Children’s Centres – 015396 22048
Barnardos

www.thefamilynoticeboard.co.uk
Playgroups & Preschools

AMBLESIDE
Kelswick Centre, St Mary’s Lane
Monday & Friday 015394 37173
K2 Pre-school, Vicarage Rd, Ambleside 015394 34035
ARKHOLME/HORNBY
Wagtail Playgroup, Arkholme, Hornby 015242 21548
ARNSIDE
Arnside Playgroup, The Studio
ARNSIDE
Hornby 015242 221548

DENT
Dent Nursery, Weekday mornings

HIGH BENTHAM
Mucky Buckets, High Bentham 015242 62672

KENDAL
Beck Community Centre Pre-school 01539 734613
Brewery Pre-school, Brewery Arts Centre 01539 561549
Endmoor Pre-school
St Patricks C of E School, Endmoor 015395 67388
Old Hutton Pre-school, The Public Hall, Old Hutton 01539 720309/741313
ST Oswald’s Accredited Pre-school, ST Oswald’s C E School 01539 733637
YWCA Kendal Playgroup

KIRKYB LONSDALE
Kirkby Lonsdale Pre-school
St Mary’s C of E School 015242 71352

SEDBERGH
Sedbergh Playgroup 015396 20826

SILVERDALE
Silverdale Playgroup 01524 701834

WINDERMERE
Rising Threes at Elleray
Pre-school Windermere
Ages 3 - 4 015394 43308
St Mary’s LeaProv. St Mary’s CoE School, Windermere 015394 43608
Stepping Stones Pre-school, Windermere Community Church, Windermere 015394 46801

Pre-School Activities

Ambleside Library Stay and Play Babies and Toddlers Thursday 11am-3pm Health Visitor clinic 1st & 3rd Thurs 015394 88035
Baby Massage YWCA Kendal from age 6 weeks 01539 722368
Casterston Community Baby & Toddler Group, Casterston School Pool Swimming Sessions Tuesdays 9.30am
Gymbabes, 6 months to walking in Kendal, Lancaster and Bolton-le-Sands 01539 824036
Fun for Kids, Kendal 01539 735556

Little Nippers Swim School at Capernwray age 3+ 015395 63943/07977 149362
Mini Movers 18 mths – 4yrs Staveley Dance Studio, Kendal 01539 821830
Playbase Jungle, Kendal 01539 737472
Play zone ages 2 - 8 Barrow in Furness 01229 823823
Quayside Kids, indoor play centre, Bowness on Windermere 015394 45354
Rhythm Time, 0-5yrs Kendal & Windermere 015394 47191
Ruffy Tuftys Soft Play Ambleside 0 - 11yrs 015394 39906
The Station House Pottery, Kirkby Lonsdale , paint your own pottery age 4+ 015242 72847
Sticky Mitts YWCA Kendal Wed/ Fri am age from 18months with parent/carer 01539 722368
Tots Talk 6mths – 2 yrs, helping you and your child communicate, Brewery Arts Centre, Kendal 01539 722838
Troubeck Bridge Swimming Pool sessions for babies and toddlers 015394 43243
Tumble Tots in Kendal

The Zone, indoor soft play centre, Greenlands Farm Village, Carnforth 01524 784195
Windermere Stay & Play Baby clinic Mon 9.30-11am with Health Visitor, Carver Hall, Windermere 015394 88035

If your group isn’t listed here please let us know.
Listings are free!!

Crèches

TotZone Creche, Kendal Leisure Centre, Age 0-3 01539 729777

Toy Libraries

Grange Library, 1st & 3rd Tuesday and 2nd & 4th Friday of the month 3.30 -4.30pm
Sedbergh Toy Library 015396 25204

After School & Holiday Clubs

Arnside After School Club, Educational Institute, Arnside 4 - 11 yrs 01524 762828
Beck Out of School Club, Beck Community Centre, Kendal 4 - 14 yrs 07765 023934
Burton Out of School Club, Memorial Hall 3-14 yrs 01952 949882
Carole Quill’s Kids Club, Windermere Junior School 4+ yrs 015394 45108
Cheeky Monkeys at St Patrick’s, After School Club, St Patrick’s C of E School, Endmoor 3 -14yrs 015395 67024
Dallam Outdoors, Milnthorpe, summer school holiday activity programme 015395 65123
Dean Gibson After School Club, Dean Gibson RC School Kendal 3-12yrs 01539 773630
Ghyllside Holiday Club, Ghyllside Primary School, Gillingate, Kendal 3-11 yrs 01539 773624
Holme School, Carnforth 01524 782485
Horncastle Nursery Breakfast Club and After School Club 015242 22288
Joey’s After School Club & Holiday Playscheme 5-11yrs Milnthorpe Family Centre 015395 64090
K2 Zone After School Club, Vicarage Road, Ambleside 5-14 yrs 015394 34035
Kirkby Lonsdale Out Of School Club, St Mary’s CoE School, Kirkby Lonsdale 4-12 Yrs 07814 467853
KAOS activity weeks ages 8-12, Lakes Leisure, Kendal 01539 729777
KOALAS
Koalas are a support group for parents, carers and family of young children with special needs.

We share our experience, provide support and welcome new families in an informal setting. Meetings are held twice a month in a lovely light spacious room within Kendal Children’s Centre. We have lots of toys for the children and tea/coffee and biscuits for grown-ups.

Sure Start Children’s Centre
Family Support

Families who have children aged 7 years and under and who live in the Kendal, Windermere and Lakes and Sedbergh and Kirkby Lonsdale Children’s Centre areas can access family support from qualified and experienced workers. We offer a variety of services tailored to the needs of children and their parents/carers which might be around:

- Children’s more challenging behaviour
- Changes in children’s lives, such as separation or bereavement
- Transitional times such as moving schools or the arrival of a new baby
- The impact of children’s and adults health needs on family life
- Children witnessing or experiencing bullying, conflict or abuse
- A member of the family misusing alcohol or drugs

We can meet families at home or at other convenient venues and will listen carefully to what is important to both adults and children and shape our work together around agreed priorities. We work alongside others to try to offer services that will help children to do well.

If you’d like more information, please contact your nearest Children’s Centre or ring Angie Fordham, Family Support Team Leader on 015394 43500.

- Age group 0-5 (babies especially welcome)
- Toys to amuse little ones
- Siblings and other family welcome
- Regular time 12:30pm – 2:30pm
- Bring your lunch if you like
- Parking at the centre

Usually held 2nd and 4th Tuesdays each month

Any questions please contact
Liz on 07980 538141 or Charlotte on 07799 370600

Further information held at Kendal Children’s Centre
St Thomas’s Primary School, Kendal Green
07500 968568 or 01539 722267
Childrens’ Clubs

Armed Services Cadets
Army Cadets: Carnforth, Galgate, Heysham, Hornby, Lancaster, Morecambe 01524 34810
Kendal Sea Cadets Mon/Thurs 7-15 to 9-15pm Juniors age 10 to 12, Cadets age 12 to 18yrs 01524 855675/01539 733440

Duke of Edinburgh Award Scheme
Award Officer Sedbergh School 01539 620535
Duke of Edinburgh Award - Cumbria 01228 226937
Duke of Edinburgh Open Award Centre, Kendal 07709 795275

First Aid
St John Ambulance, Kendal 01539 721458

Youth Clubs
1st Kendal Boys Brigade 01539 727049
Arkholme, Hornby. Youth Club 015242 21079
Dent Youth Club Dentdale Memorial Hall, 07890 657327
Hornby Youth Club 01524 770475
Kendal Lads and Girls Club, Beezon Road, Kendal 01539 735104
Kirkby Lonsdale Youth Club 07870 177374
Monkey House Youth Club, Sedbergh 07890 650545
Sedbergh Youth Club, People’s Hall Sedbergh 07890 657327
For details of the clubs below please call Youth Clubs 4 U on 01539 36032

Young Farmers
Cumbria Federation of Young Farmers Ages 10-26 Contact 01768 866550

Beavers, Cubs & Scouts
Scouts Association - Cumbria 0845 094 6059

Rainbows, Brownies, Guides & Rangers
Girl Guiding - Cumbria 01229 835895

Childrens’ Clubs

Up and coming at the Childrens’ Centres!!

