

Barnardo's South Lakeland A Sure Start Children's Centre

Happy
New Year!

Newsletter: January – March 2019

Free, fun activities for all the family!

Please note that due to staffing and space, **BOOKING IS ESSENTIAL** for most of our courses and activities.

Bookstart

Milnthorpe Children's Centre
Monday 7th January – 11th February
10:30- 12:00noon

Windermere Library
Thursday 28th February – 4th April
10:00- 11:30 am

A six-week programme for children aged 1–3 years. Come along and join in fun activities developing language and communication skills through a love of stories, songs, books and rhymes.

Each week you will receive a **FREE GIFT** so you can continue to develop these skills at home with the ideas and tips provided in each session. Special resources are available for children with additional needs.

Info/booking: Contact Kendal West Centre on (01539) 734456



Inbetweensies

Ulverston Children's Centre
Tuesday 8th January – 12th February
10:30-12:30pm

Kendal West Children's Centre
Tuesday 26th February – 2nd April
10-12noon

Supporting your child's brain development.
Open for children aged 6 months – 13 months.
"Your child's body grows when you give them good food. Your child's brain grows when you do five simple things..."

Come and discover all about 'Five to Thrive' and the simple things you can do, to help your child's brain development, in a relaxed play environment.

Info/booking: Contact Kendal West Centre on (01539) 734456



Safety Fun

Kendal West Children's Centre
Monday 18th February
10:30- 12noon

Come and see the Police car and fire engine, learn first aid and resuscitation get a certificate from the police on the green cross code and lots of fun craft and play activities.

Free for all families with children from birth to 11 years.

Children must come with an adult.

Child Health Clinics and Play



A drop-in Child Health Clinic

Get your child weighed, speak to a Child Health Practitioner and let your child play for a while. (Play sessions term time only)

Clinic and Play – Windermere

Clinic and Play:
2nd & 4th Mondays, 10.00am–11.30am
Windermere Library, Broad Street, Windermere

Clinic and Play – Kendal

Fortnightly on Tuesdays, 10.00–12.00noon
(Change of venue starting 8th January)
Sandyland Methodist Church, LA9 6EU

Clinic and Play – Milnthorpe

1st & 3rd Tuesdays, 9.30–11.30am
Milnthorpe Community Room, Firs Road

Clinic and Play – Ambleside

3rd Thursdays, 10.00–11.00pm
Ambleside Library, Kelsick Road, Ambleside

Clinic – Ulverston

Each Tuesday, 9.30–11.30am
Ulverston Health Centre, Stanley Street, Ulverston

Clinic and Play – Flookburgh

3rd Wednesday, 1.00–3.00pm
Flookburgh Children's Centre, Winder lane, Flookburgh

Note: clinics continue to be held during school holidays, but play sessions are term time only.

Baby Explorers

Kendal West Children's Centre
Monday 7th January - 11th February 2018,
10:00 - 11:30am

Ulverston Children's Centre
Wednesday 27th February - 3rd April
10:30 - 12 noon



Come and enjoy exploring sensory and messy play. For children aged 0–1 and their parents/carers.

With support for your wellbeing in a friendly and welcoming environment.

For Info/booking contact Kendal West Children's Centre on (01539) 734456

Baby Massage

Marchesi Centre, Windermere
Wednesday 9th January – 20th February
10.00–11.30

Kendal West Children's Centre
Thursdays 28th February – 11th April
10.00–11.30

Come and join us, meet other parents and babies, learn Baby Massage and find out about baby development, First Aid, Weaning and your own wellbeing.



For Info/booking contact Kendal West Children's Centre on (01539) 734456



Kendal West Children's Centre
Tuesday 12th March
6-7:30pm

Ulverston Children's centre
Tuesday 19th February
10-11.30pm

A FREE 90 minute course for adults that covers choking, resuscitation and using a Defibrillator with Cumbria Fire and Rescue

Let's Get Cooking

Kendal West Children's Centre
Thursday 17th January - 14th February
10:00–12noon

Come along for free toddler cooking sessions for children over 2 years and their parents/carers. Make your lunch together and learn how you can create healthy family meals on a budget.



For Info/booking contact Kendal West Children's Centre on (01539) 734456

'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.

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

What is sexting?

Sexting is when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages.

They can be sent using mobiles, tablets, smartphones, laptops - any device that allows you to share media and messages.

What the law says



Sexting can be seen as harmless, but creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:

- Take an explicit photo or video of themselves or a friend.
- Share an explicit image or video of a child, even if it's shared between children of the same age.
- Possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created.

Sending a photo or message is easy but we need to remember the sender will then have no control about how it's passed on. When images are stored or shared online they become public. Children and adults may think that images and videos only last a few seconds on social media but they can be saved or copied by others including people you or your child don't know.

Children may think 'sexting' is harmless but it can leave them vulnerable to:

- **Abuse.** Sexual images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.
- **Blackmail.** An offender may threaten to share the pictures with the child's family and friends unless the child sends money or more images.
- **Bullying.** If images are shared with their peers or in school, the child may be bullied and become socially isolated, emotionally distressed and increasingly vulnerable.

