

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

Penrith, Alston, Appleby, Kirkby Thore & Kirkby Stephen

Newsletter: January – March 2019

**FREE**  
Fun for all the  
Family!

## Registering with your local children's centre...

We will be running a monthly prize draw for a fruit and veg hamper for all new registrations to the Children's Centre we receive. **Already**



**registered?** Update your details to still be in with a chance to win!

## Where can you find more information?

When you register we will add you to our mailing list and email to you our quarterly newsletter. As well as this, you can find and follow us on Facebook at '**Barnardo's North and South Eden Sure Start Children's Centre**' and you can click 'like' to follow our page. Through our Facebook page we will show other important information to do with events, services, promotions and other important children and family's related issues

You can also call us on **01768 899 901** at **North Eden Children's Centre, Penrith**



Telephone: **01768 899901**



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



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

## Winter and February at your local children's centre

Over the February Half term holiday we have a number of activities running for all children aged between 0 and 12 years. For more information about our family sessions, please see the posters and information below.



### Penrith

0 – 12 years  
Wednesday 20<sup>th</sup> February, 10:00am – 11:00am  
**North Eden Sure Start Children's Centre,**  
**Old London Road, Penrith, CA11 8ET**

### Appleby

0 – 12 years  
Tuesday 19<sup>th</sup> February, 10:00am – 11:00am  
**Appleby Children's Centre,**  
**Appleby Primary School, Station Road,**  
**Appleby, CA16 6TX**

### Alston

0 – 12 years  
Friday 22<sup>nd</sup> February, 10:30am – 11:30am  
**Alston Children's Centre, on the site of**  
**Alston School, Church Road, Alston,**  
**CA9 3QU**

## Let's Get ..... (0-4 years)



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 lots to do! Join in with your favourite stories and rhymes and play alongside others from your community.

### Alston

Every Friday Starting 11<sup>th</sup> January  
10:30am – 11:30am (except 22<sup>nd</sup> February)  
**Alston Children's Centre, on the site of  
Alston School, Church Road, Alston,  
CA9 3QU**

### Appleby

Every Tuesday starting 8<sup>th</sup> January  
10:00am -11:00am (except 19<sup>th</sup> February)  
**Appleby Children's Centre,  
Appleby Primary School, Station Road,  
Appleby, CA16 6TX**

### Penrith

Every Wednesday starting 9<sup>th</sup> January  
10:00am – 11:00am (except 20<sup>th</sup> February and  
6<sup>th</sup> March)  
**North Eden Sure Start Children's Centre,  
Old London Road, Penrith, CA11 8ET**  
**Lookout for Smart Start, Bookstart and  
Little Learners being delivered within the  
Let's Get Sessions**

## Family Activities

### Baby Play (0-walking)

Come along and spend some quality time with your baby, exploring sensory, messy or movement. The session will help develop sitting, crawling & walking as well as introduce you and your little one to lots of new friends and play ideas to take home! We have two sessions running, one in Penrith and one in Kirkby Stephen.

## Baby Play times...

### Penrith

10:00am- 11:00am  
Tuesday 15<sup>th</sup> January, 6<sup>th</sup> and 20<sup>th</sup> February,  
6<sup>th</sup> & 20<sup>th</sup> March  
**North Eden Sure Start Children's Centre,  
Old London Road, Penrith, CA11 8ET**

### Kirkby Stephen

10:30am – 11:30am  
Thursday 10<sup>th</sup> and 24<sup>th</sup> January,  
14<sup>th</sup> and 28<sup>th</sup> February, 14<sup>th</sup> and 28<sup>th</sup> March  
**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.

## Smart Start (3-5 years)

Provides families with 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.

## Little Learners

In this 4 week programme we share key messages with families on number, writing, speech and language and healthy lifestyles. Parents are encouraged to incorporate these areas of learning through play into the families day to day learning experiences.

## Time For Talking

Would you like to know more about how you can support your child's language development? Each session looks at a different area of development including the importance of talking and responding to your child, listening and understanding, sharing stories and lots of fun and play along the way! This is a 6 week activity.

