

Allerdale A Sure Start Children's Centre Maryport, Flimby, Wigton, Silloth & Aspatria

Newsletter | January – April 2014

Happy
New Year!!

Top Toddlers

The Top Toddlers sessions aim to encourage your child's early physical development and their developing communication and language skills through fun activities and experiences.

Top Toddlers will start with an hour for you and your child to participate in fun activities that will support your child's development and enable you to pick up 'top tips' to use at home. If you wish you can then leave your child to independently carry on playing while you have some time to yourself.



Tuesday 14th January - 1st April 2014

9.15 - 11.45 a.m. at West Allerdale Children's Centre - Maryport.

Thursday 16th January - 3rd April 2014

9.15 - 11.45 a.m. at West Allerdale Children's Centre - Flimby.

Places are limited on these free sessions and booking is essential. Please phone Louise Bainbridge for more information or to book a place on 01900 818726 or 07717225584.

Bumps to 4

Are you expecting a baby? Have you a child/children up to the age of 4? If so come along to these free weekly term time only sessions for mums, dads, grandparents and carers to enjoy having fun through play in a safe friendly environment while meeting others.



Tuesday's 1.00 - 2.30 p.m. at North Allerdale Children's Centre - Wigton.

For more information on the Bumps to 4 sessions please contact Amy Ackerley on 016973 49555.

Baby Massage

These free 5 week Baby Massage courses promote bonding with your baby and may help reduce colic, wind and constipation. Suitable for babies from birth - crawling.



Monday 13th January - 10th February 2014

1.30 - 3.00 p.m. at West Allerdale Children's Centre - Flimby.

Booking essential! For more information or to book a place contact Sarah Scott on 01900 819190.

Monday 3rd March - 31st March 2014

1.00 - 2.30 p.m. at North Allerdale Children's Centre - Aspatria.

Booking essential! For more information or to book a place contact Angela Thurlow on 016973 49555.

Support Coffee Mornings

These drop-in sessions for parents/carers of children with additional needs are held monthly. This support group gives parents/carers the opportunity to share their views in an informal friendly environment.



Drop in to North Allerdale Children's Centre – Wigton 9.30 - 11.00 a.m. on Monday 13th January & 10th March.

North Allerdale Children's Centre - Aspatria 9.30 - 11.00 a.m. Monday 10th February.

For more information on this support group please contact Angela Thurlow on 016973 49555.

Creative Cooking For Less

This is 5 weeks of free practical cooking sessions where you will gain ideas for healthy cooking on a budget.

Tuesday 25th February - 25th March 2014

1.00 - 3.00 p.m. at North Allerdale Children's Centre-Silloth.

Limited crèche places are provided and these must be booked in advance.



Please bring a container to take your food home in. For more information or to book a place on the course contact Sarah Scott on 01900 819190 / 016973 49555.

Cooking on a Budget

This is 6 weeks of free practical cooking sessions where you will gain ideas for healthy cooking on a budget.

Please bring a container to take home the food you make.



Thursday 27th February - 3rd April 2014.

1.00 - 3.00 p.m. at West Allerdale Children's Centre - Maryport.

Limited crèche places are available and these must be booked in advance. To book a place on this course please contact Sarah Scott on 01900 819190.

Weaning Parties

Come along to a free weaning session to find out information on weaning your baby and to watch a cookery demonstration. You will also receive ideas to take away and try at home!



Wednesday 12th February 1.00 - 2.30 p.m. at North Allerdale Children's Centre - Wigton.

Wednesday 2nd April 1.00 - 2.30 p.m. at North Allerdale Children's Centre - Aspatria.

For more information or to book a place at the Weaning Parties contact Michael Douglas on 016973 49555.

Lets Get Healthy with HENRY

- Are you curious to know more about healthy living?
- Are you concerned about your child's weight?
- Do you worry about how to get your child to eat vegetables?

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



This free 8 week course begins on Monday 10th February 12.30 - 3.00 p.m. at West Allerdale Children's Centre - Maryport.

We have limited crèche places available and these must be booked in advance. For more information on this course or to book a place contact Diane Bell on 016973 49555.

