

OUR NURSERIES

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What's inside this issue:
WELCOMING BABY BASICS
FUNDRAISING

OFSTED

It is with great pleasure that we announce that our settings have received a 'Good' rating. Valley Little 2's in Mirehouse, The Howgill Kabin in Kells and Howgill Family Centre in Cleator Moor have all received a glowing report.

"The flexible key-person system successfully values the needs and preferences of every child. This contributes towards the special bonds that are formed between children and staff. Children enjoy attending the nursery," The Howgill Kabin.

"At the heart of this setting's success is the inclusive culture. Staff listen to children and support their individual needs very well. They have positive relationships with children, which helps them to thrive. Children consistently approach the staff taking them by the hand to where they want to play. Staff create a calm environment where children show a positive attitude to learning." Howgill Family Centre's Valley.

"Children benefit from a curriculum that provides them with enriching experiences. For example, toddlers spend time developing their creative ideas. They explore paint, paper and glue, and mix water to oats to watch how it changes consistency. Babies show great excitement as they watch bubbles floating around their room and try to catch them. Children benefit from lots of praise and encouragement from staff, who introduce new words, such as 'foundation', when building with construction materials. This empowers children and builds their confidence, self esteem and vocabulary" Howgill Family Centre, Birks Road

“Baby— basics” West Cumbria



Baby Basics



"Baby Basics West Cumbria is a project that provides essential baby equipment, clothing and toiletries to women and families in Allerdale and Copeland who are struggling with the financial and practical challenge of looking after a new baby. This month we were delighted to find out that the project was awarded funding which secures it for the next three years! We initially started our work in January 2021 after sourcing start-up funding from Cumbria County Council and have run entirely by volunteers for those two years. This new funding now means that we have a dedicated Volunteer Coordinator with set opening days, enabling the work to continue in our community.



The project works through referrals from health professionals, predominately NHS midwives and health visitors, but also social services and other agencies such as The Freedom Project. The work relies on the donation of good quality, second hand baby equipment and clothing from the local community, which is safety checked, alongside donations of new, unopened toiletries and nappies, and prepared into referral packages given out as gifts. Baby Basics West Cumbria improves post natal safety and wellbeing of the baby and mother, as well as providing dignity and hope at this vulnerable time in their lives. We focus on offering baby a safe place to sleep (moses baskets or cots) with new mattresses, as well as clothing, sensory toys, warm bedding and feeding bottles/sterilisers.

Our storeroom is located at Birks Road and our opening hours for referral collections will generally be Monday and Thursday (08:30-15:30) by appointment only. All donations will continue to be via our donation boxes located in Cockermouth and Whitehaven, so no donations are accepted at any Howgill sites unless by prior arrangement. All information about what we can and can not accept are pinned to the top of our Facebook page, Baby Basics West Cumbria which is updated regularly.

If you have a young or expectant family that you feel needs support please direct them to speak to their community midwife or health visitor, who will place a referral with us.

Christine and the Team

MOVE YOUR WAY

FUNDRAISING CAMPAIGN



Move Your Way

Take any sport and MOVE YOUR WAY

Whether you want to walk, run, climb a fell, cycle, kickbox, attend a virtual exercise class, lift heavier weights, star jump across the room or dream up your own activity we want to support you. Help us make a difference in our community.

GO, JOSHUA SOUTHAM, GO!!

Joshua has been practicing his 2K park runs and is only 6 years old. His fastest time is 12.10 minutes for 2K. He has raised, so far a amazing £210 to run 5K in the summer. Thank you Joshua for fundraising for Howgill. We cannot wait to see pictures and how you did on the day.

What we do

Our very essence is to create opportunities for children and families. Howgill Family Centre work to build healthier, safer communities where children, young people and families are valued, respected, and encouraged to achieve their potential.

Help us create opportunities for children and families. We want to reach more families and help them with their finance, expand our wellbeing program in more schools, extend our facilities in Kells, offer knowledge and support for parents to enjoy parent - infant bond and mental health, and reach more new families that require essential baby equipment, clothing and toiletries. Our aim is to provide more outreach services to the community and improve our nurseries.

