

# Carlisle West A Sure Start Children's Centre Morton & Newtown

Newsletter | September 2012



19<sup>th</sup> September –  
International Talk  
like a Pirate Day!

## Activities for Families...



### 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!**

### Mini 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

### Rock-A-Bye Baby

Come **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

### Lets Get...Counting

Fun play sessions that can help your child's learning through 'counting'. **Toy Library** will be available at this session too!

### Lets Get...DAFT

Calling all Dads, Mums, Granddads, Grandmothers, Family men and their families! The Children Centre will be open every other **Saturday morning for family play times!**



## Courses for Parents and Carers

### Rainy Days Play

A **free six week course** for parents, grandparents and carers. Discover and experience for yourself how babies and young children learn and ways you can enhance their everyday play and learning experiences – without it costing you a fortune! Crèche available.



### Nurturing Programme

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so you have a calmer, happier family life

### My Life

This **6 week course** is accredited through the Open College Network and leads to an Entry Level 3 qualification. It offers parents and carers an opportunity to develop assertiveness and decision making skills, build self confidence and express thoughts and feelings honestly.

### Baby Massage

Benefits of Baby Massage include: Help relieve gas, colic and constipation, stress and tension relief for you and your baby, promote muscle development, Help your baby relax and improve their sleep

### Escape Parenting Course

A **free 8 week evening** parenting course for parents / carers with children aged 11 – 14 years dealing with issues as your child becomes a teenager. Contact Becs for more information.

## Further Activities for Families...

### STAGS –

#### Second Time Around Group Support

A **support group** for grandmothers, grandfathers, great aunts and great uncles who look after their grandchildren for long periods during the week.

#### Dads and Kids Saturday Swim

A **fun free swimming sessions** for Dads, Granddads, male carers and their children.

#### Stay and Play at 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.

**Activities for Children with Additional Needs - The sessions are for children with additional needs under 10 years of age and their families**

#### Music and Dance

Each session will be tailored to the individual needs of the children attending. **Relax and enjoy** watching your children as they are encouraged and supported to fully participate in their own individual ways. A variety of props will be introduced to enhance the experience.

#### Thursday Club

Learn new physical skills with a specialist tutor. Helping children of all abilities develop their physical skills and **increasing their confidence** through a range of fun games and activities

#### Family Swimming Sessions

**Free swimming sessions** are available for children 10 years and under with additional needs and their immediate family. Whilst a lifeguard will be present at each session children must be supervised. Children under 4 year's ratio 1-1 children under 8 years 2 – 1.

## English for Speakers of Other Languages

### ESOL

A free English course for Speakers of other languages which can be entered at various levels. Contact Karen Dexter on 01228 530360 for further information on dates, times and venues.



A Sure Start Children's Centre

## Carlisle West Children's Centres Venue Addresses

- **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
- **Morton CC Morton Manor**  
Wigton Road, Carlisle CA2 6JP
- **Denton Holme CC**  
Morley Street, Carlisle CA2 5HQ
- **Harraby Community Centre**  
Edgehill Road, Carlisle CA1 3PP
- **Trinity Church Hall**  
25 Wigton Road, Carlisle CA2 7BB
- **The Sands Centre**  
Newmarket Road, Carlisle CA1 1JQ

## Contact us

Please contact **Carlisle West Sure Start Children's Centre** on **01228 223417** or email [dave.thomas@barnardos.org.uk](mailto:dave.thomas@barnardos.org.uk) to discuss how we may be able to support you and your children to fully access and enjoy our activities.

**For more information visit:**

[www.barnardos.org.uk/carlislewstcc](http://www.barnardos.org.uk/carlislewstcc)

Date	Time	Activity and contact information	Place	Age
Saturday 1	2.45pm-3.45pm	<b>Family Fun Activity.</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 2	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Thursday 6	1.30pm-3.00pm	<b>Stay and Play at the Healthy Child Clinic</b> Sarah 01228 223417.	Morton Community Centre – Morton Manor, Wigton Road	Babies
Saturday 8	2.45pm-3.45pm	<b>Dads and Kid's Saturday Swim.</b> Dave 01228 223417.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-8
Sunday 9	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Monday 10	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 11	10.00am-10.45am	<b>Baby Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0-1
	11:00am-11:45am	<b>Little Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5
	10:00am-11:30am	<b>Stay and Play at the Healthy Child Clinic</b> Suzanne 01228 223417	Community House, Brookside	Babies
Wednesday 12	9.30am-11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	5.00pm-6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Harraby Community Centre, Edgehill Road	0-10
Thursday 13	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 14	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 5
Saturday 15	2.45pm-3.45pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 16	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Monday 17	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 18	10.00am-10.45am	<b>Baby Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0-1
	11:00am-11:45am	<b>Little Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5

Date	Time	Activity and contact information	Place	Age
Tuesday 18	12:45pm-2:45pm	<b>Rainy Days Play – <u>START DATE</u></b> Sheila 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	Parents / Carers
Wednesday 19	5.00pm-6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Petteril Bank Community Centre, Burnett Road	0-10
Thursday 20	1.30pm-3.00pm	<b>Stay and Play at the Healthy Child Clinic</b> Sarah 01228 223417.	Morton Community Centre – Morton Manor, Wigton Road	Babies
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 21	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 5
Saturday 22	2.45pm-3.45pm	<b>Dads and Kid's Saturday Swim.</b> Dave 01228 223417.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-8
Sunday 23	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Monday 24	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 25	10.00am-10.45am	<b>Baby Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0-1
	11:00am-11:45am	<b>Little Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5
	10:00am-11:30am	<b>Stay and Play at the Healthy Child Clinic</b> Suzanne 01228 223417	Community House, Brookside	Babies
Wednesday 26	9.30am-11.30am	<b>STAGS – Second Time Around Group.</b> Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	9:30am-11:30am	<b>Nurturing Programme – <u>START DATE</u></b> Sheila 01228 227196.	Carlisle West Children Centre (Newtown), Shady Grove Road	Parents / Carers
	5.00pm-6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Harraby Community Centre, Edgehill Road	0-10
Thursday 27	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 28	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 5
Saturday 29	2.45pm-3.45pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 30	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10