

Carlisle Children's Centres Sure Start Children's Centres

August 2019

Noticeboard | FREE drop in activities for Children & Families



Activities for Children and their families

no need to book, just turn up!

Bump & Baby Social

Pregnant or have a baby under 6 months? Come along and meet other new parents / parents to be, have a friendly chat, get breastfeeding support, learn about baby's development.



Breastfeeding Support Group

A free peer support group for breastfeeding mums. Come along and receive advice and support around feeding your little one as well as general baby care.



Big Toddle

Barnardo's Big Toddle is a sponsored walk and every penny you raise can help give vulnerable children a brighter future. Join in with this year's animal themed toddle to Chances Park after enjoying some animal themed crafts and messy play.

Summer Holiday Activities

Fun, free themed play sessions for children aged 0 – 5 years and their families. Enjoy spending time with your little one whilst enjoyed different themed sessions such as Dinosaurs, Sports Day, Pirates and Under the Sea.

Activities for Children with Additional Needs

no need to book, just turn up!

Family Swimming

Come and join in with free monthly swimming sessions for children aged 10 years and under with additional needs and their immediate family. Whilst a lifeguard will be present, Children must be supervised.

Pool Ratio's:

Children under 4 year's ratio 1:1
Children under 8 year's ratio 2:1



Multi-Sensory & Soft Play

Free multi-sensory & soft play sessions for children aged 0 - 8 years with additional needs and their family regardless of their level of ability or mobility.

You and your child can share a range of playful sensory experiences that promote healthy development of the sensory systems, while having fun in the under the sea themed soft play centre.



Date	Time	Activity and contact information	Place	Age
Thursday 1 st August 2019	10.30am - 11.30am	Holiday Activity – Dinosaurs Erica 01228 586760	Petteril Bank Community Centre, Burnett Road	0 – 5 yrs
	1.30pm - 3.00pm	Child Health Clinic Richard 01228 586760	Morton Manor Community Centre, Wigton Road	Babies
Friday 2	10.00am - 11.30am	Child Health Clinic Lindsey 01228 223417	Petteril Bank Community Centre, Burnett Road	Babies
Monday 5	10.00am - 11.30am	Barnardo's Big Toddler Rachel 01228 223417	Morton Manor Community Centre, Wigton Road	0 – 5 yrs
Tuesday 6	10.00am - 11.30am	Breastfeeding Support Group Becs 01228 223417	Newtown Children's Centre, Shadygrove Road	Breastfeeding Mums
	10.45am - 11.45am	Soft Play - Children with additional needs Gemma 01228 223417	Whale of a Time Soft Play, Harraby Community Campus, Edgehill Rd	0 – 8 yrs
	1.00pm - 4.00pm	Summer Splash Rona 01228 223417	Petteril Bank Community School, Burnett Road	0 – 12 yrs
Wednesday 7	10.30am - 11.30am	Sensory Messy - Children with additional needs Gemma 01228 223417	Denton Holme Community Centre, Morley Street	0 – 8 yrs
	1.00pm - 2.30pm	Bump & Baby Social Mandy 01228 223417	Newtown Children's Centre, Shadygrove Road	Pregnant / Babies - 6m
	1.30pm - 3.00pm	Bump & Baby Social & Child Health Clinic Kate H 01228 586760	Harraby Community Campus, Edgehill Road	Pregnant / Babies - 6m
Sunday 11	1.00pm - 2.00pm	Family Swim - Children with additional needs Gemma 01228 223417	Morton Pools, Richard Rose Morton Academy, Wigton Road	0 – 10 yrs
Monday 12	1.30pm - 3.00pm	Child Health Clinic Jo 01228 223417	Newtown Children's Centre, Shadygrove Road	Babies
Tuesday 13	10.00am - 11.30am	Breastfeeding Support Group Becs 01228 223417	Newtown Children's Centre, Shadygrove Road	Breastfeeding Mums
	10.45am - 11.45am	Soft Play - Children with additional needs Gemma 01228 223417	Whale of a Time Soft Play, Harraby Community Campus, Edgehill Rd	0 – 8 yrs
Wednesday 14	1.00pm - 2.30pm	Bump & Baby Social Mandy 01228 223417	Newtown Children's Centre, Shadygrove Road	Pregnant / Babies - 6m
	1.30pm - 3.00pm	Bump & Baby Social Kate H 01228 586760	Harraby Community Campus, Edgehill Road	Pregnant / Babies - 6m
	1.30pm - 3.00pm	Child Health Clinic Jo 01228 223417	New Waterton Hall, Warwick Square	Babies
Thursday 15	10.30am - 11.30am	Holiday Activity – Sports Day Richard 01228 586760	Botcherby Community Centre, Victoria Road	0 – 5 yrs
Tuesday 20	10.00am - 11.30am	Breastfeeding Support Group Becs 01228 223417	Newtown Children's Centre, Shadygrove Road	Breastfeeding Mums
	10.45am - 11.45am	Soft Play - Children with additional needs Gemma 01228 223417	Whale of a Time Soft Play, Harraby Community Campus, Edgehill Rd	0 – 8 yrs
	1.30pm - 3.00pm	Child Health Clinic Mandy 01228 586760	Currock Community Centre, Lediard Avenue	Babies

