



Free activities from January – March 2019

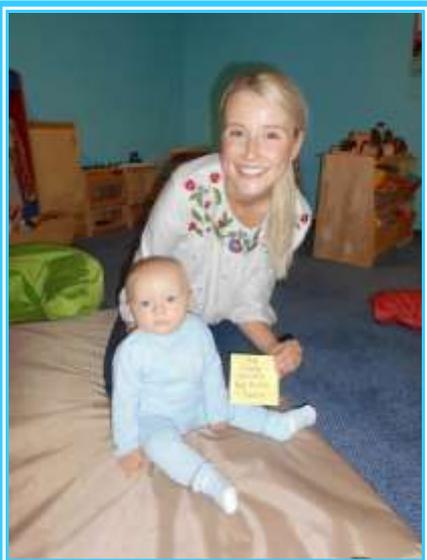
Free activities for
you and your
family!!

Welcome to our Winter Newsletter

We are delighted to share with you our Winter newsletter and would like to welcome all the new families who have registered with Allerdale Children's Centres over the Autumn, as well as our existing families. It has been great that you have been able to join us at groups and events over the last few months and we look forward to seeing you again soon.

Within our newsletter you can find lots of information about sessions and activities available in your local community. Look out for **'Let's Get Rhyming'** and **'Let's Get Musical'** workshops that are being held across Allerdale in Community venues in the coming months.

Upon registering with Allerdale Children's Centres, you will be entered into a prize draw to win a family activity voucher of your choice.



This edition's prize winner!!

Our most recent draw took place in October and the lucky winners were Sidonie and Joey who chose a voucher for Crafty Workshop. We hope they enjoy their craft session.

Our next prize draw will be taking place before our next issue is published; so if you are yet to register with us, please contact one of our Children's Centres and a member of staff will arrange to complete a registration form with you. Details of your nearest Children's Centre can be found on the back page.

Stay in touch.... To discuss how we may be able to support you and your child to fully access and enjoy our activities and to share any comments or feedback about what we do, please contact us using the contact details on the last page.



'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.

It's important to remember that sending a photo or message is easy but the sender will have no control about how it's then 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 and then they're deleted, 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:

- **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.
- **Abuse.** Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.



Catch it. Bin it. Kill it.

Stop the spread of flu germs. Use a tissue and wash your hands thoroughly.

**STAY WELL
THIS WINTER**

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 Alison Cain 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:

- **Tuesday 8th January – 26th March from 9.30 – 11.30am at North Allerdale Children's Centre (Wigton). Contact Rebecca Farrell on 01900 604822 for more information and to book your place!**
- **Wednesday 9th January – 27th March from 12.45 – 2.45pm at Derwent Valley Children's Centre (Cockermouth). Contact Lynne Douglas on 016973 23401 for more information and to book your place!**
- **Thursday 10th January – 28th March from 9.30 – 11.30am at West Allerdale Children's Centre (Maryport). Contact Sarah Scott on 016973 23401 for more information and to book your place!**
- **Friday 11th January – 29th March from 12.45 – 2.45pm at the Oval Centre, Salterbeck. Contact Lynne Douglas 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**

The next Talking Teens Family Links Nurturing programme will run as follows:-

- **Tuesday 8th January – 12th February from 1.00 – 3.00pm at Cockermouth School, Castlegate Drive, Cockermouth**
- **Wednesday 27th February – 27th March & 17th April from 1.30 – 3.30pm at Nelson Thomlinson School, Wigton**

Contact Joanne Dixon on 01900 604822 for more information and to book your place!



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:

- Monday 14th January – 11th February
10.00 – 11.00am at the Oval Centre, Salterbeck.

For more information and to book a place please contact Michael Douglas on 016973 43870.

- Monday 25th February – 25th March 10.00 – 11.00am at Crossthwaite Parish Rooms, Main Street, Keswick.

For more information and to book a place please contact Tricia Forster 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)

- First and third Wednesday of the month commencing 16th January 1.00 – 2.30pm at West Allerdale Children's Centre (Flimby).**
- Second and fourth Wednesday of the month commencing 9th January 1.00 – 2.30pm at Workington Children's Centre, The Minto Centre, Workington.**

For more information on these sessions please contact Lisa Wilson on 01900 810869.



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 14th January – 25th March
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 8th January – 26th March
3.15 – 4.45pm at the Children's Centre, Derwent Vale School (Clifton).
- Wednesdays from 9th January – 27th March
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 10th January – 28th March
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...

[Northside Community Centre, Northside, Workington](#) on Tuesday 15th January – 12th February 10.00 – 11.00am.

For more information and to book a place please contact Lisa Wilson on 01900 810869.