Lets Cook Together Programme

A practical programme which includes a cookery demonstration by the tutor and then the opportunity for parents and children to cook a healthy meal together and either share it together at the end of the session or take it home for the whole family to enjoy. The programme will look at balanced diets, cooking skills and food education which children need for good health and to reach their potential. **Minimum age of child is 6 years, 1 adult to 2 children ratio.**

Thursday 23rd January - 13th February

3.00 - 5.00 p.m. at St Patricks School Maryport
For more information on the free Lets Cook Together sessions contact Andrew Groves on 016973 22771.

Friday 28th February – 21th March 2014.

3.15 p.m. - 5.30 p.m. at North Allerdale Children's Centre - Silloth

For more information on the free Lets Cook Together sessions contact Lynne Douglas on 016973 49555.

Pre-School



Barnardo's Pre-school is based at West Allerdale Children's Centre Maryport. Did you know that your child could attend for up to 15 hours per week for **FREE** if they are entitled to a Funded Early Years place for 2 year olds? To check your eligibility or to find out more information about the Early Years Places go online at www.cumbria.gov.uk/childcare or ring 01946 506229.

Barnardo's Pre-School currently has spaces for the January and April intake. For more information on how to apply for your Funded Early Years place at Barnardo's Pre-School please contact Louise Bainbridge or Stella Messenger on 01900 818726.

Learning Together Pre-School



Pre-School is based in North Allerdale Children's Centre Wigton on the Greenacres estate. We offer sessional care

& education for children aged from 2 years. Up to 15 hours per week can be available **FREE** if your child is entitled to a Funded Early Years place for 2 year olds or in receipt of their nursery entitlement.

Why not drop in and meet our friendly staff and view our indoor and outdoor play areas. For more information please contact Diane Bell or Tracey Irving on 016973 49555.

Grandtots

Do you look after your grandchildren on Wednesday's? If so drop in and see us with your grandchild and enjoy play and craft activities together and have lots of fun.



Wednesday's 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Flimby

For more information on these free Grandtots sessions contact Louise Bainbridge on 01900 818726 or 07717225584.

Baby Days

Are you expecting a baby? Have you a baby up to the age of 18 months? These sessions are for mums, dads and carers to come along with their bump or baby and meet other parents/carers whilst your baby has fun too! Every week we visit a different topic such as: the importance of play, getting to know your baby and accident prevention in the home. These sessions run every week, including the school holidays.



Wednesday's 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Maryport.

For more information on Baby Days please contact Sarah Scott or Alison Cain on 01900 819190.

Stay & Play

These free weekly term time only fun and play sessions are for you and your child/children to come along together to enjoy learning through play in a safe friendly environment, while meeting other parents/carers. **No need to book, just drop in!!**



Tuesday's 10.00 - 11.30 a.m. at Aspatria Community Centre.

Tuesday's 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Flimby.

Wednesday's 10.00 - 11.30 a.m. at The Market Hall - Wigton.

Friday's 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Maryport.

Breast Pumps



We have Medela Breast Pumps available from the Children's Centre. Please note we can only take payment by cash and pumps are only available upon completion of a Children's Centre Registration Form.

Swing electric pump - £70.00 r.r.p. £129.99.

Harmony Hand pump - £12.50 r.r.p. £25.00.

Family Fun Sessions - February Half Term School Holidays



For parents / carers to come along together with their child/children aged 0-11 years in the school holidays and have some fun with arts, crafts and play activities.

Monday 17th February 1.00 - 2.30 p.m. at North Allerdale Children's Centre - Silloth.

Tuesday 18th February 10.00 - 11.30 a.m. at Aspatria Community Centre.

Tuesday 18th February 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Flimby.

Wednesday 19th February 10.00 - 11.30 a.m. at Wigton Market Hall.

Wednesday 20th February 1.00 - 2.30 p.m. at Dearham Primary School.

Thursday 20th February 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Maryport.

Dads Splash-Around Swimming Sessions

Are you a dad, granddad or male carer? Would you like to help your child keep safe in water/ or learn to swim? If your child is aged between birth and 13 years then book on to our free monthly Saturday sessions held in Netherhall School Swimming Pool on the 1st Saturday of every month 11.00 a.m. - 12.00.

Next sessions will be: Saturday 1st February, 1st March and 5th April 2014 11.00 a.m. 12.00 noon.



