**Come and join us at one of our groups, where you will be very welcome**

# Lakes Children’s Centre

Newsletter | April/May 2013

## Activities coming up …..



### Carver Hall Stay and Play

A fabulous **free fun session** where children, parents and carers can play and enjoy a healthy snack together.

### Ambleside Stay and Play

Children, parents and carers meet us in the Library for a **free fun session** of stories, activities, singing and a healthy snack.

## Bookstart

4 weeks of activities for parents and children aged 12-30 months, sharing stories, books and rhymes.

## Twins Group

## Held at our Kendal West Children’s Centre this is a support group providing fun activities, experience sharing and support for parents/carers and their twins/triplets.

## Play and Chat Group

Held at our Kendal West Children’s Centre, this is a **support group for children with additional needs** providing an opportunity to meet other parents and children with similar needs; talk to professionals from health and education, eg physiotherapist, speech therapist, etc.

**Sparkles Sensory Group**

Held at the Kendal Family Drop-In Centre, Stricklandgate House, Kendal, LA9 4PU, this is a **group for children with additional needs** giving families the opportunity to come and play and enjoy sensory play equipment, messy play, craft activities, “sing and sign”. Refreshments provided.

## Make a note - coming up soon ...

## Hop, Skip and Jump

Physical fun event for under 12’s and their families to include craft activities, games and races. To be held on Tuesday 9th April in Coniston and Staveley. For details of times please contact Lakes Sure Start Children’s Centre on 015394 88035. **Booking essential.**

## Ambleside Baby Social

## A 6 week programme of activities, information and advice for parents and their babies aged 0-6 months – massage, weaning, first aid and baby play.

**Review of our Baby Social groups**

In January 2013, we ran our Baby Social Group at Ambleside Library. This was well attended and enjoyed by the new mums and babies. In February/March 2013 we also ran a Baby Social at the Marchesi Centre in Windermere.which was also popular. During the six weeks the groups took place, mums and babies enjoyed a taste of baby massage; learned some basic first aid; received tips on weaning with a demonstration and ideas of what to make; heard about dental health for the babies and in the final week had a session covering post-natal health.

## *Ambleside Baby Social – Jan 2013*

“Excellent sessions, good advice and people running it are very approachable. “

“I found both the baby massage and first aid classes to be very useful.”

***Windermere Baby Social – Feb/March 2013***

“It has been a well facilitated group run by friendly people and it has been good to meet other mums and babies.”



**Family Safety Fun Session**

During February half term, we held a Family Fun Day at the Marchesi Centre, which focussed on safety. Through play activities and with the help of the local emergency services, the children learned about road safety, fire safety, first aid and safety in the home. During the event, the Fire Brigade brought their fire engine and the children were able to sit inside it and have a go with the hose.



## Children’s Centres contact details

Barnardo’s run four Sure Start Children’s Centres across South Lakeland.

* **Lakes Sure Start Children’s Centre**  
  Goodly Dale, Lake Road, Windermere, LA23 2JX  
  015394 88035
* **Kendal West Sure Start Children’s Centre**  
  Kendal Green, Kendal, LA9 5PP  
  0845 543 6910 / 01228 888320
* **East South Lakeland Sure Start Children’s Centre**  
  42a Grasmere Crescent, Kendal, LA9 6LP

0845 543 6921 / 01228 888470

* **East South Lakeland Sure Start Children’s Centre (Sedbergh)**  
  Settlebeck High School, Long Lane,  
  Sedbergh, LA10 5AL  
  01228 888411
* **West South Lakeland Sure Start Children’s Centre (Milnthorpe)**  
  Firs Road, Milnthorpe, LA7 7QF  
  0845 543 6918
* **West South Lakeland Sure Start Children’s Centre (Flookburgh)**Winder Lane, Flookburgh, LA11 7LE  
  0845 543 6918

**Useful telephone numbers**

* Health Visitors: 015394 47625
* Children and Families Information Service: 08457 125 737
* Westmorland General Hospital: 01539 732288
* Cumbria Alcohol & Drug Advisory Service: 01539 742615
* Impact Housing : 01539 735093
* Ambleside Library: 015394 32507
* Windermere Library: 015394 62400
* Job Centre Plus: 01539 795000
* Inspira (formerly Connexions): 01539 730045

**PIP**

Why not come along to the Children’s Centre and try out our PIP (Parent Information Point) which provides free information on a variety of subjects including childcare, education, and employment. The PIP also enables you to make **free** telephone calls to useful organisations.

