

# OUR NURSERIES

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What's inside this issue:

BRAND NEW KELLS NURSERY

EXCITING NEW GROUPS FOR FAMILIES

Firstly, I wanted to introduce myself, my name is Faye Eldon, and I am delighted to have joined the Howgill Family Centre as the new Chief Executive Officer in July. I am honored to be part of this incredible organisation and to have the opportunity to work with our dedicated team, and families in the local community.

I have joined Howgill at an extremely exciting time and I am thrilled to share some exciting news with you all! Since its inception, the Howgill Family Centre has been committed to providing exceptional support and services to families in our community. And now, we have expanded our reach even further with the opening of our brand-new setting in Kells!

Located in the heart of Kells, our new setting offers a warm and inviting environment for families to connect, grow, and thrive. This additional space will allow us to accommodate even more families, offering a wider array of programs and services to meet their unique needs.

I am also delighted to announce that our Cleator Moor setting will have a new additional office space to be available for hire. Please share this message and our posts far and wide as these spaces will be available to be booked and used throughout the week.

I wanted to share our exciting strategic plan to increase our services across all our settings and services. We are dedicated to continuously improving and expanding our offerings, ensuring that we can support families at every stage of their journey. Through this strategic plan, we aim to enhance our existing programs and introduce new initiatives that directly address the evolving needs of our community. All our nurseries are now available for childcare all year round and we have extended our opening times to fit in with the needs of our children and parents.

As always, we welcome your feedback, suggestions, and active participation in our programs. Together, we can continue to make a positive impact in the lives of families throughout our community.

Stay tuned for more updates and exciting events as we embark on this new chapter at the Howgill Family Centre. Thank you for being a part of our journey!

Kind Regards,

Faye Eldon  
Chief Executive Officer

# Discover our Ideal Workspace!

Looking for the perfect office space to accommodate your team of three? Look no further! Our brand-new, office room is tailored to suit your needs.

## ✨ Key Features:

- 💻 Spacious and fully furnished to accommodate three desks
- 🏢 Convenient location - 10 minutes to Westlakes Science Park and 15 minutes to Whitehaven
- 📶 Complimentary WIFI
- 🔒 Free Facebook advert of your services/events
- 🚗 Free 1/4 page advert on newsletter
- ☀️ No long term contracts. Hire by the hour.



**Other rooms available to hire. For more information please contact our Communities Officer**  
**[Marcelyn.Southam@howgill-centre.co.uk](mailto:Marcelyn.Southam@howgill-centre.co.uk)**





# Baby Basics

Our Autumn term has commenced on a bustling note as we've replenished our storage with generous donations and facilitated referrals through community midwives and health visitors. In September, we processed 11 referrals, and this month, we've already handled 13, ensuring that every infant in our local community has a secure sleeping space, access to toiletries and nappies, and snug clothing.

## School Visit

We had the pleasure of meeting the Year 5 students at St Mary's RC Primary School in Harrington a few weeks ago. They graciously selected us as their 'class charity' for the year, so we visited them to introduce our organisation and its mission. Our discussion revolved around the essential items a newborn requires and how each contribution, no matter how small, significantly impacts and becomes a part of the referral packages. Additionally, we emphasised the importance of displaying love within our communities and clarified that our referrals are given as gifts with no conditions attached.

## Donations

We feel truly fortunate to have received remarkable contributions in recent weeks. Following our appeal on Facebook in July, we were blessed with an abundance of exquisite baby knitwear and blankets, all crafted with love by local supporters. Furthermore, we received a substantial donation of new items from various brands that support the Baby Basics UK network, of which we are a part. These donations encompassed nappies, breast pads, wipes, pregnancy vitamins, bedding, and a host of other essential items.





# 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.

During August, our Emotional Wellbeing Team organised eight Forest School sessions for the children participating in our Time To Be Me groups within nearby schools. These sessions were conducted in collaboration with West Cumbria Rivers Trust and took place at Longlands Lake near Cleator. Engaging with nature offers numerous advantages for the physical, mental, and overall wellbeing of children. Outdoor play encourages confidence, independence, and boosts self-esteem. The children who participated in the Forest School sessions acquired fresh skills, engaged in novel activities, formed new connections, and demonstrated notable resilience.



Some of the activities we took part in included:

- Jewellery making
- Building campfires
- Climbing trees
- Building dens
- Making our own snacks
- Using tools
- Playing games





# Good Enough Start



## Mum and Baby Fitness

Post-natal fitness classes where your baby comes along too. A fantastic way to keep in shape, meet new mums and find a routine. Classes tailored to you post-pregnancy body and supports bonding with your baby.

GOOD ENOUGH START

FITNESS

MUM AND BABY FITNESS

Baby Age: 6 Weeks to 2 Years Old  
Day: Wednesday  
Time: 0930-1030  
Location: Guide Hall, St Georges Road, Millom

Fun fitness class with other Mums and their babies. Body weight/bootcamp style fitness, for all abilities.

\*Need to be cleared to exercise to attend  
\*\* Please bring your own roll mat if you have one.