There will be a swimming instructor on hand to give you tips and ideas to help your child become water confident, or if they can swim they can try the new Rookie Lifeguard Programme. If you would like more information on this session or to book a place contact Tracy Kerr on 01900 819190.

Family Fun Sessions - Easter School Holidays.



Monday 14th April 1.00 – 2.30 p.m. at North Allerdale Children's Centre – Silloth.

Monday 14th April 1.00 - 2.30 p.m. at Crosscanonby St Johns C of E School.

Tuesday 15th April 10.00 - 11.30 a.m. at Aspatria Community Centre.

Tuesday 15th April 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Flimby.

Wednesday 16th April 10.00 - 11.30 a.m. at Wigton Market Hall.

Wednesday 16th April 1.00 - 2.30 p.m. at Broughton Moor Primary School.

Thursday 17th April 10.00 - 11.30 a.m. at Anthorn Village Hall.

Thursday 17th April 1.00 - 2.30 p.m. at West Allerdale Children's Centre - Maryport.

For more information on the any of the free Family Fun Sessions please contact your local Children's Centre.

Bookstart in the Home



Bookstart is a free and exciting "Home Learning Scheme" for children aged 2-3 years in which a trained worker in the Bookstart initiative will come into your home and help develop a love of songs and rhymes with you and your child which will help their communication and language development. This national initiative has been developed by the Booktrust and is delivered in partnership with Children's Centres.

For more information please ring Louise Bainbridge 01900 818726 or 07717225584 or Diane Bell on 016973 49555.

Young Parents Group

This group is for young parents up to the age of 19 years and their children to meet up and enjoy playtime and other activities. We also have special events such as swimming and arts and craft activities from time to time.

Wednesday's (term time only) 3.30 - 5.00 p.m. at West Allerdale Children's Centre - Maryport

For more information on the Young Parents Group please contact Sarah Scott on 01900 819190.

Young Parents Midwife Drop In

The last Thursday of every month the Young Parents Midwife will be in West Allerdale Children's Centre - Maryport 10.00 a.m. - 12.00 noon. The first week will be Thursday 30th January.

The Midwife will be available to answer any questions you may have about your pregnancy, also to discuss breast feeding, the birth of your baby, parenting and early days with your baby. Partners, mother's, friends and birth partners are welcome to come along. Contact Bev Crosby on 07867553426.



Money Matters



Do you want to help your children with their number skills?

Help your children to become more money wise?

Get ideas for practical money skills for yourself?

If so come along to these free Money Matters workshops.

Tuesday 14th January - 13th May 2014.

1.00 - 3.00 p.m. at West Allerdale Children's Centre - Maryport.

Limited crèche places are available and these must be booked in advance. For more information or to book a place on Money Matters contact Sarah Scott 01900 819190.

Family Support

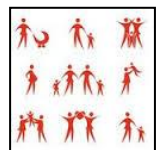


The Family Support Team are able to visit families at home and offer 'early help' and support. This consists of a range of services depending on the needs of children and young people aged between 0 -19 years. It could be help with managing behaviour, routines, dealing with specific concerns or help for children to reach their developmental milestones. The Family Support Team also delivers a number of group programmes such as Strengthening Families, Surviving Teens and the Family Links programme.

Parents/carers are encouraged to ring Gina Hacker on 016973 22777 or 07717301748 to confidentially talk about their individual needs – there is no obligation to take up the service. Alternatively parents/carers can ask any other agency worker to ring on their behalf. **For more information on Family Support services please contact the team on 016973 22777/22771 or 07717301748.**

Family Links Parenting Programme

Family Links is a nurturing programme for parents to help them reflect on their own and their child's emotional health and wellbeing. It promotes relationship skills and positive behaviour management strategies for parents/carers and their children.



Family Links is based on four foundation blocks.

- SELF-AWARENESS AND SELF ESTEEM
- APPROPRIATE EXPECTATIONS
- POSITIVE DISCIPLINE
- EMPATHY

Family Links will be coming to a Centre near you starting April/May 2014. For more information or to express your interest please contact Andrew Groves or Rachel Blackburn on 016973 22771.

Mini Movers Sessions



Come along with your child to these free fun and exciting music and movement sessions for children aged 18 months - 5 years.

Monday 13th January - 3rd February 2014
1.00 - 2.30 p.m. at Low Moor Evangelical Church, Wigton.