Every child and parent deserves the best chance in life

Family Links Parenting Programmes

Family

Links

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging, especially with younger children who can't tell us how they feel.

Parenting Puzzle Workshops

A FREE 5-week programme for parents/carers of children aged 0–4 years.

What does it cover?

Over the four 2-hour sessions, you will look at lots of different topics including:

- Understanding why children behave as they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- The importance of looking after ourselves



The Nurturing Programme

A FREE 10-week programme for parents/carers of children aged 4–12 years.

What does it cover?

Over the 10-week programme, you will look at lots of different topics including:

- Understanding why children behave as they do
- Recognising the feelings behind behaviours (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

Talking Teens

A FREE 5 week programme for parents/carers of children aged 10-12

What does it cover?

Over the five 2-hour sessions, you will look at lots of different topics including:

- Being the parent of a teenager
- Understanding your teenager
- Communicating
- Managing conflict
- CEOP (Child exploitation and online protection)



For further details on this course
please contact Kendal West on (01539) 734456



Sue Penna's Domestic Abuse Recovery Toolkit

Adults Recovery Toolkit

What is the Recovery Toolkit?

For men and women who have experienced domestic abuse/violence, designed to assist them in looking at ways to develop positive lifestyle coping strategies.

What does it cover?

Over the 12-week programme, you will look at lots of different topics including:

- Understanding types of abuse and their affects on ourselves and our children
- Self-esteem, coping and the consequences on our psychological wellbeing
- Anger, conflict and assertiveness skills
- Boundaries and Trust
- Losses and gains

Children's Recovery Toolkit

What is the Recovery Toolkit?

For children who have experienced domestic abuse/violence, helping our children and young people come to terms with their individual experiences and develop positive lifestyle and coping strategies.

What does it cover?

Over the 8-week programme, you will look at lots of different topics including:

- Understanding types of abuse and their affects
- Building our self esteem
- Understanding positive relationships and what they look like
- Managing difficult emotions
- Thinking ahead to the future

**For further details on this course
please contact Kendal West on (01539) 734456**

Drawing and Talking

Drawing and Talking is a safe method of 1:1 working with children to help with underlying emotional difficulties that may be affecting their learning and behaviour.

The core of the method is encouraging the children to draw with a person they feel comfortable with regularly at the same time each week, asking some non-intrusive questions about the child's drawings. This method is used as an indirect discussion tool to discuss trauma and conflict and support the child to better understand their emotions.

Over time, a symbolic resolution is found to old conflicts, old trauma is healed, and the child becomes more able to control their behaviour.

Home Base Family Support

Our Targeted Support Team offers families (Children & Parent/Carers) 1-1 support when facing a wide range of challenges. Support is tailored to meet the needs of individual families – if we are unable to provide a service (for example counselling) we support families to access other agencies

Examples of Targeted Support include

- Parenting advice
- Increasing self-esteem
- Resilience
- Early Intervention
- Multi-agency meeting support
- Home based Play Support
- Household management
- Support healthy home relationships



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 and full participation in day to day life within the family, and beyond the home, their inclusion in the wider community, and to help parents to be confident in this role whatever their child's needs may be.

Portage Home Visitors are employed by Local Authorities and Charities to support children and families within their local community.

Contact Helen on 01229 580752 or
email helen.ockelford@barnardos.org.uk



Get in touch...

If you or your family feel you need some support, please contact us at our Kendal West Children's Centre on 01539 734456.

Find us on Facebook:
**Barnardo's South
Lakeland Children's
Centres**



Local Food Banks

- Milnthorpe District Food Bank
- Windermere and District Food Bank
- Kings Food Bank, Kendal
- Ulverston Food Bank

Food banks provide 3 days of nutritionally balanced, non-perishable food to those who are in a crisis.

These will be distributed in response to referrals from professional agencies. Please speak to a member of staff if you require any assistance.

Contact us:

East South Lakeland Sure Start Children's Centre:

(ESL – Kendal East Site)

42a Grasmere Crescent,
Kendal, Cumbria
LA9 6LP
Tel: 01539 730555

(ESL – Sedbergh Site)

Settlebeck High School,
Long Lane,
Sedbergh, Cumbria
LA10 5AL

West South Lakeland Sure Start Children's Centre:

(WSL – Milnthorpe Site)

Firs Road,
Milnthorpe, Cumbria
LA7 7QF
Tel: 01539 62964

(WSL – Flookburgh Site)

Flookburgh Primary School,
Winder Lane,
Flookburgh, Cumbria
LA11 7EL

Ulverston Sure Start Children's Centre

Lund Terrace,
Ulverston, Cumbria
LA12 9BE
Tel: 01229 580752

Lakes Sure Start Children's Centre

Goodly Dale,
Lake Road,
Windermere, Cumbria
LA23 2JX
Tel: 01539 442598

Kendal West Sure Start Children's Centre:

Kendal Green,
Kendal, Cumbria LA9 5PP
Tel: 01539 734456



For email enquiries or to be added to our e-mailing list :
enquiries.southlakeland@barnardos.org.uk

All information is correct at time of going to print, but unforeseen changes may sometimes occur.