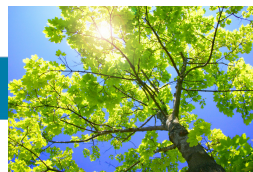


# Carlisle West A Sure Start Children's Centre Morton & Newtown

Newsletter | FREE activities this SUMMER



Big Toddle,  
Big Fun!  
Believe in  
children  
Barnardo's

## SUMMER HOLIDAY ACTIVITIES...

### Busy Babies



#### For babies aged 0 – 1 years

Come along and experience and explore messy activities, sensory play and singing with your little ones. You may want to bring a change of clothes as this session involves Messy Play. Children must be accompanied by an adult to this event.



### Let's Get Playing

#### For children aged 0 – 5 years

Fun, free themed play sessions for you and your little ones, growing and learning through play. For children aged 0- 5 with older siblings welcome! Exciting themes this summer include Mud Kitchen, Junk play, Building, Painting, Camping & Lets Bring Teddy. Children must be accompanied by an adult to this event.

### 5-8 Years Fun & Games

#### For children aged 5 – 8 years

A range of fun and games for children aged 5 – 8 years and their families. Children must be accompanied by an adult to this event.

### 8-13 Summer Games

#### For children aged 8 – 13 years

A range of fun and games for children aged 8 – 13 years and their families. Any children over the age of 8 years old & have joined our 8 and over Young Person's membership scheme, are able to come without parents. If you would like to join the scheme, please call into our Newtown Children's Centre on Shadygrove Road.



## SUMMER HOLIDAY ACTIVITIES...

### Let's Get DAFT!

#### For children aged 0 – 13 years

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

### Barnardo's Big Toddle

#### For all the family

The Barnardo's Big Toddle is the UK's biggest pre-school charity event for the whole family. It's a **short sponsored walk for toddlers** that raises money for Barnardo's vital under 5s projects.



Enjoy this year's sponsored toddle as we jet off into **OUTER SPACE!** Activities include making alien masks and space rockets, exploring the sensory tent and enjoying rhymes before toddling around Chances Park. Call Kim on 01228 223417 to register for a sponsor pack and for more information about the event.

### National Play Day

#### Fun for all the family

As well as a celebration of **children's right to play**, Playday is a campaign that highlights the importance of play in children's lives. Enjoy this year's theme of **animals**, exploring under the sea, on the farm and in the jungle. A variety of fun activities for children aged 0 – 10 years and their families.



**6 August 2014**  
The national day for play

## Children's Centre Newsletter

Date	Time	Activity and contact information	Place	Age
Monday 21 July	1.30pm - 3.00pm	<b>Let's get...in the Mud Kitchen</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 5
Wednesday 23 July	10.00am - 11.30am	<b>A Sensory Experience</b> for children with additional needs. Anne 01228 227196	The Belah Centre, Briar Bank, Carlisle, CA3 9SR	0 - 10
	1.30pm - 3.00pm	<b>Let's get...in the Mud Kitchen</b> Christine 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
Friday 25 July	10.30pm - 11.30am	<b>Busy Babies</b> Steph 01228 223417	St Lukes Church Hall, Stonegarth	Babies
Saturday 26 July	10.30am - 12.00pm	<b>Let's Get DAFT!</b> Helen 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 13
Sunday 27 July	2.45pm - 3.45pm	<b>Big Toddler Short Breaks Swim</b> for children with additional needs. Anne 01228 227196	Morton Pools, Wigton Road	0 - 10
Monday 28 July	1.30pm - 3.00pm	<b>Let's get...Playing with Junk</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 5
Tuesday 29 July	10.30am - 11.30am	<b>Busy Babies</b> Steph 01228 223417	Morton Manor Community Centre, Wigton Road	Babies
Wednesday 30 July	1.30pm - 3.00pm	<b>Big Toddler</b> Kim 01228 223417	Carlisle West Children Centre (Morton), Wigton Road and Chances Park	Families 0 - 5
Monday 4 August	1.30pm - 3.00pm	<b>Let's get...Building</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 5
Wednesday 6 August	11.00am - 3.00pm	<b>National Play Day</b> Christine 01228 223417	Carlisle City Centre (just outside the Town Hall)	Families 0 - 10
	10.00am - 11.30am	<b>A Sensory Experience</b> for children with additional needs. Anne 01228 227196	The Belah Centre, Briar Bank, Carlisle, CA3 9SR	0 - 10
Thursday 7 August	10.30am - 11.30am	<b>Busy Babies</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
Friday 8 August	10.00am - 11.30am	<b>5 - 8's Fun and Games</b> Dave 01228 223417	Denton Holme Community Centre, Morley Street	5 - 8
Saturday 9 August	10.30am - 12.00pm	<b>Let's Get DAFT!</b> Helen 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 13
Monday 11 August	1.30pm - 3.00pm	<b>Let's get...Painting</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 5
Tuesday 12 August	10.00am - 11.30am	<b>5 - 8's Fun and Games</b> Helen 01228 223417	Yewdale Community Centre, Hutton Way	5 - 8
Wednesday 13 August	10.30am - 11.30am	<b>Busy Babies</b> Steph 01228 223417	Newtown Community School Hall, Newtown Road	Babies
	1.30pm - 3.00pm	<b>Let's get...Painting</b> Christine 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5
Thursday 14 August	2.00pm - 3.30pm	<b>8 - 13's Summer Games</b> Helen 01228 223417	Newtown Community School Hall, Newtown Road	5 - 13
Monday 18 August	1.30pm - 3.00pm	<b>Let's go...Camping</b> Christine 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 5
Tuesday 19 August	10.00am - 11.30am	<b>Let's go...Camping</b> Christine 01228 223417	Burgh Village Hall, Burgh by Sands	0 - 5
Wednesday 20 August	1.30pm - 3.00pm	<b>Let's go...Camping</b> Christine 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5