**Please contact the children's centre for more  
information on 01768 899901**

## Activities for Children with Additional needs

### 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 the Children's Centre on 01768 899901**

### Short Breaks



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 - 10 years with

additional needs or disabilities, and their immediate family.

### Soft Play Sessions

(0-10 years)

Mondays 4:00pm - 5:30pm

Taking place on Monday  
4<sup>th</sup> February, 4<sup>th</sup> March

**Jungle Jacks, Penrith Leisure Centre, Penrith, CA11 8JH**

**For more information on our Short Breaks activities please contact the Children's Centre on 01768 899901**



## For Older Children Children's Community Forums and Projects



This is a local group for children aged 8-12 years, to **have their say** about things that matter to them. The **forums** will provide a platform

for children to come together and discuss their community challenges, in a fun, creative and enjoyable way.

They will decide the **community projects** with which they would like to make a difference. This is a great opportunity to make new friends, learn new skills and whilst having **your** say in what matters to **you**.

**For more information or to express your interest please contact the Children's Centre on 01768 899901**

## Courses for Parents and Carers The Family Links



### Nurturing Programme

**Is a course to help you make positive changes and get the best out of family life.**

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.

Thursday 10<sup>th</sup> January – 28<sup>th</sup> March  
1pm – 3pm

**North Eden Sure Start Children's Centre,  
Old London Road, Penrith, CA11 8ET**

**Crèche is available for limited numbers. For more information please contact the children's centre on 01768 89901.**



## Welcome to the World

Is an 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 baby in the womb; building blocks of family life; feelings and how we communicate baby.



## Parenting Puzzle Workshops

Would you like to understand your child's behaviour better?

The Puzzle Workshop is a 4 week programme for parents of children 0 – 4 years. 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.



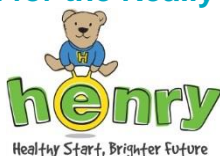
**For more information or to express your interest in Family Links Nurture Programme, Welcome to the World or Parenting Puzzle please contact us on 01768 899901.**

## Health, Exercise, Nutrition for the Really Young

- Do you ever wish family life could be more fun?
- Do you worry about how to get your children to eat vegetables?
- Are you concerned about your child's weight?
- Are you curious to know more about healthy living?

In this FREE, fun, 8 week course you will discover how to get a healthier lifestyle for you and your family.

**For more information or to express your interest in HENRY please contact the Children's Centre on 01768 899901**



## Infant Massage

A special session for you and your Baby to spend quality time together, giving you the opportunity to communicate with your Baby through nurturing touch, offering a relaxed and comfortable environment to learn how to massage your baby.

**To express an interest in future courses please contact the children's centre on 01768 899901.**

## 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 01768 899901**

### Job Centre Plus

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

- 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.



Department for  
Work and Pensions

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

## Family Health

### Healthy Child Clinics

Please note that from **June 2018 dates have changed – see new dates below**

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 provide information on the current Children's Centre Activities available.



### Penrith

Tuesday – 8<sup>th</sup> & 22<sup>nd</sup> January  
12<sup>th</sup> & 26<sup>th</sup> February, 12 & 26<sup>th</sup> March  
9:30am - 11:30am

**North Eden Children's Centre,  
Old London Road, Penrith, CA11 8ET**

**Shap** (unstaffed for the foreseeable future, please see Facebook for future updates)

Thursday

3<sup>rd</sup> January, 7<sup>th</sup> February, 7<sup>th</sup> March  
1:00pm - 3:00pm

**Shap Local Links, The Old Courthouse, Main Street, Shap, CA10 3NL**

### Appleby

Wednesday

9<sup>th</sup> January, 13<sup>th</sup> February, 13<sup>th</sup> March  
1:30pm - 3:30pm

**Appleby Health Centre, The Riverside Building, Chapel Street, Appleby CA16 6QR**

### Kirkby Stephen

Thursday

17<sup>th</sup> January, 21<sup>st</sup> February, 21<sup>st</sup> March  
9:30am – 11:30am