Baby massage
Sing and sign
Let’s play

Half term holiday activities
Complimentary Remedies

Lara Stuart

Obesity on the rise

With Spring well and truly on the way our thoughts turn to losing weight for the Summer. Great Britain is struggling with obesity and it begins with our children.

A lot of information is being taught in schools about healthy eating and exercise, but the reality is that this is not enough to help kids slim down or maintain a reasonable weight.

Many people have talked about what to blame for the rise in childhood obesity – sedentary life styles, sitting in front of the tv, junk food, etc, but it is difficult to pinpoint any one thing. This can make it confusing for parents and children to know where to start.

One of the problems about food is that it has become labelled as ‘bad’ (cakes, pastries, desserts, sweets, crisps), or ‘good’ (fruit, veg, lean meat etc). When you start to eat in this way, life soon revolves around whether have had a ‘good’ day if you stuck to healthy foods, and a ‘bad’ day if you didn’t.

In the 1950’s children got their vitamin C from eating vegetables. Nowadays, they get it from soft drinks.

Also, many of us eat manufactured food or take-away meals which quite often contains hidden sugar or fat and which may potentially be much higher in calories than we realise.

People who stay slim quite often just seem to have got the calorie balance about right for their body. In other words, they don’t take in more calories than they burn up during the day. And, this is the point, if you eat more food than you burn up, very often the result is weight gain.

A lot of the ‘good’ foods happen to have less calories per portion, than many of the ‘bad’ foods. Plus it is easy to eat more biscuits than you really need or to forget that the ‘what seemed quite small at the time’ bar of chocolate you just ate could require at least half an hour of strenuous exercise to burn off.

Most of us never exercise at that level and it is not surprising that we end up consuming much more than we need.

So the answer for kids is to do more exercise of one kind or another, but you also need to consider the snacks they are eating (without banning them because children who are stopped from eating junk food often eat it in secret) and paying a lot of attention to the portions of food they eat for their main meals.

We are still eating as if we are doing labour intensive work, when the reality for most of us is quite different.

An interesting thought is this: In the 1950’s children got their vitamin C from eating vegetables. Nowadays, they get it from soft drinks.

A really good book containing lots of interesting information, recipes and ideas on kids problems without preaching is:

Susan Clark’s ‘What really works for kids.’
Independent Schools

Casterton Preparatory School, Kirkby Lonsdale, co-ed, Age 4 - 11 01539 562344
Casterton 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
Lancaster Steiner School Lune Road Age 3 - 14 01524 541351
Levens C of E School, Kendal 015395 60694
Low Bentham 015242 61416
Mill House Nursery & Nursery Classes Age 2 - 18 015394 46164
Primary Schools

Ambleside C of E Primary School 015394 32181
Arkholme C of E 015242 21418
Arnside National C of E 01524 761159
Austwick C of E 01524 51366
Beetham C of E School, Kendal 01539 773620
Burton Morewood C of E Primary School, Kendal 01524 781627
Castle Park School, Kendal 01539 773633
Coniston C of E Primary School, Kendal 01539 441302
Crosscrake C of E School, Kendal 015395 60410
Crosthowe C of E School, Kendal 015395 68471
Dean Gibson RC, Kendal 01539 773630
Dent C of E Voluntary Aided Primary School, Kendal 01539 625299
Esthwaite Primary School, Hawkshead, Ambleside 01539 436354
Ghyllside, Kendal 01539 773624
Goody Dale Community Primary School, Windermere 01539 462482
Grasmere C of E School, Ambleside 015394 35313
Grayrigg C of E School, Kendal 01539 824676
Heron Hill, Kendal 01539 773639
Hewersham St Peter’s C of E School, Milnthorpe 015395 62514
High Bentham 015242 61412
Holme Community School, Carnforth 01524 781205
Hornby St Margarets C of E, 015242 21496
Ingleton Primary 015242 41592
Langdale C of E School, Ambleside 01539 437204
Leck St Peter’s C of E, Leck, 015242 71538
Levens C of E School, Kendal 015395 60694
Low Bentham 015242 61416
Melling St Wilfred C of E 015242 21538
Milnthorpe Primary School 015395 62344
Old Hutton C of E School, Kendal 01539 773620
Selside Endowed C of E School, Kendal 01539 823649
Silverdale C of E 01524 701467
St Cuthbert’s Catholic Primary School - Windermere 015394 6 2480
St John’s C of E, Silverdale 01524 558615
St Mary’s C of E, Kendal 01539 773620
St Mary’s C of E Nursery and Infant School - Windermere 015394 6 2475
St Oswald’s C of E Primary School 01539 77 3637
Endmoor St Patrick’s C of E School Endmoor 015395 67388
St Thomas Cof E Kendal 01539 737373
Staveley C of E School 01539 821218
Kendal Storth C of E School, Milnthorpe 015395 62517
Stramongate, Kendal 01539 773622
Tatham Fells C of E, Lowgill 015242 61441
Vicarage Park, Kendal 01539 773628
Windermere C of E Junior School 015394 62478
Wray-with-Botton Endowed Wray 015242 21337
Yealand Conyers C of E 01524 781360
Secondary Schools

Appleby Grammar School, Appleby-In-Westmorland 017683 51580
Dallam School, Milnthorpe 015395 65165
Hornby County High 015242 21471
Ingleton Middle School 015242 41301
John Ruskin School, Coniston 015394 41306
Kirkby Stephen Grammar School Sports College 017683 71693
Kirbie Kendal School, Kendal 01539 727422
The Lakes School, Windermere 015394 62470
Queen Elizabeth School, Kirkby Lonsdale 015242 71275
Sedbergh School 015396 22210
The Queen Katherine School, Kendal 01539 77 3640
Millom School, Millom 01229 772300

Further Education

Ambleside Learning Centre 015394 34720
Dallam Training & Education Centre Milnthorpe 015395 65123
Lancaster University Department of Continuing Education, Courses for adults 01524 592624/ 592621
Kendal College 0800 121141
Lakes Adult Education Windermere 015394 45129
Sedbergh Community Development Centre 015396 21031
Study House Ltd Kendal 01539 724622
Open College of the North West, Lancaster 01524 845046

www.thefamilynoticeboard.co.uk
Languages

Talk French, Kendal 01539 726796

Tuition

Robert & Mary Gibson SATs, GCSE, A level Maths English History Languages Windermere 015394 48310
Jenup Tuition, Kendal 01539 731800
Kip McGrath Tuition Centre Kendal 01539 724000

