



Carlisle West Sure Start Morton/Newtown Children's
Centres

November 2011 Activities Notice Board



Look inside for our November Timetable for the below activities

Carlisle West Children's Centre offers access to a range of FUN FREE activities for ALL children 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.

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.

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.

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**

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

Carlisle West Sure Start Morton/Newtown Children's Centres

Venues

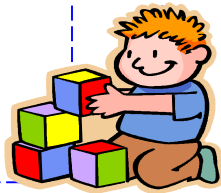


**Carlisle West Children's Centre
(Morton)**

Wigton Road, Carlisle,
CA2 6JP

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

19-23 Shadygrove Road,
Carlisle
CA2 7LE



Morton Manor

Wigton Road
Carlisle
CA2 6JP

Denton Holme CC

Morley Street
Carlisle
CA2 5HQ

Morton Pool

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

Living Well Trust

**Raffle's Family
Church**
Shadygrove Road
Carlisle
CA2 7LU



**St Luke's Church
Hall**

Stonegarth, Morton,
Carlisle
CA2 7LD

**Trinity Church
Hall**

25 Wigton Road
Carlisle
CA2 7BB

**Petteril Bank
Community
Centre**

Burnett Road
Carlisle
CA1 3BX

**St Bede's Church
Hall**

120 Wigton Road
Carlisle
CA2 7ES

For advice and information you could also visit these websites:

www.cumbriasurestartchildrenscentres.co.uk

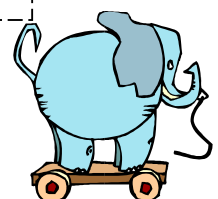
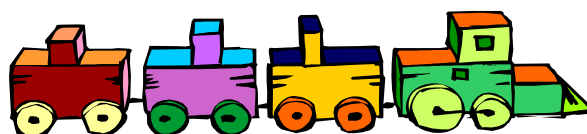
www.fathersplus.org

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





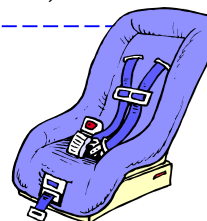
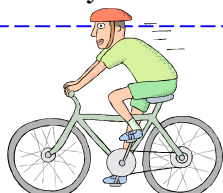
November 2011



Wednesday 16 th	5:00pm – 5:45pm	Music and Dance – for children with additional needs	Petteril Bank	0 - 10
Thursday 17 th	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic	Morton Manor	Babies
Friday 18 th	10:00am – 10:45am	Baby Movers	St Lukes Church	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Little Movers	St Lukes Church	0 – 5
Monday 21 st	1:30pm – 2:30pm	Stay, Play and Take the Toys Away	Carlisle West Children Centre (Newtown)	0 – 4
Tuesday 22 nd	10:30am – 12:00pm	Tuesdays Treasures	Carlisle West Children Centre (Newtown)	0 - 5
	10:00am – 10:45am	Rock a Bye Baby	Denton Holme Community Centre	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time	Denton Holme Community Centre	0 – 5
	10:00am – 12:00pm	Stay and Play at the Healthy Child Clinic	Raffles Community House	Babies
Wednesday 23 rd	9:30am – 11:30am	Second Time Around Group	Carlisle West Children Centre (Morton)	Any age
	5:00pm – 5:45pm	Music and Dance – for children with additional needs	Petteril Bank	0 - 10
Thursday 24 th	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic	Denton Holme Community Centre	Babies
Friday 25 th	10:00am – 10:45am	Baby Movers	St Lukes Church	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Little Movers	St Lukes Church	0 – 5
Saturday 26 th	2:45pm – 3:45pm	Dads and Kid's Saturday Swim	Morton Pool – Richard Rose Academy Morton	0 - 8
Monday 28 th	1:30pm – 2:30pm	Stay, Play and Take the Toys Away	Carlisle West Children Centre (Newtown)	0 – 4
Tuesday 29 th	10:30am – 12:00pm	Tuesdays Treasures	Carlisle West Children Centre (Newtown)	0 - 5
	10:00am – 10:45am	Rock a Bye Baby	Denton Holme Community Centre	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time	Denton Holme Community Centre	0 – 5
Wednesday 30 th	5:00pm – 5:45pm	Music and Dance – for children with additional needs	Petteril Bank	0 - 10

Monday 21st - Saturday 26th November is – **ROAD SAFETY WEEK**

Carlisle West Children Centre will be supporting Brake, the road safety charity, in promoting Child and Family Road Safety! Look out for information, freebies, activities and prizes all week!





November 2011



Date	Time	Activity	Place	Age
Tuesday 1 st	10:30am – 12:00pm	Tuesdays Treasures	Carlisle West Children Centre (Newtown)	0 - 5
	10:00am – 10:45am	Rock a Bye Baby	Denton Holme Community Centre	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time	Denton Holme Community Centre	0 – 5
Wednesday 2 nd	5:00pm – 5:45pm	Music and Dance – for children with additional needs	Petteril Bank	0 - 10
Thursday 3 rd	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic	Morton Manor	Babies
Friday 4 th	10:00am – 10:45am	Baby Movers	St Lukes Church	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Little Movers	St Lukes Church	0 – 5
Monday 7 th	1:30pm – 2:30pm	Stay, Play and Take the Toys Away	Carlisle West Children Centre (Newtown)	0 - 4
Tuesday 8 th	10:30am – 12:00pm	Tuesdays Treasures	Carlisle West Children Centre (Newtown)	0 - 5
	10:00am – 10:45am	Rock a Bye Baby	Denton Holme Community Centre	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time	Denton Holme Community Centre	0 – 5
	10:00am – 12:00pm	Stay and Play at the Healthy Child Clinic	Raffles Community House	Babies
Wednesday 9 th	9:30am – 11:30am	Second Time Around Group	Carlisle West Children Centre (Morton)	Any age
	5:00pm – 5:45pm	Music and Dance – for children with additional needs	Petteril Bank	0 - 10
Thursday 10 th	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic	Denton Holme Community Centre	Babies
Friday 11 th	10:00am – 10:45am	Baby Movers	St Lukes Church	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Little Movers	St Lukes Church	0 – 5
Saturday 12 th	2:45pm – 3:45pm	Dads and Kid's Saturday Swim	Morton Pool – Richard Rose Academy Morton	0 - 8
Monday 14 th	1:30pm – 2:30pm	Stay, Play and Take the Toys Away	Carlisle West Children Centre (Newtown)	0 - 4
Tuesday 15 th	10:30am – 12:00pm	Tuesdays Treasures	Carlisle West Children Centre (Newtown)	0 - 5
	10:00am – 10:45am	Rock a Bye Baby	Denton Holme Community Centre	0 – 1 (Pre-crawling)
	11:00am – 11:45am	Rhyme Time	Denton Holme Community Centre	0 – 5