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



## Breast Feeding

### Breast Feeding Support Groups

**Penrith Breastfeeding Group**

**Penrith Leisure Centre**

**Every Tuesday starting 8<sup>th</sup> January  
1:00pm – 3:00pm**

**Specialist Advice and Support is also available:**

Fiona Sim 07717577107 or

Diane Clark 0782 6531022

Infant feeding Coordinators at Cumbria Partnership NHS Foundation Trust

**Cumbria Partnership NHS**  
NHS Foundation Trust

### 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, Sylvia or visit the home page of NHS Choices at [www.nhs.uk](http://www.nhs.uk)

### National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools. If you would like to know more about this programme please visit

[www.cumbria.gov.uk/ph5to19/offer.asp](http://www.cumbria.gov.uk/ph5to19/offer.asp)

# Be a Barnardo's volunteer

By giving just a little of your time you can make a big difference to the lives of children, young people and families across the UK.

## Barnardo's needs you!

We have volunteering opportunities available to suit everyone. You can:

- volunteer in one of our many high street shops
- fundraise
- help out in one of our local projects across the UK
- become a volunteer intern
- become a corporate volunteer.

## Interested?

Call 08457 697967  
or visit  
[www.barnardos.org.uk/volunteering](http://www.barnardos.org.uk/volunteering)  
for more details.

Volunteer  
with us  
if you  
**Believe in  
children**  
 **Barnardo's**

Barnardo's Registered Charity Nos. 838550 and 80037906 11102620







Cumbria Partnership  
NHS Foundation Trust

## BREASTFEEDING SUPPORT GROUPS

### CARLISLE

#### **Morton Breastfeeding Group**

Morton Childrens Centre,  
Wigton Road, Carlisle  
Every Tuesday 10:00 – 11:30

#### **Belah Breastfeeding Group**

Belah Community Centre,  
Briar Bank, Carlisle  
Every Thursday 13:00 – 14:30

### PENRITH

#### **Breastfeeding Group**

Penrith Children's Centre  
Old London Road, Penrith  
Every Tuesday 13:00 – 15:00

#### **Specialist Advice and Support is also available:**

- Fiona Sim 07717577107 or Diane Clark 0782 6531022

Infant feeding Coordinators at Cumbria Partnership NHS Foundation Trust

- Helen Ferris 07879632018 Infant Feeding Coordinator at North Cumbria Acute Hospital Trust (for advice up until discharge from Midwife)

#### **Useful information contacts:**

- The National Breastfeeding Helpline: 0300 330 0771
- La Leche League: 0845 120 2918
- NCT Breastfeeding Helpline: 0300 330 0771
- The Breastfeeding Network Supporter line: 0300 100 0210
- Association of breast Feeding Mothers Helpline: 0300 330 5453
- Advise on medication when breast feeding – [www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/](http://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/)



Happier | Healthier | Hopeful

# 'Starting the Conversation'



Whatever the age of your children, it's important to keep them safe when browsing websites, using social networking services, gaming and chatting with friends online. Don't get alarmed by the Internet - just keep up to date with current advice

## What is sexting?

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages. They can be sent using mobiles, tablets, smartphones, laptops - any device that allows you to share media and messages.

## What the law says



Sexting can be seen as harmless, but creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:

- Take an explicit photo or video of themselves or a friend.
- Share an explicit image or video of a child, even if it's shared between children of the same age.
- Possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created.

Sending a photo or message is easy but we need to remember the sender will then have no control about how it's passed on. When images are stored or shared online they become public. Children and adults may think that images and videos only last a few seconds on social media but they can be saved or copied by others including people you or your child don't know. Children may think 'sexting' is harmless but it can leave them vulnerable to:

- **Abuse.** Sexual images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.
- **Blackmail.** An offender may threaten to share the pictures with the child's family and friends unless the child sends money or more images.
- **Bullying.** If images are shared with their peers or in school, the child may be bullied and become socially isolated, emotionally distressed and increasingly vulnerable.