

Carlisle West Sure Start Morton/Newtown Children's
Centres
March 2012 Activities Notice Board



Brand new
weekend
activity....
Get
DAFT
With
Carlisle
West!

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



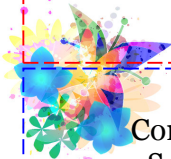
Baby Movers

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



Let's Get...Building

Come along and enjoy a wide range of different building and construction 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!



STAGS - Second Time Around Group Support

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 Weekend Session **Lets Get...DAFT (Dads and Families Together)***
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!



New* International Woman's Day*New

The day will include group discussions, song and instrumental sessions, inspirational talks, and Thai Salsa & Philippino dance tasters!



Courses and Activities coming soon – call for more information!

- Cook 4 Life** – basic cooking course for parents / carers – Call Dave on 01228 223417
- Healthy Living First Aid** – family basic first aid for home life - Call Sheila on 01228 223417
- Baby Massage** – bond with your baby – Call Kirsty on 01228 223417
- Easter Holiday Activities** – for children aged 0 – 13 years - Call Christine on 01228 223417



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

Cumbria Law Centre 01228 515129

Citizen's Advice Bureau

- Advice Line 01228 633900

- Appointments 01228 633909

Cumberland Infirmary 01228 523444

GUM - Sexual Health Clinic 01228 814814

Cumbria Alcohol & Drug Advisory Service 01228 544140

Riverside Housing 0845 3458500

Carlisle Library 01228 227310

Job Centre Plus - Looking for Work 08456060234

- 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

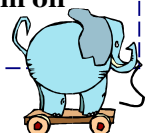
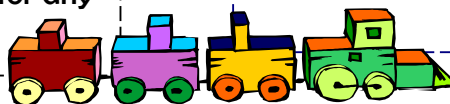


The Family Support Team

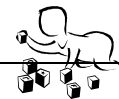
Offer families help & support in their own homes when facing challenges and are involved in delivering specific group activities and courses such as the **Positive Parenting Programme** addressing

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

For more information contact the team on
01228 223418



| | | | | |
|----------------------------|-------------------|---|---|----------------------|
| Thursday 15 th | 1:00pm – 3:00pm | Stay and Play at the Healthy Child Clinic <i>Sarah 01228 223417</i> | Morton Manor, Wigton Road | Babies |
| Friday 16 th | 10:00am – 10:45am | Baby Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Little Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| | 11:45am – 12:00pm | Toy Library <i>Steph 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| Saturday 17 th | 10:30am – 12:00pm | Lets Get...DAFT! <i>Dave 01228 223417</i> | Carlisle West Children Centre (Newtown), Shady Grove Road | 0 - 13 |
| Sunday 18 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 19 th | 1:30pm – 2:30pm | Lets Get...Building! <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 - 5 |
| Tuesday 20 th | 10:00am – 10:45am | Rock-A-Bye <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Rhyme Time <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 5 |
| Wednesday 21 st | 5:00pm – 5:45pm | Music and Dance – for children with additional needs <i>Anne 01228 227196</i> | Petteril Bank | 0 - 10 |
| Thursday 22 nd | 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 23 rd | 10:00am – 10:45am | Baby Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Little Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| | 11:45am – 12:00pm | Toy Library <i>Steph 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| Saturday 24 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 25 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 26 th | 1:30pm – 2:30pm | Lets Get...Building! <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 - 5 |
| Tuesday 27 th | 10:00am – 10:45am | Rock-A-Bye <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Rhyme Time <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 5 |
| | 10:00am – 12:00pm | Stay and Play at the Healthy Child Clinic <i>Suzanne 01228 223417</i> | Raffles Community House, Dalton Ave | Babies |
| Wednesday 28 th | 9:30am – 11:30am | STAGS - 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 |
| Friday 30 th | 10:00am – 10:45am | Baby Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Little Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| | 11:45am – 12:00pm | Toy Library <i>Steph 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| Saturday 31 st | 10:30am – 12:00pm | Lets Get...DAFT! <i>Dave 01228 223417</i> | Carlisle West Children Centre (Newtown), Shady Grove Road | 0 - 13 |



| Date | Time | Activity and Contact Information | Place | Age |
|-----------------------------------|-------------------|---|---|----------------------|
| Thursday 1 st | 1:00pm – 3:00pm | Stay and Play at the Healthy Child Clinic <i>Sarah 01228 223417</i> | Morton Manor, Wigton Road | Babies |
| Friday 2 nd | 10:00am – 10:45am | Baby Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Little Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| | 11:45am – 12:00pm | Toy Library <i>Steph 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| Saturday 3 rd March | 10:30am – 12:00pm | Lets Get...DAFT! <i>Dave 01228 223417</i> | Carlisle West Children Centre (Newtown), Shady Grove Road | 0 - 13 |
| Sunday 4 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 5 th | 1:30pm – 2:30pm | Lets Get...Building! <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 - 5 |
| Tuesday 6 th | 10:00am – 10:45am | Rock-A-Bye <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Rhyme Time <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 5 |
| Wednesday 7 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 8 th | 10:00am – 2:00pm | International Woman's Day <i>Karen 01228 530360</i> | St John the Evangelist, London Road | Families |
| | 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 9 th | 10:00am – 10:45am | Baby Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Little Movers <i>Christine 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| | 11:45am – 12:00pm | Toy Library <i>Steph 01228 223417</i> | St Lukes Church, Stonegarth | 0 – 5 |
| Saturday 10 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 11 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 12 th | 1:30pm – 2:30pm | Lets Get...Building! <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 - 5 |
| Tuesday 13 th | 10:00am – 10:45am | Rock-A-Bye <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 1 (Pre-crawling) |
| | 11:00am – 11:45am | Rhyme Time <i>Christine 01228 223417</i> | Denton Holme Community Centre, Morley Street | 0 – 5 |
| | 10:00am – 12:00pm | Stay and Play at the Healthy Child Clinic <i>Suzanne 01228 223417</i> | Raffles Community House, Dalton Ave | Babies |
| Wednesday 14 th | 9:30am – 11:30am | STAGS - 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 |

Breast Feeding Support Group

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

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.