

Family Links Parenting Programmes

Welcome to the World

What is the Welcome to the World Programme?

This programme is suitable for parents from approximately 22 weeks of pregnancy. Partners are welcome to come to the sessions too but it is also fine for parents to come on their own or with another relative or friend. The sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father.

What does it cover?

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

- **Understanding your baby – a baby's brain development.**
- **Your future as parents and as a family.**
- **Your roots, traditions, hopes and fears for the future.**
- **Breastfeeding and the practical tasks of caring for a new baby.**
- **The need to nurture ourselves.**

For further information and to discuss when the next course will be running, please contact Louise Bainbridge on 01900 604822.



Family Links Parenting Programmes

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 10-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 16th September – 2nd December from 1.00 – 3.00pm at Derwent Valley Children's Centre (Cockermouth).

**Contact Kim Broatch on 01900 604822
for more information and to book your place!**

- Tuesday 24th September – 10th December from 1.00 – 3.00pm at Workington Children's Centre, The Minto Centre (Workington)

**Contact Lynne Douglas on 016973 23401
for more information and to book your place!**

- Friday 20th September – 6th December from 1.00 – 3.00pm at West Allerdale Children's Centre (Flimby)

**Contact Sarah Scott on 016973 23401
for more information and to book your place!**

Crèche places are available but must be booked in advance!



Family Links Parenting Programmes

Talking Teens: Your Guide to Understanding Teenagers

What is the Talking Teens Programme about?

Being a parent of a teenager is rewarding and exciting. However, sometimes looking after them can be tough and challenging. The Talking Teens Programme helps deal with those challenges so you and your child have a calmer, happier family life. A tried and tested programme, it offers you the opportunity to think about what we do, why we do it and how it makes us feel alongside others involved in bringing up teenagers. Partners are welcome to attend but 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 programme, you will look at different topics including:

- **Being the parent of a teenager**
- **Understanding your teenager: Responding to difficult feelings, praise and criticism**
- **Communicating: Talking and listening**
- **Managing Conflict: Choosing how to respond**



For further information and to discuss when the next course will be running, please contact Joanne Dixon on 01900 604822.



For Children & Families

Smart Start

Come along to our **fun** and **exciting** Smart Start sessions!

Smart Start sessions will enable families to have the opportunity to have fun together and enjoy physical activity and active play which will help develop their children's social, physical and creative abilities.

There will be a range of activities for families to do together which will embrace agility, balance, and coordination through fun ways for all abilities of children aged 2 – 5 years.

So come along and have lots of fun whilst being active



The Smart Start programmes will start on:

Thursday 12th September – 17th October at North Allerdale Children's Centre (Silloth), from 1.30 – 3.00pm.

For more information and to book a place please contact Emma Hetherington on 01900 604822.

Friday 13th September – 18th October 9.30 – 11.00am at Wigton Methodist Church Hall, High Street, Wigton.

For more information and to book a place please contact Freya Bullock on 016973 43870



Let's Get Together...

For Grandparents and Kinship Carers of young children



Do you look after your grandchildren or family members children? If so, drop in and see us with the young child/ren and enjoy quality play and craft activities which will enhance the children's learning and development all whilst having fun together.

Sessions are (term time only)

Wednesdays from 11th September – 11th December 1.00 – 2.30pm at West Allerdale Children's Centre (Flimby).

For more information on these sessions please contact Amy Ackerley on 01900 604822.

Let's Get Musical

Come along with your children and 'Get Musical' together singing many songs and using a variety of instruments. Through singing songs children will develop their language and speech, their balance and co-ordination will improve through exciting action songs, they will build social skills and make new friends and above all they will have fun!

Come along to this interactive session and enjoy music and songs with your children at...

North Allerdale Children's Centre (Silloth) on Thursday 31st October – 12th December 1.30 – 3.00pm.

For more information and to book a place please contact Emma Hetherington on 01900 604822.

Booking essential!

For Children & Families

Tea Time Fun

This group is for children with a disability or undergoing diagnosis. These sessions offer the opportunity for children to socialise with others of the same age. Children will enjoy play and craft activities, have fun making their own snacks and have access to outdoor play in a safe relaxed atmosphere.

Sessions are term time only and are suitable for children aged 0-8 years.

