

Children's Centre Changes

Hello Everyone, Welcome to our Autumn Allerdale Newsletter. This section will tell you a bit about some of the changes that have taken place over the last few months.

In May, the Children's Centre contracts were renewed by Cumbria County Council and I am pleased to say that the West and North Allerdale Children's Centres have remained in the care of Barnardo's. The new services are required to now assist with families who have children up to the age of 19. We are getting to know the other agencies who deliver services for older children and thinking about how we can offer support for parents with teenagers as well as school age and little children. We are researching good parenting courses and if you have any ideas of what you would like help with in your area please contact us on the E-mail address provided in this newsletter (westallerdale@barnardos.org.uk)

We would also like to start providing a parent's drop in service at the Centre's so that if you don't have time to sign up for a parenting course, you can still get advice and a chance to talk through a problem face to face when you need it.

Finally, we are trying out new ways of getting all the information to you about the services on offer. We shall regularly update the timetable and this will be available on the Barnardo's Micro site. We can E-mail you a copy if you request it at the E-mail address above or you can ring for a copy. We are hoping to move into the 21st Century with a Facebook account but there are a few hoops to jump through for us to get to this stage so we shall let you know when we achieve this. We are also going to produce new leaflets detailing our services which will be available in the Centres, sessions outside of the centres and online. I hope that this will make it easier for you to decide what you would like to try but won't bombard you with unnecessary information.

Thank you for your continued support and we look forward to seeing you and your children and helping you along the way with your parenting needs.

Zoe Lenaghan

OLDER CHILDREN'S SERVICES

Art Group

Holiday Activities



Fit & Fun



Dads Services

Dudy Gang

Happy To Be Me

For more information on older children's activities contact
Philippa on 01900 819190 or Lynne on 016973 49555

COURSES

- ◆ **Strengthening Families**-Learn how to strengthen your family and communication with your young person
- ◆ **ESOL**-English for speakers of a second language course
- ◆ **Computers**-Basic computer course
- ◆ **Money Matters**-Gain new skills to manage your money
- ◆ **Food Safety**-Certified course in Food Safety
- ◆ **Paediatric First Aid**-Certified course in First Aid
- ◆ **Cooking On a Budget**-Come and cook a meal while sticking to a budget



For more information on courses contact Sarah on 01900 819190



Health Services



Cook 4 Life

Smoking Cessation Drop In

Sexual Health Drop In

Smile 4 Life

Relaxation CD

Chrysalis Therapeutic Support Group

Breastfeeding Support Group

Baby Massage

For more information on these services contact
Kieran on 01900 819190 or Diane on 016973 49555

Family Support

Parents Drop In

Multi-Sensory Room

PPP-Parenting Course

1-1 Direct Work With Children

Teen Parents Group

Individual Family Support

*For further information on Family Support services
contact Zoe on 01900 819190*

Parents Forum

We would like to hear your opinions and ideas on present and future services provided by North and West Allerdale Children's Centre. If you would like to be part of the Parents Forum contact Tracy on 01900 819190

North Allerdale Children's Centre Holiday Activities



During the summer holidays Barnardo's North Allerdale worked in partnership with local schools, Community Police Officers, Fire Services and other organizations to provide play schemes for children aged 5-11yrs.

A variety of activities were on offer which included craft activities, Fire Fit Football, and outside activities. We provided 11 sessions in the areas of Silloth, Aspatria and Wigton which were all well attended.



Family Fun sessions were delivered throughout Silloth, Aspatria, Wigton, Kirkbride, Thursby and Bothel; children aged 0-11yrs attended with their parents/carers joining in and having lots of fun at the varied activities, i.e. Crafts, Fire Fit Football, Jewelry Making etc, Moky Kidz attended two of the Fun Sessions and everyone looked like they had a great time

We would like to thank everyone involved in making all these services a success especially the staff that helped deliver the sessions - also to everyone that attended!!