Visit www.justgiving.com/campaign/moveyourway and start fundraising for our charity

Email

fundraising@howgill-centre.co.uk

Time To Be Me

The low levels of wellbeing of children can have a great impact on their childhood and life chances.

Without the experience of happiness and a sense of wellbeing in our lives, it is difficult to thrive and to become the best we can. Our service provides a safe and secure environment in which children are able to share and explore emotions, thoughts, and feelings through the therapeutic activities that we offer. We help those children who have negative emotions deal with them without repressing or denying them by encouraging positivity, building self-esteem and resilience.

Top Tip from the Wellbeing Team

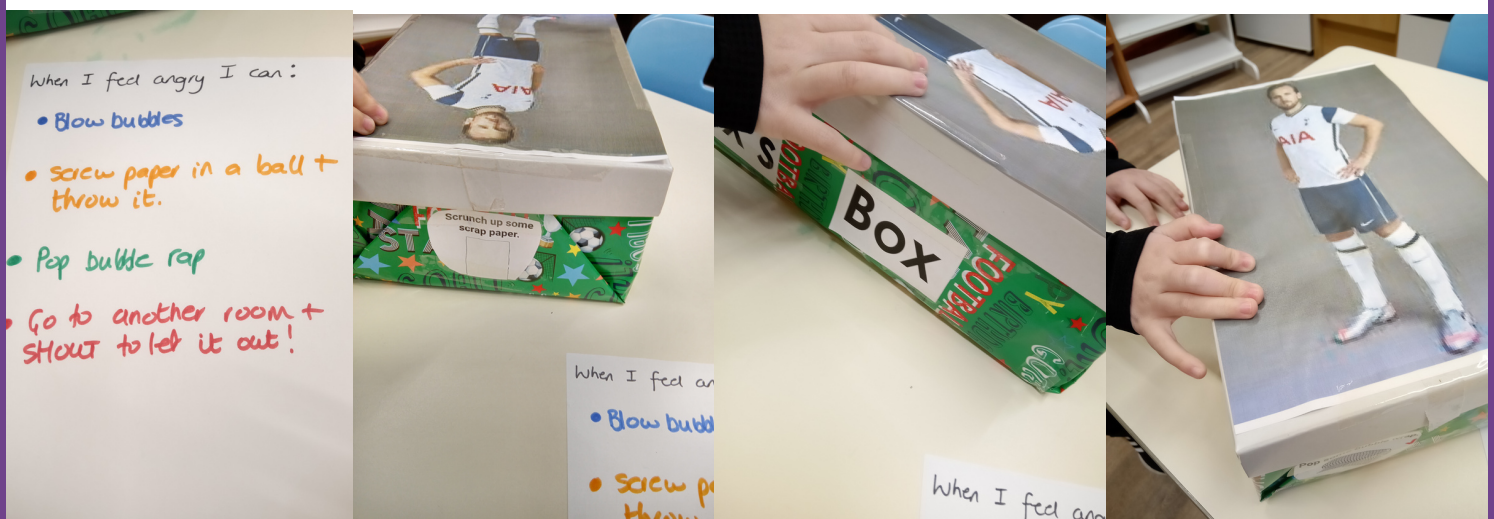
Is your child feeling stressed, anxious, angry or worried?

Help them to calm down by making a calm box. All you need is an empty cardboard box (an empty shoe box is ideal), something to decorate it with such as wrapping paper, stickers, pictures cut out from a magazine and calming strategies.

Everyone is different so allow your child to choose what strategies they think will work for them:

- Go to a quiet room and shout
- Hit a cushion or pillow
- Tear or scrunch up paper
- Pop bubble wrap
- Listen to music
- Go for a walk
- Fidget toys
- Think about somewhere you would like to be (beach/forest/park)
- Slow breathing or 7/11 breathing – breathe in for a count of 7 and out for 11
- Throw soft balls against a wall or into a bin
- Blow bubbles

This is a box we made with one of the children we work with. He loves football so we covered the box with football wrapping paper then printed off some pictures of his favourite football team. He chose 4 strategies and we wrote these on the outside of the box then put corresponding items inside eg a pot of bubbles, plain paper and some bubble wrap.

