



Carlisle West Sure Start Morton/Newtown Children's Centres

February 2012 Activities Notice Board

Carlisle West Children's Centre offers access to a range of FUN FREE activities for ALL children and their families!



New courses for Parents / Carers including... Rainy Days Play!

Rock a bye

Singing group for babies up to 1 year old Come along and enjoy nursery rhymes, lullabies and action songs with your little ones

Rhyme Time

A fun, free, singing session for children from 0 - 5yrs. We sing, play and do simple crafts. Help your child develop their speech and language skills

Baby Movers

Developmental Movement Play for babies to crawlers. These sessions allow babies to move in their own way, explore foil; fabrics and most of all enjoy spending time with you!

Little Movers

Developmental Movement Play for children 0 - 5 years. These sessions allow children to express themselves through movement as they crawl, spin, tip, tilt and roll! Fantastic for supporting emotional and physical development

New Let's Get...Counting *New*

Come along and enjoy a wide range of different Counting and Number activities. Sessions will include the 'Stay, Play and Take the Toys Away' Toy Library Service.

Stay, Play and Take the Toys Away

Explore our wide range of toys with your child, and choose up to 2 toys to take away!

Second Time around Group

A support group for grandmothers, grandfathers, great aunts and great uncles who look after their grandchildren full time or for regular periods during the week

Dads and Kids Saturday Swim

A fun free swimming session for Dads, Granddads, Male Carers, Family Men and their children

New Dads Baby Massage Taster Sessions *New*

Perfect one to one bonding time with your baby. Learn massage techniques and about all the health benefits for both father and baby. Partners welcome!

New Rainy Days Play *New*

Come and find out how children learn and ways you can enhance and enjoy everyday play and learning experiences together. Join our 6 week course for parents and carers whose children are aged between 1 and 4 years old!

February Half Term Holiday Activities *February Half Term*

Come along between Monday 13th - Sunday 19th Feb and enjoy our fun, free...

--Twilight Messy Play--

--Rhyme Time--

--Family Messy Play--

-- Little Movers--

--Lets Get Counting--

-- And More!!!--

Information for Children with Additional Needs inside...

Carlisle West Sure Start Morton/Newtown Children's Centres

Venues



Carlisle West Children's Centre (Morton)

Wigton Road, Carlisle,
CA2 6JP

Carlisle West Children's Centre (Newtown)

19-23 Shadygrove Road,
Carlisle
CA2 7LE



Morton Pool

Richard Rose, Morton
Academy,
Wigton Road
Carlisle
CA2 6LB

Living Well Trust Raffle; Family Church

Shadygrove Road
Carlisle
CA2 7LU

Morton Manor

Wigton Road
Carlisle
CA2 6JP

Denton Holme CC

Morley Street
Carlisle
CA2 5HQ

Petteril Bank Community Centre

Burnett Road
Carlisle
CA1 3BX

St Bede's Church Hall

120 Wigton Road
Carlisle
CA2 7ES

St Luke's Church Hall

Stonegarth, Morton, Carlisle
CA2 6NX

Trinity Church Hall

25 Wigton Road
Carlisle
CA2 7BB

New Year, New challenge! Why not become a community parent! What is it?

Community parents is a semi structured home visiting programme, with parents supporting parents in their local area. Remember what it used to feel like to be a new parent? Insecure, lonely, isolated, feeling everybody else knew what they were doing and you didn't!

We are looking for parents to train as new Community Parents, all the training you will need is provided. The training will give you the skills you need to help empower those new parents who may be in need of some help, support and guidance.

The Community Parents programme uses a simple home visiting package, this supports you the volunteer as during your visits.

Further ongoing training and support will be provided to the volunteers, these cover wide a range of different areas and topics from, breast feeding, post natal depression and child safe guarding issues to domestic, drug and alcohol abuse.

Please call us on 01228 223417 and ask to speak to Susan Morris-Williams or Jacquie Dalglish for more information and an informal chat.

