

# Summer

## Carlisle West Sure Start Morton/Newtown Children's Centres Summer 2012 Activities Notice Board



Carlisle West Children's Centre offers access to a range of FUN FREE activities for ALL children and their families!

### Busy Babies

Come along and explore messy activities, sensory play and singing with your little ones.

Please bring some old clothes, or a change of clothes as this session involves mess

### Lets Get...

- ...CAMPING
- ...OLYMPIC
- ...GARDENING
- ...MOVING
- ...RHYMING

Come and join the play team for a FREE quality play session for you and your children aged 0-5years and older brothers and sisters.

### Second Time Around Group Support

Are you a grandparent, great aunt, uncle or carer looking after your grandchildren full time or for regular periods?

- Come along for a good chat and a listening ear, information and guest speakers (and a cuppa)
- Bring your little ones our play worker will be on hand with toys and books

### In the Garden

Calling all busy bees and mini gardeners, time to get your green fingers out!!!  
Come along and enjoy plenty of garden themed activities for the whole family including planting and growing, mini beast crafts and water play fun!!!!

### Messy Play

Come and join us for a fun free holiday play session for the whole family.

Activities including:  
painting, gloop, pasta, krispies, water and much more!!

### Summer Splash

Free Friday night activities for children and young people aged 11 - 17 years! Children under 10 are welcome but must be accompanied by an adult.

### Family Fun Event

Come and join us for a fun free holiday activity session for the whole family.

- Activities including:
- Child Safety Emergency Services -
  - Active Games -
  - Healthy Eating -
  - Learning -
  - Environment -
- And so much more for the whole family to enjoy

Activities include - Zorb Walking, giant twister, archery, mountain biking, face painting, climbing wall, drumming, zip wire, forest schools, laser tag, shooting range and more!



### Barnardo's Big Toddle "Calling All Superheroes"

Come along, make and do themed crafts, meet the local fire and police service, enjoy the toddle and share a superhero picnic with friends!!!

Call Kim on 223417 to register for a sponsor pack and more information about the event!

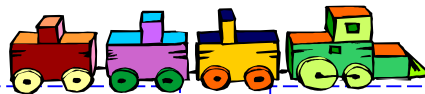
### Morton Community Games

Run, jump and throw yourself into getting prepared for The Games! Carlisle and District Sport and Physical Activity Alliance Foundation will be delivering a range of family fun sports activities in Chances Park

### National Play Day 2012 "Get out and Play!"

Join us in Chance's Park to celebrate National Play Day!  
Barnardo's Carlisle West Sure Start Children's Centre will be holding a Forest Schools Session, messy play and outdoor games for children and families to take part in!  
No Need to book, just turn up!

Dates, Times, Venues and Contact Details Inside...



**Carlisle West Children's Centre  
(Morton)**

Wigton Road, Carlisle,  
CA2 6JP

**Carlisle West Children's Centre  
(Newtown)**

19-23 Shadygrove Road,  
Carlisle  
CA2 7LE



**Lets Get... Daft**

Calling all Dads,  
Mums, Granddads,  
Grandmothers,  
Family men and  
their families!  
Come along and  
enjoy activities at  
your local  
Children's Centre  
with your family!

**Dads and Kids  
Saturday Swim**

A fun free  
swimming session  
for Dads,  
Granddads, Male  
Carers, Family Men  
and their children



**Stay and Play at  
the Healthy Child  
Clinic**

Come along and  
enjoy our play  
resources. Meet  
other parents and  
babies and the health  
visitor will be on hand  
for advice and  
support.



**Breast Feeding  
Support Group**

Come along for a  
friendly chat, support  
and/or advice from  
the Infant feeding  
Co-ordinator!  
Morton Manor  
Community Centre  
every Friday 1-  
2:30pm: For more  
information please  
call 01228 223416

**Further information on activities for Children with Additional Needs below...**

**A Sensory Experience –  
for children with  
additional needs**

Come and join the  
Children's Centre staff and  
explore two very different  
sensory environments

**Relaxation** - gentle  
music, soft lighting,  
aromas in the air, bubble  
tubes, fibre optics and  
much more

**Stimulation** - spaghetti,  
shredded paper, gloop,  
foaming soap, paint and a  
few surprises

**Family Swim – for  
children with additional  
needs**

Free swimming sessions  
are available for children  
10 years and under with  
additional needs and their  
immediate family,  
Whilst a lifeguard will be  
present at each session  
children must be  
supervised. Children under  
4 year's ratio 1-1 children  
under 8 years 2-1

**Olympic Picnic in  
the Park– for  
children with  
additional needs**

We are having an  
informal get  
together for  
families and  
children with  
additional needs.  
There will be lots of  
activities for you  
and your family to  
engage in so why  
don't you come  
along!

