

LARK Children's Centre Project's

Parent Link Workers,

Jan & Michelle,

are available to talk about any concerns you may have

LARK Children's Centre
99 North Prospect Road
Plymouth
PL2 2NA

Tel 01752 313293

Fax 01752 313293



Children's Centres 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
Sweet Peas	Peverell, Hartley, Mannamead	01752 290559
Plymouth Y.M.C.A.	Beacon Park, Pennycross, Manadon	01752 201918
D.E.L.L.	Deer Park, Efford, Lipson, Laira	01752 306334

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

LARK's

Parent Link Workers

Jan & Michelle

Do you live in
North Prospect or Ham?

Do you have children under 5?

Then read on to see how I can
help you



Contact

Jan on 07531 567896

Or

Michele on 07969 958205

Jan can be found at the following groups:-

Parent Circle

Monday's 9:15—11:15
Sure Start Community Room, Ham Drive
Nursery

Chatterbox

Monday's 1:30—3:00
Jan Cutting Healthy Living Centre

Great Expectations

Wednesday's 1:30—3:00
Sure Start Community Room, Ham Drive
Nursery

Ante Natal Meet & Greet

Wednesday's 9:30—11:15
North Prospect Community Centre

Jumpin Jacks

Thursday's 1:15—3:00
Sure Start Community Room, Ham Drive
Nursery

Young Parents Drop In

Friday's 11:00—1;00
Jan Cutting Healthy Living Centre

Who Are We?

We offer friendly support to families with children up to the age of 5 years, through a befriending service.

All information is **confidential** as we are here to listen and not to tell.

Provides:

Listen to your needs and how you feel, to reduce feelings of isolation.

Improve access to support services, information and community groups in the area

Examples of Work:

Welcoming new parents
Offering a listening ear
Introducing parents to groups
Accompanying parents to appointments
Liase with support services, encouraging accessibility to groups in the area

Michelle can be found at the following groups:-

Chatterbox

Monday's 1:30—3:00
Jan Cutting Healthy Living Centre

Baby Talk

Tuesday's 1:30—2:45
Early Years Centre

Baby Gym

Wednesday's 9:30—11:00
Sure Start Community Room, Ham Drive
Nursery

Young Parents Drop In

Friday's 11:00—1;00
Jan Cutting Healthy Living Centre

Please contact for more information as some groups only run in term time