

THE CHAT

howgill
family centre

DEC 2022



Welcome to our last quarterly newsletter for 2022- The Chat. We hope you enjoy this way to keep you informed of the exciting news within Howgill Family Centre and each of our four nursery settings



Cleator Moor
078 2794 4729



Kells
01946 592 551



Mirehouse
01946 760 694



Whitehaven
01946 694 295



Howgill Family Centre And Nurseries



www.howgill-centre.co.uk



info@howgill-centre.co.uk

THE CHAT

CLEATOR MOOR

If you have a spare 5 minutes please could you review us on Google.
<https://g.page/r/Cfd--NwOw04SEAg/review>

Here at Cleator Moor we have had a great start to the new term. We have welcomed lots of new children to join our little Howgill family and look forward to sharing their learning journey.

BABY ROOM

This term we have been focusing on our ourselves. We have been concentrating on finding our own nose, mouth, eyes and head which led us to learn the nursery rhyme Head, Shoulders, Knees and Toes to help with this. We even painted our own faces! We have been teaching how to share and take turns with our friends along with welcoming new children. The children's favourite nursery rhyme was Row Row Your Boat so we made a boat out of a cardboard box and made a crocodile for our display.



In our Under the Sea room we have been focusing on the topic 'All about me'. This was a great way to start the new school year as we had lots of new children join us. We welcome them and got to know all about each other whilst having lots of fun doing our activities. They enjoyed learning about different body parts, making stick houses and creating their own self-portraits. The children brought in family photos and loved talking about all the people in their family. We then went on to concentrate on Autumn. The children created some lovely window display pictures using hand prints, making owls squirrels, hedgehogs and lovely autumn trees.

2'S ROOM



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PRE
SCHOOL

We started the term learning all about ourselves and families. The children brought in family photos for us to look and talk about. They painted self portraits and spoke about what makes them different to and the same as others.

We then moved on to our Autumn topic. We spoke about the changes in seasons and what we have noticed about our surroundings. The children went on Autumn hunts at home and brought in resources for us to explore in nursery. They used the resources to create faces, to do counting and sorting, and developing motor skills.



Our rising 3's and pre-schoolers have been given the fantastic opportunity of taking part in Forest School every week. The children have had some much fun travelling on our bus to the forest where they take part in lots of outdoor learning, lying in a hammock and jumping in muddy puddles. We cannot wait to see what else we are going to do!

FOREST
SCHOOL



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THE CHAT

● ● ● VALLEY LITTLE 2'S - MIREHOUSE ● ● ●

If you have a spare 5 minutes please could you review us on Google.
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Thank You

Thank you so much to all the parents at Valley Little 2's for supporting us during our closure in October, whom were all understanding that things were a little different when we temporarily opened in Valley school hall. We were so happy to see our families participate in home learning.

thank you

Well done Emma Adams, our Early Years Practitioner at Valley Little 2's for passing her Paediatric First Aid.

We've had so much fun exploring Autumn and Halloween, looking at leaves and conkers, reading owl babies, and making some lovely things for the wall displays. For Halloween we've painted pumpkins, dressed up and explored sensory tuff trays.



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THE HOWGILL KABIN - KELS

If you have a spare 5 minutes please could you review us on Google.
<https://g.page/r/Cc38SIHCWOHeEAg/review>

We've been busy planting flowers and bulbs we bought with the sponsored money we raised.



We also bought a new sand tray with our sponsored money. The kids love it!



We had a blast on Halloween!



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THE CHAT

● ● ● SURE START CHILDREN'S CENTRE - ● ● ●



If you have a spare 5 minutes please could you review us on Google.

<https://g.page/r/CXbecvd5-g5JEBl/review>



We are greatly appreciated to Kirkland Carpets who put in some new beautiful flooring for us! How lovely does it look?



We thoroughly enjoyed Halloween celebrations.



We went to the Beacon and bought vegetable boxes. We then made some delicious soup!



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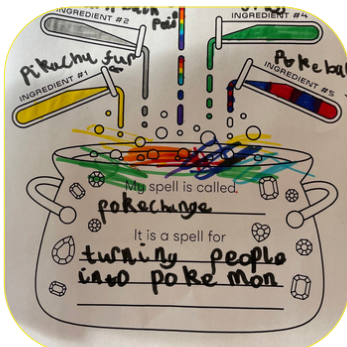


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THE CHAT

● ● ● TIME TO BE ME ● ● ●

We use lots of different activities in our Time To Be Me sessions. Craft activities are really useful because as well as improving gross and fine motor skills, craft activities have been shown to improve self-esteem, reduce anxiety and boost mental wellbeing by promoting the production of the feel good hormone Dopamine. For some children and young people using art to express feelings can feel easier and less threatening than traditional talking therapies especially where using words that may be difficult.