[Mission Rooms, Dearham](#) on Tuesday 26th February – 26th March 10.00 – 11.00am.

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

[Derwent Valley Children's Centre \(Keswick\)](#) on Thursday 17th January – 14th February 10.00 – 11.00am.

For more information and to book a place please contact Michael Douglas on 016973 43870.

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.

Monday 25th February – 25th March at Distington Community Centre, Distington from 10.00 – 11.00am

For more information and to book a place please contact Carly Voce on 01900 604822.

Tuesday 15th January – 12th February at the Rainbow Room, The Old Scouts Hut, King Street, Aspatria from 10.00 – 11.00am.

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

Tuesday 26th February – 26th March at Derwent Valley Children's Centre (Cockermouth) from 10.00 – 11.00am.

For more information and to book a place please contact Tricia Forster on 016973 43870.

Booking essential!



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...

The Bower, Wigton

On Wednesday 16th January – 13th February 10.00 – 11.00am.

Highfield Community Centre, Cockermouth

On Wednesday 27th February – 27th March 10.00 – 11.00am.

For more information and to book a place please contact Tricia Forster on 016973 43870.

St Johns Church Rooms, Workington

on Thursday 28th February – 28th March 10.00 – 11.00am.

For more information and to book a place please contact Michael Douglas on 016973 43870.

Booking essential!



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 14th January – 25th March 10.00 – 11.30am at Workington Children's Centre, The Minto Centre (Workington). **Please contact Amy Ackerley on 01900 604822 for more information.**
- First and third Monday in the Month commencing 21st January 1.00 – 2.30pm at West Allerdale Children's Centre (Maryport). **Please contact Abigail Bragg on 01900 604822 for more information.**
- Second and fourth Monday in the Month commencing 14th January 1.00 – 2.30pm at West Allerdale Children's Centre (Flimby). **Please contact Abigail Bragg on 01900 604822 for more information.**
- Every Wednesday from 9th January – 27th March 1.00 – 2.30pm at Workington Royal British Legion Club, Workington. **Please contact Michael Douglas on 016973 43870 for more information.**
- Every Thursday from 10th January – 28th March 9.30 – 11.00am at North Allerdale Children's Centre, (Wigton). **Please contact Freya Bullock on 016973 43870 for more information.**
- Every Thursday from 10th January – 28th March 1.00 – 2.30pm at North Allerdale Children's Centre (Silloth). **Please contact Freya Bullock on 016973 43870 for more information.**
- Second and fourth Friday in the month, commencing 11th January 9.30 – 11.00am at Derwent Valley Children's Centre (Cockermouth). **Please contact Lisa Lawson on 01900 604822 for more information.**



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:-

Monday 14th January – 25th March at Maryport Children's Centre (Maryport), from 3.30 – 5.30pm.

Please contact Lynne Douglas on 016973 23401 for further information and to book a place!!!!

Thursday 17th January – 28th March at St Josephs School, Cockermouth 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 Children & Families

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.

**No need to book, just drop-in!
(term time only)**

Let's Get Exploring – Workington will be on the first and third Monday in the month from 21st January 1.00 – 2.30pm at St Johns Church Rooms, Workington.

Let's Get Exploring – Salterbeck will be on the second and fourth Monday in the month from 14th January 1.00 – 2.30pm at the Oval Centre, Salterbeck.

For more information on either of the above sessions please contact Carly Voce on 01900 604822.

Let's Get Exploring – Keswick will be on every Tuesday from 8th January – 26th March 1.15 – 2.45pm at Derwent Valley Children's Centre (Keswick).

For more information or to book your place on the above session please contact Michael Douglas on 016973 43870. Booking Essential for this session!!!

Let's Get Exploring – Cockermouth will be on the first and third Friday in the month from 18th January 9.30 – 11.00am at Highfield Community Centre, Cockermouth.

Let's Get Exploring – Harrington will be on the first and third Friday in the month from 18th January 1.00 – 2.30pm at St Mary's Church, Harrington.

Let's Get Exploring – Maryport will be on the second and fourth Friday in the month from 11th January 1.00 – 2.30pm at West Allerdale Children's Centre (Maryport).

For more information on any of the above sessions please contact Lisa Lawson on 01900 604822.



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 7th February 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

Happy Healthy Families

Are you curious to know more about weaning, eating and healthy living? Do you worry about how to get your child to eat fruit and vegetables? Do you know how much exercise and activity your growing child needs?



If so, we have a course that could support you with this. We look at healthy lifestyles, mealtimes and eating healthily and the importance of being active.

The Happy Healthy Families course offers parents the chance to share ideas and gain new skills and tools to address lifestyle issues in a supportive and fun environment.

The courses are aimed at parents and carers with children aged 0 to 5 years old.