For more information on Mini Movers sessions contact Diane Bell on 016973 49555.

Fun with Phonics

Come along and gain ideas on how to support your child's learning and development in language. Explore how your child learns and how to make the most of every day activities.

Monday 13th January - 10th February 2014.
9.30 - 11.30 a.m. at North Allerdale Children's Centre - Wigton. For more information or to book a place on the free Fun with Phonics course contact Sarah Scott on 016973 49555 / 01900 819190.

Parent Information Points

In our Children's Centres in Maryport, Flimby, Wigton and Silloth there are Parent Information Points available for parents/carers, these are free to use and have information on:

- local childcare providers including brokerage service
- free early years entitlement
- support and advice groups
- parent and toddler groups
- activities for children and young people
- services, a helpline, publications and websites
- financial help
- maternity and paternity rights and benefits
- parental rights



Young Parents Group

Are you a young parent up to the age of 19 years living in the Wigton area? Would you like your own weekly group to meet other parents? Your group could offer peer support, one to one support from staff and further opportunities to engage in activities, courses and informal learning relevant to you and your children. Sessions could involve you having group discussions, practical activities, trips and visits.



If this sounds like something you would be interested in then please contact Sarah Scott for further information or to express your interest on 016973 49555.

Story Time, Action and Rhyme

Come along with your child and enjoy songs, rhymes, music, craft and stories together.



No need to book, just drop in!!

Wednesday 19th February - 26th March
9.45 - 11.15 a.m. in Ewanrigg Community Centre, Maryport.

For more information on the free Story Time Action & Rhyme sessions please contact Lisa Wilson or Marie Dixon on 01900 819791 or 01900 818726.

Dads Group

Are you a dad, granddad or male carer? If so come along once a month to enjoy some fun free activities with your child/children and meet other dads/carers.



Saturday 25th January, 1st & 29th March and 26th April 2014. 10.00 a.m. - 12.00 at North Allerdale Children's Centre - Wigton.

If you would like more information about Dads Group or to book a place please contact Michael Douglas on 016973 49555.

Creepy Crawlers

Come along to these free weekly term time only sessions to promote your baby's development, early learning and to make new friends. Suitable for babies from birth to 18 months.

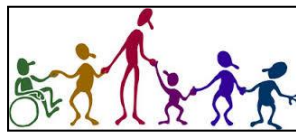


Monday's 1.30 - 3.00 p.m. at North Allerdale Children's Centre - Silloth.

For more information on Creepy Crawlers please contact Amy Ackerley or Tricia Forster on 016973 49555.

Tea Time Fun

A free session for children with additional needs aged between 5-8 years. Children can come along to enjoy play and craft activities, make their snacks and have access to outdoor play.



Booking essential! Tuesday 14th & 28th January, 11th & 25th February, 11th & 25th March and 8th April 2014.

4.00 - 5.00 p.m. at North Allerdale Children's Centre - Wigton.

For more information or to book a place contact Angela Thurlow on 016973 49555.

Volunteering with us!

Do you enjoy working with young children and families? Are you interested in developing new skills with Barnardo's? If so we are looking for volunteers, both male and female across North and West Allerdale to volunteer in our holiday play schemes and to offer support to families in these areas. For more information on becoming a Barnardo's Volunteer contact Alison Cain on 01900 819190.



Both North & West Allerdale Children's Centres have facebook pages. You can find us on facebook at West Allerdale Children's Centre and/or North Allerdale Children's Centre.

Contact Details:



West Allerdale Sure Start Children's Centre - Maryport,
Ennerdale Road, Maryport, Cumbria,
CA15 8HN.

Tel No: 01900 818726.

West Allerdale Sure Start Children's Centre - Flimby,
Sand Lane, Flimby, Maryport, Cumbria,
CA15 8QS.

Tel No: 01900 818726.

North Allerdale Sure Start Children's Centre - Wigton,
10-12 Wampool Place, Wigton, Cumbria,
CA7 9SA.

Tel No: 016973 49555.

North Allerdale Sure Start Children's Centre - Aspatria,
King Street, Aspatria, Cumbria,
CA73ET.

Tel No: 016973 22771.

North Allerdale Sure Start Children's Centre - Silloth,
Liddel Street, Silloth, Cumbria, CA74DD.

