

# Carlisle West A Sure Start Children's Centre Morton & Newtown

Newsletter | FREE activities this February 2013



Chinese  
New Year  
Sunday 10<sup>th</sup> February

## Activities for Families...



### Baby Movers

Developmental Movement Play for babies to crawlers. These sessions allow babies to move in their own way, explore foil; fabrics and most of all **enjoy spending time with you!**



### Little Movers

Developmental Movement Play for children 0 – 5 years. These sessions allow children to express themselves through movement as they **crawl, spin, tip, tilt and roll!** Fantastic for supporting emotional and physical development



### Rock-A-Bye Baby

A **Singing group** for babies up to 1 year old! Come along and enjoy nursery rhymes, lullabies and action songs with your little ones



### Rhyme Time

A fun, free, singing session for children from 0 – 5yrs. We **sing, play and do simple crafts.** Help your child develop their speech and language skills



### Lets Get... Playing

Fun play sessions that can help your child's learning through 'play'. **Toy Library** will be available at this session too!



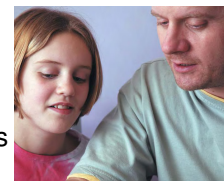
### Lets Get...DAFT

Calling all Dads, Mums, Granddads, Grandmothers, Family men and their families! The Children's Centre will be open every other **Saturday morning** for family play times!

## Courses for Parents, Grandparents and Carers...

### Speakeasy

Course for parents / carers to help them talk to their children about growing up, relationships and more for 8 weeks!



### Our Voice...Our Community

Interested in having a say in how the Children's Centre runs? Want to learn more about becoming a community champion? Why not join us on a free Community Engagement course for 5 weeks.

## February Half Term



## Chinese New Year – Year of the Snake!

Kung hei fat choi!

This February Half term we will be celebrating Chinese New Year with various activities throughout the week – including crafts, games, fitness, learning and more!





## Further Activities for Families...

### STAGS – Second Time Around Group Support

A **support group** for grandmothers, grandfathers, great aunts and great uncles who look after their grandchildren for long periods during the week.



### Breast Feeding Peer Support

Come along for a friendly chat, support or advice from the Breastfeeding Midwife and Peer Support Worker. It's also a great chance to meet other breastfeeding parents and their babies!

### Young and Teenage Parents Group

**Friendly advice and support**, enjoy play activities with your children and meet new people.

### Free Activities for Children with Additional Needs - These sessions are for children with additional needs under 10 years of age and their families

#### Music and Dance

Each session will be tailored to the individual needs of the children attending. **Relax and enjoy** watching your children as they are encouraged and supported to fully participate in their own individual ways. A variety of props will be introduced to enhance the experience.

#### Thursday Club

Learn new physical skills with a specialist tutor. Helping children of all abilities develop their physical skills and **increasing their confidence** through a range of fun games and activities

#### Family Swimming Sessions

**Swimming sessions** are available for children 10 years and under with additional needs and their immediate family. Whilst a lifeguard will be present at each session children must be supervised. Children under 4 year's ratio 1-1 children under 8 years 2 – 1.

## Smile 4 Life

### Are you registered with a Dentist?

We can register your family with a NHS Dentist and provide you with advice and support with dental decay, brushing and caring for children's teeth and which toothpaste to use and why!

## Carlisle West Children's Centres Venue Addresses

- **Carlisle West Children's Centre (Morton)**  
Wigton Road, Carlisle CA2 6JP
- **Carlisle West Children's Centre (Newtown)**  
19–23 Shadygrove Road, Carlisle CA2 7LE
- **Morton Pool**  
Richard Rose, Morton Academy, Wigton Road, Carlisle CA2 6LB
- **Morton CC Morton Manor**  
Wigton Road, Carlisle CA2 6JP
- **Denton Holme CC**  
Morley Street, Carlisle CA2 5HQ
- **Harraby Community Centre**  
Edgehill Road, Carlisle CA1 3PP
- **Trinity Church Hall**  
25 Wigton Road, Carlisle CA2 7BB
- **The Sands Centre**  
Newmarket Road, Carlisle CA1 1JQ

## Contact us



A Sure Start Children's Centre

Please contact **Carlisle West Sure Start Children's Centre** on **01228 223417** or email **dave.thomas@barnardos.org.uk** to discuss how we may be able to support you and your children to fully access and enjoy our activities.

