

# Allerdale A Sure Start Children's Centre



Free activities during July & August 2018

Free activities for  
you and your  
family!!

## Welcome to our Summer Newsletter

We are delighted to share with you our Summer newsletter and would like to welcome all the new families who have registered with Allerdale Children's Centres over the Spring, as well as our existing families. It has been great that you have been able to join us at groups and events over the last few months and we look forward to seeing you again soon.

Within our newsletter you can find lots of information about sessions and activities available in your local community over the summer holidays. Look out for our **'Summer Holiday Sessions'** that are being held across Allerdale in the coming months, along with some new sessions such as **'Mini Medics'** aimed at children aged 8-11 years and **'Let's Get Cooking'** aimed at children aged 7-12 years.

Upon registering with Allerdale Children's Centres, you will be entered into a prize draw to win a family activity voucher of your choice.

### This edition's prize winner!!

Our most recent draw took place in May and the lucky winners were Megan, Lily and Katie who chose a voucher for The Lake District Coast Aquarium, Maryport. We hope they enjoy their visit.

Our next prize draw will be taking place before our next issue is published; so if you are yet to register with us, please contact one of our Children's Centres and a member of staff will arrange to complete a registration form with you. Details of your nearest Children's Centre can be found on the back page.



**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 share any comments or feedback about what we do, please contact us using the contact details on the last page.

## Summer Sun Safety



Remember to stay safe in the sun,  
by following the above advice!



### 'Starting the Conversation'

Will you ***know*** who your child is talking to,  
or gaming with online this summer??



Whatever the age of your children, it's important to keep them safe when browsing websites, using social networking services, gaming and chatting with friends online.

Don't get alarmed by the Internet - Just keep up to date with current advice

#### **Handy hints for safe internet use:**

- Ask your children to tell you about the sites they like to visit and ask why.
- Check what is the age limits for the websites or apps they are using.
- Ask them about how they stay safe online. What tips do they have for you? Have you talked to your child about what is OK and not OK to share online?
- Ask them if they know where to go for help if they are unhappy about what they are seeing or experiencing online.
- Think about how you use the internet. What more can your family do to stay safe and have fun when using the internet together?

#### **Did you know?**

**All the apps at the top of this page are all 13+**

If you are concerned about a child or need more information, please speak to a member of staff.

#### **More information can be found on the following websites:**

- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.internetmatters.org/advice](http://www.internetmatters.org/advice)
- [www.ceop.police.uk](http://www.ceop.police.uk)
- [www.net-aware.org.uk/online/safety](http://www.net-aware.org.uk/online/safety)

## Our Summer Holiday Sessions

### Family Fun For 0-5's

Come along to our Family Fun sessions and enjoy a range of crafts and activities with your children. You can also find out more about Smile for Life and looking after your teeth and get some top tips for preparing your child for starting nursery or school in September.

Sessions are suitable for children aged up to 5 years (older siblings welcome) and will be held:

- **Friday 3<sup>rd</sup> August from 10.00 – 11.30am at Derwent Valley Children's Centre (Keswick), Trinity Way, Keswick**
- **Friday 10<sup>th</sup> August from 10.00 – 11.30am at The Oval Centre, Salterbeck, Workington**
- **Friday 17<sup>th</sup> August from 10.00 – 11.30am at North Allerdale Children's Centre (Silloth), Liddel Street, Silloth**
- **Friday 24<sup>th</sup> August from 10.00 – 11.30am at West Allerdale Children's Centre (Maryport), Ennerdale Road, Maryport**

Please contact Karen Armstrong on 01900 810869 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.

### Let's Get Active

We will be working with the Sports Centre in Workington on the following Monday afternoons: **30<sup>th</sup> July, 6<sup>th</sup> August, 13<sup>th</sup> August, and 20<sup>th</sup> August.**

We will be doing many differing activities which include canoeing, snorkelling, trampolining and archery.

Sessions are suitable for children aged 8-12 years and **booking is essential** as we have limited places available!

Please contact Lynne Douglas on 016973 23401 or Alison Cain on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.

### Let's Get Historic at the Helena Thompson Museum

Come along and have fun learning about the history of Mary Queen of Scots.....We will have lots of fun making clay 'Luck of Workington Hall' models, painting portraits and finding out all about Mary Queen of Scots visit to Workington.

Sessions are suitable for children aged 5-12 years and will be held at the Helena Thompson Museum on:



- **Thursday 2<sup>nd</sup> August 10.00am – 1.00pm**
- **Thursday 23<sup>rd</sup> August 10.00am – 1.00pm**

**Refreshments provided  
BOOKING ESSENTIAL!!!**

Please contact Lynne Douglas on 016973 23401 or Alison Cain on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.



# Our Summer Holiday Sessions

## Pop along and play together



A fun session for families with children aged 5 - 12 years (younger siblings welcome).

Come along and enjoy crafts, games and some physical activities with your children and enjoy some time together over the school holidays.

