

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

Penrith, Alston, Appleby, Kirkby Thore & Kirkby Stephen

Newsletter: May & June 2015

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

Dear All

I am pleased to be able to tell you that Barnardo's will be your local provider for Early Help in Allerdale, Carlisle, Eden and South Lakes. Early Help is the name given to the range of family support services that aim to help and support children and their families. For those of you who have used our Children Centre services in the past, I do need to tell you that due to the changing requirements of the County Council we have had to re-design quite a lot of the service provision to that which we offered previously. It is no secret that local government money is stretched very tight and we need to make sure that we use it as wisely as possible and to get the very best return on the money we spend.

This means that we have to review all existing services as to whether or not they can continue. If they are in our service plans, which a number are, they will continue much as before. If they are not in our service plan, we are looking at whether they can be taken on by other agencies or in some instances the groups can run themselves.

If you have any questions about this communication, can I suggest that you speak to a member of service staff to discuss in more detail. In the meantime, can I thank you for your patience, understanding and continued support.

Richard Simpson  
Assistant Director Children's Services

## Welcome Spring



### Stay in Touch

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](mailto:enquiries.eden@barnardos.org.uk)



Visit our website at  
[www.cumbriasurestartchildrenscentres.co.uk/areas/eden/northeden.asp](http://www.cumbriasurestartchildrenscentres.co.uk/areas/eden/northeden.asp)



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## 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. All 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 1<sup>st</sup> and 3<sup>rd</sup> week of the month, 9:30am – 11:30am. 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**

**Harmony hand pump - £30.00**



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)

## Let's Get Cooking

Let's Get Cooking is a fun and enjoyable opportunity for families to experience cooking sessions. On this course learn how to prepare healthy food from basic ingredients and develop the skills and knowledge to do so. The course runs for 4 weeks at **North Eden Children's Centre (Penrith)** from 15<sup>th</sup> May for 4 weeks **10am – 11:30am.**



## Smoking Cessation

**Giving up smoking is the best thing you can do for your health.**

You can contact your local NHS stop smoking cessation services on: 0300 013 3000 for a Cumbrian pharmacy who offers local support.



## Family Activities

### Parents Active with Sure Start



Become active and have your say on how & when we run our sessions and activities

in your local community. We value your comments and feedback, so get involved with us.

**Contact Sam for further information on 01768 899901**

### 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. **(Booking required)**



**For More information please contact Kerry 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. Also offering a relaxed and comfortable environment to learn how to massage your baby.



**Starting 7<sup>th</sup> May 1:30pm – 3pm for 6 sessions at Penrith Children's Centre**  
**For More information please contact Kerry on 01768 899901**

### Family Support:

Offer families help and support in their own homes when facing challenges and are involved in delivering specific group activities and courses.



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

**For more information contact Janet on 01768 899901**

### Henry Health Exercise

#### Nutrition for the Really

**Young** 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.



**From 23<sup>rd</sup> June 1pm – 3pm for 6 weeks at Appleby Children's Centre.**

Please contact **Sam** on **01768 899901** for further information.

### Play Session

Bring your Child (ren) to explore a new and stimulating environment, having a go with construction, role play, arts and craft and much more Age: 0-4yrs

**From 3rd June 10am – 11.30am at Penrith Children's Centre**



## Courses & Groups for Parents & Carers

**For further information including course bookings including booking a crèche place please contact the Children's Centre.**

### Welcome to the World

A new and exciting 8 week antenatal 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



### Family Links Nurturing Programme

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

- 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



**From 27<sup>th</sup> April 15 1pm – 3pm at Penrith Children's Centre for 10 weeks.**

**For more information contact Brenda or Janet on 01768 899901**

## 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.

**Penrith Children's Centre.**

**Starting 6<sup>th</sup> May 1pm – 3pm**

**Contact Brenda on 01768 899901 for more information**



## Happy to Be Me

Happy to Be Me is a 5 week programme that takes place within local primary schools across the district. The programme has been specifically designed to help children build and maintain their own self-esteem and self-confidence.

During the five sessions the children will make a new friend called 'Cog'. 'Cog' just like all children sometimes finds situations and managing his feelings difficult and needs to identify ways of dealing with these. Cog (a puppet) along with the trained facilitator will use stories, games, exercises, songs, and most of all lots of fun to help children feel good about who they are.



**The sessions above are delivered within primary schools across the local district. If your school feels that they would benefit from any of these programmes or you would like to see these sessions being delivered in your child's school please contact the Children's Centre on 01768 899901 to discuss this further.**



## 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**

## Activities for Children with Additional needs

### Soft Play Sessions

Short Breaks FREE fun activity for Children with disabilities and additional needs up to the age of 8 and their immediate Family (Siblings any age welcome).