**For more information visit:**

**[www.barnardos.org.uk/carlislewstcc](http://www.barnardos.org.uk/carlislewstcc)**

**Find us and like us on Facebook:**

**[www.facebook.com/carlislewstcc](http://www.facebook.com/carlislewstcc)**



Date	Time	Activity and contact information	Place	Age
Friday 1	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Carolyn 01228 223417	St Lukes Church, Stonegarth	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Carolyn 01228 223417	St Lukes Church, Stonegarth	0 - 5
	1:00pm – 2:30pm	<b>Breast Feeding Peer Support Group</b> Wendy, Lindsey or Claudia 01228 223417	Morton Community Centre – Morton Manor, Wigton Road	Babies
Sunday 3	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0–10
Monday 4	1.30pm-2.30pm	<b>Let's get...Playing Inc. Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0–5
Tuesday 5	10.00am-10.45am	<b>Baby Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0–1
	11:00am-11:45am	<b>Little Movers</b> Christine 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5
Wednesday 6	9.30am-11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	5.00pm-6.00pm	<b>Soft Play</b> for children with additional needs. Kerry 01228 227196.	Harraby Community Centre, Edgehill Road	0–10
Thursday 7	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Helen 01228 223417	Morton Community Centre, Wigton Road	Babies
Friday 8	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Carolyn 01228 223417	St Lukes Church, Stonegarth	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Carolyn 01228 223417	St Lukes Church, Stonegarth	0 - 5
	1:00pm – 2:30pm	<b>Breast Feeding Peer Support Group</b> Wendy, Lindsey or Claudia 01228 223417	Morton Community Centre – Morton Manor, Wigton Road	Babies
Saturday 9 <b>HALF TERM</b>	10.30am-12.00pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0–13
Sunday 10 <b>HALF TERM</b>	2.45pm-3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0–10
Monday 11 <b>HALF TERM</b>	1.30pm-2.30pm	<b>Lets Get...Playing – Holiday Activity</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0–5
Tuesday 12 <b>HALF TERM</b>	10:45-11:45am	<b>Soft Play</b> for children with additional needs. Kerry 01228 227196.	Harraby Community Centre, Edgehill Road	0–10
Wednesday 13 <b>HALF TERM</b>	10:00am – 11:30am	<b>Sensory Messy</b> for children with additional needs. Kerry 01228 227196.	Belah Community Centre	0 – 8
<b>HALF TERM</b>	11:00am-1.00pm	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	All ages
<b>HALF TERM</b>	2:00pm – 4:00pm	<b>Chinese New Year Event</b> Kirsty 01228 223417	New Waterton Hall, Warwick Square	All ages
Thursday 14 <b>HALF TERM</b>	10:00am – 11:30am	<b>HOLIDAY FUN ACTIVITY</b> Dave 01228 223417	St Lukes Church, Stonegarth	5 - 13

Saturday 16 <b>HALF TERM</b>	10.30am- 12.00pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 17 <b>HALF TERM</b>	2.45pm- 3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Monday 18	1.30pm- 2.30pm	<b>Let's get...Playing Inc. Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 19	10:00am – 10:45am	<b>Rock-A-Bye-Baby</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	0-1
	11:00am- 11:45am	<b>Rhyme Time</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5
Wednesday 20	9.30am- 11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	12:45pm – 2:45pm	<b>Speakeasy START DATE</b> Dave 01228 223417.	Carlisle West Community Fire Station, Brookside	Parents/ Carers
	5.00pm- 6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Petteril Bank Community Centre, Burnett Road	0-10
Thursday 21	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Helen 01228 223417	Morton Community Centre, Wigton Road	Babies
	1:00pm- 3:00pm	<b>Young Parents Drop in</b> Kim/Suzanne 01228 223417	Carlisle West Children Centre (Newtown), ShadyGrove Road	Young parents
Friday 22	10.00am- 10.45am	<b>Baby Movers</b> Christine 01228 223417	St Lukes Church, Stonegarth	0 - 1
	11:00am- 11:45am	<b>Little Movers</b> Christine 01228 223417	St Lukes Church, Stonegarth	0 - 5
Saturday 23	10.30am- 12.00pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 24	2.45pm- 3.45pm	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-10
Monday 25	1.30pm- 2.30pm	<b>Let's get...Playing Inc. Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 26	10:00am – 10:45am	<b>Rock-A-Bye-Baby</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	0-1
	11:00am- 11:45am	<b>Rhyme Time</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	0 - 5
	12:45 – 2:54pm	<b>'Our Voice...Our Community'</b> <b>START DATE.</b> Dave 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	Parents/ Carers
Wednesday 27	5.00pm- 6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Petteril Bank Community Centre, Burnett Road	0-10
Thursday 28	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
	1:00pm- 3:00pm	<b>Young Parents Drop in</b> Kim/Suzanne 01228 223417	Carlisle West Children Centre (Newtown), ShadyGrove Road	Young parents