**Football Club –  
for children with  
additional needs**

Come and join the  
Children's Centre  
staff along with  
Paul Jennings, a  
Disability Football  
Development  
Officer from the  
Cumberland  
Football Association  
to encourage  
children to develop  
a wide range of  
physical skills.

For advice and information on Oral Health Improvement visit: [www.smile4life.org.uk](http://www.smile4life.org.uk)

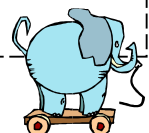
For advice and information you could also visit our website: [www.barnardos.org.uk/carlislewestcc.htm](http://www.barnardos.org.uk/carlislewestcc.htm)

**Useful Telephone Numbers**

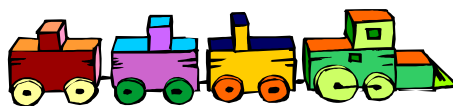
Benefits Advice Centre	01228 817400	GUM - Sexual Health Clinic	01228 814814
Cumbria Law Centre	01228 515129	Cumbria Alcohol & Drug Advisory Service	01228 544140
Citizen's Advice Bureau		Riverside Housing	0845 3458500
- Advice Line	01228 633900	Carlisle Library	01228 227310
- Appointments	01228 633909	Job Centre Plus - Looking for Work	08456060234
Cumberland Infirmary	01228 523444	- Benefit Claims	08000556688

Please contact Carlisle West Sure Start Children's Centre on 01228 223417 to discuss how we may be able to support you and your child to fully access and enjoy our activities.

Or email [dave.thomas@barnardos.org.uk](mailto:dave.thomas@barnardos.org.uk) for any further information



Monday 13 <sup>th</sup> August	1:30pm – 3:00pm	Lets Get... <b>MOVING!</b> <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 5
Tuesday 14 <sup>th</sup> August	10:00am – 12:00pm	Stay and Play at the Healthy Child Clinic <i>Christine 01228 223417</i>	Community House, Raffles Avenue	Babies
	10:00am – 11:00am	Busy Babies <i>Carolyn 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 1
Wednesday 15 <sup>th</sup> August	10:00 – 11:30am	Short Breaks A Sensory Experience <b>for children with additional needs</b> <i>Anne 01228 227196</i>	The Belah Centre, Briar Bank	0 – 10
	9:30am – 11:30am	Weaning Party <i>Kim 01228 223417</i>	Denton Holme Community Centre, Morley Street	Parents / Carers and babies
Thursday 16 <sup>th</sup> August	11:00am – 3:00pm	Children Centre Celebration <i>Kirsty 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 – 13
	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Sarah 01228 223417</i>	Morton Manor Community Centre	Babies
	2:30pm – 3:30pm	Music and Dance <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Manor Community Centre	0 - 10
Friday 17 <sup>th</sup> August	10:00am – 11:00am	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Saturday 18 <sup>th</sup> August	10:30am – 12:00pm	Lets Get...DAFT <i>Dave 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 13
Sunday 19 <sup>th</sup> August	2:45pm – 3:45pm	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 20 <sup>th</sup> August	1:30pm – 3:00pm	Lets Get... <b>RHYMING!</b> <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 5
Thursday 23 <sup>rd</sup> August	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Steph 01228 223417</i>	Denton Holme Community Centre, Morley Street	Babies
	2:30pm – 3:30pm	Music and Dance <b>for children with additional needs</b> <i>Anne 01228 227196</i>	St James Church, Denton Holme	0 - 10
Friday 24 <sup>th</sup> August	10:00am – 11:00pm	Busy Babies <i>Carolyn 01228 223417</i>	Morton Manor Community Centre, Wigton Road	0 – 1
	10:00am – 11:00am	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
	5:30pm – 8:30pm	Summer Splash <i>Dave 01228 223417</i>	Chances Park, Wigton Road	11 – 17 (under 11's must be accompanied by an adult)
Saturday 25 <sup>th</sup> August	2:45pm – 3:45pm	Dads and Kid's Saturday Swim <i>Dave 01228 223417</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 8
Sunday 26 <sup>th</sup> August	2:45pm – 3:45pm	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Wednesday 29 <sup>th</sup> August	11:00am – 1:00pm	STAGS - Second Time Around Group <i>Sheila 01228 223417</i>	Carlisle West Children Centre (Morton), Wigton Road	Any age
Thursday 30 <sup>th</sup> August	1:30pm – 3:00pm	Messy Play	Yewdale Community Centre	0 – 13
	2:30pm – 3:30pm	Music and Dance <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Petteril Bank Community Centre	0 – 10
Saturday 1 <sup>st</sup> September	10:30am – 12:30pm	Family Fun Event <i>Dave 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 13