Tel No: 016973 49555.

The Administrative Office for Barnardo's Allerdale is located at 12a Selby Terrace, Maryport, CA15 6NF.

Tel No: 01900 819190.

If you have changed your address or telephone number lately please can you let us know on 01900 818726 / 016973 49555 so that we can update our systems and you will continue to receive regular newsletters from the Children's Centre.

January to April 2014 event details

Date	Time	Activity and contact information	Place	Age
Mondays Term time only	1.30pm 3.00pm	Creepy Crawlers Tricia Forster - 016973 49555.	North Allerdale Children's Centre Silloth, Liddel St, Silloth.	Birth -18 months
Monday 13 th Jan-3 rd Feb	1.00pm 2.30pm	Mini Movers Michael Douglas - 016973 49555.	Low Moor Evangelical Church, Wigton.	18 months -5 years
Monday 13 th Jan-10 th Feb	9.30am 11.30am	Fun with Phonics Sarah Scott - 01900 819190.	North Allerdale Children's Centre – Wigton.	Parents/ Carers
Monday 13 th Jan-10 th Feb	1.30pm 3.00pm	Baby Massage Sarah Scott - 01900 819190.	West Allerdale Children's Centre – Flimby.	Birth to crawling
Monday 3 rd Mar-31st Mar	1.00pm 2.30pm	Baby Massage Angela Thurlow - 016973 49555.	North Allerdale Children's Centre – Aspatria.	Birth to crawling
Monday 23 rd Jan-13th Feb	3.00pm 5.00pm	Lets Cook Together Andrew Groves - 016973 22771.	St Patricks School – Maryport.	
Monday 10 th Feb-7 th April	12.30pm 3.00pm	Lets Get Healthy with Henry. Diane Bell - 016973 49555.	West Allerdale Children's Centre – Maryport.	Parents
Monday 17 th February	1.00pm 2.30pm	Family Fun Session Lynne Douglas - 016973 49555.	North Allerdale Children's Centre – Silloth.	Families
Monday 14 th April	1.00pm 2.30pm	Family Fun Session Lynne Douglas - 016973 49555.	North Allerdale Children's Centre – Silloth.	Families
Monday 14 th April	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	Crosscanonby St Johns C of E School.	Families
Monday 13th January	9.30am 11.00am	Support Coffee Morning Angela Thurlow - 016973 49555.	North Allerdale Children's Centre – Wigton.	Parents/ carers
Monday 10 th February	9.30am 11.00am	Support Coffee Morning Angela Thurlow - 016973 49555.	North Allerdale Children's Centre – Aspatria.	Parents/ carers
Monday 10 th March	9.30am 11.00am	Support Coffee Morning Angela Thurlow - 016973 49555.	North Allerdale Children's Centre – Wigton.	Parents/ carers
Tuesday 14 th Jan-1 st April	9.15am 11.45am	Top Toddlers Louise Bainbridge - 01900 818726.	West Allerdale Children's Centre – Maryport.	18 months plus
Tuesday 25 th Feb-25 th March	1.00pm 3.00pm	Creative Cooking for Less Sarah Scott - 01900 819190.	North Allerdale Children's Centre – Silloth.	Parents/ carers
Tuesday 14 th Jan-13 th May	1.00pm 3.00pm	Money Matters Sarah Scott - 01900 819190.	West Allerdale Children's Centre – Maryport.	Parents/ carers

