

Free activities from July – September 2019



Welcome to our Summer Newsletter

Within our newsletter, you can find lots of **information** about **great sessions** and **activities** available in your **local community** as well as a **variety of courses** for **parents and children**.

Summer Holidays are here and we have some fun holiday activities for children aged 0 – 5 years, as well as some groups for older children.



Camping / Holidays

Tuesday 23rd July 2019

1.30pm – 2.30pm

Harraby Community Campus,
Edgehill Road, CA1 3SN

Friday 26th July 2019

10.30am – 11.30am

Botcherby Community Centre,
Victoria Road, CA1 2UE

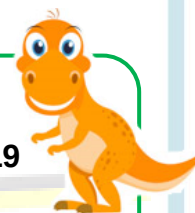


Dinosaurs

Thursday 1st August 2019

10.30am – 11.30am

Petteril Bank Community Hall,
Burnett Road, CA1 3BX



Pirates / Under the Sea

Tuesday 27th August 2019

1.30pm – 2.30pm

Botcherby Community Centre,
Victoria Road, CA1 2UE

Friday 30th August 2019

10.30am – 11.30am

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



For information on our play sessions starting back in September,
please see inside this Newsletter

For Children & Families

Bumps & Baby Social

Are you pregnant or have a baby under the age of 6 months old? Come along and meet new parents / parents to be, have a friendly chat, get breastfeeding support and learn about baby's development. **No need to book just drop-in.**

Wednesday - Newtown Children's Centre

Every Wednesday at Newtown Children's Centre on Shadygrove Road, CA2 7LD from 1.00pm to 2.30pm. This session takes place every week through term time and school holidays.

Wednesday - Harraby Community Campus

Every Wednesday at Harraby Community Campus on Edgehill Road, CA1 3SN from 1.30pm to 3.00pm. This session takes place every week through term time and school holidays.

Bookstart

Come along for fun and learning with your toddler, aged 2 – 4 years, and take away some free resources to enjoy at home. Siblings are also welcome.

The Bookstart group will look at:

- ✓ Helping your child's speech
- ✓ Exploring and making things together
- ✓ Sharing books and stories
- ✓ Enjoying rhymes
- ✓ FREE books to take home

Taking place over the Summer Holidays:

**Monday – Petteril Bank Community Hall,
Burnett Road, CA1 3BX**

Starting Monday 29th July 2019, 10.30am – 11.30am for 4 weeks

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

Starting Friday 2nd August 2019, 10.30am – 11.30am for 4 weeks

If you would like more information on our Bookstart group or would like to book a place for you and your family, please contact the Children's Centre on 01228 223417 / 01228 593810.



Bookstart
Est. 1992 by BOOKTRUST

For information of what we have going on in September, please keep your eye out for our September Noticeboard and posters. These can be found in our centres, sessions and Facebook.

Multi-Sensory Rooms

A special environment to support your child's interaction, discovery and communication. 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 additional needs or disabilities). Following a brief induction, the room can be booked for a FREE 45 minute session.

Sensory Rooms are available at:

- **Newtown Children's Centre, Shadygrove Road, CA2 7LD**
- **Harraby Community Campus, Edgehill Road, CA1 3SN**

For information on the latest Sensory Room opening hours and availability, please contact the Children's Centre on 01228 401042.



For Children with Additional Needs

For more information on these sessions, please contact the Children's Centre on 01228 586760



Family Swimming

Free monthly swimming sessions for children aged 10 years and under with additional needs or disabilities and their immediate family.

Whilst a lifeguard will be present at each session, children must be supervised. For children aged 0 – 4 years, the ratio is 1 child to 1 adult and for children aged 5 – 8 years, the ratio is 2 children to 1 adult.

It will take place at Morton Pools, Richard Rose Morton Academy, Wigton Road, CA2 6LB.

Monthly - Sunday, 1.00pm – 2.00pm

Sunday 7th July 2019

Sunday 11th August 2019

Sunday 1st September 2019



Multi-Sensory & Soft Play

A free multi-sensory & soft play session for children with additional needs and their family. Suitable for children aged 0 – 8 years regardless of their level of ability or mobility.

You & 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.

It will take place at Whale of a Time Soft Play, Harraby Community Campus, Edgehill Road, CA1 3SN.

Weekly - Tuesday, 10.45am – 11.45am

Starting: Tuesday 2nd July 2019

For more information on these sessions, please contact Gemma on 01228 223417 or 01228 586760.

