

Please bring:-

Towel's
Nappy Change
Drink for baby

Please arrange childcare for
older siblings

Wednesdays

At the Sure Start
Community Room,
Ham Drive Nursery

1:30 ~ 2:45

LARK Children's Centre

99 North Prospect Road
Plymouth
PL2 2NA

Telephone: 01752 313293



Children's Centres & Schools in Surrounding Areas

Name	Area	Contact
Keystone— Morice Town	Morice Town, Ford, Keyham	01752 208660
Green Ark	Stoke, Devonport	01752 565555
TamarFOLK	Barne Barton, St Budeaux, Kings Tamerton	01752 431600
Fourwoods	Ernesettle, Honicknowle	01752 366795
Plymouth Y.M.C.A.	Beacon Park, Pennycross, Manadon	01752 201918
Mayflower Community Primary School		01752 365731
Weston Mill Primary School		01752 365250

All Centres offer different services, please
contact the one in your area for further
information

For other areas please contact
Plymouth City Council on
01752 307450

Baby Massage

Just had a baby or
expecting one soon?

Find out how much this can
benefit your baby & you



For new babies until sitting

If your interested please
call Wendy on
01752 313293

Benefits of Baby Massage

Builds mutual close loving relationships

Assists baby sleep and digestion

Bring confidence and well-being

You can build it into your daily routine



Muscles, joints and body systems of baby strengthened

Alleviates baby's colic or constipation

Sooths and relaxes you and your baby

Strengthens baby's general development

Aids baby's dry skin

Gives baby reassurance and sense of security

Enjoyment and comfort for parent and baby

Groups & Services You Interested In

- Baby Massage
- Baby Gym
- Jumpin Jacks
- Welfare Benefits & Debt
- Jobs & Training
- Stop Smoking

Name

Address

Phone

Please bring this completed part of the form to
Sure Start Shop,
99 North Prospect Road
and we will contact you