- Mondays from 9th September – 9th December 3.30 – 5.00pm at West Allerdale Children's Centre (Flimby).
Please contact Amy Ackerley on 01900 604822 for further information or to book your place.
- Tuesdays from 10th September – 10th December 3.00 – 4.30pm at the Children's Centre, Derwent Vale School (Clifton).
- Wednesdays from 11th September – 11th December 3.30 – 5.00pm at Workington Children's Centre, The Minto Centre, (Workington).
Please contact Gemma Bradburn on 01900 810869 for further information or to book your place on the either of the above sessions.
- Thursdays from 12th September – 12th December 3.30 – 5.00pm at West Allerdale Children's Centre (Maryport).
Please contact Lisa Lawson on 01900 604822 for further information or to book your place on the above session.

Booking is essential for all sessions!



Let's Get Rhyming

Rhymes benefit children as they make words for children easier to learn – especially when they are sung. Rhymes are a fun way of helping children acquire language skills and they provide children with fun opportunities to learn about turn taking, joining in with their peers and developing their concentration and listening skills.



Come along to this fun session where we will be singing rhymes, enjoying sensory experiences and making exciting craft activities at...

St Johns Church Rooms, Workington on Monday 9th September – 14th October 1.00 – 2.30pm

For more information and to book a place please contact Freya Bullock on 016973 43870.

The Oval Centre, Salterbeck, Workington on Friday 1st November – 13th December 9.30 – 11.00am.

For more information and to book a place please contact Gemma Bradburn on 01900 810869.

Booking essential!



For Children & Families

Bookstart Group

Come along and join in fun activities that will help your child develop a love of stories, songs books and rhymes. This 5 week programme will help your child's developing language and communication skills.



You can continue to develop these skills at home with the ideas and tips provided in the session.

Each week you will receive lots of FREE resources and idea's to take away to support your child's learning and development.

Friday 13th September – 18th October at The Oval Centre, Salterbeck, Workington from 9.30 – 11.00am.

For more information and to book a place please contact Gemma Bradburn on 01900 810869.

Booking essential!

Let's Get Exploring

A fun, free, term time only play session for children aged 0-5 years. Come along and enjoy spending time with your little one and help them learn and explore through exciting play opportunities.

Sessions are (term time only)

Let's Get Exploring – Flimby will be on every Tuesday from 10th September – 10th December 9.30 – 11.00am at West Allerdale Children's Centre (Flimby).

For more information or to book your place on the above session please contact Emma Hetherington on 01900 604822.

Let's Get Exploring – Wigton will be on every Tuesday from 10th September – 10th December 9.30 – 11.00am at North Allerdale Children's Centre (Wigton).

For more information or to book your place on the above sessions please contact Caroline Smith on 016973 43870.

Let's Get Exploring – Keswick will be on every Tuesday from 10th September – 10th December 1.15 – 2.45pm at Derwent Valley Children's Centre (Keswick).

For more information or to book your place on either of the above sessions please contact Susan McCallig on 01900 810869.

Let's Get Exploring – Workington will be on every Monday from 28th October – 9th December 1.00 – 2.30pm at St Johns Church Rooms, Workington.

For more information or to book your place on the above sessions please contact Freya Bullock on 016973 43870.

Booking Essential for all sessions!!!



For Children & Families

Time Together

Are you expecting a baby? Have you a child/children up to the age of 18 months? If so, come along to our Time Together session for mums, dads, grandparents and carers to enjoy having fun through play in a safe, friendly environment, whilst meeting others. There will be lots of fun activities for you to do with your baby that will support their early learning and development.

Sessions are (term time only)

Every Monday from 9th September – 9th December 9.30 – 11.00am at Workington Children's Centre, The Minto Centre (Workington).

Please contact Amy Ackerley on 01900 604822 for more information about the above session.

Pop in and Play

A fun, free, term time only play session for children aged 0-5 years delivered by Allerdale Children's Centre and St Herbert's CE Primary & Nursery School, Keswick.

Come along and enjoy spending time with your little one and help them learn, develop & explore through exciting play opportunities.

Sessions are (term time only)

Every Thursday from 12th September – 12th December 9.15 – 10.45 at St Herbert's CE Primary & Nursery School, Trinity Way, Keswick

Please contact Freya Bullock on 016973 43870 for more information about the above session.



Young Parents Time Together

Are you a young parent aged up to 21 years old? Then why not come along to our Young Parents Time Together session.

Mums, Dads, and their babies, up to the age of 18 months, can enjoy having fun through play in a safe, friendly environment, whilst meeting others. There will be lots of fun activities for you to do with your baby that will support their early learning and development.



Every Wednesday from 11th September – 11th December 1.00 – 2.30pm at Workington Children's Centre, The Minto Centre (Workington).

For more information and to book a place please contact Emma Hetherington on 01900 604822.

Every Thursday from 12th September – 12th December 1.00 – 2.30pm at West Allerdale Children's Centre (Maryport).

