

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

Calendar | FREE October Activities



Healthy City  
Week  
22<sup>nd</sup> – 28<sup>th</sup> October



## Activities for



# You and Your Children

Date	Time	Activity and contact information	Place	Age
Monday 1	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 2	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 3	1:00pm – 2:00pm	<b>Rhyme Time</b> Suzanne 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
	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 4	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Helen 01228 223417	Morton Community Centre – Morton Manor, Wigton Road	Babies
	1:30pm-2:30pm	<b>Let's get...Playing</b> Carolyn 01228 223417	St Lukes Church Hall, Morton	0 – 5
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 5	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	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 6	2.45pm-3.45pm	<b>Dads and Kid's Saturday Swim</b> Dave 01228 223417	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0-8
Sunday 7	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 8	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5

# Half Term Activities



Half Term – Monday 29	10:30am – 11:30am	<b>Musical Experience</b> for children with additional needs. Anne 01228 227196.	St James Church Hall, Denton Holme	0–10
	1:30pm – 3:00pm	<b>Let's Get...Celebrating</b> Kirsty 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	Families 0 - 13
Half Term – Tuesday 30	10:30am – 11:30am	<b>Busy Babies</b> Carolyn 01228 223417	Denton Holme Community Centre, Morley Street	Babies
	10:45am – 11:45am	<b>Soft Play</b> for children with additional needs. Anne 01228 227196.	Harraby Community Centre	0–10
	1:30pm – 3:00pm	<b>Sparkle and Pop</b> Christine 01228 223417	St Lukes Church, Morton	Families 0 - 13
Half Term – Wednesday 31	9:30am- 11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	10:00am – 11:30am	<b>Sensory Experience</b> for children with additional needs. Anne 01228 227196.	The Belah Community Centre	0 - 10
Half Term – Thursday 1 Nov.	10:00am – 11:30am	<b>Sparkle and Pop</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	Families 0 - 13
	11:00am – 2:00pm	<b>Autism Picnic in the Park</b> for children with additional needs. Anne 01228 227196.	Morton Community Centre – Morton Manor, Wigton Road	0 - 10
	1:00pm- 3:00pm	<b>Young Parents Drop in "Little Monsters Tea Party"</b> Kim/Suzanne 01228 223417	Carlisle West Children Centre (Newtown), ShadyGrove Road	Young parents
	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Helen 01228 223417	Morton Community Centre – Morton Manor, Wigton Road	Babies
Half Term – Friday 2 Nov	10:00am – 11:00am	<b>Family Swimming</b> for children with additional needs. Anne 01228 227196.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0–10
	10:00am – 11:30am	<b>Sparkle and Pop</b> Christine 01228 223417	Trinity Church Hall, Wigton Road	Families 0 - 13
Half Term - Saturday 3 Nov	2.45pm- 3.45pm	<b>Dads and Kid's Saturday Swim.</b> Dave 01228 223417.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0–8
Half Term – Sunday 4 Nov	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

## Contact us

Please contact **Carlisle West Sure Start Children's Centre** on **01228 223417** or email [dave.thomas@barnardos.org.uk](mailto: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.

**Carlisle West**  
Children's  
Centre



For more information visit: [www.barnardos.org.uk/carlislewestcc](http://www.barnardos.org.uk/carlislewestcc) **A Sure Start Children's Centre**

Friday 19	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 – 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	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 20	2.45pm-3.45pm	<b>Dads and Kid's Saturday Swim.</b> Dave 01228 223417.	Morton Pool – Richard Rose Academy, Morton, Wigton Road	0–8
Sunday 21	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 22	1.30pm-2.30pm	<b>Let's get...Messy with STOPTOBER!</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0–5
Tuesday 23	9.30am-11.30am	<b>Parent Forum Meeting</b> Dave 01228 223417	Carlisle West Children Centre (Newtown), Shady Grove Road	Parents / Carers
Wednesday 24	9.30am-11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	1:00pm – 2:00pm	<b>Rhyme Time</b> Suzanne 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
	5.00pm-6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Harraby Community Centre, Edgehill Road	0–10
Thursday 25	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
	1:30pm-2:30pm	<b>Let's get...Playing</b> Carolyn 01228 223417.	St Lukes Church Hall, Morton	0 - 5
	1:00pm-3:00pm	<b>Young Parents Drop in - Happy Healthy Me!</b> Kim/Suzanne 01228 223417	Carlisle West Children Centre (Newtown), ShadyGrove Road	Young parents
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 26	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 – 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	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 27	10.30am-12.00pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0–13
Sunday 28	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

### 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

- **Sands Centre**  
Newmarket Road. Carlisle CA1 1JQ

- **Morton CC Morton Manor**  
Wigton Road, Carlisle CA2 6JP

**Denton Holme CC**  
Morley Street, Carlisle CA2 5HQ

**Morton Pool**  
Richard Rose. Morton Academy. Wigton Road. Carlisle

## Children's Centre Newsletter

Tuesday 9	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
	10:00am-11:30am	<b>Stay and Play at the Healthy Child Clinic</b> Suzanne 01228 223417	Community House, Brookside	Babies
Wednesday 10	9.30am-11.30am	<b>STAGS</b> – Second Time Around Group. Sheila 01228 223417.	Carlisle West Children Centre (Morton), Wigton Road	Any
	1:00pm – 2:00pm	<b>Rhyme Time</b> Suzanne 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
	5.00pm-6.00pm	<b>Music and Dance</b> for children with additional needs. Anne 01228 227196.	Harraby Community Centre, Edgehill Road	0-10
Thursday 11	1.30pm-3.00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417.	Denton Holme Community Centre, Morley Street	Babies
	1:30pm-2:30pm	<b>Let's get...Playing</b> Carolyn 01228 223417.	St Lukes Church Hall, Morton	0 - 5
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10
Friday 12	10:00am-10:45am	<b>Rock-A-Bye-Baby</b> Christine 01228 223417	Trinity Church, Wigton Road	0 - 1
	11:00am-11:45am	<b>Rhyme Time</b> Christine 01228 223417	Trinity Church, Wigton Road	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 13	10.30am-12.00pm	<b>Let's Get...DAFT</b> Dave 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-13
Sunday 14	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 15	1.30pm-2.30pm	<b>Let's get...Counting with Toy Library</b> Carolyn 01228 223417.	Carlisle West Children Centre (Newtown), Shady Grove Road	0-5
Tuesday 16	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
	10:00am-11:30am	<b>Stay and Play at the Healthy Child Clinic</b> Suzanne 01228 223417	Community House, Brookside	Babies
Wednesday 17	1:00pm – 2:00pm	<b>Rhyme Time</b> Suzanne 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
	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 18	1:30pm-3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Helen 01228 223417	Morton Community Centre – Morton Manor, Wigton Road	Babies
	1:30pm-2:30pm	<b>Let's get...Playing</b> Carolyn 01228 223417.	St Lukes Church Hall, Morton	0 - 5
	5:00pm-6:30pm	<b>Thursday Club</b> for children with additional needs. Anne 01228 227196	The Sands Centre, Newmarket Road	4 - 10