For advice and information you could also visit these websites:

www.barnardos.org.uk/carlislewestcc.htm

www.cumbriasurestartchildrenscentres.co.uk

Useful Telephone Numbers

Benefits Advice Centre	01228 817400	GUM - Sexual Health Clinic	01228 814814
Cumbria Law Centre	01228 515129	Cumbria Alcohol & Drug Advisory Service	01228 544140
Citizen's Advice Bureau		Riverside Housing	0845 3458500
- Advice Line	01228 633900	Carlisle Library	01228 227310
- Appointments	01228 633909	Job Centre Plus - Looking for Work	08456060234
Cumberland Infirmary	01228 523444	- Benefit Claims	08000556688

Please contact Carlisle West Sure Start Children's Centre on 01228 223417 to discuss how we may be able to support you and your child to fully access and enjoy our activities.

Or email

dave.thomas@barnardos.org.uk for any further information

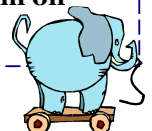
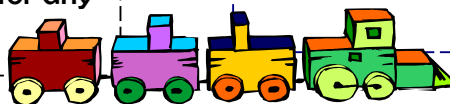


The Family Support Team

Offer families help & support in their own homes when facing challenges and are involved in delivering specific group activities and courses such as the **Positive Parenting Programme** addressing

- Children's Needs - Behaviour Management - Encouragement - Looking after yourself -

For more information contact the team on
01228 223418



Thursday 16 th	11:00am – 2:00pm	Picnic in the Park – for children with additional needs Anne 01228 227196	Chances Park, Wigton Road	0 - 10
Friday 17 th	10:30am – 11:30am	Rhyme Time Holiday Activity Carolyn 01228 223417	St Lukes Church Hall, Stonegarth	0 – 5
	10:00pm – 11:00pm	Swimming Sessions – for children with additional needs Anne 01228 227196	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Saturday 18 th	10:30am – 11:30am	Family Messy Play Christine 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 13
Sunday 19 th	2:45pm – 3:45pm	Swimming Sessions – for children with additional needs Anne 01228 227196	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 20 th	1:30pm – 2:30pm	Lets Get...Counting Steph 01228 223417 Stay, Play and Take the Toys Away Steph 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	0 – 5
Tuesday 21 st	10:00am – 10:45am	Rock-A-Bye Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 – 5
Wednesday 22 nd	5:00pm – 5:45pm	Music and Dance – for children with additional needs Anne 01228 227196	Petteril Bank	0 - 10
Thursday 23 rd	12:45pm – 2:45pm	Rainy Days Play To book a place please call Sheila on 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	Parents / Carers with Children aged 1 - 4
	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
Saturday 25 th	2:45pm – 3:45pm	Dads and Kid's Saturday Swim Dave 01228 223417	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 – 8
	2:45pm – 3:45pm	Dads Baby Massage Taster Session Dave 01228 223417	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 – 1 (Pre-crawling)
Sunday 26 th	2:45pm – 3:45pm	Swimming Sessions – for children with additional needs Anne 01228 227196	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 27 th	1:30pm – 2:30pm	Lets Get...Counting Steph 01228 223417 Stay, Play and Take the Toys Away Steph 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	0 – 5
Tuesday 28 th	10:00am – 10:45am	Rock-A-Bye Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 – 5
	10:00am – 12:00pm	Stay and Play at the Healthy Child Clinic Suzanne 01228 223417	Raffles Community House, Dalton Ave	Babies
Wednesday 29 th	9:30am – 11:30am	Second Time Around Group Sheila 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	Any age
	5:00pm – 5:45pm	Music and Dance – for children with additional needs Anne 01228 227196	Petteril Bank, Burnett Road	0 - 10

My Life Now

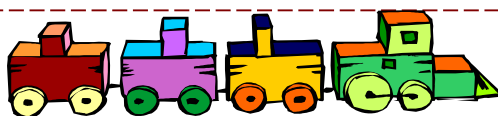
This course is an accredited course that offers parents and carers an opportunity to develop assertiveness and decision making skills.