Special Needs
& Learning

Dyslexia Association, South Cumbria 01539 742632
Cumbria Parent Partnership Service support for parents of children with special needs 01229 894439
Cumbria Reading Intervention programme supporting children finding difficulty with literacy skills 01228 226877
Dyspraxia Foundation, St Annes on Sea 01229 773679
Educational Psychology Service, Kendal support to improve learning 01539 773641
Emotional & Behavioural Difficulties Support Team, South Cumbria, schools referral service 01229 894470
Kirby Lonsdale Special Needs Support Group 015242 73412
Pauline Fisher Cert.Ed, Sp.l.dTeacher (Dyslexia) in your own home Lancaster, Morecambe, Milnthorpe 01229 776581
Special Educational Needs Service, Barrow in Furness 01229 894402
Thumbprint, Bentham Projects for people with learning difficulties 015242 63084

Special Schools

Appletree Treatment Centre Ltd 015395 60253
Bailiol School, Sedbergh 01539 620232
Bleasdale House, Silverdale 01524 701217
Cedar House School, Kirkby Lonsdale 015242 71181
Crookhey Hall School 01524 792618
Eden Grove School 017683 61346
Sandside Lodge School, Kendal 01229 89 4180
Sandgate, Kendal 01539 773636
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
Withershack Hall School 015395 52397
Whinfell School, Kendal 01539 723322
Wings School, Milnthorpe 015395 62006

Reading Groups

Please contact the library for more details and to book a place.
Kendal Library- Held in the afternoon and evening, 1st Thursday of the month
Grange Library
Milnthorpe Library- 1st Thursday of the month 2pm
Sedbergh Library Monthly Monday afternoons (also meetings at Firbank and Howgill)
Ulverston Library- 1st Wednesday of the month 1.30pm-3.30pm

Regular Events in Kendal Group Libraries

Regular storytimes
Kendal Library Monday 10.30-11am fortnightly during summer holidays
Ulverston Library Monday 2.2.30pm run by Tinners Rabbit Bookshop
Citizens Advice Bureau
Windermere Library Located upstairs
Multicultural drop-in
Windermere Library Monday 10am-3pm (not Bank Holiday)
Story Session for Adults
Ulverston Library 1st Thursday of the month 10.30am-10.45am (Local authors)

Regular rhyme times
Kendal Library Wednesday 10.30-11am (fortnightly)
Ulverston Library Last Thursday of the month 10.30-11am

Toy Library
Grange Library 1st and 3rd Tuesday 2nd and 4th Friday of the month 3.30-4.30pm
£1 membership for the year, 2 toys at a time

Youth Café Drop-in
Sedbergh Library The Monkey House, Friday (term time) from 7.30pm

Libraries

Ambleside Library 015394 32507
Arnside Library 01524 761649
Grange over Sands Library 015395 32749
Kendal Library 01539 713520
Kirby Lonsdale Library 015242 71386
Milnthorpe Library 015395 63040
Sedbergh Library 015396 20186
Silverdale Library 01524 701156
Ulverston Library 01229 404151

Children’s Centre Drop-in
Ambleside Library Thursday 11am-3.30pm

www.thefamilynoticeboard.co.uk
Days Out

Aquarium of the Lakes, Lakeside, Newby Bridge 015395 30153
Blackpool Tower & Circus 01253 292029
Embassy & Bolton Abbey Steam Railway, Skipton, incl Thomas the Tank Engine events 01756 710614
Bowland Wild Boar Park, Chipping, Near Preston 01995 61554
Bronte country W Yorkshire Haworth Station Steam Engines 01535 42329 (TIC)

Cobble Hey Farm & Gardens, Claughaun-on-Brock, Nr Garstang 01995 602643
Dock Museum Barrow-in-Furness 01229 876400
Ducky’s Park Farm, Rookburgh 015395 59293
Eden Ostrich World, Langwathby, Nr Penrith 01768 881771
Chipping, Near Preston 01995 61554
Bronte country W Yorkshire Haworth Station Steam Engines 01535 42329 (TIC)

Indoor & Outdoor Mountain Adventure, Visitor Centre and Restaurant, Honister Borrowdale 017687 77230
Ingleton Waterfalls Walk 015242 41930
Jodrell Bank Science Centre, Holmes Chapel 01477 571339
La’l 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 Newby Bridge 015395 30153
Lancaster Castle 01524 64998
Laurel & Hardy Museum Ulverston 01229 582292
Levens Hall, Levens, Cumbria 015395 60321
Leighton Hall, Carnforth 015394 32288
LucyCooks cookery school, Staveley nr. Kendal, 015394 32288
Mother Shiptons Cave Knaresborough 01423 541888

Nature & Wildlife

Arnside/Silverdale AONB Landscape Trust 01524 762512
Gait Barrows National Nature Reserve, Silverdale 01524 702181
Grizedale Forest Park, Nature Trails & Play area, Cumbria 01229 860010
Lakeland Wildlife Oasis, Hale, Milnthorpe 015395 63027
Leighton Moss RSPB Nature Reserve, Silverdale 01524 701601
Martin Mere Wildfowl & Wetlands Trust, Burscough, Lancs 01704 895181
National Trust, Lunesdale & Kent Estuary Group 01524 733787
Nature Trail at Forest Hills Golf Course Ellon Lancaster 01524 752566

Out & About

Days Out

Aquarium of the Lakes, Lakeside, Newby Bridge 015395 30153
Blackpool Tower & Circus 01253 292029
Embassy & Bolton Abbey Steam Railway, Skipton, incl Thomas the Tank Engine events 01756 710614
Bowland Wild Boar Park, Chipping, Near Preston 01995 61554
Bronte country W Yorkshire Haworth Station Steam Engines 01535 42329 (TIC)

Cobble Hey Farm & Gardens, Claughaun-on-Brock, Nr Garstang 01995 602643
Dock Museum Barrow-in-Furness 01229 876400
Ducky’s Park Farm, Rookburgh 015395 59293
Eden Ostrich World, Langwathby, Nr Penrith 01768 881771
Chipping, Near Preston 01995 61554
Bronte country W Yorkshire Haworth Station Steam Engines 01535 42329 (TIC)

Indoor & Outdoor Mountain Adventure, Visitor Centre and Restaurant, Honister Borrowdale 017687 77230
Ingleton Waterfalls Walk 015242 41930
Jodrell Bank Science Centre, Holmes Chapel 01477 571339
La’l 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 Newby Bridge 015395 30153
Lancaster Castle 01524 64998
Laurel & Hardy Museum Ulverston 01229 582292
Levens Hall, Levens, Cumbria 015395 60321
Leighton Hall, Carnforth 015394 324474
LucyCooks cookery school, Staveley nr. Kendal, 015394 32288
Mother Shiptons Cave Knaresborough 01423 541888

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Martin Mere Wildfowl & Wetlands Trust, Burscough, Lancs 01704 895181
National Trust, Lunesdale & Kent Estuary Group 01524 733787
Nature Trail at Forest Hills Golf Course Ellon Lancaster 01524 752566
Museums & Galleries

Abbot Hall, Kendal Art Gallery & Adventure Playground 01539 722464
Beatrice Potter Gallery, Hawkshead 01539 436355
Cars of the Stars Motor Museum, Keswick 01768 73757
Cottage Museum, Lancaster 01524 64637
City Museum, Lancaster 01524 64637
Derwent Bay Bears, museum Keswick 01768 74788
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 01616 836 4000
Judge’s Lodgings Museum, Lancaster 01524 32808
Homes of Football at Ambleside 01539 434440
Maritime Museum, Lancaster 01524 382264
Museum of Lancaster, Preston 01772 253731 (TIC)
National Football Museum, 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

