

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

Newsletter: September – December 2019

Free, fun activities for all the family!



Please note that due to staffing and space, **booking is essential** for all of our courses and activities.

Contact Kendal West to book your place **01539 734456**

Baby Massage

Ulverston Children's Centre
Wednesday 30th October – 11th December
10:00 – 11:30am

A 5-week course, plus two additional sessions on safety, weaning, etc, for first-time parents with babies aged 0–6 months. Come and meet other parents, learn baby massage techniques, and find out about your baby's development and your own wellbeing.



Rhyme Time

Kendal West Children's Centre
Friday 22nd November – 20th December
10:00-11:30am

Come and join us for 4 sessions of activities to promote rhymes and take part in our 'Rhyme Time' challenge.

Help your child to develop a love of songs and rhymes through a variety of creative play.



Let's Get Cooking

Kendal West Children's Centre
Tuesday 17th September- 15th October
10:00 – 12 noon

Free cooking sessions for pre-school aged children and their parents/carers. Make lunch together and learn how you can create healthy family meals on a budget.



Mum's and Dad's Baby Massage

Kendal West Children's Centre
Saturday 7th September – 5th October
10:00 – 11:30am

A 5-week course, for first-time parents with babies aged 0–6 months. Come and meet other parents, learn baby massage techniques, and find out about your baby's development and your own wellbeing.



Safety Fun Day

Kendal West Children's Centre
Tuesday 22nd October
10:00 – 11:30am

Come and meet the emergency services and learn how to keep safe through fun activities.





Kendal West Children's Centre
Thursday 24th October
10:00-11:30am

Kendal West Children's Centre
Tuesday 19th November
5:30-7:00pm

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

Baby Explorers

Kendal West Children's Centre
Thursday 7th November – 19th December
10:00 - 11:30am

Enjoy playing with your baby exploring sensory and messy play, with support for your wellbeing in a friendly and welcoming environment.

For babies aged 0-1 year



Sue Penna's Domestic Abuse Recovery Toolkit

The 12-week **Adults Recovery Toolkit** is designed to assist survivors of domestic abuse/ violence in looking at ways to develop positive lifestyle coping strategies.

The 8-week **Children's Recovery Toolkit** helps children and young people come to terms with their individual experiences of domestic abuse/violence and develop positive lifestyle coping strategies.

For further details or to book place on either course, please contact us on (01539) 734456

Inbetweenies

Kendal West Children's Centre
Wednesday 11th September – 16th October
10:15 - 12noon

Supporting your child's brain development. Open for children aged 6 months -15 months.

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.



Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging!

Family Links Parenting Programmes

Help parents deal with those challenges, thinking about what we do, why we do it and how it makes us feel, with a view to nurturing a calmer, happier family life.

Nurturing Programme

A free 11-week parenting course which aims to help parents/carers of children aged 4-12 years understand their child's behaviour and recognise the feelings that creates (ours and theirs), and to explore different approaches to discipline and co-operation.

Parenting Puzzle Workshop

A free 5-week course which aims to help parents and carers of children aged 0-4 years understand why children behave as they do, to explore different approaches to discipline, and to recognise the importance of looking after ourselves.

For further details or to book place on either course, please contact us on (01539) 734456

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 -
12:00pm
Sandylands Methodist Church, LA9 6EU

Clinic and Play - Milnthorpe

1st Tuesdays, 9:30 - 11:30am &
3rd Tuesday 9:30 - 10:30am
Milnthorpe Community Room, Firs
Road

Clinic and Play - Ambleside

3rd Thursdays, 10:00 - 11:00pm
Ambleside Library, Kelsick Road,
Ambleside

Clinic and Play - Ulverston

Fortnightly, 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 Friendly Initiative

The Children's Centre's throughout Cumbria are working towards achieving level one of the Unicef Baby Friendly Initiative. The award aims to support all parents to build strong and loving relationships with their baby during pregnancy and after birth. The award has a particular focus on breastfeeding, with the aim of helping parents to make informed decisions on how they feed their babies, and support them in their choices.

With the children centres working alongside the NHS services in achieving accreditation we hope to support parents who do choose to breastfeed to do so for as long as they wish, by ensuring all the support they need is available within the NHS and within community. The award hopes to change our cultural perceptions of breastfeeding so that breastfeeding is viewed more positively and welcomed in our society.

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 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

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



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