Wednesday 21 August 2019	10.30am - 11.30am	Sensory Messy - Children with additional needs Gemma 01228 223417	Denton Holme Community Centre, Morley Street	0 – 8 yrs
	1.00pm - 2.30pm	Bump & Baby Social Mandy 01228 223417	Newtown Children's Centre, Shadygrove Road	Pregnant / Babies - 6m
	1.30pm - 3.00pm	Bump & Baby Social Kate H 01228 586760	Harraby Community Campus, Edgehill Road	Pregnant / Babies - 6m
Thursday 22	1.00pm - 4.00pm	Summer Splash Rona 01228 223417	Melbourne Park, Botcherby	0 – 12 yrs
Tuesday 27	10.00am - 11.30am	Breastfeeding Support Group Becs 01228 223417	Newtown Children's Centre, Shadygrove Road	Breastfeeding Mums
	10.45am - 11.45am	Soft Play - Children with additional needs Gemma 01228 223417	Whale of a Time Soft Play, Harraby Community Campus, Edgehill Rd	0 – 8 yrs
	1.30pm - 2.30pm	Holiday Activity – Pirates / Under the Sea Steph 01228 223417	Botcherby Community Centre, Victoria Road	0 – 5 yrs
Wednesday 28	1.00pm - 2.30pm	Bump & Baby Social Mandy 01228 223417	Newtown Children's Centre, Shadygrove Road	Pregnant / Babies - 6m
	1.30pm - 3.00pm	Bump & Baby Social Kate H 01228 586760	Harraby Community Campus, Edgehill Road	Pregnant / Babies - 6m
Friday 30	10.30am - 11.30am	Holiday Activity – Pirates / Under the Sea Steph 01228 223417	Newtown Children's Centre, Shadygrove Road	0 – 5 yrs

Sensory Rooms

Our Sensory Rooms are a special environment to support your child's interaction, discovery and communication. The Sensory Rooms encourages stimulation of the senses – sight, sound, touch and smell.

The sensory room is available for children 0 - 5 years living in Carlisle (0 - 8 years for children with special needs and disabilities). Following a brief induction, the room can be booked for a 45 minute session by parents.

**Newtown Children's Centre,
Shadygrove Road, CA2 7LD**



**Harraby Community Campus,
Edgehill Road, CA1 3SN**

How to book an induction or slot?

Before you can book a slot, you will need an induction for each room you wish to use. The induction will take around 15 minutes.

To book an induction or a slot in one of our rooms you can either:

- ★ Phone us on 01228 401042
- ★ Pop along to Bump & Baby Social, if your little one is under 6 months old.

Contact Us

Getting in touch

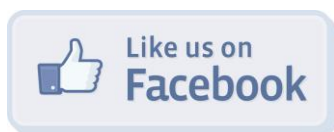
There are many ways you can get in touch with us to find out what is available for you and your family in your local area.

Phone us on: 01228 223417 or 01228 593810

Email us and be added to our mailing list: carlisle.urban@barnardos.org.uk

Website: www.barnardos.org.uk/carlisleurbancc

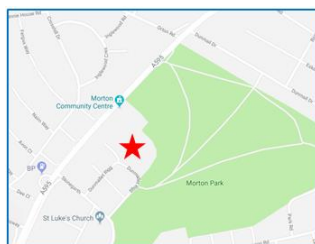
Facebook: www.facebook.com/CarlisleUrbanCC or search 'Carlisle Urban Children's Centres'



Children's Centres: We have 5 centres across the Carlisle Urban area.

We cover Morton, Yewdale, Burgh-by-sands, Dalston, Belle Vue, Denton Holme, Castle, Raffles, Currock, Upperby, Petteril Bank, St Aidans, Harraby, Greystone and Botcherby.

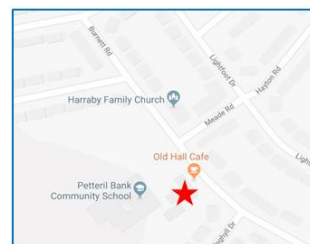
These centres are manned centres



**Morton
Children's Centre**
Wigton Road, CA2 6JP

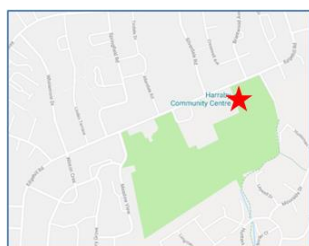


**Newtown
Children's Centre**
Shadygrove Road, CA2 7LD

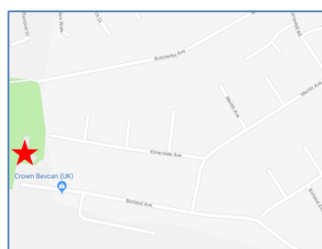


**Petteril Bank
Community Centre**
Burnett Road, CA1 3BX

These centres are not always manned



**Harraby
Community Campus**
Edgehill Road, CA1 3SN



**Botcherby
Children's Centre**
Ennerdale Avenue, CA1 2TS



For information on activities taking place in or near either Stanwix, Belah, Longtown or Brampton, please get in touch with Carlisle Rural Children's Centre on 01228 791775 or search 'Carlisle Rural Children's Centre' on Facebook.