Family Pubs & Restaurants

Black Bull Inn, Brookhouse 01524 770329
Dutton Arms, Burton 01524 781225
The Farmhouse Tavern, Lancaster 01524 69255
George and Dragon, Wray Nr Lancaster 01524 21403
Goat Gap Inn, Clapham 01524 41230
Lucy’s On a Plate, Restaurant & Cafe, Ambleside 01539 431191
Lucy 4, Wine Bar & Bistro, Ambleside 01539 434666
The Mill at Conder Green 01524 752852
The Redwell Inn, Arkholme 01524 21240
The Royal Hotel, Burton in Kendal 01524 781261
Ship Inn, Sandside, Milnthorpe 015395 63113
Whoop Hall Inn, Kirkby Lonsdale 015242 71284

Tourist Information Centres

Arnside/Grange over Sands 015395 34026
Ambleside 015394 32582
Barrow 01229 876505
Bentham 015242 62549
Broughton 01229 716115
Carnforth 01524 720333
Dalton Visitor Information Point 01229 466097
Garstang 01995 602125
Grange 015395 34026
Ingleton 015242 41049
Kendal 01539 725758
Kirkby Lonsdale 015242 71437

Lake District National Park 015394 42895
National Trust Information Point 015394 42895
Lancaster 01524 32878
Morecambe 01524 582808

Settle 01729 825192
Ulverston 01229 587120
Windermere 015394 42895
Yorkshire Dales 015242 51419

Pets

Abba’s Dog Grooming Kendal 01539 728725
Abbeylands Boarding Kennels Kendal 01539 824280
Andrea Nelson Dog Grooming Newby Bridge 015395 31395
Bark Busters Home Dog Training 0808 100 4071
Barking Mad Pet Sitting Kendal 015395 61487
Blue Cross Animal Welfare Charity 01845 577759
Flatt Farm Boarding Kennels [formerly Dogwood Farm Kennels] Grayrigg Kendal 01539 824280
Glaneils Boarding Kennels and Cattery Burton-in-Kendal 01524 781530
Hair of the Dog, Grooming, Oxenholme Kendal 07766 654590
Hilltop Boarding Kennels Newby Bridge 015395 31542
Kilncroft Boarding Kennels and Cattery Newby Bridge 015395 31263
Grassgarth Kennels (formerly Tarnside) Lyth Valley Nr Kendal 015395 52150

Milnthorpe Kennels and Cattery 015395 62665
Paws by the Lake Pet Services Ambleside 015394 32014
Quick Fix K9 Solutions Milnthorpe 07813 735970
RSPCA 08705 559999
Studio K9 Fully Licenced Doggy Day Care Windermere 015394 48387
Tailwaggers Grooming Kendal 01539 732838

Pet Shops

The Animal Emporium Kirkby Lonsdale 015242 732337 Cheeky Monkeys Kendal 01539 733998
Halls Pet Supply Store Kendal 01539 721240
New Shambles Pet Shop Kendal 01539 721649
JB Rycroft, Sedbergh 015396 20420
PERFORMING ARTS

Dance & Drama

Ann-Marie's Dance & Drama School Kendal 01539 730849
Brewery Arts Centre Dance, Theatre, Film Clubs, Kendal 01539 725133
Bright Sparks, music, technology, drama & art club 01539 74262

The Dance Atikk, St Georges Church Hall, Goose Holme, Kendal 01539 363323
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

Jennifers Dancers Lancaster Carnforth and Kendal 01524 720525/07970 096051
Kendal Majorettes 01539 728024

Ludus Dance in Education Co Lancaster 01524 35936

Mini Movers 18 mths - 4 yrs Staveley Dance Studio, Kendal 01539 821830

Pasdedeux Dance Academy (Kendal) RAD Ballet, Tap & Theatre 015395 322921/07890 998187

Rigney Bank House Ballet School, Milnthorpe 015395 62236

Robinson Read Dance Classes, Bolton Le Sands, Hest ank & Burton 01524 822954/ 413404/ 422450

Stagecoach Theatre School, Lancaster & Kendal 01539 730849

Taylor School of Dance and Theatre Arts, Carnforth, Halton & Kendal 01524 736320

The Dance Atikk Kendal, Grange & Sedbergh 07834 035443

Tokari School of Theatre Arts (Kendal) All Theatre Dance subjects, 01274 676730/ 07796036869

Wilde School of Dancing Casterton 015242 76455

Music and Singing

Amabile Girls Choirs, Kendal 01539 730986

AnnaKate Pearson MMus Harpist, Windermere 015394 47370

Arnside Ladies Choir, need new members 01524 762170

Ian Pattinson BA(Hons) FRCO PG Dip. Church Organ, Piano, Keyboard All ages Kendal 01539 60338

MusicShare, network for Cumbrian musicians 01539 742626

Paul Palmer Saxophone Tuition, Endmoor, Kendal 015395 67751

Rhythm Time, Windermere 015394 47191

Stella Fitzgerald Brass Tuition Kendal 01539 735612

Stuart Warren ARCO ABSM Piano and Keyboard, South Lakes 015395 32772

Westmorland Music Council – MusicLinks, Kendal 01539 742626

Westmorland Youth Orchestra, Kendal 01524 96054

Yamaha Guitar Tuition, Kendal 01539 736183

Yamaha Keyboard and Vocal Tuition, Kendal 01539 735341

Theatres & Cinemas

Brewery Arts Centre, Kendal 01539 725133

The Dome, Morecambe 01524 582808 (TIC)

Duke’s Theatre/Cinema, Lancaster 01524 598500

Grand Theatre, Lancaster 01524 64695

Lakes Leisure, Kendal 01539 729777

Lancaster Concerts, Lancaster University 01524 594151

Nuffield Theatre, Lancaster University 0800 028 3042

The Platform, Morecambe 01524 582803

Zefferelli’s, Ambleside 015394 33845

Look out for the next issue of the magazine in July or why not take a subscription to the Lancaster or the South Lakes Family NoticeBoard.

For details please call 01524 824807 or email info@thefamilynoticeboard.co.uk
Party Venues & Rooms for Hire

Blackpool Tower & Circus 01253 292029
Bowland Wild Boar Park, Chipping, nr Preston 01995 61554
Ducky’s Park Farm, Flookburgh 015395 59293
Embassy & Bolton Abbey Steam Railway, Skipton, incl Thomas the Tank Engine events 01756 710614
The Footprint, straw bale eco-building, St. Catherine’s, nr Windermere 015394 88409
Fun for Kids, Kendal 01539 735556
Hornby Institute 015242 21003
Holker Hall, Grange over Sands 015395 58328
Karting Centre, Blackpool Age 8+ 07779 319990/ 01253 406340
Lakes Leisure, Kendal 01539 729777
Lakes Leisure, Windermere 015394 47183
Leighton Moss Nature Reserve, Silverdale 01524 701601
Playbase Jungle, Kendal 01539 737472
Quaside Kids, indoor play centre, Bowness on Windermere 015394 45354
Ruffy Tufts Soft Play Ambleside 0 - 11yrs 015394 39906
Supertowel, Barrow 01229 820444
The Redwell Inn, Arkholme 015242 21240
The Station House Pottery, Kirkby Lonsdale, paint your own pottery 015242 72847
The Zone, indoor soft play centre, Greenlands Farm Village, Carnforth 01524 784195

Party Supplies

Bamfords Balloons, Bentham 015242 61904
Bounce Bounce Bouncy Castles, Carnforth 01524 733540