Bookable Groups for Children

Happy To Be Me

Happy To Be Me is an 5 week programme for children aged 5 – 8 years. It is specifically designed to help children build and maintain their self-esteem and confidence. They will make new friends including COG (a friendly puppet) and along with a trained facilitator the group will help children feel good about who they are by using:

- ✓ Stories
- ✓ Games
- ✓ Exercises
- ✓ Songs
- ✓ and most of all lots of FUN!

The participants will be given some programme items for them to keep and bring home. Once again these items will be free of charge, and will act as powerful reminders of the new 'skills' they have been introduced to.

The next group is due to start on:

Friday 26th July – 30th August 2019

11.00am - 1.00pm

Venue to be confirmed.

Places must be booked for this group.

For more information or to book a place in this group, please contact the Children's Centre on 01228 223417 / 01228 593810.



R & R Group

Our R&R groups are 8 weekly sessions full of fun, for children aged 9 to 12 years. The group is aimed at benefitting from developing their:

- ✓ Self-confidence
- ✓ Self-esteem
- ✓ Personal Safety
- ✓ Positive Relationships
- ✓ Resilience
- ✓ and Making Friends

The next group is due to start on:

Tuesday 30th July – 27th August 2019

1.30pm - 3.30pm

Venue to be confirmed.

Please note: all children must be brought to the group and collected from the group by an adult.

Places must be booked for this group.

For more information or to book a place in this group, please contact Children's Centre on 01228 593810 or 01228223417



For Parent/Carers

Baby Massage

In this 5 week course, you will learn various techniques and the benefits to Baby Massage including:

- Helps to relieve colic, teething, constipation and wind
- Helps to support co-ordination, respiration, digestion, learning ability and language development
- Helps to support and strengthen the bond between parent and child
- Relaxes both parent and child

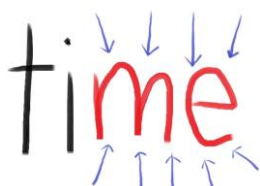
Limited places are available and these must be booked in advance. For more information on the next course including dates, times and venues, please contact Children's Centre a ring on 01228 223417.



Time 4 Me

This 6 week programme will offer an opportunity to take a look at your life and make the changes you want to make! These courses will enable you to:

- Take some time for yourself and have a break
- Learn to cope with some of the challenges of being a parent
- Try our relaxation techniques
- Improve assertiveness, confidence and self esteem



Places must be booked for this group.

For more information or to book a place, please contact Emma on 01228 593810 or 07834106301.

Starting Solids

Helping parents provide the best start for babies and children.



Would you like to:

- Feel more confident about weaning?
- Take your baby on a taste journey?
- Provide a well-balanced healthy diet?

If so, we have a course that could support you with this. These are one-off workshops, which looks at setting you and your little one off with their weaning onto solid foods.

Places must be booked for this group.

For more information or to enquire about the dates of the next group, please contact Carolyn on 01228 223417 or 07825436110.

My Life

A free 5 week course to help you look at your life and make positive changes. This group will support parent's confidence building through;

- Engaging discussions – talking through things
- Decision making and being assertive
- Gain confidence and explore emotional intelligence
- Learn ways to cope with stress
- Feel better about your life and relationships



Limited places are available and these must be booked in advance. For more information on the next course including dates, times and venues, please contact Children's Centre a ring on 01228 223417.



Family Links Nurture Programmes

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.

Welcome to the World

A free 9 week programme for expectant parents, ideally who are 20 weeks or more into their pregnancy. Dads / Birth Partners are welcome and it does not have to be your first pregnancy.



What does it cover?

The course includes:

- Opportunity to feel listened to and supported
- Celebrating the birth of baby
- Making family life easier with a new baby
- Understanding the importance of bonding and attachment
- Exploring feelings and how we communicate

Limited places are available and these must be booked in advance. For more information on the next course including dates, times and venues, please contact Children's Centre a ring on 01228 223417.

The Nurture Programme

A free 10 week programme for parents / carers of children aged 5 - 12 years.

What does it cover?

Each programme will cover topics such as:

- Understanding why children behave as they do
- Recognising feelings behind behaviour
- Exploring different approaches to discipline
- The important of looking after ourselves

The next groups are due to start:

Tuesday 17th September 2019,

1.00pm – 3.00pm

Wednesday 18th September 2019,

1.00pm – 3.00pm

Venues to be confirmed

Limited places are available and these must be booked in advance. For more information or to book a place, please contact Amy on 01228 593810 or 07876146304.

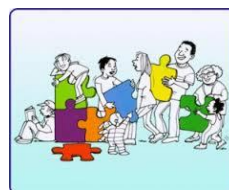
Parenting Programme

A free weekly programme for parents / carers of children aged 0 - 4 years. Come along and find out top tips and practical ideas.