### Pop along and play sessions will be held on:

- **Tuesday 31<sup>st</sup> July and Tuesday 14<sup>th</sup> August 10.00 – 11.30am at Derwent Valley Children's Centre (Cockermouth), South Street, Cockermouth**
- **Tuesday 31<sup>st</sup> July 2.00 – 3.30pm at St Johns Church Rooms, Workington**
- **Tuesday 14<sup>th</sup> August 2.00 – 3.30pm at Keswick Methodist Church, Keswick**
- **Wednesday 1<sup>st</sup> and Wednesday 15<sup>th</sup> August 2.00 – 3.30pm at Flimby Social Club, Flimby**
- **Thursday 16<sup>th</sup> and Thursday 23<sup>rd</sup> August 2.00 – 3.30pm at North Allerdale Children's Centre (Silloth), Liddel Street, Silloth**

Please contact Lynne Douglas on 016973 23401 or Alison Cain on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.



## Let's Get Creative

Would you like to join us in getting creative in the summer holidays? If so, come along and enjoy various crafts and activities and have fun with your friends...



Sessions are suitable for children aged 5-12 years and places must be booked in advance.

### Let's Get Creative sessions will be held on:

- **Tuesday 7<sup>th</sup> and Tuesday 21<sup>st</sup> August 10.00 – 11.30am at Seaton Village Hall, Seaton**
- **Tuesday 7<sup>th</sup> and Tuesday 21<sup>st</sup> August 2.00 – 3.30pm at North Allerdale Children's Centre (Wigton), 10-12 Wampool Place, Wigton**
- **Wednesday 8<sup>th</sup> and 22<sup>nd</sup> August 2.00 – 3.30pm at West Allerdale Children's Centre (Maryport), Ennerdale Road, Maryport**
- **Thursday 9<sup>th</sup> August 2.00 – 3.30pm at St Marys Church Rooms, Mossbay, Workington**

Please contact Lynne Douglas on 016973 23401 or Alison Cain on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.



# Our Summer Holiday Sessions

## Mini Medics

This is a very basic introduction to First Aid for children aged 8-11 years old, but can suit children of any age.



The course is kept at a basic level with no use of confusing medical terms and will show complete respect for the child's ability, making it educational and practical, whilst instilling the importance of helping someone who is poorly or injured.

**Mini Medics sessions will be held on:**

- **Monday 30<sup>th</sup> July 1.00 – 3.00pm at Workington Children's Centre, The Minto Centre, Workington**
- **Monday 6<sup>th</sup> August 1.00 – 3.00pm at West Allerdale Children's Centre (Maryport), Ennerdale Road, Maryport**
- **Monday 13<sup>th</sup> August 1.00 – 3.00pm at Derwent Valley Children's Centre (Keswick), Trinity Way, Keswick**

Please contact Laura Latham on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.



## Let's Get Cooking

"Let's Get Cooking" is a practical cookery programme for children aged 7-12 years old. Why not come along to see what top tips you can pick up and enjoy cooking with your friends?



**Let's Get Cooking sessions are being held on:**

- **Thursday 2<sup>nd</sup> August 10.00 – 12.00 noon and 2.00 – 4.00pm at Workington Children's Centre, The Minto Centre, Workington**
- **Thursday 9<sup>th</sup> August 10.00 – 12.00 noon at Derwent Valley Children's Centre (Keswick), Trinity Way, Keswick**
- **Thursday 16<sup>th</sup> August 10.00 – 12.00 noon at West Allerdale Children's Centre (Maryport), Ennerdale Road, Maryport**

Please contact Kimberley Broatch on 01900 604822 for further information or email [carol.carman@barnardos.org.uk](mailto:carol.carman@barnardos.org.uk) to book your place.



## For Parents/Carers

### Parenting Nurturing Programme

#### What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so you have a calmer, happier family life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel. Partners are welcome to attend and it's also fine if you want to come along on your own or with a relative or a friend.

#### What does it cover?

**Over the 11-week Programme, you will look at lots of different topics including:**

- **Understanding why children behave as they do.**
- **Recognising the feelings behind behaviour (ours and theirs).**
- **Exploring different approaches to discipline.**
- **Finding ways to develop co-operation and self-discipline in children.**
- **The importance of looking after ourselves.**

#### The Family Links Nurturing programmes will start on:

- Monday 11<sup>th</sup> June – 20<sup>th</sup> August from 1.00 – 3.00pm at Workington Children's Centre, The Minto Centre, Workington.
- Thursday 27<sup>th</sup> September – 13<sup>th</sup> December (term time only) from 6.00 – 8.00pm at Derwent Valley Children's Centre (Cockermouth), 2 The Dairy, South Street, Cockermouth.

**For more information or to book your place  
please contact Alison Cain on 01900 604822.**



## For Parents/Carers

### Moving On!

The Domestic Abuse Recovery Toolkit is a 12 week programme for women who have experienced and are recovering from domestic abuse.



If you are interested in this course please contact Dem Tremelling on 017687 75048 or 01900 604822

### Moving On Up!

We are offering a 1:1 intervention for children who may have witnessed or experienced domestic abuse historically within the home, who need some support in order to help them come to terms with their past experiences, who are now ready for recovery.