Courses will be at...

- West Allerdale Children's Centre (Flimby), on Tuesday 8th January – 26th March from 12.45 – 2.45pm.

Crèche places are available, but must be booked in advance!

Please contact Kimberley Broatch on 01900 604822 for further information or to book your place.



Paediatric Emergency 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.

Course will run as follows:-

Wednesday 9th January – 23rd January at Workington Children's Centre, The Minto Centre (Workington) from 9.30 – 11.30am

Wednesday 30th January – 13th February at Derwent Valley Children's Centre (Keswick) from 9.30 – 11.30am

Wednesday 13th March – 27th March at West Allerdale Children's Centre (Maryport) from 9.30 – 11.30am

Crèche places are available but must be booked in advance!

Please contact Angela Thurlow on 016973 23401 for further information or to book your place.



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 Dem Tremelling on 017687 75048 or 01900 604822

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 Dem Tremelling on 017687 75048 or 01900 604822 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: Ellen Buckley on 017687 75048 or Dem Tremelling 017687 75048 or 01900 604822.

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.

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.

The group runs over the following dates and places must be booked in advance.

Superstars sessions will be held on:

- **Wednesday 16th January – 27th March 3.30 – 5.00pm at Workington Children's Centre, The Minto Centre (Workington).**

Please contact Sarah Scott on 016973 23401 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

- **Monday 14th January – 4th February 9.30 – 11.30am at North Allerdale Children's Centre (Aspatia).**
- **Monday 25th February – 18th March 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).



The Introducing Solids workshops will be held on:



- **Wednesday 9th January from 10.00 – 11.30am at West Allerdale Children's Centre (Flimby), Sand Lane, Flimby.**
- **Wednesday 13th February from 10.00 – 11.30am at Workington Children's Centre, The Minto Centre, Workington.**
- **Wednesday 13th March from 10.00 – 11.30am, at North Allerdale Children's Centre (Aspatria), King Street, Aspatria.**

For further information and to book your place, 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 Freya Bullock 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 Abigail Bragg on 01900 604822**

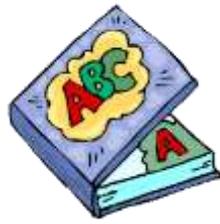
Clinic and Play – Silloth will be on the second Thursday of the month at North Allerdale Children's Centre (Silloth) from 1.00 – 3.00pm. **For more information please contact Freya Bullock on 016973 43870**



Services with Partners and by Partners

Story Sacks

Story sacks make books fun and build upon a child's interest in reading! Come along to our 5 week Story sacks Course where a friendly tutor will help you choose an appropriate book and find or create suitable characters and games to support the story and bring your child's imagination alive! All the resources are free and at the end of the course you will have an individual story sack to take home.



This family learning course will help mothers, fathers and carers to:

- Have fun with your child whilst learning.
- Support your child's learning and development in language and number skills.
- Brush up your own literacy, language and number skills.

The courses will be held at:

**North Allerdale Children's Centre (Silloth)
Tuesday 26th February – 26th March from
1.00 – 3.00pm.**

Crèche places are available but must be booked in advance.

For further information or to book your place please contact Angela Thurlow on 016973 23401.



Online Together – Savvy & Safe

The widespread use of social media and the internet means that children can be at risk from inappropriate use. This course aims to provide parents and carers with the information and skills needed to educate themselves and their child in safe use. Developing a family digital resilience contract, setting up parental controls, digital manners and exploring some of the impacts of improper use, form part of this course.



The course will be held at:

Workington Children's Centre, The Minto Centre (Workington) Tuesday 15th January – 12th February from 1.00 – 3.00pm

Crèche places are available for both courses but must be booked in advance!

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



Services with Partners and by Partners

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



Money Matters

Helping children understand that there isn't a magic money tree can be a challenge and this course is designed to enable parents and carers to acquire skills and knowledge for encouraging good money management with their children. From calculating the best bargain, to looking at strategies for saving, to becoming a budding entrepreneur, this course links maths to real-life contexts which will really benefit both yourself and your child.



The course will be held at:

West Allerdale Children's Centre, (Maryport) Monday 14th January – 11th February from 9.30 – 11.30am

For further information or to book your place please contact Angela Thurlow on 016973 23401.

Focus On Phonics

This course develops key skills and knowledge for you to support your children's reading. The course will give you top tips in how to work together with your child doing fun and interactive activities which will build confidence and explore different ways to encourage a love of reading and books.

The course will be held at:

Derwent Valley Children's Centre (Cockermouth) Monday 25th February – 25th March from 9.30 – 11.30am

Crèche places are available but must be booked in advance

For further information or to book your place please Angela Thurlow on 016973 23401.



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

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