What does it cover?

Each programme will cover topics such as:

- Boundaries and Routines
- Brain Development & Understanding Emotions
- Avoiding and Managing Tantrums
- Learning and Developing through Play



Limited places are available and these must be booked in advance. For more information on the next course including dates, times and venues, please contact Children's Centre a ring on 01228 223417.

Family Decider Skills

A 6 week programme for families, suitable for children aged from 4 years.

What does it cover?

- Learn to recognise 'The Fizz' – a physical sign of difficult emotions felt in the body
- Help your children identify difficult feelings
- Practise new skills to deal with them
- Enjoy a calmer home life
- Improve family relationships

The next groups are due to start:

Wednesday 31st July 2019, 1.00pm – 3.00pm

Thursday 1st August 2019, 1.00pm – 3.00pm

Tuesday 10th September 2019, 3.30pm – 5.30pm

Venues to be confirmed

Limited places are available and these must be booked in advance. For more information or to book a place, please contact Dawn on 01228 223417 or 07876216676.





Domestic Abuse Recovery Toolkit



For adults and children, who witnessed or experienced domestic abuse/ violence and are in a safe position to take part in a group

Adults

The Domestic Abuse Recovery Toolkit is a 12 week programme for women, who have experienced / recovering from domestic abuse and are in a safe position to take part in a group.

The session will cover:

- Coping with consequences of abuse
- Boundaries and trust
- Healthy relationships
- Developing your relationship with your child

Limited places are available and these must be booked in advance. For more information or to book a place, please contact Amy on 01228 593810.

Children & Young People

The Recovery Toolkit is for children and young people is for children aged 8 to 12 years. Their parent/carer must have already taken part in a Recovery Toolkit or taking part in the Recovery Toolkit running at the same time.

The overall aims of the group are to help children and young people come to terms with their experiences and to develop positive lifestyle and coping strategies.

Limited places are available and these must be booked in advance. For more information, or to book a place on the next course, please contact Children's Centre on 01228 223417.

Supporting Parent/Carers & Families

Breastfeeding Support Group

Are you breastfeeding and need some support or simply like to meet other breastfeeding mums? Are you currently pregnant and considering breastfeeding when your little one arrives?

Our Breastfeeding Support Groups are a peer support group, which can provide you with advice and support for feeding your little one as well as general baby care. There is no age limit and siblings are also welcome too.

Breastfeeding Support Groups run on:

Tuesday – Newtown Children's Centre

Every Tuesday morning, 10.00am to 11.30am, Newtown Children's Centre, Shadygrove Road, CA2 7LD.

Thursday – Belah Community Centre

Every Thursday morning, 1.00pm to 2.30pm, Belah Community Centre, Briar Bank, CA3 9SR.

For more information, please contact Becs on 07714778847.

Portage

Portage is a home visiting Educational service for pre-school children with additional support needs and their families.



The aim of Portage is to support the development of:

- Young children's play
- Communication
- Relationships
- Full participation of day to day life within the family
- Inclusion in the wider community
- Help parents to be confident in their role whatever their child's needs may be.

For more information on the Portage Service or to find out how to receive Portage support, please contact Carolyn on 01228 223417.

Supporting Parent/Carers & Families

Children & Young People's Forum

This is an exciting opportunity for children aged 8 - 12 years to get together and take part in:

- Planning projects
- Improving your community
- Having your voice heard
- Finding new interests
- Learning new skills
- Making new friends
- Having fun



For more information, please contact Dawn on 01228 401042 / 07876216676 or email dawn.gosling@barnardos.org.uk.

ESOL

The classes run during school term time only:

Every Friday, 9.30am – 11.00am

Classes are available at:

Brook Street School, Edward Street, CA1 2JB or
Cornerstone Café, Denton Street, CA2 5EH

For more information, please contact Emma on 01228 593810 or 07834106301.

CSE (Child Sexual Exploitation)

'Starting the Conversation'

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.



What is sexting?:

- When someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages. Check the age limits for the websites or apps they are using.
- They can be sent using mobiles, tablets, smartphones, laptops - any device that allows you to share media and messages.

More information can be found on the following websites;

www.thinkuknow.co.uk www.ceop.police.uk

www.internetmatters.org/advice

www.net-aware.org.uk/online/safety

Volunteers

Could 2019 be the year you make a difference to a child and family's life in Carlisle? If so, Barnardo's have some great volunteering opportunities in your community.

