

North & South Eden A Sure Start Children's Centre

Penrith, Alston, Appleby, Kirkby Thore & Kirkby Stephen

Newsletter: April - June 2017

FREE
Fun for all the
Family!

Spring arrives...

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. **There are limited crèche spaces available.**

Penrith

Starting Thursdays 1.00pm – 3.00pm
4th May – 25th May & 8th June – 20th July
**North Eden Sure Start Children's Centre,
Penrith. CA11 8ET**

Contact **Brenda** on **07876 508 401**

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

Easter Play Activities

Throughout the Easter Holidays in Eden, we have a number of exciting Play opportunities. All sessions are age relevant and grouped for 0-4 year olds and 5-12 year olds.

Let's Get Playing (0-4 years)

Appleby

Tuesday 18th April 10:00am-11:30am
**Appleby Children's Centre, Appleby Primary
School, Station Road, Appleby. CA16 6TX**

Penrith

Wednesday 19th April 10:00am-11:30am
**North Eden Sure Start Children's Centre,
Penrith. CA11 8ET**

(5-12 years)

Penrith

Thursday 13th and Wednesday 19th April
2:00pm - 3:00 pm
**North Eden Sure Start Children's Centre,
Penrith. CA11 8ET**

Appleby

Tuesday 18th April 2:00 pm – 3:00 pm
**Appleby Children's Centre, Appleby Primary
School, Station Road, Appleby. CA16 6TX**

Kirkby Stephen

Thursday 20th April 2:30pm – 4:00pm
**Kirkby Stephen Rugby Club, Kirkby
Stephen, CA17 4TF**

Alston

Thursday 20th April 10:00 am – 11:30 am
**Alston School Hall, Alston Primary School,
Garrigill Road, Alston, CA9 3UF**

Family Activities

Let's Get Playing (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 lot's to do! Join in with your favourite stories and rhymes and play alongside others in your community. **For more information contact the play team on 01768 899901**

Appleby

Starting Tuesdays 10.00am - 11:30am

4th April – 27th June (excluding 11th April)

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

Penrith

Starting Wednesdays 10.00am- 11:30am

19th April - 28th June (excluding 3rd and 31st May)

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

Kirkby Stephen

Starting Tuesdays 1.30pm – 3.00pm

4th April – 27th June (excluding 11th and 18th April)

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

Baby Play (0-walking)



Come along and spend some quality time with your baby, exploring sensory, messy or movement. The sessions aim to

give you ideas for making the most of playtime in ways that encourage your baby's growth and development. **10.00am- 11.30am**

Starting Thursday 6th April until 29th June (excluding 13th and 20th April)

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



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 on 01768 899901. This session is incorporated within our regular Wednesday play session.**

Penrith

Starting Wednesdays 10:00-11:30am

10th & 17th May

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



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. The below sessions will be incorporated in to our regular Wednesday play sessions of the same date.

Wednesday 10:00-11:30am

24th May & 7th- 21st June

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

For more information contact the play team on 01768 899901

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** which they would like to make a difference with. 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 speak with Sylvia 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 Jen on 07810 054 250

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 - 8 years with additional needs or disabilities and their immediate family.

For more information on our Short Breaks activities please speak to Nikki on 01768 899901

Soft Play Sessions (0-8 years)

Mondays 4:00pm -5:30pm

3rd April, 8th May & 5th June

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

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 2nd & 4th week of the month, 1:30pm – 3:30pm. Appleby Health Centre.

Temple Sowerby

1st Wednesday of month,

10.30am – 12:00pm

Temple Sowerby Surgery.

Not supported by Children's Centre

Kirkby Stephen

Thursdays 1st and 3rd week of the month, 9:30am – 11:30am. Kirkby Stephen Children's Centre.

Please note the Children's Centre only supports the 1st Child Health Clinic in the month

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

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.

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Family Links Nurturing Programme; you will get tips and advice to help you handle your children's development, feelings and behaviour. **Limited crèche available.**

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

**For more information and to book a place
please call Brenda on 07876 508 401**

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.**

Date to follow on Facebook!

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

**For more information and to book a place
please call Julie Gibson on 07770 608390**

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.

Please contact Brenda on 07876508401 for more information.

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**



Department for
Work and Pensions

Job Centre Plus

Are you a Lone 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.

For further information please contact

Lone Parent Adviser on 0845 604 3719

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
for more details.

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

Barnardo's Registered Charity Nos. 814800 and 80037806 1151036400