### Family Support and the Children’s Centre

At the Children’s Centre, we offer a range of services to meet the needs of children

(aged 0-18 years) and their families. Children’s wellbeing is at the heart of all our work.

Some families choose to come along to activities and groups, including holiday fun days and courses, whilst others may be looking for more individual support. Over the page you’ll find our latest programme of activities and below are some examples of the types of more individual support we can offer. Please get in touch if you think we may be able to help:

* Building secure relationships between children and their parents or carers and having fun together
* Changes in family life, such as separation or bereavement, a new baby or moving schools
* Managing children’s more difficult behaviour
* The impact of adults’ and children’s physical or mental health needs
* The impact of bullying, violence or drug or alcohol misuse
* Building children’s confidence and emotional wellbeing

We welcome new ideas from families, so please contact us if you have thoughts about what’s needed locally or you’d like to be involved in helping us to plan services for the future. We look forward to hearing from you.

**Contact us**

Please contact Lakes Sure Start Children’s Centre on 015394 88035 or email

lizbrennan@barnardos.org.uk to discuss how we may be able to support you and your child to fully access and enjoy our activities.

For more information visit us on Facebook at

Barnardo’s Lakes Sure Start Children’s Centre

## April/May event details

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| --- | --- | --- | --- | --- |
| Date | Time | Activity and contact information | Place | Age |
| Monday 8th, 15th, 22nd, 29th April, 13th, 20th May | 9.15am –  11.15am | Carver Hall Stay and Play  Weekly session | Carver Hall, Windermere | 0–5  years |
| Monday  8th, 22nd April, 13th May | 9.30am-  11.30am | Carver Hall Baby Clinic/Health Visitor  Fortnightly session | Carver Hall, Windermere | Families |
| Monday 15th, 29th April, 13th, 27th May | 10.00am-11.00am | **Bookstart**  Weekly session | Carver Hall, Windermere | Parents & children 12-30 months |
| Tuesday  2nd April, 7th May | 1.00pm-3.00pm | **Twins Group**  Usually 1st Tuesday of each month | Kendal West Children’s Centre, Kendal Green, LA9 5PP | 0-5 years |
| Tuesday 9th April | 10.00am- 11.45am | **Hop, Skip and Jump**  Physical fun event for under 12’s during the Easter holidays | Coniston C of E Primary School, Coniston, LA21 8AL | Birth to 11 years |
| Tuesday 9th April | 2.15pm- 4.00pm | **Hop, Skip and Jump**  Physical fun event for under 12’s during the Easter holidays | The Pavilion, Recreation Ground, Staveley | Birth to 11 years |
| Tuesday  16th April, 21st May | 1.30pm– 3.00pm | **Play and Chat Group**  3rd Tuesday of the month | Kendal West Children’s Centre, Kendal Green, LA9 5PP | 0-4 years |
| Tuesday 28th May |  | **Holiday Family Fun Day** | To be confirmed | Birth to 11 years |
| Wednesday  3rd April, 1st May | 9.30am– 11.30am | **Sensory Group**  1st Wednesday of the month | Kendal Family Drop-In Centre, Stricklandgate House, Kendal, LA9 4PU | 0-4 years |
|  |  |  |  |  |
| Thursday  18th, 25th April, 2nd, 9th, 16th, 23rd, 30th May | 10.00am-12.00pm | Ambleside Stay and Play  Weekly session | Ambleside Library, Kelswick Road, Ambleside | 0-5  years |
| Thursday  18th April, 2nd, 16th, 30th May | 12.30pm-1.30pm | Ambleside Baby Clinic/Health Visitor  Fortnightly session | Ambleside Library, Kelswick Road, Ambleside | Families |
| Thursday 18th, 25th April 2nd, 9th, 16th, 23rd May | 11.00am– 12.30pm | **Ambleside Baby Social** | Ambleside Library, Kelswick Road, Ambleside | 0-6 months |