# Early Years Project

We're excited to share the introduction of two additional groups accessible to families in our locality.

Commencing in early October, our Stay and Play sessions are designed for children aged 0-3 years old. This presents an opportunity for young children to socialise and for caregivers to connect with new acquaintances in a welcoming atmosphere.

Our Mess Monsters group is tailored for children aged 6 months to 3 years old. It takes place every Thursday morning from 10am to 11am. Come and join us for an exploration through sensory activities, messy play, and a space to discover alongside your child. Participation in this session is priced at £2.00, and advance booking is necessary.

**The children have so much fun learning all the songs and actions. It is wonderful to see them progress in their early learning.**



## Our free drop in groups

### 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.





# Howgill Nursery @ Kells

**Now Open  
All Year Round**

In September, a fresh Kells Nursery opened its doors. The open-concept setting provides an excellent space for children to thrive and engage in learning. With new operational hours and year-round childcare availability, families in the Kells and Whitehaven region can benefit from enhanced flexibility.

**We extend our heartfelt gratitude to all the staff at our nurseries and head office, as well as our dedicated caretakers Mike Barwise, Gary Southam, Setting Manager RoseAnna and many of our suppliers and funders, who have played a crucial role in making this transformation possible.**



BEC

CHRIS MATHER BUILDER AND PLASTERER

COPELAND COMMUNITY FUND

CUMBRIA COUNTY COUNCIL

EILBECK PLUMBING

FRANCIS SCOTT FUND

JON HOGG CONSTRUCTION

KIRKLAND CARPETS

LYNCH ELECTRICAL

MICHAEL WALKER JOINERY

O'CONNOR FENCING

WHITTAM CORNISH WINDOWS

The children have excitedly been watching the renovation on their new play area.



# Howgill Nursery @ Whitehaven



We are excited to announce that we are now open All Year Round!



This upcoming term, our focus will be on enhancing children's self-help abilities. We will encourage children to independently put on and fasten their coats, utilise the water dispenser, and use cutlery to spread jams and butters on their snacks.

We have been exploring some lovely Autumn and Halloween activities.





# Howgill Nursery @ Cleator Moor

During this term, our focus has been on exploring "All About Me." The infants have had a great time painting faces and exploring family photos. Our upcoming theme is "The Hungry Caterpillar," where we'll delve into the realm of healthy foods, tasting various fruits and vegetables—exciting and delicious!

During this term at Sea Room, our focus has been on the theme 'All About Me'. The little ones have been creating self-portraits, identifying various parts of their bodies, and painting balloons for our display board. Another engaging activity we've incorporated is our Active Start sessions. The children have been expressing their ideas about what constitutes healthy or unhealthy.

Our current theme centers around 'The Hungry Caterpillar'. The children have been enthusiastically painting their own caterpillars and adorning butterflies as part of this week's activities.

At our preschool, the children kicked off the term with the engaging theme of 'All About Me'. They've delved into creating self-portraits and crafting expressive faces using diverse media and materials. Their ability to discuss both their unique traits and commonalities with their peers has been truly remarkable. Additionally, they can identify facial features and label different body parts. Moreover, the children have been exploring their feelings and emotions through the story of 'The Colour Monster'. This has inspired them to craft their very own versions of colour monsters. We've noticed a wonderful development in their daily expression and articulation of their emotions, making them more attuned to the feelings of others as well!

We've got a lineup of exciting events ahead, such as our Halloween party and themed discussions on Bonfire Night and Christmas! 😊 All infants now have an assigned key worker. If you have any concerns, please don't hesitate to reach out to one of our team members.





# ParentZone

## The new way to pay fees at our nurseries

### ParentZone

ParentZone app is where you can access snapshots of your child's 'wow' moments including pictures, videos and links to Early Years frameworks and guidance. You can upload your own observations from your time outside of nursery, which will give you a more complete view of your child's learning experiences. Staff can use the information to inform planning and next steps and strengthen bonds with the family.

ParentZone also comes with its own dedicated parent Hub; this is full of helpful resources, information and activity ideas, ParentHub helps further improve child development by encouraging a continuation of learning at home.

Enjoy the quickest way to make a payment to your childcare fees, with around the clock access. With in-app payments, you have the convenience of being able to pay fees, by card. You can also access finances through the ParentZone app so you know exactly what you owe. Your payments are then automatically reconciled against the bill.



Paying through ParentZone is quick, easy and you will see your payment on your account immediately.

No need to wait for payments to be allocated to your invoices. Immediate allocation in real time!

We require payments in advance for bookings.

Please contact your nursery if you have not received your activation link.





# Attention Business Owners and Event Organisers!



Maximize your reach and get noticed by our engaged readership! Advertise your business or event in our newsletter, reaching a diverse audience eager to discover new opportunities.

## ☀️ Advert Options:

Full-page spread 📄

Half-page feature 📁

Quarter-page showcase 📎

For more information contact  
[marcelyn.southam@howgill-centre.co.uk](mailto:marcelyn.southam@howgill-centre.co.uk)