The work aims to be fun whilst still helping children and young people build resilience, develop positive lifestyles and equip them with beneficial coping strategies for dealing with their emotions, so each child can 'move on up' in a confident way.

Please contact Dem Tremelling on 017687 75048 or 01900 604822 for further details or to book a place on this course.



### Family Support

Our Family Support team offers families, who are facing challenges, early help and support in their own homes.



For more information on the support we could offer you please contact:

Sarah Moss-Luffrum on 016973 23401 or Dem Tremelling 017687 75048 or 01900 604822.



### 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 or Carers Adviser Mandy Marsden on 01900 608817 or Carol Cremins on 01900 608924.

## Services for Parents with Babies

### Clinic and Play

Cumbria Partnership   
NHS Foundation Trust

#### A drop-in Child Health Clinic

Come along and get your child weighed, speak to a Child Health Practitioner and let your child have a play in our purpose built Children's Centre whilst you wait.

**Clinic and Play – Aspatria** will be on the second Tuesday in the month at Aspatria Children's Centre from 1.30 – 3.00pm.

**Clinic and Play – Cockermouth** will be on the second and fourth Wednesday in the month at Derwent Valley Children's Centre (Cockermouth) from 9.30 – 11.00am. (Health Visitor in attendance on the fourth session in the month)

**Clinic and Play – Keswick** will be on the second and fourth Monday in the month at Derwent Valley Children's Centre (Keswick) from 9.30 – 11.30am. (Health Visitor in attendance on the second session in the month)

**Clinic and Play – Maryport** will be on the third Monday in the month at West Allerdale Children's Centre (Maryport) from 1.00 – 2.30pm.

**Clinic and Play – Silloth** will be on second Thursday in the month at North Allerdale Children's Centre (Silloth) from 1.00 – 3.00pm.



## babycafé

- Pregnant and interested in breastfeeding?
- Need answers to breastfeeding questions?
- Already breastfeeding and want to meet other mums?

You are invited to:

**Workington Baby Café On Fridays from 1.00 – 3.00pm at the 'Minto Centre', Workington.**

**Facilitator: Ann-Marie Steel, 07900 904054**

Baby Café is a drop-in session providing breastfeeding information, education and support for antenatal and postnatal mums and their families. Relax and join us for refreshments, support and information.

[www.thebabycafe.org](http://www.thebabycafe.org)

### Introducing Solids Workshop

Introducing your baby to a wide range of tastes when they start solids helps them grow up eating and enjoying healthy foods. Come along, with your baby, to our workshop to find out more (aimed at babies aged 4 months and up):-



The Introducing Solids workshops will be held on:

- **Tuesday 31<sup>st</sup> July from 10.00 – 12.00 noon at North Allerdale Children's Centre (Wigton), 10-12 Wampool Place, Wigton.**
- **Tuesday 7<sup>th</sup> August from 10.00 – 12.00 noon at West Allerdale Children's Centre (Maryport), Ennerdale Road, Maryport.**
- **Wednesday 8<sup>th</sup> August from 10.00 – 12.00 noon at Workington Children's Centre, The Minto Centre, Workington.**
- **Tuesday 14<sup>th</sup> August from 2.00 – 4.00pm at Derwent Valley Children's Centre (Cockermouth), South Street, Cockermouth**

Please contact Kimberley Broatch on 01900 604822 for further information or email [kimberley.broatch@barnardos.org.uk](mailto:kimberley.broatch@barnardos.org.uk) to book your place.



# Contact us



**North Allerdale Sure Start Children's Centre (Aspatia)**  
King Street, Aspatia, Cumbria,  
CA7 3ET.  
Tel: 016973 23401

**Workington Children's Centre**  
The Minto Centre, Nilsson Drive,  
Workington, Cumbria,  
CA14 5BD.  
Tel: 01900 66946  
Office: 01900 604822

**North Allerdale Sure Start Children's Centre (Wigton).**  
10-12 Wampool Place, Wigton, Cumbria,  
CA7 9SA.  
Tel: 016973 43870

**Derwent Valley Children's Centre**  
Trinity Way, Keswick, Cumbria,  
CA12 4HZ.  
Tel: 017687 75048

**West Allerdale Sure Start Children's Centre (Maryport).**  
Ennerdale Road, Maryport, Cumbria,  
CA15 8HN.  
Tel: 01900 810869

**Derwent Valley Children's Centre**  
2 The Dairy, South Street,  
Cockermouth, Cumbria,  
CA13 9RT.  
Tel: 01900 826782

**West Allerdale Sure Start Children's Centre (Flimby).**  
Sand Lane, Flimby, Cumbria,  
CA15 8QS.  
Tel: 01900 813644

**North Allerdale Children's Centre (Silloth)**  
Liddel Street  
Silloth, Cumbria  
CA7 4DD.  
Tel: 016973 31509

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**Distington Children's Centre**  
Derwent Vale Primary School & Nursery  
Great Clifton, Workington,  
Cumbria,  
CA14 1WA.  
Tel: 01900 66946

