

# North & South Eden A Sure Start Children's Centre

Penrith, Alston, Appleby, Kirkby Thore & Kirkby Stephen

Newsletter: September – December 2016

**FREE**  
**Fun for all the**  
**Family!**

## Welcome



## Smart Start 3-5 Years

Sessions will enable families to have the opportunity to have fun together and enjoy physical activity and active play which will help develop their children's social, physical and creative abilities. There will be a range of activities for families to do together which will embrace agility balance, and coordination through fun ways for all abilities of children aged 3-5 years.

**Booking Required**

## Penrith

Tuesday's  
2-3pm  
27<sup>th</sup> September- 18<sup>th</sup> October  
**North Eden Sure Start Children's Centre,**  
**Penrith. CA11 8ET**

## Rainy Day's Play

A FREE 5 week course for parents / grandparents / carers  
Come and join this relaxed and informal course to discover and try out for yourself how young children learn and ways of supporting their everyday play and learning experiences at home – without it costing a fortune! **Limited Crèche places, booking required.**



## Appleby

Starting Tuesdays 1.00pm – 3.00pm  
1<sup>st</sup> November – 6<sup>th</sup> December

**Appleby Children's Centre, Appleby Primary School, Station Road, Appleby. CA16 6TX**

## Don't Forget!

Please contact us to discuss how we may be able to support you and your child to fully access and enjoy our activities and to be able to **share your comments/feedback.**



Telephone: **01768 899901**



E-mail:  
**enquiries.eden@barnardos.org.uk**



Search **Barnardo's North and South Eden Sure Start Children's Centre** on Facebook

## Family Activities Let's Get Playing



Come along and take part in a range of fun and fulfilling play activities; first steps to lifelong learning. From painting and craft, dress up and construction to puzzles and outdoor play- there's lot's to do! Join in with your favourite stories and rhymes and play alongside others in your community.

For more information call **Jen** on  
**07810 054 250**

**Age: 0-4years.**

### Alston

Starting Fridays 10.30am – 12.00pm  
16<sup>th</sup> September – 16<sup>th</sup> December  
(excluding 7<sup>th</sup> October)

**Alston Children Centre, Alston Primary  
School, Garrigill Road, Alston. CA9 3UF**

### Appleby

Starting Tuesdays 10.00am - 11:30am  
13<sup>th</sup> September – 13<sup>th</sup> December (excluding  
25<sup>th</sup> October)

**Appleby Children's Centre, Appleby Primary  
School, Station Road, Appleby. CA16 6T**

### Penrith

Starting Wednesdays 10.00am- 11:30am  
14<sup>th</sup> September – 14<sup>th</sup> December (excluding  
12<sup>th</sup> October & 9<sup>th</sup> November )

**North Eden Sure Start Children's Centre,  
Penrith. CA11 8ET**

### Kirkby Stephen

Running alternate Thursdays to the Health  
Clinic (Play Session 2nd and 4th Thursdays  
of the Month) 10.00am - 11:30am  
22<sup>nd</sup> September – 8th December (excluding  
27th October)

**Kirkby Stephen Children's Centre, Local  
Links, Kirkby Stephen. CA17 4QX**

## Bookstart

Bookstart supports you to enjoy books with  
your Child(ren) from as early an  
age as possible. It offers the gift  
of free books to all children at  
two key ages before they start  
school, to inspire a love of reading that will give  
children a flying start in life.



Please call **01768 899901** for further details.

### Alston

Starting Fridays 10.30am – 12.00pm  
4th November – 25th November

**Alston Children Centre, Alston Primary  
School, Garrigill Road, Alston. CA9 3UF**

## Little Learners 0 – 4 yrs

Little Learners aims to encourage and promote  
early learning and development through play  
and fun experiences. Parents and carers can  
pick up some top tips for home learning and  
each week will have the opportunity to take  
something away and try at home with your child  
(ren). **Booking Required**

### Kirkby Thore

Starting Thursday 1.45-3.15pm  
3<sup>rd</sup> November- 1<sup>st</sup> December

**Kirkby Thore Children's  
Centre,  
Kirkby Thore. CA10 1UU**



## Parent Forum and Stakeholder meeting

Our forum is an opportunity to learn more about what your local Children's Centre has to offer whilst inviting you to have your say about the services delivered. It also offers a unique opportunity to share with other parent/ carers and professionals what's good and/ or what could be even better if ... within your local community.

Our Children's Centre Stakeholder meetings offer the opportunity to raise these discussions further with the partner agencies and professionals who support the Children's Centre and provide services within the area.

**Please contact Sam on 07500 968 575 for more information**



## Youth Forum

Our new Youth Forum is your opportunity to have a say on the issues that matter to you in the community where you live.



By getting involved you will have the opportunity to attend fun, creative and enjoyable activities and get involved with community projects chosen by you. This is a great chance to make new friends, learn new skills and have your say in what matters in your community. We will also support you to access other Children's Centre activities, youth groups and opportunities in your local community. Our Youth Forum and Youth Project scheme is open to Children aged 8-12 years old.

