

North & South Eden A Sure Start Children's Centre

Penrith, Alston, Appleby, Kirkby Thore & Kirkby Stephen

Newsletter: January – March 2017

FREE
Fun for all the
Family!

Welcome New Year!

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.

Penrith

Starting Thursdays 1.00pm – 3.00pm
19th January – 6th April

**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

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.

You can let us know how you feel about the services you receive and issues within your local area by responding to our Surveys. Your feedback, involvement and input is important to us as you are our key stakeholders. Please use the links below to respond to your relevant area;

www.surveymonkey.co.uk/r/NorthEdenCC

www.surveymonkey.co.uk/r/SouthEdenCC

**Please contact North Eden Children's
Centre Rob 07557190620 / 01768 899901**

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**

Alston

Starting Fridays 10.30am – 12.00pm
20th January – 31st March (excluding 17th Feb)
**Alston Children Centre, Alston Primary School,
Garrigill Road, Alston. CA9 3UF**

Appleby

Starting Tuesdays 10.00am - 11:30am
17th January – 31st March
**Appleby Children's Centre, Appleby Primary
School, Station Road, Appleby. CA16 6TX**

Penrith

Starting Wednesdays 10.00am- 11:30am
18th January- 29th March
**North Eden Sure Start Children's Centre, Penrith.
CA11 8ET**

Kirkby Stephen

Starting Tuesdays 1.30pm – 3.00pm
17th January – 28th March
**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 19th January weekly
(excluding 9th & 23rd Feb)**

**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**

Kirkby Stephen

Starting Thursdays 2.00pm- 3.00pm
9th March – 30th March
**Kirkby Stephen Rugby Club, Westgate
Kirkby Stephen, CA17 4TF**

Alston

Starting Tuesdays 2.00pm-3.00pm
24th January- 14th February
**Alston Children Centre, Alston Primary School,
Garrigill Road, Alston. CA9 3UF**

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.

**Thursdays 2:00pm -3:00pm
26th January- 16th February**

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

**For more information contact the play team on
01768 899901**

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 Sylvia or Bryony 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 Kath or Nikki on 01768 899901

Soft Play Sessions (0-8 years)

Mondays 4:00pm -5:30pm

9th January, 6th February, 6th March, 3rd April, 8th May, 5th June and 3rd July

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

Sensory Experience (0-4 years)

Appleby

Mondays 10:00am – 11:00am

16th & 30th January, 13th February, 13th & 27th March.

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

Penrith

Mondays 10:00am -11:30am

23rd January, 6th & 20th February, 6th & 20th March.

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

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 Children's 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.

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.

Starting Thursdays 1.00pm – 3.00pm
19th January – 6th April

**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.**

Tuesday 1:00-3:00pm, 7th March – 28th March

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

For more information and to book a place please call Bryony on 07584186552

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

Job Centre Plus



Department for
Work and Pensions

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. 814890 and 90037906 11510340/0