**Pirates at Play at Penrith** Mondays from 18<sup>th</sup> May from 4.30pm – 6.00pm

### Platform 3 Soft Play, at Kirkby Stephen

Fridays from 1<sup>st</sup> May from 4.30pm – 6.00pm



## Eden Support group for Families who have Children with Additional Needs

A Parent's Support Group for Families who have Children with Additional Needs aged 0 – 18 years.

The group will meet the **1<sup>st</sup> Tuesday** of every month from **1pm to 2.30pm**, at the **North Eden Children's Centre, Penrith.**



The group is facilitated by **Val Wake**, Child and Family Worker Children with Disabilities and **Fiona Sim** Health Visitor.

## New Sensory Room at Penrith Children's Centre

We now have a bookable sensory room 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 room.

**For more information and to book your induction please contact Kerry on 01768 899901**

## Eden Children's Centre A Sure Start Children's Centre Free Family Fun

### Family Fun!



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 games and activities? Sessions are accessible for those aged **0-12 years**. Children must be accompanied by a parent / carer.

**South Eden Children's Centre (Appleby), CA16 6TX.**

**Tuesday 26<sup>th</sup> May: 2.00pm – 4.00pm.**

**North Eden Children's Centre (Penrith), CA11 8ET.**

**Wednesday 27<sup>th</sup> May: 10am – 12.00pm.**

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

**Thursday 28<sup>th</sup> May – 1.00pm – 3.00pm.**

For more information please contact the Children's Centre on **01768 899901** to discuss how we may be able to support you and your child to fully access and enjoy our activities



Visit our website at  
[www.cumbriasurestartchildrenscentres.co.uk/areas/eden/northeden.asp](http://www.cumbriasurestartchildrenscentres.co.uk/areas/eden/northeden.asp)



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

Serving the people of Cumbria

provided by  **Believe in children**  
Barnardo's



## North Eden - Useful telephone numbers

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- **Benefits Advice Centre:** 01768 817817
- **Children and Families Information Service:** 0845 125 737
- **Cumbria Law Centre:** 01228 515129
- **Citizen's Advice Bureau:**  
Penrith: 01768 863564
- **Cumberland Infirmary:** 01228 523444
- **Cumbria Alcohol & Drug Advisory Service:** 01228 544140
- **Eden Housing:** 01768 861 400
- **Penrith Library:** 01768 242101
- **Alston Library :** Tel:(01434) 382244
- **Job Centre Plus:** 0845 604 3719
- **Cumbria Health On Call: 0 3000 247 247**
- **Alston Medical Practice, Alston Community Hospital, Alston**  
Tel:01434 381214
- **Birbeck Medical Group, Penrith Health Centre, Bridge Lane, Penrith**  
Tel: 01768 214620
- **Court Thorn Surgery, Low Hesket**  
Tel: 016974 73548
- **Kirkoswald Surgery, Kirkoswald**  
Tel: 01768 898560
- **Lakes Medical Practice, Penrith Health Centre, Bridge Lane, Penrith**  
Tel: 01768 214345
- **Shap Medical Practice, Peggy Nut Croft, Shap**  
Tel: 01931 716230
- **Crimestoppers** Tel: 0800 555 111
- **East Cumbria Family Support** Tel:  
01768 593102
- **Inspira** Tel: 01931 7113001
- **Eden Rural Foyer** Tel: 01768 861650

## South Eden - Useful telephone numbers

- **Benefits Advice Centre:** 01768 817817
- **Children and Families Information Service:** 0845 125 737
- **Cumbria Law Centre:** 01228 515129
- **Citizen's Advice Bureau:** Appleby: 01768 891503
- **Cumberland Infirmary:** 01228 523444
- **Cumbria Alcohol & Drug Advisory Service:** 01228 544140
- **Eden Housing:** 01768 861 400
- **Appleby Library:** Tel:(017683) 51170
- **Kirkby Stephen Library:** (017683) 71775
- **Job Centre Plus:** 0845 604 3719
- **Cumbria Health On Call: 0 3000 247 247**
- **Appleby Medical Practice, The Riverside Building, Chapel Street, Appleby**  
Tel: 01768 351584 - Branch surgeries:  
Orton Surgery, Market Hall, Orton  
Tebay Surgery, Church St, Tebay
- **Temple Sowerby Medical Practice, Linden Park, Temple Sowerby**  
Tel: 017683 61232
- **Upper Eden Medical Practice, The Health Centre, Silver Street, Kirkby Stephen**  
Tel: 017683 71369 Branch surgeries:  
Medical Centre, Brough Tel: 017683 41294, Tebay Surgery, Off Church Street, Tebay Tel: 015396 24591
- **Crimestoppers** 0800 555 111
- **East Cumbria Family Support**  
Tel: 01768 593102
- **Inspira** Tel: 01931 7113001
- **Eden Rural Foyer** Tel: 01768 861650

If you know any useful numbers that you would like added to the above list, please contact us on 01768 899901 or [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk) we will include the number to the list.