For more information and to book a place please contact Lisa Lawson on 01900 604822.

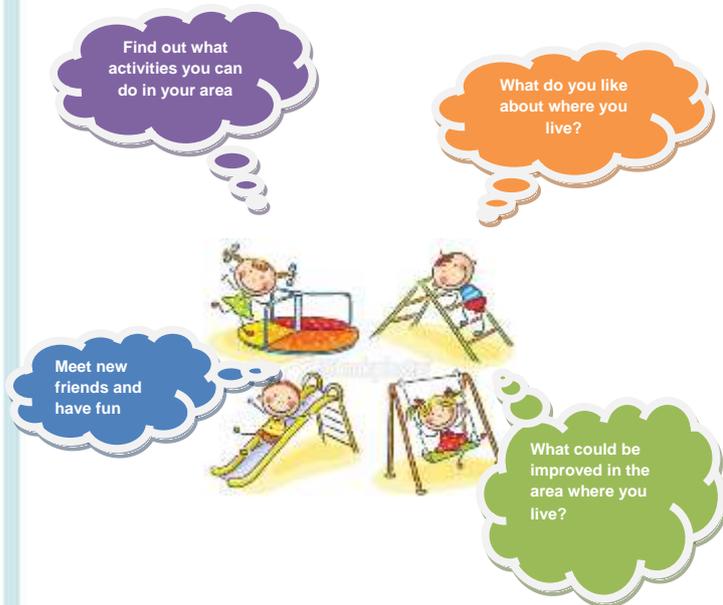
Booking Essential for all sessions!!!



For Children & Families

Children & Young Person Forum

Have Your Say.....



Would your child like to have a say about what is happening in their community and look at what could be improved?

If so and your child is aged 8 - 12 years they can join our group which meets:-

Tuesday 24th September – 10th December at Workington Children's Centre, The Minto Centre, Workington from 3.30 – 5.00pm.

Please contact Rebecca Farrell on 01900 604822 for further information and to book a place!!!!

Children's Centre Supporter Groups



The Children's Centre really value the views and opinions of all parents and carers and we use different ways to gather these from you in order to improve the services in your area...

We hold Children's Centre Supporters Groups for parents and carers to come along to and we also use Survey Monkey to send you surveys by emails to complete for us.

We will soon be planning our next survey around recruitment to services so if you would like to be included as part of this please make sure we have your updated email address

For more information please contact: Louise Bainbridge on 01900 604822.



Funded Twos

Do you want to give your child the chance to experience new activities, learn new skills and make new friends before starting school?

If so, then free childcare for two year olds is available in your area.

Please visit the Cumbria County Council website for further information and to see if your child may be eligible for their free fifteen hours per week. visit www.cumbria.gov.uk



For Parents/Carers

Kinship Carers Support Group

Kinship care is where a child or young person lives full-time or most of the time with relatives or family friends, who aren't their parents, because they are not able to live with their birth parents. We refer to this type of relative or friend as a 'Kinship Carer'. It is estimated that around half of Kinship Carers are the child or young person's Grandparents but many other relatives including aunts, uncles, older siblings as well as family friends are also in this situation and are known as a 'Kinship Carer'.



Our Kinship Carer Support Group aims to offer support, information and advice to Kinship Carers so that each Carer is better equipped to undertake the many aspects of their caring role and best meet the needs of the children in their care. One of the key benefits of the group is the opportunity to meet, discuss and learn from other Kinship Carers in a similar situation.

Kinship Carers already attending the group say they value the chance to offer each other emotional and practical support, alleviating their sense of isolation and helping them know they are not the only ones caring for another family member's children.

We meet on the 1st Thursday in every month and our next meeting will be Thursday 5th September at Workington Children's Centre, The Minto Centre (Workington) from 1.00 – 2.30pm.

There is a crèche available if you would like to bring younger children with you.

If this sounds like something you would be interested in or would like to attend and need a crèche 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 Nicola Byrne on 016973 43870

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 Nicola Byrne on 016973 43870 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: Carol Eland on 016973 43870.

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.



**Worried your partner may
have an abusive past?**



Get in touch

Contact the Police on 101

**If we can find information
that would protect you,
we will tell you**

Especially for Primary Aged Children

Super Stars

Resilience Group for children

'Superstars' is a nurturing group for children aged 8-12 years which aims to develop their own feelings of self-worth and confidence, building on their talents and skills enabling them to have an increased sense of belonging and develop aspirations for the future. The sessions look at building positive relationships with peers, improving emotional resilience and becoming more socially confident through planned fun activities after school.

