



Carlisle West Sure Start Morton/Newtown Children's  
Centres  
Information Leaflet



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

Carlisle West Sure Start Morton/Newtown Children's Centres



**Carlisle West Children's Centre  
(Morton)**

Wigton Road, Carlisle,  
CA2 6JP



**Carlisle West Children's Centre  
(Newtown)**

19-23 Shadygrove Road,  
Carlisle  
CA2 7LE



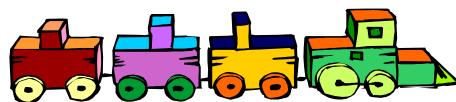
We work on an outreach basis and use venues in your local area.

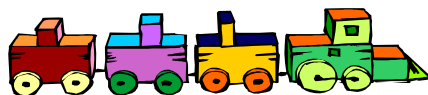


Look inside  
to see what  
activities and  
courses we  
have going  
on near you.

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](mailto:dave.thomas@barnardos.org.uk) for any further information





## Activities for children, young people and their families

### **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

### **Tuesday Treasures**

Come along and enjoy a wide range of different play activities each week. Sessions will include movement, music and songs. For children aged 0-5 years.

### **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!

### **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.

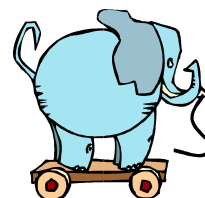
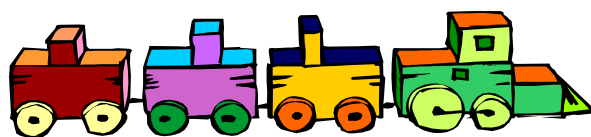
### **Dads and Kids Saturday Swim**

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

### **Holiday Activities**

Fun play sessions during the school holidays. We run different themed activities for the whole family to come along and enjoy.

If you are interested in any of these sessions please call 01228 223420 and ask for a member of our play team!





Support groups for Children, Young People, Parents, Carers and their Families.



**The Family Support Team**

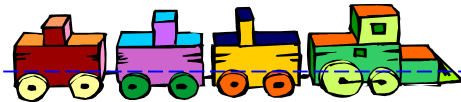
Offer families help & support in their own homes when facing challenges and are involved in delivering specific group activities and courses such as the **Positive Parenting Programme** addressing

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

**For more information contact the team on 01228 223418**

**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 Helen Ferris or Breastfeeding Support Worker Wendy Tait. For more information please call **01228 223416**

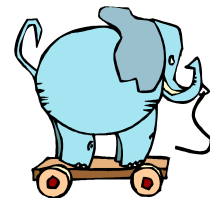


**Second Time around Group**

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. If you are interested please contact Shelia on 01228 223419

**Community Parents**

One to one home visiting service from a trained volunteer parent in the local community. If you have a child aged between 0 and 5 and are interested in receiving this kind of support then please contact Jacquie or Susan on 01228 625937/223417



**Smile 4 Life**

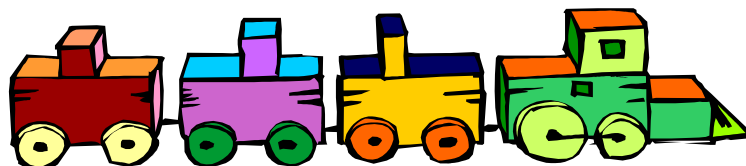
"Laying the foundations for good oral health throughout life"

The most effective way of achieving good oral health is for children, young people and adults to adopt the following messages - reduce the consumption of both the amount and frequency of sugar-sweetened food and drinks, adopt healthy lifestyle behaviours, brush regularly with a family fluoride toothpaste and visit dental services regularly!

Visit the below web address for more information

Or contact Sarah Stuart on 01228 223417

<http://www.lancashire.gov.uk/corporate/web/view.asp?siteid=5729&pageid=32028&e=e>





## Courses for Parents, Carers and Children

### Top Tips for Toddlers

A course for parents and carers with children aged between 9 months and 3 years. Provides tips on children's behaviour, play, learning and development – including feeding, potty training, responding to boundaries and routines. If you are interested please call Teresa on 01228 223417

### Speakeasy

A course which looks at how to approach discussing sexual health and relationships with your children. We look at topics such as puberty, contraception, sexual health and much more! If your child is between 0 and 19 and you are interested please call Dave or Shelia on 01228 223417

### Rainy Days

A fun, practical and hands on course for parents and carers who want to find out how children learn and want to discover how a child's learning experience can be enhanced. If your child is between 0 and 4 years and you are interested please call Shelia on 01228 223417

### HENRY – Health Exercise and Nutrition for the really young.

This course focuses on healthy eating, eating patterns, physical activity and much more! If you are interested please call Kirsty on 01228 223417



### Pre-vocational support

Courses such as First steps and skills for life. Helps parents and carers develop the skills needed to move onto learning and employment opportunities. If you are interested in this course please call Shelia on 01228 223417

### Time for me

A pre-confidence building course for parents and carers of children aged between 0 and 19 years. The course allows you to explore your well being and life journey. If you are interested please call Kirsty on 01228 223417



### The Nurturing Programme

This course provides tips on how you can build on your parenting skills, use positive behaviour management, communication and relationship strategies and look after your own emotional needs. If you have a child between the ages of 0 and 13 years and are interested please call Shelia on 01228 223417

### Escape Teen Parenting

This is an 8 week course for parents who are struggling with their teen's behaviour. If you are interested please call Heidi on 01228 530360



### Positive Parenting Programme (Triple P)

This course provides parents and carers with information, support and practical answers to everyday parenting concerns including behaviour, routines, meal time, swearing, attitude, time for yourself and any other parenting needs. If you have a child aged between 0 and 13 and are interested please call Heidi on 01228 530360

### English for speakers of other languages

A free basic level course to help communication in everyday situations. If you are interested please call Karen on 01228 530360

