



Lancaster & Morecambe

Additional Needs Groups & activities

Sept-Dec 2019



X Height Climbing Wall
Salt Ayre 4.00 & 5.00 Term time
 Thursdays 4.00pm & 5.00pm
 £5 per climber siblings welcome
 Book with Lucy Ellis 07873818153 or
northlancsdirectionsgroup.com/book-online

Autism Friendly Cinema
 Vue: Last Sunday of the month
 Lancaster 10.15am
 Reel: Saturdays check website / social media for info

AOK 0-8 Stay & Play
 Wednesdays 1-3
 Lune Park Neighbourhood Centre
 01524 581280 FREE
AOK+ 12-18 Youth Club
 Wednesdays 6-8 FREE
 Morecambe Library 01524 581280

Support Sundays
 Monthly Dates TBC 3.30-5.30
 Lancaster Boys and Girls Club, Dallas Rd, Lancaster LA1 1TP 07809413766

Unique Kidz Coffee & Chat
 Wednesdays 10.00-12.00
 Thursdays 12.30-2.30
 Term time only) Woodhill Lane Morecambe 01524 831132

Autistic Adults Group
August 2nd, Sept 6th, Oct 4th, Nov 1st, Dec 6th 10.00-12.00
 Piccadilly Support Services
 Lancaster LA1 4PW
 Email landm@nas.org

Safe Place Karaoke @The Alhambra
 Weds 4th Sept, 2nd Oct, 6th Nov. 4th Dec 6.00pm
 07903036311

A Spectrum Connection @Brew Me Sunshine Victoria St Morecambe
 Ages 16+ 11.00-2.00
 2nd Saturday of the month
dianaheyes@aol.com

Sign Out Loud
 Mondays 6.00-7.00 £5.00
 Unique Kidz and Co Woodhill Lane Morecambe 01524 831132

Kidz to Adultz North
14th November 9.30-4.00
 Event City, Barton Rd Manchester
 FREE entry
www.kidzexhibitions.co.uk/kidz-north/

Relaxed Soft Play Session @ Energy Salt Ayre
 Tuesdays 4.00-5.00
 £2.50 over 1's Ages 0-12 (max 148cm) No need to book

NAS Drop In Parent carer group @Lune Park Neighbourhood Centre
 24th Sept 10-12,
 15th Oct + 19th Nov 1-2.30,
19th Sept @Westgate 1-2.30
 Under 5's welcome
landm@nas.org.uk
 Drop ins @ The Hub TBC

Jump Rush Morecambe Disability Session
 Thursdays 4.00-5.00 £8 per jumper
 Carer FREE

Inclusion In Motion @ Ludus Dance
 Saturdays starts 7th Sept
 2.00-3.00 £5.50 per person
 Ages 6-12 and siblings
 01524 35936

Sensory Stay and Play @Serene Sensory & Salon Heysham
 Wednesdays 10.30-12.30 £5 per child booking essential 07547 180254

Relaxed Panto Performance of Aladdin @ Lancaster Grand 30th Nov
 7.00pm £5 per seat Booking essential
 01524 64695