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THE CHAT

● ● ● FAMILY FINANCE ● ● ●



DONATION FROM OUR CARETAKER

Our adventurous caretaker Mike raised a total donation of £1,275.00 split between Great North Air Ambulance Service, Team Macmillan, and Howgill Family Centre and Nurseries after taking the plunge by skydiving at 70! Thank you so much Mike!

DIANE'S TOP SAVING TIPS

- Put on an extra layer of clothes before you turn on the heating. Throws are good to snuggle under too!
- Turn off lights as you leave a room, it might sound obvious, but we all are guilty of not doing it! It all adds up to saving electricity!
- Your freezer is your friend, frozen food doesn't go off – it is usually significantly cheaper to buy frozen than fresh for most things. It has the advantage that it stays in tip top condition till you want to use it – less waste.
- Try a clothes swap – arrange for you and your friends to swap clothes once your kids have outgrown them – you could even make it into a party!



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EARLY YEARS SESSIONS

We have had an extremely busy term so far within our groups. We have such fantastic families joining us week in and week out. It's lovely to see that the babies are moving up to the next group. The children have so much fun learning all the songs and actions that we do. It is a wonderful way to see the progress this has on their early learning. We have some exciting new opportunities coming up in our groups too so watch this space! Don't forget our groups are free to all.

JUNIPER WELLBEING'S BABY MASSAGE

At: Howgill Family Centre, Birks Road, Cleator Moor, CA25 5HR

For: Babies, and their carers

Times: From Thursday 12th January 13:15 - 14:15

£37.50 for the course

Book at www.bookwhen.com/juniperwellbeingcumbria

Learn baby massage routines to help soothe and settle your baby



CUPPA AND A CRAIC

For: Babies, toddlers, young children and their carers

Times: Every Monday 13:00 - 14:00

Got some spare time on your hands? Why not come along and join us for a cuppa and craic? You can bring along children or pop along by yourself while the kids are at school. It's a chance to meet new faces in a warm and friendly environment.



BABBLING BABIES

For: Babies (non -walkers) and their carers

Times: Every Wednesday 09:30am - 10:30am

Come along, have some fun with your child whilst supporting and boosting their communication and language development through I CAN program



TODDLER TALK

For: Toddlers and their carers

Times: Every Wednesday 11:00am - 12:00am

Come along, have some fun with your child whilst supporting and boosting their communication and language development through I CAN program.