Leighton 015395 67467
Evans Marquee Hire, Lancaster 01524 63090
Fanci-full Affire, Lancaster 01524 842926
Happy Days Bouncy Castle & Giant Game hire, Morecambe 01524 851563
Hebelum Balloons, Arkholme 015242 21240
Novelty and Traditional Party Cakes, Warton Emma 01524 736862
Party Supplies for all occasions Church Street Ambleside 015394 33982
Rascals Fancy Dress, Morecambe 01524 424091

Firefighter Experience Milnthorpe 07941 227063
Flash Monster Roadshow, specialising in senior schools, colleges and universities 01524 401020
The Footprint environmental children’s parties, St Catherine’s, nr Windermere 015394 88409
Harvey Rush Entertainments, Children’s Party Package Morecambe 01524 426161
Jesters of Ambleside ages 5+ 015394 33982
Kidz Kraft 01793 330821
Lee Michaels Wizard of Magic, Burton in Kendal 01524 781571
Odyssey Sound System, Mobile disco and karaoke. Mobile recording studio and PA Hire 01524 425093
Reel Entertainment, mobile disco Morecambe 07979 381070
Sherbetlove Henna parties for children and adults, Lancaster 01524 33442/07738 766774
SMDC, DJs Morecambe 01524 424303
Tazz Entertainments - the best children's parties 07939 126717

Party Entertainment

ABRACADABRA Magic Punch & Judy Show 01254 261450
Astronaut, children’s entertainer, Kendal 01539 726058
Colour Pots Ltd Windermere 015394 48877

Relax .....
Sports & Hobbies

Activity & Adventure Centres

Active Education Summer Camps at Winmarleigh Hall, NST TravelGroup 0845 671 1356
Activities in Lakeland (Pleasure in Leisure Ltd) 015395 35999
Brathay Hall Trust, Activity programmes 015394 39700
The Calvert Trust, Keswick Outdoor Activity Centre for people with disabilities 017687 72254
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Brathay Hall Trust, Activity programmes 015394 39700
The Calvert Trust, Keswick Outdoor Activity Centre for people with disabilities 017687 72254
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The Calvert Trust, Keswick Outdoor Activity Centre for people with disabilities 017687 72254

Badminton
Arkholme, Hornby 015242 21544
Branthwaite Badminton Club, Kendal 01539 732022
Hornby 015242 21762
Lakes Leisure, Kendal 01539 729777
Silverdale 01524 701272
Strickland Badminton Club, Kendal 01539 726456
Tunstall, Hornby 015242 74307

Climbing
Kendal Wall, The Lakeland Climbing Centre, Kendal 01539 721766
Mere Mountains, Rock climbing, gorge scrambling, canyoning, aqua-sailing. Also mobile climbing tower. 015395 35030
Rock climbing, Abseiling, Mountaineering. Lakes Leisure, Windermere 015394 47183

Coaching
Playsport Coaching 07918 736161/01524 426996

Climbing
Kendal Wall, The Lakeland Climbing Centre, Kendal 01539 721766
Mere Mountains, Rock climbing, gorge scrambling, canyoning, aqua-sailing. Also mobile climbing tower. 015395 35030
Rock climbing, Abseiling, Mountaineering. Lakes Leisure, Windermere 015394 47183

Coaching
Playsport Coaching 07918 736161/01524 426996

Gymnastics
Gymbobs, 4 - 7 years in Kendal 01539 824036
Kendal School of Gymnastics 01539 731273

Golf
Bentham Golf Club, 015242 62455
Caris Green Golf Club, Burneside, kendal 01539 721097
Casterston Golf Club, 015392 71592
Kendal Golf Club 01539 733708
Kirkby Lonsdale Golf Club 015242 76365
Silverdale Golf Club 015242 702074

Archery
Bowman of Holme Secretary 01524 784856
Tunstall, Hornby 015242 74283

Arts & Crafts
The Station House Pottery, Kirkby Lonsdale , paint your own pottery age 4+ 015242 72847
Wyn Abbot Ceramics children's pottery workshops every week during school holidays, drop in sessions, courses for children and adults , Greenlands Farm Village, Nr Carnforth 01524 784197

Ballooning
Lakeland Balloons, Lancs/Lake District 01253 736869
Virgin Balloon Flights Wray, Kirkby Lonsdale, Newby Bridge, Burton in Lonsdale, and Dalemain 0871 663 0016

Canoeing
Lakeland Canoe Club, Kendal 01539 734245
Lakes Leisure, Kendal 01539 729777
Open Canoeing, Lakes Leisure, Windermere 015394 47183
Pine Lake Resort, Carnforth 0850 185150

Equestrian
Larkrigg Riding School, Natland, Nr. Kendal 015395 60245
Trekker, beginners & children welcome, Hale, Milnthorpe, 015395 63265

Fencing
Arnside Blades 07766 571660
Kendal Fencing Club 01539 724051

Football
Little Kickers classes for 18 months to 5 years Kendal and Windermere 01539 898195
Lune Valley U12 U14/ U16 Claughton or Hornby 015242 21143

Motor Sports
Kirkby Lonsdale Motor Club 01524 410753
Mini Sto at Warton ages 10 - 16 01524 858301
Warton Stock Car Club, all ages, 015395 67706

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Bowling
Superbowl, Barrow 01229 820444

Canoeing
Lakeland Canoe Club, Kendal 01539 734245
Lakes Leisure, Kendal 01539 729777
Open Canoeing, Lakes Leisure, Windermere 015394 47183
Pine Lake Resort, Carnforth 0850 185150

Chess
Arnside Chess Club, age 6+ 01524 762722
Braille Chess Association 01625 533948

Climbing
Kendal Wall, The Lakeland Climbing Centre, Kendal 01539 721766
Mere Mountains, Rock climbing, gorge scrambling, canyoning, aqua-sailing. Also mobile climbing tower. 015395 35030
Rock climbing, Abseiling, Mountaineering. Lakes Leisure, Windermere 015394 47183

Coachings
Playsport Coaching 07918 736161/01524 426996

Climbing
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Playsport Coaching 07918 736161/01524 426996

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Playsport Coaching 07918 736161/01524 426996

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Kendal School of Gymnastics 01539 731273

Golf
Bentham Golf Club, 015242 62455
Caris Green Golf Club, Burneside, kendal 01539 721097
Casterston Golf Club, 015392 71592
Kendal Golf Club 01539 733708
Kirkby Lonsdale Golf Club 015242 76365
Silverdale Golf Club 015242 702074

Martial Arts
Activ8 Self Defence - Jujitsu Lancaster Areas - All Ages 0870 3120228
Chojinkai Karate Club, Kendal 016974 73239
Ju-Jitsu Club, Kendal 07718 530346
Karate at Hornby 01729 822140
Kick Boxing and Kung Fu, Kendal 015242 71536
Lakes Aikido, Kendal 07748 811573
MF Kickboxing Club 07855 804345

Motor Sports
Kirkby Lonsdale Motor Club 01524 410753
Mini Sto at Warton ages 10 - 16 01524 858301
Warton Stock Car Club, all ages, 015395 67706
Netball
Kendal Netball Club
01539 722165

Orienteering
Lakes Leisure Windermere
015394 47183

Parachuting
Black Knight Parachute Centre, Cockermouth, 16+ 01524 791820
North West Parachute Centre, Fleetwood 015395 58672/58555

Paragliding
Air Ventures Paragliding School, Keswick 017687 72899
Lakeland Leisure Paragliding, Coniston 015394 41825
Lakes Paragliding Centre, Maulds Meaburn, Cumbria 01931 715050

Rambling/
Fellwalking
Hill Walking Lakes Leisure, Windermere 015394 47183

Rugby
Kendal Rugby Union Football Club 01539 734039
Windermere Rugby Union, Bowness-on-Windermere 015394 43066