**For more information or to express your interest please speak with Sam on 07500 968 575**

## Activities for Children with Additional needs

### Short Break Sessions

Come along and take part in some fun, free activities. Come and meet the Children's Centres staff, make new friends, share experiences and receive support. For children aged 0 - 8 years with additional needs or disabilities and their immediate family.

### Soft Play Sessions

**Treasure Island (was formally known as Pirates of Penrith)** Monday's 12<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November & 5<sup>th</sup> December

### Sensory Experience

#### Appleby

Mondays 19<sup>th</sup> September, 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> October, 14<sup>th</sup> & 28<sup>th</sup> November and 12<sup>th</sup> December  
2-3pm

**Appleby Children's Centre, Appleby Primary School, Station Road, Appleby. CA16 6TX**

#### Penrith

Mondays 12<sup>th</sup> & 26<sup>th</sup> September, 10<sup>th</sup> October, 7<sup>th</sup> & 21<sup>st</sup> November and 5<sup>th</sup> December  
2-3pm

**North Eden Sure Start Children's Centre, Penrith. CA11 8ET**

### Sensory Space at Penrith Children's Centre

We now have a bookable sensory space at the Children's Centre in Penrith available for Children with additional needs, bookable by parents, carers and professionals. Please note that a short induction is required prior to using the sensory space.

**For more information and to book your induction please contact Jen on 07810 054 250**



## Family Health Healthy Child Clinics

An opportunity to meet with a Health Visitor, have your child weighed and ask any brief questions you may have.



If you need to speak at length to a Health Visitor please call **01768 245615** and leave a message where someone will get back to you. Some of the Child Clinics are supported by a member of the Sure Start Team who will be on hand to offer support & advice and also to share Children's Centre Activities.

### Penrith

**Penrith Children's Centre** every Tuesday Morning, 9.30am to 11.30am.

### Shap

We are supporting the Healthy Child Clinic on the first Thursday of every month, 1.00pm – 3.00pm at **Old Courthouse Library, Shap, CA10 3NL**

### Appleby

Wednesday 2<sup>nd</sup> & 4<sup>th</sup> week of the month, 1:30pm – 3:30pm. **Appleby Children's Centre.**

### Temple Sowerby

1<sup>st</sup> Wednesday of month, 10.30am – Noon.  
**Temple Sowerby Surgery.**

### Kirkby Stephen

Thursdays 1st and 3rd week of the month, 9:30am – 11:30am. Kirkby Stephen Children's Centre. Please note the Children Centre only Supports the 1st Child Health Clinic in the month  
**Kirkby Stephen Children's Centre.**

## Breast Pumps

We have Medela Breast Pumps available for sale at reduced prices from the Children's Centre.



### Swing electric pump - £84.00

Please note we can only take payments by cash and pumps are only available upon completion of a Children's Centre registration form. Please contact the Children's Centre on **01768 899901** in advance to arrange collection.

## Smile 4 Life

Is an oral health campaign that supports families to establish good oral hygiene routines and register with a Smile 4 Life dental practice.



For more information on Smile 4 Life or for details on how you and your family can register with the dentist please contact our Oral Health Champion, Sam or visit the home page of NHS Choices at [www.nhs.uk](http://www.nhs.uk)

## Courses for Parents and Carers Baby Massage

A five week course which gives Parents the opportunity to communicate with their Baby through nurturing touch. This course offers you a relaxed and comfortable



environment to learn how to massage your Baby. The sessions include lots of opportunities to practice the massage strokes and have quality time with your Baby. **Booking Required**

### Penrith

Starting Fridays 10.00am - 11:30am  
16<sup>h</sup> September – 21<sup>st</sup> October (excluding 30<sup>th</sup> September) **North Eden Sure Start Children's Centre, Penrith. CA11 8ET**



## The Family Links Nurturing Programme

Make positive changes and become the parent you want to be



**A course to help you get the best out of family life**

Do you want to want to make positive changes in your family life?

Then join our free 10 week Family Links Nurturing Programme; you will get tips and advice to help you handle your children's development, feelings and behaviour.

### Penrith

Starting Thursdays 1.00pm – 3.00pm  
15<sup>th</sup> September – 8<sup>th</sup> December (excluding 6<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> October)

**North Eden Sure Start Children's Centre,  
Penrith. CA11 8ET**

Contact **Lisa** or **Sam** for further information on **07770 608 390** or **07500 968 575**

## Rainy Day's Play

A FREE 5 week course for parents / grandparents / carers  
Come and join this relaxed and informal course to discover and try out for yourself how young children learn and ways of supporting their everyday play and learning experiences at home – without it costing a fortune! **Limited Crèche available,**



### Appleby

Starting Tuesdays 1.00pm – 3.00pm  
1<sup>st</sup> November – 6<sup>th</sup> December

**Appleby Children's Centre, Appleby Primary School, Station Road, Appleby. CA16 6TX**

Contact **Sam** for further information on **07500 968 575**

## Further Support

### Targeted Support Team

Our targeted support team offers families who are facing challenges, early help and support in their own homes.



