



# What's On in Eden Children's Centres May - June 2012

All activities are free of charge

Contact us on: 01768 899022



<b>Monday</b>	<b>LEAP</b>	<b>21<sup>st</sup> May – 2<sup>nd</sup> July</b> (1.15pm – 3.15pm)	<b>Kirkby Thore Children's Centre</b>
<p><b>Learn Enjoy And Play</b></p> <p><b>LEAP</b> is a course designed to give parent/carers ideas and the confidence to play with their children in new and interesting ways. Our experience is that all children and their parents/carers will find the course beneficial.</p>			
<b>Tuesday</b>	<b>HENRY</b> (with crèche)	<b>1<sup>st</sup> May – 26<sup>th</sup> June</b> (9.30am – 12.00pm)	<b>Shap Village Hall</b>
<p><b>Health Exercise Nutrition for the Really Young</b></p> <p><b>HENRY</b> is designed to give you, as parents and carers, the tools and skills you need to lead a healthy family lifestyle. As well as covering the most obvious topic – food, HENRY also includes much more, attitudes and skills for parenting, information about healthy eating for the family, appreciation of the importance of physical activities, developing a positive attitude to change, understanding emotions and empathy and increase your self-belief and enhance your self-esteem</p>			
<b>Tuesday</b>	<b>Chatterbox</b>	<b>8<sup>th</sup> May – 19<sup>th</sup> June</b> (1.30pm – 3.00pm)	<b>Penrith Venue TBC</b>
<p><b>'Chatterbox'</b> provides an opportunity for you to promote your child's confidence, communication and listening skills through play and everyday experiences. Using carefully selected fun activities, the sessions aim to assist your child to practice words they know alongside new words and phrases, to listen and take turns in conversation and socialise with other children and adults.</p>			
<b>Wednesday</b>	<b>Triple P</b> (with crèche)	<b>23<sup>rd</sup> May – 11<sup>th</sup> July.</b> (1.00pm – 3.00pm)	<b>Kirkby Thore Children's Centre</b>
<p><b>Triple P Parenting Course</b> aims to increase parents/carers confidence by offering a range of skills and strategies to better manage children's typical behaviour. The course is designed to help you and your children weather challenging times and enjoy good times together. The course is run over 8 sessions delivered in small groups of 8 – 10 parents/carers.</p>			
<b>Wednesday</b>	<b>Let's Cook</b>	<b>2<sup>nd</sup> May – 13<sup>th</sup> June</b> (3.30pm – 5.30pm)	<b>Alston Primary School</b>
<p><b>Let's Cook</b> is designed to give parents and children an opportunity to prepare, cook and eat together. A qualified facilitator will deliver the training course, with parents and children working together to prepare and enjoy healthy and nutritious meals.</p>			
<b>Thursday</b>	<b>Healthy Finances</b>	<b>10<sup>th</sup> May – 21<sup>st</sup> June</b> (1.00pm – 3.00pm)	<b>Kirkby Stephen Children's Centre</b>
<p>Healthy Finances is a 6 week family learning course that provides an opportunity to gain ideas for practical money skills, understand budgets and help grown ups and children become money wise.</p>			
<b>Thursday</b>	<b>LEAP</b>	<b>14<sup>th</sup> June – 19<sup>th</sup> July</b> (9.30am – 11.30am)	<b>Penrith Castletown Community Centre</b>

## Learn Enjoy And Play

**LEAP** is a course designed to give parent/carers ideas and the confidence to play with their children in new and interesting ways. Our experience is that all children and their parents/carers will find the course beneficial.

**Friday**

**My Life My Future  
(with crèche)**

**25<sup>th</sup> May – 6<sup>th</sup> July**  
(10.00am – 12.00pm)

**Evergreen Hall, Penrith**

Are you looking for work and not sure where to start? Would you like to explore other training opportunities?

Then My Life...My Future (career planning) course is for you. It's an enjoyable and fun course that aims to build your confidence to help you identify your own skills and qualities in relation to the job market.

### Interested in booking on a course?

If you would like to book onto a course, please ring the office giving your contact details, you will then receive a call from the event lead of that course to check if the course is suitable for you and to confirm your place.

### Crèche

If you require a crèche place for your child/children to enable you to attend one of these courses, please can you inform us as soon as possible as places are limited.

You will then receive a phone call from the crèche lead for that course, confirming your child's place and checking that we have all the relevant information to give you peace of mind that your Children will be safe, happy and have fun.

### Childminders

#### **Childminders Support Group**

This support group gives an opportunity for childminders across Eden to come together with the children they care for. During this time both children and childminders will have the opportunity to engage and explore a wide range of activities and experiences focused upon a chosen theme. Appropriate visitors/speakers may attend this session too. The aim of this session is for childminders to share ideas and experiences with each other. Please contact Suzanne Sutherland Childminder Coordinator on 01228 221209.

### 'Short Break' for Children with Additional Needs



**Tuesday (5pm – 6pm)**

**Queen Elizabeth Grammar School, Sports Hall, Penrith**



In this session, children with additional needs (aged 5 – 8) are encouraged to build their confidence in a fun packed session using a variety of activities and games giving the opportunity to develop their physical and social skills. Please ring Nichola Dixon on 01768 899022 to discuss how the staff at this activity can give your child a happy and safe time, catering for their individual needs whilst you take a break and do something for you.

### Support Group for Parents with Children who have additional needs

A fortnightly group held across Eden for parents which aims to provide a combination of peer support and professional advice.

- ❖ **Appleby Children's Centre (1.30pm – 3.00pm) – 2<sup>nd</sup> May, 30<sup>th</sup> May and 27<sup>th</sup> June**
- ❖ **Penrith Leisure Centre (1.30pm – 3.00pm) – 16<sup>th</sup> May.**
- ❖ **Penrith Castletown Community Centre - (1.30pm – 3.00pm) 13<sup>th</sup> June and 11<sup>th</sup> July.**

### For Dads and their Children

#### **Dads Group**

**The Methodist Church, Wordsworth Street, Penrith**

**Please contact Gerry Garvey – 01768 899022 regarding dates and times**

Fortnightly sessions held on a Saturday morning between 10am – 11am.

Sessions provide a variety of fun activities for dads and male carers to spend time with their children in a family friendly environment. These sessions also provide an opportunity for fathers and male carers to gain peer support and value their important role in parenting their children.

**Additional services for Children and their Families  
needing support with specific issues.**

Children's Centre Staff are in touch with local agencies supporting children and families about these services direct, as attendance is carefully negotiated between referrers, parents/carers and Children's Centre facilitators. If you would like to know more about these aspects of our delivery please contact us.

Examples of courses we are offering include:

- ❖ Promoting early attachment between parents and babies through baby massage.
- ❖ Support to develop parenting approaches and strategies to cope with challenging behaviour.
- ❖ Course for parents/carers in how to talk with older children about sexual relationships and staying safe.
- ❖ Support group for women recovering from the effects of domestic violence.
- ❖ Courses for boys of all ages promoting confidence in 'being a boy' and positive conflict resolution.

We can also provide support for individual families whose needs may not be met through courses and community based services. Please contact the Children's Centre for more information..