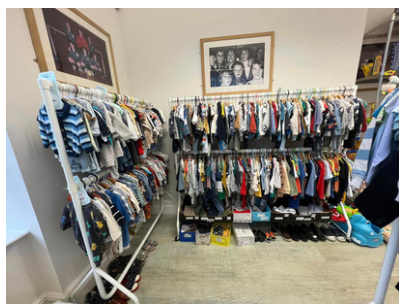


The Whitehaven Foyer Shop



The Whitehaven Foyer Shop which was previously operated by Howgill specialises in children's clothing, toys and all those useful items that families need.

There is a large choice of items, especially high quality clothes available at very reasonable prices. Call in and have a look.



The Foyer is situated at the corner of Irish St. and Preston St in Whitehaven town centre.

The Shop can also offer experience of working in a retail environment to volunteers who can offer a few hours per week. If interested, contact the Foyer Manager, Shelly Gambles at 01946 67350.

Diane's Top Saving Tip

Have your finances recovered from Christmas yet?

It is 42 weeks until Christmas 2023! If you saved £5 a week from now until then, you would have a lump sum of £220.00. This could be used to buy your presents or your Christmas grocery shop.

If you saved the £5 a week in the Credit Union, you would be able to get a loan for a very low interest rate. Whilst you were paying it back, you could grow your savings even more, so you would end up with even more than you started with! There are 2 Credit Unions in the area, one in Cleator Moor and one in Whitehaven. Why not pop in and start saving today?

How much better would you enjoy Christmas if you could take away the worry of how to pay for it? Give it a go!



Good Enough Start

During early childhood, from pregnancy to the age of five, our brains develop at an amazing rate, faster than at any other time in our lives.

#shapingus

The Royal Foundation Centre for Early Childhood has recently launched the #ShapingUs campaign. The fantastic new campaign is headed by Her Royal Highness the Princess of Wales and it is about the importance of early years.

Our experiences, relationships, and surroundings at that very young age, shape the rest of our lives. This is when we start to understand the world in which we live. How to manage our emotions, build relationship with the people around us, believe in ourselves, develop resilience against adversity and have trust in others.

Providing strong support for children, parents and carers during these most preventative years is essential and can have a life-changing impact.

Because, if we can build a supportive, nurturing world around children and those caring for them, we can make a huge difference to the physical and mental health and happiness of generations to come."

We, at Good Enough Start strongly believe this and are dedicated to providing universal information, groups and supporting families from pregnancy onwards until an infant is two years old. We are looking forward to continuing to provide this very valuable service to our community.



Babies love faces

We have been focusing on faces. Babies love faces, as they find them fascinating. Learning about faces helps babies to make brain connections and bond with those around them.

We did a lovely activity from 'BBC Tiny Happy People' We drew a simple face on a piece of paper and then showed them to our babies along with talking about the different features, and touching their faces.

Saying the names of the features while showing them helps them to connect the sounds of the word to what they mean, making connections in their brain.

You don't have to be a budding artist to enjoy this activity. Your babies don't care if you can draw or not, a basic picture is completely fine.



BABIES LOVE FACES

Early Years Project

The Early Years project is going strong! We have lots of children we are working with and are having lots of fun. Our Babbling Babies and Toddler Talk groups are very well attended with new families joining us all the time. We have toddlers who now know all the actions to songs and are vocalising sounds and words to take part in singing. As physical development is a big part of what we do too we invited Kelly from Active Cumbria along to our Toddler group. She gave out some information regarding the importance of early movement and skill and tummy time. The parents and children tried out some of her activities and movements. Within our project we cover many aspects, one being a support to parents, we are here to listen, help, guide. If you would like a chat about anything, please come along to one of our groups or give us a call.

We can really see the impact on the early social skills, language and communication that these sessions have on the little ones that join our groups.