Tuesday's term time only	10.00am 11.30am	Stay & Play Angela Thurlow - 016973 49555.	Aspatia Community Centre.	Families
Tuesday's term time only	1.00pm 2.30pm	Stay & Play Louise Bainbridge - 01900 818726,	West Allerdale Centre - Flimby.	Families
Tuesday's term time only	1.00pm 2.30pm	Bumps to 4 Amy Ackerley - 016973 49555.	North Allerdale Children's Centre - Wigton.	0-4
Tuesday 14 th & 28 th January	4.00pm 5.00pm	Tea Time Fun Angela Thurlow - 016973 49555.	North Allerdale Children's Centre - Wigton.	Children 5-8
Tuesday 11 th & 25 th February	4.00pm 5.00pm	Tea Time Fun Angela Thurlow - 016973 49555.	North Allerdale Children's Centre - Wigton.	Children 5-8
Tuesday 11 th & 25 March	4.00pm 5.00pm	Tea Time Fun Angela Thurlow - 016973 49555.	North Allerdale Children's Centre - Wigton.	Children 5-8
Tuesday 8 th April	4.00pm 5.00pm	Tea Time Fun Angela Thurlow - 016973 49555.	North Allerdale Children's Centre - Wigton.	Children 5-8
Tuesday 18 th February	10.00am 11.30am	Family Fun Session Lynne Douglas - 016973 49555.	Aspatia Community Centre.	Families
Tuesday 18 th February	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	West Allerdale Children's Centre - Flimby.	Families
Tuesday 15 th April	10.00am 11.30am	Family Fun Session Lynne Douglas - 016973 49555.	Aspatia Community Centre.	Families
Tuesday 15 th April	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	West Allerdale Children's Centre - Flimby, Sand Lane.	Families
Wednesdays	1.00pm 2.30pm	Baby Days Sarah Scott - 01900 819190.	West Allerdale Children's Centre - Maryport.	Parents & Babies
Wednesdays Term time only	10.00am 11.30am	Stay & Play Angela Thurlow - 016973 49555.	The Market Hall Wigton.	Families
Wednesdays Term time only	1.00pm 2.30pm	Grandtots Louise Bainbridge - 01900 818726.	West Allerdale Children's Centre - Flimby.	0-5
Wed 19 th Feb- 26 th March	9.45am 11.15am	Story Time, Action and Rhyme Marie Dixon - 01900 818726.	Ewanrigg Community Centre Maryport.	Families
Wednesday 12 th February	1.00pm 2.30pm	Weaning Parties Michael Douglas - 016973 49555.	North Allerdale Children's Centre – Wigton.	Parents/ carers
Wednesday 2 nd April	1.00pm 2.30pm	Weaning Parties Michael Douglas - 016973 49555.	North Allerdale Children's Centre – Aspatia.	Parents/ carers

Wednesday 19 th February	10.00am 11.30am	Family Fun Session Lynne Douglas - 016973 49555.	Wigton Market Hall.	Families
Wednesday 20 th February	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	Dearham Primary School.	Families
Wednesday 16 th April	10.00am 11.30am	Family Fun Session Lynne Douglas - 016973 49555.	Wigton Market Hall.	Families
Wednesday 16 th April	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	Broughton Moor Primary School	Families
Wednesday's Term time only	3.30pm 5.00pm	Young Parents Group Sarah Scott - 01900 819190.	West Allerdale Children's Centre – Maryport.	
Thursday 27 th - Feb 3 rd April	1.00pm 3.00pm	Cooking on a Budget Sarah Scott - 01900 819190.	West Allerdale Children's Centre – Maryport.	Parents/ carers
Thursday 20 th February	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	Dearham Primary School.	Families
Thursday 17 th April	1.00pm 2.30pm	Family Fun Session Lynne Douglas - 016973 49555.	Anthorn Village Hall.	Families
Thursday 17 th April	1.00pm 2.30pm	Family Fun Session Philippa Wallace - 01900 819190.	West Allerdale Children's Centre – Maryport.	Families
Thursday 23 rd January-13 th February	3.00pm 5.00pm	Let Cook Together Andrew Groves - 016973 22771.	St Patricks School Maryport.	Parents/ carers & children
Last Thursday of month	10.00am 12.00	Young Parents Midwife Drop In Bev Crosby - 07867553426.	West Allerdale Children's Centre – Maryport.	
Fridays Term time only	1.00pm 2.30pm	Stay & Play Louise Bainbridge - 01900 818726.	West Allerdale Children's Centre – Maryport.	Families
Friday 28 th February 21 st March	3.15pm 5.30pm	Lets Cook Together Lynne Douglas - 016973 49555	North Allerdale Children's Centre – Silloth.	
Saturday 1 st Feb, 1 st March & 5 th April	11.00am 12.00	Dads Splash-Around Swimming Sessions Tracy Kerr - 01900 819190.	Netherhall Swimming Pool.	
Saturday 25 th January, 1 st & 29 th March & 26 th April.	10.00am 12.00	Dads Group Michael Douglas - 016973 49555.	North Allerdale Children's Centre – Wigton.	