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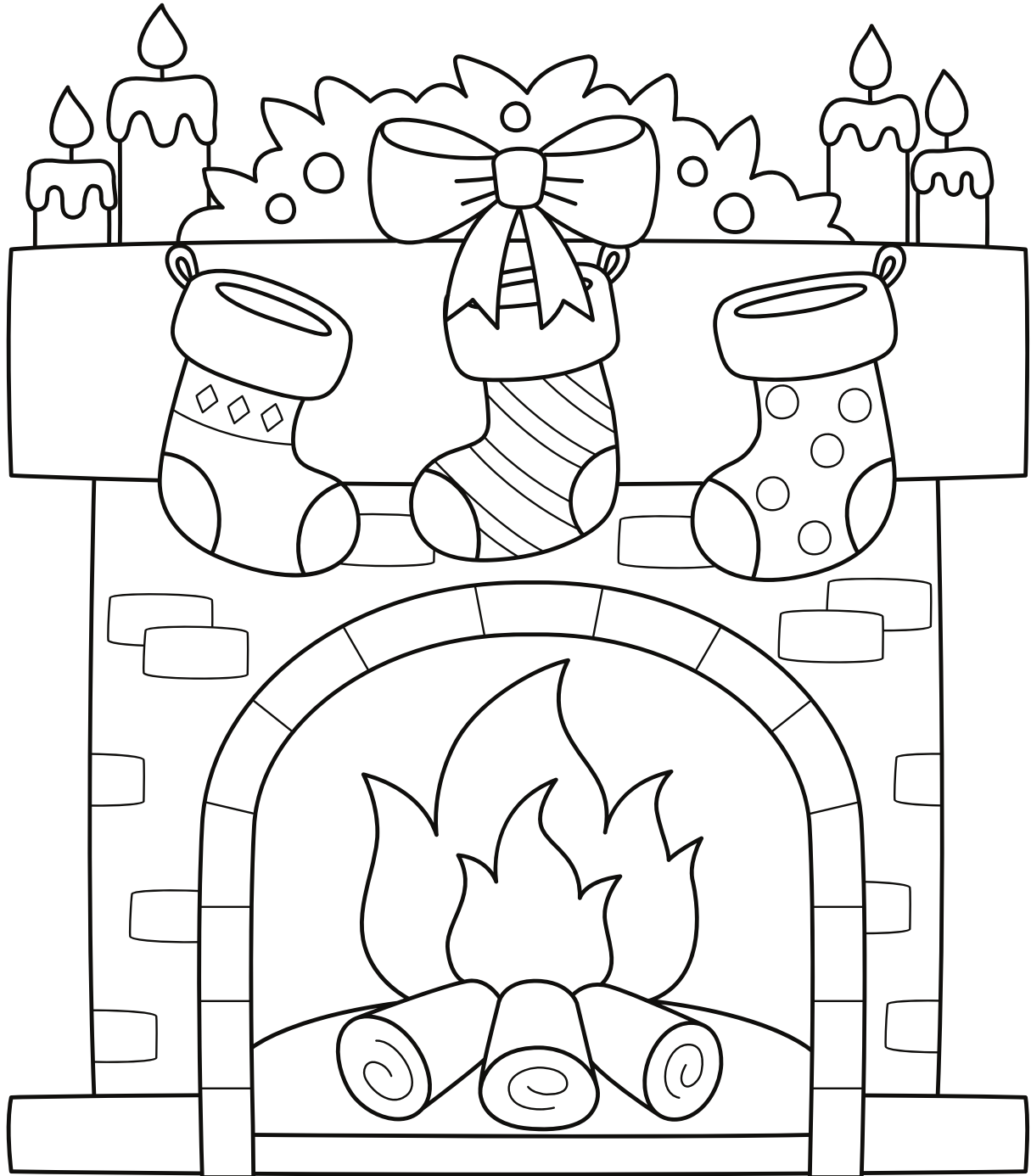
CHRISTMAS COLOURING COMPETITION



DEC 2022



Colour in and send a picture to marcelyn.southam@howgill-centre.co.uk for your chance to win a prize or post on the Christmas Colouring Competition Post within our Facebook page. Deadline 12th December. Any child up to 12 years old can apply. The winner will receive a toy or a Morrisons £25 voucher. Please see competition rules on our Facebook post. Morrisons is not involved with this competition.



Child's name (or guardian) _____ DOB of Child _____
Email _____



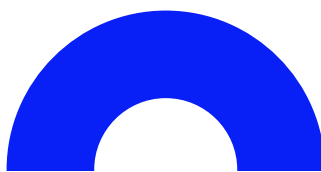
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THE CHAT

TRUSTEES

MITIE AND SELLAFIELD

We want to thank the hard work that Mitie and their suppliers have contributed to renovating Cleator Moor nursery's outdoor area. The funding from Mitie and Sellafield will make such a difference to the children's experience of playing outdoors. We are really lucky to have some exciting developments, a whole new play area for the children, which will also include a fantastic new sensory area that all age groups will have access too. We have already had new turf laid for the preschool play area and an exciting new shelter is well on its way to being built



How many people know that we have a University in Whitehaven?

The University of Central Lancashire (UCLan), whose main campus is in Preston, promotes its West Lakes Campus thus: 'Our picturesque campus is based on the Westlakes Science and Technology Park in the tranquil surroundings of West Cumbria, just three miles from Whitehaven. We offer a wide range of innovative and vocational courses including Medicine and Nursing from here.' It is also the home to a developing Research Centre from which Howgill, its staff and families have benefitted for a number of years. One of their Research Fellows, Suzanne Wilson, plays a critical role in the work of the West Cumbria Child Poverty Forum which Howgill formed thirteen years ago and I still Chair. Having the resources of the University at the Forum's disposal has greatly enhanced our capacity to highlight the many issues that families face in difficult times. Suzanne is an influential supporter of Howgill and everything it stands for and is especially interested in working with people who wish to improve their capacity to influence decision making in their communities. UCLan has a commitment to making Higher Education accessible to everyone. I am a Trustee of a charity West Lakes Research Ltd which promotes the work of the Research Centre. I am happy to answer any queries about the University and how you might like to return to education as an adult.

