



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

Jump Rush Morecambe

Disability Session

Thursdays 4.00-5.00 £8 per jumper
Carer FREE

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

Inclusion In Motion @ Ludus Dance

Saturdays starts 7th Sept

2.00-3.00 £5.50 per person

Ages 6-12 and siblings

01524 35936

Relaxed Panto Performance of

Aladdin @ Lancaster Grand

Theatre

30th Nov 7.00pm £5 per seat

Booking essential 01524 64695

Sensory Stay and Play

@Serene Sensory & Salon

Heysham Wednesdays 10.30-

12.30 £5 per child booking

essential 07547 180254