Swimming
Capernwray Hall Swimming Pool 01524 733908
Holgate Caravan Park, Silverdale, Swimming & lessons 01524 701508
Hornby County High 015242 21119
Ingleton Swimming Pool 015242 41147
Kendal Amateur Swimming Club 01539 730377
Lakes Leisure, Kendal 01539 729777
Life Saving Club, Kendal 01539 729777
Little Nippers Swim School at Capernwray age 3+ 015395 63943/07977 149362

Table Tennis
Arnsdie Table Tennis Club, all ages 01524 761257
Kendal & Lakes Sub Aqua Club 07740 643585

Sports Centres &
Health Clubs
Holgate Caravan Park, Silverdale Pool & Gym 01524 701508
Lakes Leisure Kendal 01539 729511
Lakes Leisure Windermere 015394 47183

Tennis
Heversham with Milnthorpe Tennis Club, Tennis and mini-tennis. All ages and abilities 015395 52502

WATERPOLO
Kendal Water Polo Club 01539 730377

Watersports
Activities in Lakeland (Pleasure in Leisure Ltd) waterskiing, wakeboarding, sailing, canoeing, kayaking 015395 35999
Lake District Boat Club, Bowness-on-Windermere 015394 43595
Kayaking, Windsurfing, Improvised Rafting, Lakes Leisure, Windermere 015394 47183
Kendal Water Polo Club 01539 722725
Low Wood Water Sports Centre, Ambleside 015394 39441
Waterskiing, Windsurfing and Wakeboarding, Pine Lake, Carnforth 0850 185150
Whitecross Bay Watersports Centre Windermere 015394 46131

Trampolining
Kendal Trampoline Club 07970 050314

Volleyball
Kendal Volleyball Club 01539 533345

Wrestling
Kendal Wrestling Academy (Sep - Mar) 01524 781602

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Walking is a simple, enjoyable, yet highly effective exercise suitable for all ages and abilities. Regular walking helps you to manage your weight, reduce stress, keep your heart strong, improve your muscle and bone strength.

Walking makes you feel good! Walking is fun!
For further information and programmes please phone:
Walking the Way to Health Initiative Kendal & Staveley 01539 790154 or Lakes Leisure 015397 295111 or email: walks4healthkendal@yahoo.co.uk
www.lakesleisure.org.uk Registered Charity No 1120833

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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.
Race dates: 21 March 4 April 18 April 2 May, 16 May, 30 May, 13 June, 27 June, 11 July, 25 July, 8 August
Admission: Only £8 for adults, £4 for 10-16 year olds & concessions FREE for under tens
Check the website www.wartononline.com or call Tony Porter on 07709 746744 for more details.

Got a SAT NAV ? LA5 9NJ
REAL RACING REAL ACTION REAL CHEAP

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WALKING THE WAY TO HEALTH
“One Step at a Time”
Free, short walks led by Trained Volunteer Leaders
Do come and join us. All welcome!
Walking makes you feel good! Walking is fun!
For further information and programmes please phone:
Walking the Way to Health Initiative Kendal & Staveley 01539 790154 or Lakes Leisure 015397 295111 or email: walks4healthkendal@yahoo.co.uk
www.lakesleisure.org.uk Registered Charity No 1120833
Antenatal & Postnatal

Active Birth Centre
0207 281 6760
Association of Postnatal Illness
020 7386 0868
BLISS Supporting access to quality care for sick and premature babies 0500 618141
Bumps and Babes for pregnant and breast feeding mums Ghylside Neighbourhood Centre Thurs 9.30-11.30 term time only 01539 722368
Col Death Helpline
020 7233 2090
Cry-Sis support for parents whose babies cry excessively 08451 228 669
Healthy Start vouchers for milk, fruit and veg 0845 607 6823
National Childbirth Trust, South Lakes 0844 243 6970
Parentline Plus 0800 800 2222
Postnatal Illness Support Group, Kendal 01539 733893, Barrow in Furness 01228 607878
TAMBA Twins and Multiple Births Association 01732 868000

Family Health

ACHIEVE specialising in Child and Adolescent behavioural problems 01995 605019
Cumbria HIV and AIDS Support Helpline 01228 591986
Mental Health Services 01228 602000
MIND in Kendal 01539 726795
Registered Homeopaths, Silverdale 01524 701166
Lara Stuart BSc (Hons) LNWH Homeopath/Flower Essences 01524 624581
NHS Direct 0800 665544

SCOPe for people with Cerebral Palsy Freecall Helpline 0808 800 3333
Speech & Language Therapy, Westmorland General Hospital, Kendal 01539 739767

The Surgery, Arnside 01524 761311
Silverdale 01524 701744
Ambleside Health Centre 01539 32693
Drs Burns, Winter-Barker, Roberts & Coleman within The Surgery Staveley 01539 821341
St Mary’s Surgery Ambleside Rd Windermere 01539 88484
Haverthwaite Surgery, Newby Bridge 01539 31619
The James Cochrane Practice Helme Chase Surgery, Kendal 01539 726776 and Maude Street Surgery, Kendal 01539 722124
The Lunesdale Surgery Kirkby Lonsdale 015242 71210/72510
The Surgery Captain French Lane, Kendal 01539 720241
Station House Surgery Kendal 01539 722600 (Surgery) 01539 727524 (Appointments) 01539 727799 (Dispensary)
Sedbergh Health Centre 015396 21218
Windermere Health Centre 015394 45159

Health Visitor

Ambleside Health Centre 1st and 3rd Thursday in the month 1 - 3 pm
Arnside Surgery Orchard Road 1st and 3rd Wednesday in the month 1 - 3 pm
Burneside Clinic at the Bryce Institute 1st Wednesday in the month 10 - 11 am
Burton in Kendal Memorial Hall 1st Wednesday in the month 10 - 11 am
Cartmel G P Surgery 1st Monday in the month 1 - 2 pm
Coniston Library 1st Friday in the month 10 - 11 am, term time only
Rookburgh St John’s Church Hall 1st Wednesday in the month 2 - 3.30 pm
Grange Clinic Hampsfell Road Grange-over-Sands 1st and 3rd Tuesday in the month 2 - 4 pm
Grasmere The Tithe Barn, term time only, 4th Thursday in the month 10.30 - 11.30 am
Haverthwaite Surgery 1st Monday in the month 2.30 - 3.30 pm
Hawkshead pre-school room Term time only 2nd Friday in the month 10 - 11 am
Holme Parish Hall - 2nd Monday in the month 10 - 11am
Hornby Institute - 3rd Tuesday 10.30am - 11.30am
Kendal - Abbot Hall Social Club alternate Fridays 10 - 11.30am
Kendal - Hallgarth Community Centre 1st Friday in the month 10 - 11am
Kendal - Masonic Hall alternate Mondays 10-12 noon
Kirkby Lonsdale, Parish Church 1st and 3rd Tuesday in the month 2 - 3pm
Kirkby Lonsdale - St Mary’s Church, Edward Bear Club 4th Tuesday 10 - 11am
Langdale Village Hall, Chapel Stile 2nd Wednesday in the month 10.30 - 11.30 am
Leck Village Hall - 2nd Friday 10 - 11am
Milnthorpe Children’s Centre Firs Road every Tuesday 9.30 - 11 am