Please contact Louise Bainbridge on 07717 225584 for further information.

Happy to Be Me

Happy to Be Me is a 5 week programme that takes place within local primary schools across the district. The programme has been specifically designed to help children build and maintain their own self-esteem and self-confidence.

During the five sessions, the children will make a new friend called 'Cog'. 'Cog,' just like all children, sometimes finds situations difficult and needs to identify ways of dealing with these. Cog (a puppet), along with the trained facilitator, will use stories, games, exercises, songs, and most of all lots of fun to help children feel good about who they are and what they can achieve.

The sessions above are delivered within primary schools across the local district. If your school feels that they would benefit from any of these programmes, or you would like to see these sessions being delivered in your child's school, please contact the Children's Centre in your area to discuss this further.



Let's Get Cooking & Food Hygiene



"Let's Get Cooking" is a practical cookery programme which includes a demonstration and then the opportunity for parents/carers to cook a healthy meal together to share at the end of the session. In this 4 week programme we look at balanced diets, cooking skills and food education all whilst having lots of fun together. Why not come along to see what top tips you can pick up? We also know from experience that gaining a level 2 certificate in food hygiene and food safety can support you to take those first steps into a career in catering.

Sessions are

- **Tuesday 17th September – 8th October 9.30 – 11.30am at North Allerdale Children's Centre (Silloth).**
- **Tuesday 12th November – 3rd December 9.30 – 11.30am at West Allerdale Children's Centre (Maryport).**

Crèche places are available but must be booked in advance!

Please contact Rebecca Farrell on 01900 604822 for more information and to book a place.



Services for Parents with Babies

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).

For further information and to discuss when the next session will be running, please contact Kimberley Broatch on 01900 604822.



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

Clinic and Play

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 of the month at Aspatria Children's Centre from 1.00 – 3.00pm. **For more information please contact Angela Thurlow on 016973 23401**

Clinic and Play – Cockermouth will be on the fourth Wednesday of the month at Derwent Valley Children's Centre (Cockermouth) from 9.30 – 11.30am. **For more information please contact Caroline Smith on 016973 43870**

Clinic and Play – Keswick will be on the second Monday of the month at Derwent Valley Children's Centre (Keswick) from 9.30 – 11.30am. **For more information please contact Freya Bullock on 016973 43870**

Clinic and Play – Maryport will be on the third Monday of the month at West Allerdale Children's Centre (Maryport) from 1.00 – 2.30pm. **For more information please contact Amy Ackerley on 01900 604822**

Clinic and Play – Silloth will be on the second Thursday of the month at North Allerdale Children's Centre (Silloth) from 1.00 – 3.00pm. **For more information please contact Emma Hetherington on 01900 604822**



Services with Partners and by Partners

First Aid

Nobody likes to think of their child being in an emergency situation, but learning first aid will give you the confidence to be able to help should you need to.



This course will guide you through exactly what you need to know when dealing with emergency situations. It covers a range of childhood emergency situations; from choking and unconsciousness to fever and meningitis.

This course would be suitable for parents of children of all ages, expectant parents, grandparents & family members.

The courses will be held at:

West Allerdale Children's Centre (Maryport)
Friday 20th September – 18th October from 9.30 – 11.30am.

For further information or to book your place please contact Angela Thurlow on 016973 43870.

Workington Children's Centre, The Minto Centre, Workington Friday 1st November – 29th November from 9.30 – 11.30am.

For further information or to book your place please contact Marie Dixon on 01900 604822.

Crèche places are available but must be booked in advance.



Smile for Life

Smile 4 Life is an oral health campaign that supports families to establish good oral hygiene routines and register with a Smile 4 Life dental practice.



Allerdale Children's Centres are delighted to announce that they have been successful in gaining the Smile 4 Life Award, which covers these areas:

Tooth 1: Encouraging healthy eating and drinking



Tooth 2: Encouraging regular tooth brushing

Tooth 3: Encouraging the promotion of a healthy lifestyle

Tooth 4: Visiting the dentist regularly

In our Children's Centres we serve healthy snacks and drinks, which help to promote good oral health. We ask that parents and carers support this by bringing only healthy drinks and snacks into our Centres.



For more information on Smile 4 Life or for details on how you and your family can register with a dentist, please contact our Oral Health Champions on 01900 604822 or 016973 43870 or visit the home page of NHS Choices at www.nhs.uk

Contact us



North Allerdale Sure Start Children's Centre
(Aspatria)
King Street, Aspatria, 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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We have a new Facebook Page!**



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**Barnardo's Allerdale Children's
Centres**

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