Our free drop in groups

Cuppa and a craic

For: Babies, toddlers, young children and their carers

Times: Every Monday 13:00 – 14:00 at Birks Road, Cleator Moor

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 friendly environment.

Babbling Babies

For: Babies (non -walkers) and their carers

Times: Every Wednesday 09:30am – 10:30am at Birks Road, Cleator Moor

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 at Birks Road, Cleator Moor

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

Our partner groups

Juniper Wellbeing's Yoga 4 week course from March 2nd

Times: Thursdays 10:00 – 11:00 at Birks Road, Cleator Moor

Price: £30

Book at www.bookwhen.com/juniperwellbeingcumbria

Juniper Wellbeing's Baby Massage 4 week course from March 2nd

Times: Thursdays 11:15 – 12:15 at Birks Road, Cleator Moor

Price: £30

Book at www.bookwhen.com/juniperwellbeingcumbria



The Howgill Kabin, Kells

"The staff spend quality time engaging with the children"



We had an Ofsted inspection in January and we are pleased with our grade of GOOD in all areas. The inspector Charlotte Bowe observed that "The staff spend quality time engaging with the children. They take into account of what the children know and enjoy when planning for their continued learning" Parents say that the nursery is very "family orientated" and "that the children get the attention they need".



Having fun at the Kabin

We have had a busy term since we returned after Christmas. We have had lots of new children who have settled in well. We have been learning about winter, painting snowman pictures, feeling ice and enjoying lots of sensory activities. We made a Dragon for Chinese New year, tried to do Chinese writing with black paint and even tried some Chinese food.

We are renovating the Kells library into a nursery.

Our caretakers, Mike and Gary are working hard making our library into a purpose built nursery! We would love your donations and fundraising support for our new nursery.

Donations:

www.justgiving.com/howgillfamilycentre

Move Your Way Fundraising

www.justgiving.com/campaign/moveyourway

fundraising@howgill-centre.co.uk



Howgill Family Centre's Valley, Mirehouse

"At the heart of this setting's success is the inclusive culture"



"Children are happy and confident in this welcoming setting" . We work as a team at Valley and are so proud that we have received a Good Ofsted rating at Howgill Family Centre's Valley.

Welcome Zoe!

We want to welcome Zoe to our team. She is Early Years Deputy Manager at Valley and has been with us since November 2022. She is great at encouraging the children to keep trying their best at every activity. She is patient, kind, fun and a hardworking member of the team.

Our creativeness at Valley

We have been exploring winter. It's been so much fun playing with ice both indoors and outdoors, along with exploring the weather and arctic animals.

We celebrated Chinese New Year. Our children learnt about the 'Year of the Rabbit' and how the animals became important for the years. We even tried some Chinese food!

During National Storytelling Week we had a big focus on the story 'Shark in the park!'



Sure Start Children's Centre, Whitehaven



We celebrated Chinese New year with Emma and her family. Thank you to Amy for the delicious food.

We have had a great time exploring mini beasts and The Hungry Little Caterpillar



Howgill Family Centre, Cleator Moor

"Children develop close and secure relationships with staff at this warm and welcoming nursery"



This term our babies room have been learning "All About Me" and "Emotions". The children took an interest to "The very hungry caterpillar" so we decided to make our own caterpillars and add three things that each child likes to do when they are in nursery. We have been learning about emotions, happy and sad. We have been teaching the children the song "If your happy and you know it." We have also enjoyed exploring different textures during messy play. We have loved getting messy in the shaving foam and geli balls

In our 2's room we offer lots of fun, engaging and exploratory activities for our children. Recently, we have been busy learning all about winter animals. We have found out where they live which led us to create our own polar bears and penguin window display. We have also been learning about the importance of kindness and making friendships to fit around our most recent topic 'Valentines'.

Our preschoolers this term have been learning all about their emotions. The children have really enjoyed reading The Colour Monster and talking about their feelings such as what makes them happy or what makes them sad. Our children have also enjoyed going to Forest School, this term. We have learned all about fire safety to build up to us having our own campfire (with marshmallows of course!) Our preschoolers have really getting involved with the Active Start physical activities!