We are looking for volunteers, who are hard-working and have a passion for family support. Are you:

- Interested in Family Support
- Friendly and encouraging
- Works well independently and in a team
- Can commit to a minimum of 3 hours a week
- A good communicator
- Enthusiastic
- 18 years or older



For more information, please contact

Jacquie on 07768504966 or give us an email on

Jacquie.baccar@barnardos.org.uk.

Alternatively, take a look on our website, www.barnardos.org.uk/volunteering

CAPO

Children Affected by Parental Offending

In every community there are families affected by having a parent or family member in prison or the criminal justice system. Currently, **200,000** children per year are affected across England and Wales.

As a champion, we can support your family with;

- Cost and practical problems of visiting a loved one in prison
- Family relationships and stress
- Children's upset and behaviour
- Isolation

For more information please contact the Children's Centre on 01228 223417 / 01228 593810.

Other local activities

Child Health Clinic

A drop-in Child Health Clinic

Come along to see a Health Visitor, meet new parents and learn about your babies development. For individual dates, please take a look at our monthly noticeboard.



Monday - Newtown Children's Centre will be on the 2nd Monday of the month, 2.00pm – 3.30pm at Community Reach on Shadygrove Road, CA2 7LD (just opposite Newtown Children's Centre).

Tuesday - Currock will be on the 3rd Tuesday of the month, 1.30pm to 3.00pm at Currock Community Centre on Lediard Avenue, CA2 4BS.

Wednesday - Harraby will be on the 1st Wednesday of the month, 1.30pm to 3.00pm at Harraby Community Campus on Edgehill Road, CA1 3SN. This session will run alongside Bump & Baby Social.

Wednesday – New Waterton Hall will be on the 2nd Wednesday of the month, 1.30pm to 3.00pm at New Waterton Hall, Warwick Square, CA1 1NG.

Thursday - Morton will be on the 1st Thursday of the month, 1.30pm to 3.00pm at Morton Manor Community Centre on Wigton Road, CA2 6JP.

Friday - Patteril Bank will be on the 1st Friday of the month, 10.00am – 11.30am at Patteril Bank Community Centre on Burnett Road, CA1 3BX.

Dads & Male Carers

Dads, Step-dads, Grandads, Foster Dads, Adoptive Fathers

- **Dads / Male carers** can **bond** best with their child **through play**
- Dads can promote their **child's learning and social development** through **all kinds of play**
- These interactions teach children how to **regulate their feelings and behaviour**
- **Dads / Male carers play** can be lively and energetic, children enjoy this play because it is **special and meaningful experience with their Dad / Male carer**

Did you know all of our sessions provide a space and activities to have fun and bond with your child/ren as well as meet other Dads and Male Carers?

We need your help!

We are looking to make a 'Dads Forum' to make our Children's Centres more Male-friendly.



Please keep an eye for information on our very first Summer event coming soon!

Contact Us

Getting in touch

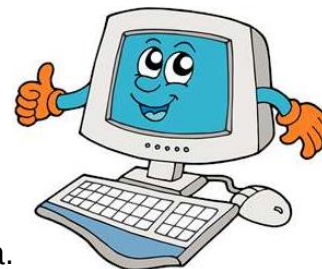
There are many ways you can get in touch with us to find out what is available for you and your family in your local area.

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

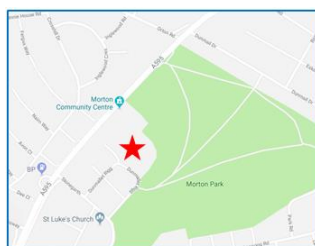
Facebook: www.facebook.com/CarlisleUrbanCC or search 'Carlisle Urban Children's Centres'



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.

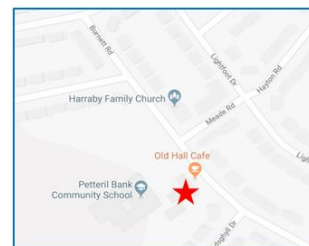
These centres are manned centres



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

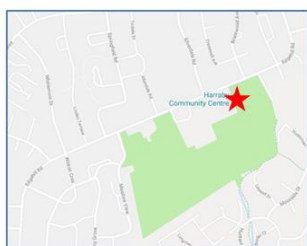


**Newtown
Children's Centre**
Shadygrove Road, CA2 7LD

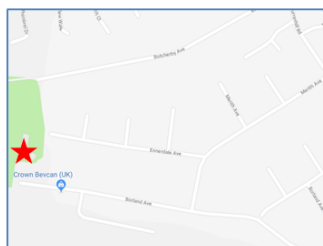


**Petteril Bank
Community Centre**
Burnett Road, CA1 3BX

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.