Thursday 21 August	11.00am - 1.00pm	<b>Picnic in the Park</b> for children with additional needs. Anne 01228 227196	Chances Park, Wigton Road	0 - 10
	2.00pm - 3.30pm	<b>8 – 13's Summer Games</b> Helen 01228 223417	Newtown Community School Hall, Newtown Road	5 - 13
Friday 22 August	10.00am - 11.30am	<b>Let's go...Camping</b> Christine 01228 223417	Shaddongate Community Centre, Shaddongate	0 - 5
Saturday 23 August	10.30am - 12.00pm	<b>Let's Get DAFT!</b> Helen 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	0 - 13
Wednesday 27 August	10.00am - 11.30am	<b>A Sensory Experience</b> for children with additional needs. Anne 01228 227196	The Belah Centre, Briar Bank, Carlisle, CA3 9SR	0 - 10
	1.30pm - 3.00pm	<b>Let's bring teddy!</b> Christine 01228 223417	Carlisle West Children Centre (Morton), Wigton Road	0 - 5

## The following activities will still be taking place during the summer holidays

Tuesday 22 July	10:00am – 11:30am	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Community Reach, Shadygrove Road	Babies
	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 23 July	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Thursday 24 July	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
Tuesday 27 July	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 30 July	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Tuesday 5 August	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 6 August	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Tuesday 12 August	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 13 August	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Thursday 14 August	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Denton Holme Community Centre, Morley Street	Babies
Tuesday 19 August	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 20 August	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Thursday 21 August	1:30pm- 3:00pm	<b>Stay and Play at the Healthy Child Clinic</b> Steph 01228 223417	Morton Manor Community Centre, Wigton Road	Babies
Tuesday 26 August	1.00pm - 3.00pm	<b>Parenting Support Drop In</b> Heidi 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents
Wednesday 27 August	1:00pm- 2:30pm	<b>Bumps and Babies</b> Sarah 01228 223417	Carlisle West Children Centre (Newtown), Shadygrove Road	Parents

## Further Activities for Families...

### 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!

Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 10:00am – 11:30am

Brampton Community Centre, Union Lane

Every Thursday 1:00pm – 2:00pm at

Belah Community Centre, Briar Bank

Every Friday 1:00pm – 2:30pm at

Morton Manor Community Centre, Wigton Road



A Sure Start Children's Centre

## Carlisle West Children's Centres

- **Carlisle West Children's Centre (Morton)**  
Wigton Road, Carlisle CA2 6JP



- **Carlisle West Children's Centre (Newtown)**  
19–23 Shadygrove Road, Carlisle CA2 7LD



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

### A Sensory Experience

Come and join the Children's Centre staff and explore two stimulating environments. Enjoy the calming experience of the sensory environment or try out the variety of messy activities to help your children develop through play.

**Wednesday 23<sup>rd</sup> July,**

**10.00am – 11.30am**

**The Belah Centre, Briar Bank, CA3 9SR**

### The Big Toddler Short Breaks Swim

The Big Toddler Swim will be a sponsored water challenge for children to raise money for the UK's most vulnerable under 5s. Children will be awarded with a certificate and medal at the end of the swim for their achievements.

Please see Children's Centre staff for an application pack prior to the event.

**Sunday 27<sup>th</sup> July**

**2.45pm-3.45pm**

**Morton Pools, Richard Rose Academy (Morton), Wigton Road, CA2 6LB**



### Family Swimming Sessions

Free swimming sessions 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 who are under 4 years old the ratio is 1-1 and children under 8 years old the ratio is 2 – 1.

**Sunday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> August**

**2.45pm-3.45pm**

**Morton Pools, Richard Rose Academy (Morton), Wigton Road, CA2 6LB**



### Contact us...

- Call us on **01228 223417**
- Email us at (and receive monthly updates with posters and more) [carlisle.west@barnardos.org.uk](mailto:carlisle.west@barnardos.org.uk)
- Visit our micro site @ [www.barnardos.org.uk/carlislewestcc](http://www.barnardos.org.uk/carlislewestcc)
- Like us on Facebook [www.facebook.com/carlislewestcc](https://www.facebook.com/carlislewestcc) or pop in for more information / leaflets and more!