Willie Slavin



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THE CHAT

● ● ● FUNDRAISING ● ● ● MOVE YOUR WAY



REACH MORE FAMILIES AND HELP WITH THEIR FINANCE

We want to engage with more families and help them with their finances along with providing alternative money options such as vouchers.



PRESENCE IN FURTHER SCHOOLS

We want to expand our wellbeing programme 'Time To Be Me' across further schools in the area.



EXTEND OUR FACILITIES AND SERVICES IN KELLS

We are aiming to refurbish our library in Kells to accommodate a nursery setting and where possibly offer extra facilities.



NEW OUTREACH SERVICES TO OUR COMMUNITY

We think it's vital providing new, ongoing services to those that need help. We want to offer more resources to the community but require a helping hand to do so.



TO OFFER MORE FAMILY GROUP DROP IN SESSIONS

We currently offer 3 drop in sessions for parents/carers but would love to extend these sessions further afield.



IMPROVE OUR 4 NURSERIES

We are always looking to improve the environment and activities for children in each of our nurseries.

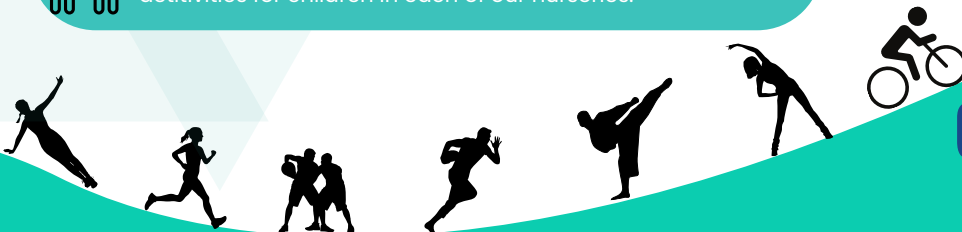
Take any sport and move your way

We are lucky enough to be an area where we have Fells, Lakes, Beaches and so much outdoor beauty in Cumbria. We want to use this and encourage as many people, including children to get active with all sorts of sports and exercises. There's no limitations! MOVE YOUR WAY!

Maybe you already do a sport but want to set yourself a challenge? Run quicker or further? Cycling the Coast to Coast route? How about trying something new? Or spice up a sport/exercise? Cartwheeling across Whinlatter Forest? Pick your sport, or active activity. MOVE YOUR WAY and start fundraising through JustGiving

www.justgiving.com/campaign/moveyourway

Visit www.howgill-centre.co.uk/ways-you-can-help/move-your-way for our information pack



GET ACTIVE AND IMPROVE OUR SERVICES FOR OUR LOCAL COMMUNITY



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THE CHAT

TRUSTEES

Our trustees work voluntarily to make sure we're doing all we can to reach and improve the lives of families.

We want to recruit new Trustees and Professional Advisers with relevant experience and expertise to strengthen the Board.

We will ensure our workforce are suitably qualified and well trained to deliver our plans by providing opportunities for staff to attend regular training

We aim to work closely with a wide range of organisations and partners to ensure Howgill is at the heart of strategic decision making.

We continue to look for opportunities to extend the range and scope of our services.

We will focus on and develop speech, language and communication in the Early Years, along with working with parents and carers.

We intend to extend our emotional wellbeing services to a wider range of primary schools.

We would like to develop new community facilities and services in the Kells area of Whitehaven.

We will provide further improvements to indoor and outdoor areas at all our premises, where funding permits.

We continue to work in partnership with Good Enough Start in Millom to provide local community perinatal and infant attachment care for newborn babies

We continue to work in partnership with Baby Basics West Cumbria to provide a baby bank to deliver essential, additional services for low income communities alongside midwives and health visitors.

We rely heavily on the help from funders, who continue to support our work, especially Sellafield Ltd, Cumbria Community Foundation, Francis C Scott Charitable Trust, The Phyllis Harney Trust and Copeland Community Fund. We are extremely grateful for their financial and practical support.

A very special thanks to all staff at Howgill for their commitment, enthusiasm and expertise as they work so hard to provide the best possible services to all areas of the community.

Brenda Holden



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