Date	Time	Activity and Contact Information	Place	Age
Saturday 21 <sup>st</sup> July	10:30am – 12:00pm	Lets Get...DAFT <i>Dave 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 13
Monday 23 <sup>rd</sup> July	1:30pm – 3:00pm	Let's Get... <b>CAMPING!</b> <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 5
Thursday 26 <sup>th</sup> July	11:00am - 3:00pm	Morton Community Games <i>Kim 01228 223417</i>	Chances park, Wigton Road	0-13
	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Steph 01228 223417</i>	Denton Holme Community Centre, Morley Street	Babies
Friday 27 <sup>th</sup> July	10:30am – 12:30pm	Barnardo's Big Toddle <i>Kim 01228 223417</i>	Chances Park, Wigton Road	0 – 5
	5:30pm – 8:30pm	Summer Splash <i>Dave 01228 223417</i>	Chances Park, Wigton Road	11 – 17 (under 11's must be accompanied by an adult)
Saturday 28 <sup>th</sup> July	2:45pm – 3:45pm	Dads and Kid's Saturday Swim <i>Dave 01228 223417</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 8
Monday 30 <sup>th</sup> July	1:30pm – 3:00pm	Lets Get... <b>OLYMPIC!</b> <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 5
Wednesday 1 <sup>st</sup> August	11:00am – 3:00pm	National Play Day <i>Dave 01228 223417</i>	Chances Park, Wigton Road	All families welcome
Thursday 2 <sup>nd</sup> August	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Sarah 01228 223417</i>	Morton Manor Community Centre, Wigton Road	Babies
Saturday 4 <sup>th</sup> August	10:30am – 12:00pm	Lets Get...DAFT <i>Dave 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 13
Sunday 5 <sup>th</sup> August	2:45pm – 3:45pm	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
Monday 6 <sup>th</sup> August	1:30pm – 3:00pm	Lets Get... <b>GARDENING!</b> <i>Steph 01228 223417</i>	Carlisle West Children Centre (Newtown), Shady Grove Road	0 - 5
Tuesday 7 <sup>th</sup> August	1:30pm – 3:00pm	In the Garden <i>Kim 01228 223417</i>	Dobbies Garden Centre	0 - 13
Thursday 9 <sup>th</sup> August	11:00am – 2:00pm	Olympic Picnic in the Park <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Chances Park, Wigton Road	0 - 10
	1:00pm – 3:00pm	Stay and Play at the Healthy Child Clinic <i>Steph 01228 223417</i>	Denton Holme Community Centre, Morley Street	Babies
	1:30pm – 3:00pm	In the Garden <i>Kim 01228 223417</i>	Carlisle West Children Centre (Morton), Wigton Road	0 - 13
Friday 10 <sup>th</sup> August	10:00am – 11:00am	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10
	5:30pm – 8:30pm	Summer Splash <i>Dave 01228 223417</i>	Chances Park, Wigton Road	11 – 17 (under 11's must be accompanied by an adult)
Saturday 11 <sup>th</sup> August	2:45pm – 3:45pm	Dads and Kid's Saturday Swim <i>Dave 01228 223417</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 8
Sunday 12 <sup>th</sup> August	2:45pm – 3:45pm	Family Swim <b>for children with additional needs</b> <i>Anne 01228 227196</i>	Morton Pool – Richard Rose Academy Morton, Wigton Road	0 - 10