We will work with your family to support you and your child and with your agreement a worker will ask you and your Child some questions to find out what help and support you and your child might need. This information is recorded on a simple form called an Early Help Assessment. You and your child will agree what is put on the form, and this will help to identify your child's needs and other workers required to support your family.

For more information please contact the **Targeted Support Team Manager Janet Dark** on **07876 522 179**

## Job Centre Plus

Are you a Lone Parent considering returning to work? We can offer help and advice with:



Department for Work and Pensions

- Better off calculations.
- CTC/WTC fast tracking service.
- Financial help for clothing to start work.
- Travel discount cards;
- Access to the internet to assist with job search;
- On-going advice and In Work Support.

For further information please contact **Lone Parent Adviser** on **0845 604 3719**

## Coming Soon ....

### HENRY

Henry is designed to give you, as Parents and Carers, the tools and skills you need to lead a healthy family lifestyle. As well as covering the most obvious topic – food, HENRY also includes much more, attitudes and skills for parenting and information about healthy eating for the family. Booking Required.



**For more information please contact Sam at the Children Centre on 01768 899901**

### Welcome to the World

A new and exciting 8 week ante-natal programme for expectant parents and couples.



Content includes a celebration of birth, family life with a new baby, bonding, attachment and brain development. Touching and talking to my baby in the womb. Building blocks of family life, feelings and how we communicate them. **Booking Required**

**If you would like more information please contact Brenda on 07876 508 401**

### Recovery Toolkit



Is a free 10 week programme for women who have experienced domestic abuse/violence. The course is designed to assist you in developing positive lifestyles, coping strategies, build self-esteem and feel more confident. The course will run for two hours a week with limited crèche places available. **Booking Required**

**Please contact Brenda on 07876508401 for more information.**

### Parenting Puzzle Workshops

**For parents and carers with children under 4 years.**

Would you like to understand your child's behaviour better? If yes then join our 4 week parenting puzzle workshops.

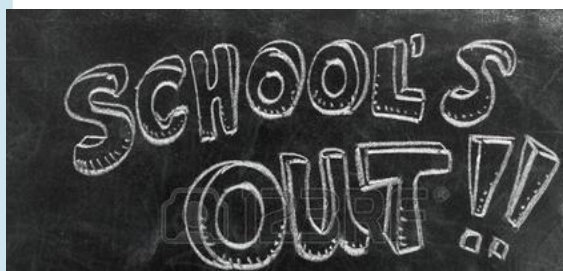


Content includes:

- Understanding how babies and children communicate
- Praise and encouragement
- Power of play
- Boundaries and parenting styles
- Dealing with stress and conflict
- Strategies to help manage behaviour
- Looking after ourselves

**Contact Brenda further information on 07876 508 401**

## Half Term Activities



### Activities for 5-12 years

Looking for something to do over the school holidays?

Why not come along to a Family Fun session, to socialise and take part in a range of activities?

Sessions are accessible for those aged 5 – 12 and younger siblings

Children must be accompanied by a Parent / Carer

**If you would like more information please contact Jen on 07810 054 250**

#### Penrith

Tuesday 25<sup>th</sup> October, 1.30pm – 3.00pm

**North Eden Sure Start Children's Centre, Penrith. CA11 8ET**

#### Kirkby Stephen

Thursday 27<sup>th</sup> October, 10.00am - 11:30am

**Kirkby Stephen Rugby Club, Westgarth Kirkby Stephen CA17 4TF**



Forest School is all about getting outdoors to explore, learn and play. Exciting and different, there's something for everyone, of all ages!

#### What happens at Forest School?

Some of the activities that children and parents can do are: Build shelters, sawing logs, whittle sticks with penknives, light fires with flint sticks, toast marshmallows, blindfold walks and game, nature trails and more...

**Newton Rigg College, Penrith, CA11 0AH**

26<sup>th</sup> October, 1.30pm – 3.30pm

Suitable for Children age 5-12 years old

**Please note booking is required for Forest Schools**

### Activities for 0-4 years

#### Let's Get Playing

##### Penrith

Wednesday 26<sup>th</sup> October 10-11:30am

Penrith Children's Centre CA11 8ET

##### Alston

Friday 27<sup>th</sup> October 10-11:30am

Alston Children's Centre, CA9 3UF

### Barnardo's Big Toddler



Our flagship children's event 'Big Toddler' is marking our 150th anniversary year with a new theme; the theme for this year's Big Toddler event is animals

Join us on Thursday 27<sup>th</sup> October at 2.30pm setting off from the Children's Centre

**Kirkby Thore Children's Centre, CA10 1UU**