BAYCALL
0845 0524 999
for urgent medical problems when your GP Surgery is closed
Sedbergh - The People’s Hall 1st and 3rd Thursdays 2 - 3.30pm
Staveley Surgery, Station Road 1st and 3rd Thursday in the month 11am - 12 noon
Ulverston Health Centre Clinic Room every Tuesday 9.30 - 11.30 am
Windermere - Carver Church Hall Mondays 9.30-11.30am

Health Visiting Teams

Arnside Surgery, Orchard Rd 01524 762066
Grange Clinic, Hampsfell Rd 015395 36980
Kendal, Station House Surgery, Station Rd 01539 732673
Milnthorpe, Park View Surgery, Haverflatts Rd, 015395 64887
Kirkby Lonsdale, Lunesdale Surgery 015242 79177
Sedbergh Health Centre, Loftus Hill 015396 20979
Windermere Health Centre, Goodley Dale 015394 47625

Chemists

Ambleside - Boots the Chemist Market Cross 015394 33355
Ambleside - Thomas Bell Ltd Lake Road 015394 33345
Bentham - The Co-operative Pharmacy, Main Street 015242 61733
Grange over Sands The Co-operative Pharmacy, Kents Bank Road 015395 32993 & Main Street 015395 32024
Grasmere Pharmacy - 1 Oak Bank Broadgate 015394 35553
Hawkshead - Collins & Butterworth Main Street 015394 36201
Kendal - Boots the Chemist, Elephant Yard Stricklandgate 01539 720180
Kendal - ASDA Burton Road 01539 724210
Kendal - The Co-operative Pharmacy, 132 Highgate 01539 720249 & 2 Maude Street 01539 720152
Kendal - Rowlands Pharmacy, Highgate 01539 720461
Kirby Lonsdale - Boots the Chemist, Market Square 015242 71258/72866

Milnthorpe - Rowlands Pharmacy, Haverflatts Lane 015395 65900
Sedbergh - Boots the Chemist, Main Street 015396 20270/20988
Staveley Pharmacy, 6 Main Street 01539 821222
Windermere - Boots the Chemist, Crescent Road 015394 43093
Windermere Health Centre Pharmacy Goodley Dale 015394 43139

Family Planning and Well Woman Clinics

Family Planning Helpline 0207 837 5432

Dentists

If you don’t have an NHS dentist and you want a routine appointment or check-up and live in the South Lakes or Barrow area, please contact the Bay Dental Helpline for advice on 01539 716822.

Mrs Alder & Mr Houghton Kendal 01539 722113
Ambleside Dental Surgery 015394 32544
Arnside Dental Practice 01524 762291
G Baytug Kendal 01539 722772
Bridge Dental Practice Kendal 01539 721730
E C Broome & RAB Young Milnthorpe 015395 63685
Cadis Dental Surgery Kendal 01539 729668

BAY DENTAL HELPLINE 01539 716822
For all dental emergencies across the Morecambe Bay and South Lakes area (24 hours)

Have you ever thought about STOPPING?

NHS Cumbria can offer you free advice and support while you stop.

Meet an advisor @
Kendal Green Children’s Centre every Thursday between 9am – 12pm

Phone 01900324222 or text ‘Quit’ to 82540
* Also available at other venues

Do you drive?

South Lakeland Children’s Centres are looking for volunteers to transport children and their families and support them to participate in activities in the community

If you think you could help, contact:
Sharon Haslam
(Development worker/Volunteer coordinator)
015394 43500

www.thefamilynoticeboard.co.uk
Citizens Advice, South Lakeland 0870 1264061
Citizens Advice, Windermere Mon–Fri 10–2 015394 46646
Citizens Advice Bureau Outreach Centres, Bentham, Ingleton and Settle 01756 700210
Connexions - Cumbria, Kendal training or support finding a job 01539 730045
Cumbria Deaf Association, Kendal promoting well being 01539 737313
Cumbria Parent Partnership Service support for parents of children with special needs 01229 894439
Adrienne Frazer, Extended Services Advisor - Lakes Cluster, Based at: Lakes School, Troutbeck, Windermere 0788 7779085/015394 62470
Family Mediation & Children’s Support Service, Kendal 01539 737005
Families Need Fathers 08707 607 496
Kendal Family Drop in Centre, Stricklandgate Kendal 01539 727299
Grandparents Federation 01279 444964
Home Start, Kendal support for families with young children 01539 727333
Kirby Lonsdale Special Needs Support Group 015242 73412
National Childbirth Trust see Antenatal and Postnatal
NSPCC South Cumbria Team 01529 813461
Parentline Plus 0800 800 2222
Parent Partnership Service – South Cumbria, advice for parents of children with special needs 01229 894439
Outreach Cumbria Gay & Lesbian Helpline 0800 603075
Parentline Plus 0800 800 2222
Relate 09901 34416
Resolve Mediation, Workington free mediation service for family disputes 01900 603229
Samaritans 01228 544444
Sedbergh Parent Support Group 015396 20402

Self Injury Support 01228 401409
Shelter Cumbria Housing Aid Centre, Kendal 0844 515 1945
Shelter Line Freephone 08008 004444
South Cumbria Family Forum, Kendal supporting families with children with a disability 01539 742613
South Cumbria Rape Crisis, Kendal Information for families and Helpline 01539 734743
South Cumbria Rape and Abuse Service, Counselling service Kendal 01229 820828
Straightline, Barrow-in-Furness Drug and alcohol advice and support for young people to age 19 01229 615314
Users 4 Users, User Support Group, Kendal 07931 556463
Workbase work experience for those recovering from a mental illness, Kendal 015397936786

Support for Carers

Carers National Association, Salford 0161 737 5667
South Lakeland Carers Association 01539-815970
Young Carers, South Lakeland Ages 10 -18 01539 742602

Social Services

Cumbria Social Services 01539 773300
Cumbria Youth Offending Team 01228 607090
South Cumbria Mental Health Forum, Kendal 01539 737012
Adult Social Care, South Lakeland, County Offices, Kendal 01539 713300/713377 (out of hours 01228 526690)
Youth Offending Service, Barrow in Furness 01229 826080

Volunteer Services

Cumbria Council for Voluntary Service, Kendal supports local voluntary organisations 01539 742627

Young Cumbria supporting Young People and Voluntary Youth Work South Lakes 015395 36032
Volunteer Centre South Lakeland supports organisations with volunteers 01539 742636

Youth Services

Cumbria Youth Alliance network of youth organisations 01900 822110
Eating Disorder Association Under 18’s Youth Line 0845 634 1414
FRANK National Drugs Advice and Helpline 0800 776 600
LACES (Local Approach to Children’s Services) working with children in care in Cumbria 01539 773117
South Cumbria Rape Crisis, Kendal Information for families and Helpline 01539 734743
South Cumbria Rape and Abuse Service, Counselling service, Kendal 01229 820828
Straightline, Barrow-in-Furness Drug and alcohol advice and support for young people to age 19 01229 615314
Young Cumbria supporting Young People and Voluntary Youth Work, South Lakes 015395 36032
YWCA Counselling support for girls and women 01228 525 817

Fostering and Adoption

After Adoption Actionline 0800 568 578
Preston Office 01772 258893
Barnado’s 020 8550 8822
Blackburn Diocesan Adoption Agency 01254 57759
Coram Family Adoption Service 020 7520 0300
Foster Care Associates, North West 01257 480456
Fostering Network for Foster Carers 0207 620 6408
Independent Adoption Service 020 7703 1088
Parents for Children providing adoptive families for children in care 020 7739 7530