- *Learn to say no*
- *Improve communication skills*
- *Build self confidence*
- *Develop positive thinking*
- *Express thoughts and feelings honestly*
- *Take charge of your own life*

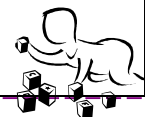
For more information please contact Sheila on 01228 223419 / 07747564170

Breast Feeding Support Group

Morton Manor Community Centre every Friday 1-2:30pm
Come along for a friendly chat, support and/or advice from the Infant feeding Co-ordinator.
For more information please call 01228 223416



Date	Time	Activity and Contact Information	Place	Age
Wednesday 1 st	9:30am – 11:30am	Second Time Around Group <i>Sheila 01228 223417</i>	Carlisle West Children Centre (Morton), Wigton Road	Any age
	5:00pm – 5:45pm	Music and Dance – for children with additional needs <i>Anne 01228 227196</i>	Petteril Bank, Burnett Road	0 - 10
Thursday 2 nd	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Sarah 01228 223417</i>	Morton Manor, Wigton Road	Babies
Friday 3 rd	10:00am – 10:45am	Rock-A-Bye <i>Christine 01228 223417</i>	St Lukes Church, Stonegarth	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time <i>Christine 01228 223417</i>	St Lukes Church, Stonegarth	0 – 5
	11:45am – 12:15pm	Toy Library <i>Steph 01228 223417</i>	St Lukes Church, Stonegarth	0 – 5
Sunday 5 th	2:45pm – 3:45pm	Swimming Sessions – for children with additional needs <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 6 th	1:30pm – 2:30pm	Lets Get...Counting <i>Steph 01228 223417</i> Stay, Play and Take the Toys Away <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 4
Tuesday 7 th	10:00am – 10:45am	Baby Movers <i>Christine 01228 223417</i>	Denton Holme Community Centre, Morley Street	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Little Movers <i>Christine 01228 223417</i>	Denton Holme Community Centre, Morley Street	0 – 5
Wednesday 8 th	5:00pm – 5:45pm	Music and Dance – for children with additional needs <i>Anne 01228 227196</i>	Petteril Bank, Burnett Road	0 - 10
Thursday 9 th	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Steph 01228 223417</i>	Denton Holme Community Centre, Morley Street	Babies
Friday 10 th	10:00am – 10:45am	Rock-A-Bye <i>Christine 01228 223417</i>	St Lukes Church, Stonegarth	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time <i>Christine 01228 223417</i>	St Lukes Church, Stonegarth	0 – 5
	11:45am – 12:15pm	Toy Library <i>Steph 01228 223417</i>	St Lukes Church, Stonegarth	0 - 5
Saturday 11 th	2:45pm – 3:45pm	Dads and Kid's Saturday Swim <i>Dave 01228 223417</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 8
Sunday 12 th	2:45pm – 3:45pm	Swimming Sessions – for children with additional needs <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 13 th	10:30am – 11:30am	A Musical Experience - - for children with additional needs <i>Anne 01228 227196</i>	Petteril Bank Community Centre, Burnett Road	0 – 10
	1:30pm – 2:30pm	Lets Get...Counting <i>Steph 01228 223417</i> Stay, Play and Take the Toys Away <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 4
Tuesday 14 th	10:00am – 12:00pm	Stay and Play at the Healthy Child Clinic <i>Suzanne 01228 223417</i>	Raffles Community House, Dalton Ave	Babies
	10:30am – 11:30am	Little Movers Holiday Activity <i>Christine 01228 223417</i>	Denton Holme Community Centre, Morley Street	0 – 5
	10:45am – 11:45am	Soft Play Whale of a Time - for children with additional needs <i>Anne 01228 227196</i>	Harraby Community Centre, Edgehill Road	0 - 10
Wednesday 15 th	9:30am – 11:30am	Second Time Around Group <i>Sheila 01228 223417</i>	Carlisle West Children Centre (Morton), Wigton Road	Any Age
	10:00am – 11:30am	Sensory Messy - for children with additional needs <i>Anne 01228 227196</i>	Belah Community Centre, Briar Bank	0 – 10
	5:30pm – 6:30pm	Twilight Messy Play <i>Christine 01228 223417</i>	Carlisle West Children Centre (Morton), Wigton Road	0 - 13



Stay and Play at the Healthy Child Clinics

Come along and enjoy our play resources. Meet other parents and babies and the health visitor will be on hand for advice and support.