J B Clough G Scanlan
Windermere 015394 46135
Cottage Dental Practice Kirkby Lonsdale 015242 71930
Crossbank Dental Care N Cooper & J Rees Kendal 01539 720820
V S Dawber & Associates Milnthorpe 015395 63926
Dawson Turner & Ross Sedbergh 015396 20626
Hall & Smith Kendal 01539 725525
J Jefferies Kendal 01539 730900
Kendal Dental Care 01539 720302
A L Kirk Kendal 01539722138
Mint Dental Windermere 015394 88661
Alistair Morgan & Associates Windermere 015294 43378
Sandes Avenue Dental Practice Kendal 01539 739911
Sedbergh Dental Practice 015396 20626
D R Storey & Partners, High Bentham 015242 61202
Windermere Dental Practice 015394 46135
Emergency Dental, Sundays & Bank Holidays 01539 716822

Family Welfare

Barnardos’s South Lakeland individual family support and children’s centre services, Barnardos’s South Lakeland, 015394 43500
Benefits Enquiry Line 0800 882 200
(CADAS) Cumbria Alcohol & Drug Advisory Service Family Support, Kendal/South Lakes 01539 742615
Cafcass, Carlisle protect children’ interests in family proceedings 01228 549130
Child Accident Prevention Trust 020 7608 3828
Children’s Services, Kendal 01539 773377
Christians against Poverty Free debt counselling service for South Lakes 0800 328 0006

www.thefamilynoticeboard.co.uk
The British Agency for Adoption and Fostering 020 7593 2060

Solicitors

Arnold Greenwood Kendal 01539 720049
Community Legal Service 0845 6081122
Dalton & Hague Sedbergh 01539 20365
Davenport & Scott Ambleside 01539 31919
Clarkson Hirst, Kendal 01539 736916
Hayton Winkle Kendal 01539 720136
Windermere 01539 46585
Holdens Solicitors, Kendal 01539 720629
Jennifer Knowles, Ingleton 015242 41417
Neil Mann, Kendal 01539 729772
Thomson Wilson Pattinson Kendal 01539 721945
Hudson & Associates Kirby Lonsdale Freephone 0800 019 9768
Milne Maser Powell & Sykes Kendal 01539 729555
Miltomthorpe 01539 62263
Pearson & Pearson Kendal 01539 729555
Kirby Lonsdale 01539 721222
Windermere 01539 47825
Nicholas Renshaw, Kendal 01539 740666
Temple Heelis Kendal 01539 723757
Windermere 01539 42455
Thomson & Wilson, Kendal 01539 721945

Local Services

South Lakeland District Council, Kendal 01539 733333
(out of hours and emergencies 0870 428 6905)
Job Centre Plus, Kendal employment advice and information 01539 795000
NHS Cumbria 01539 797800

Neighbourhood Development Office, Kendal neighbourhood forum and grants 01539 773448/773180

Rural Wheels, community transport scheme, Carlisle 01228 226721
Community Transport, South Lakeland - voluntary car scheme service 01539 735598

enviornment agency

protect your family and home during a flood

There are many things you can do to protect your family and home in a flood:

Make a flood plan - talk to family, friends and neighbours about what you will do if there is a flood

Make a flood kit - include essential items such as:

- Blankets and warm waterproof clothes
- First aid kit and any prescription medication
- Copies of insurance documents and a list of important phone numbers
- Baby food and baby care items

Call the Environment Agency’s Floodline on: 0845 988 1188
or go to our website at www.environment-agency.gov.uk/homeandleisure/floods

We can tell you if your home is at risk of flooding and provide more information on what you can do to protect your family and home.
HELP LINES

Alcoholics Anonymous
0845 7697 555
Alateen - for young people who are affected by a problem drinker 020 7403 0888

Carers Helpline
0800 1696 529
Eating Disorders, Young Persons Helpline 08456 347650

Lone Parent Helpline (Gingerbread)
0800 018 5026

Kidscape
Anti bullying helpline for parents 08451 205 204

Missing Persons Helpline
0500 700700
Missing Persons Message Home
Send a confidential message 0800 700 740

National Aids Line
0800 567123 24 hrs

Talk To Frank - National Drugs Helpline 0800 776600

National Debtline
0808 808 4000

National Meningitis Trust 24 hrs
0845 600 0800

National Domestic Violence Helpline 0808 2000 247

NHS Direct 24 hrs
Health Advice & Information
0845 46 47 or 0800 665544

North West Narcotics Anonymous
24 hrs 01253 850018
RSPCA 0870 555 5999
Relate 01772 717597

Tax Credit Helpline
0845 300 3900

Samaritans 08457 909090
Sexual Health Direct
0845 310 1334

Shelterline - Help with housing problems, 24 hrs
Freephone 0808 800 4444

Women’s Domestic Violence Helpline (24 hrs) 0808 2000 247

NSPCC Child Protection
0808 800 5000

Childline
0800 1111

Free helplines for children
Regular Children’s Centre Groups

Stay safe, be healthy, be involved

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<tr>
<th>Session</th>
<th>Venue</th>
<th>Time</th>
<th>Contact</th>
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<tr>
<td>Monday</td>
<td>Windermere Baby Clinic</td>
<td>Morning</td>
<td>015394 88035</td>
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<td>Lakes Windermere Children’s Centre, Carver Church Hall</td>
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<td>South Lakes Under 25s</td>
<td>Castle St Centre, Kendal</td>
<td>Afternoon</td>
<td>01539 722267 or text 07500 968568</td>
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<td>Parent Group</td>
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<tr>
<td>Tuesday</td>
<td>Koalas</td>
<td>Afternoon</td>
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<td>Kendal Children’s Centre (St. Thomas’ Primary School)</td>
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<td>Kirkby Lonsdale Methodist Hall</td>
<td>Afternoon</td>
<td>Liz on 07980 538141 or Charlotte on 07799 370600</td>
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<tr>
<td>Tuesday</td>
<td>Young Parent’s Group every 2nd Tuesday</td>
<td>Afternoon</td>
<td>01539 722267 or text 07500 968568</td>
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<td>Twins Group</td>
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<td>Thursday</td>
<td>Ambleside Stay &amp; Play</td>
<td>Morning &amp; Afternoon</td>
<td>015394 88035</td>
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<td>Lakes Ambleside Children’s Centre, Ambleside Library</td>
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<td>Friday</td>
<td>Building Futures</td>
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Economic well-being, enjoy & achieve

Family support services provided in your home and a range of courses are also available locally. Please get in touch with your Children’s Centre for more information.

Lakes Windermere Children’s Centre

Windermere Baby Clinic

Mondays (except Bank Holidays)
9.30-11.30am Carver Church Hall, Windermere

- Health Visitor service
- Stay and Play for babies and toddlers
- Access to Children’s Centre staff
- Information
- Links to other agencies

Join us for coffee and company, toys and creative activities!

* A great way to meet other parents and children *

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Children’s Centre

Stay and Play

Every Thursday 11am - 3.15pm
Lakes Children’s Centre
@ Ambleside Library

Join us for coffee and company, toys and songs!

* A great way to meet other parents and children *

Health Visitor Clinic available
1st and 3rd Thursday of month

© The Family NoticeBoard 2009
Meet parents your own age

12.30-2.30pm EVERY Monday

Ideas for activities to do with your child

For Mums and Dads

The Castle Street Centre is easy to reach from the bus station
Light lunch provided
Midwife, Health Visitor and Connexions input.
Financial help available to cover public transport costs - please just ask.

For more info check out our Facebook group or phone Kendal Children's Centre on 01539 722267 or text 07500 968568

Children remain the responsibility of their parents at the group