



Howgill

family centre





CEO

Dear Friends and Supporters,

I am truly honoured to welcome you to our charity's brochure and to share with you the impactful work we are doing together to create positive change in our communities. At Howgill Family Centre, our mission is rooted in a simple but powerful belief: that every person, regardless of their circumstances, deserves the opportunity to achieve their full potential.

We are committed to making a lasting difference in the lives of those we serve—whether through providing critical resources, offering Early Years education, or providing and supporting children and parents through a range of services.

As you explore the pages ahead, you'll learn about the programs and initiatives that are transforming lives, the incredible people we are fortunate to work with, and the impact we are making together.

Thank you for being a part of this journey. With your support, we can continue to build a future where every person has the opportunity to lead a healthy, fulfilling, and empowered life.

Faye Eldon
Chief Executive Officer

TRUSTEES



Brenda Holden
Chair Of Trustees



Ivan Baldwin
Vice Chair



Emma McCarthy
Vice Chair



Mandy Watters
Trustee



Willie Slavin
Trustee



Gemma Leadbetter
Trustee



Lesley Sewell
Trustee

Our trustees are a dedicated group of individuals who provide strategic guidance and oversight to ensure our charity's mission is carried out effectively. With diverse backgrounds in various fields such as business & accountancy, education, HR, and social impact, our trustees bring a wealth of experience and expertise.

They work collaboratively with our team to safeguard the charity's resources, uphold its values, and make critical decisions for the benefit of the communities we serve.

STAFF

Early Years Team



Steph Carrick



Esther lewthwaite



Emma Moorhead



Carris Park



Caitlin Challenger



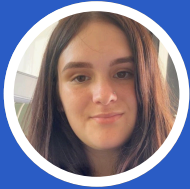
Jemma Bainbridge



Anita Hunter



Sophie Mumberson



Kasey Ann Coan



Courtney Chester



Kayley Nicholson



Debra Smith



Gemma Halligan



Kirbie Thorpe



Ellie Maxwell



Staci France



Laura May Hall



Laura Garroway



Latitia Kimmins



Emma Rooney



Lara Woods



Lily-Rose Park



Natasha Ormond



Susan Johnston



Karina
Slater-Rodwell



Lynn Ashburne



Ellie Goodwin

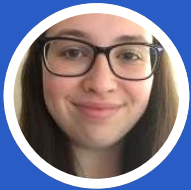


Rachael McMean



Katy Cox

Time To Be Me Team



Katherine Brown



Beverley Wilson



Janine Gagan



Giselle Nejady



Jennifer Cheeseman

West Cumbria Baby Bank



Christine Davey

Volunteer Project



Claire Baird

Early Years Project Workers



Charlotte Howgill



Steph Carrick



Laura Garroway

Good Enough Start Team



Chloe Falconer



Caitlin Atkinson



Emma Girling



Andrea Moore

Central Staff



Gracie Rogan



Mike Barwise



Milan Hewer



CLEATOR MOOR NURSERY

Our Cleator Moor nursery is our largest catering from birth to 4 years old. It is located on Birks Road alongside our offices and community centre. We are open all year round from 7am until 5pm Monday - Friday.

- Safe and nurturing environment.
- Bright and Spacious Playrooms.
- Experienced and caring staff.
- Activities including story time, music, outdoor play, and art Programs for physical, social, emotional, and cognitive development.



CONTACT US

INFO@HOWGILL-CENTRE.CO.UK

The Zoo Room

Baby room



The Zoo Room is our open plan baby room for 0 – 2-year-olds which has an adjoining sleep room and changing room. Our room has a sensory area, reading corner, building area, and kitchen play area for free flow play. We have a small, covered play area for daily outdoor activities. Children are encouraged to explore the world of colour, shape, and texture using natural light, toys, adult interaction, and lots of sensory experiences.

The Sea Room

2's Room



The Sea Room caters for 2 – 3 year-olds with a changing room. The open plan room contains a little world area, building area, reading corner, rest area, and much more for the little minds to get creative. The children have access to 2 outdoor areas, a covered play area and a themed play yard.

The Jungle Room

Preschool



The Jungle Room is aimed at 3–4-year-olds which is our largest open plan space. We have an adjoining intervention room, toilets, changing area and a large outdoor play area. The children will be able to learn through the construction area, reading area, kitchen play, role play space, activity led tuff tray, and a considerable amount of outdoor play area.



WHITEHAVEN NURSERY

Our Whitehaven Nursery is situated in Whitehaven town centre, a convenient place with easy access to bus routes and a short distance to Whitehaven Train Station. Our setting has been open for over 20 years and we are proud to offer you long term qualified friendly staff within an environment where 2 – 4-year-olds feel welcome, safe, and secure whilst they learn and grow.

Our open plan room encourages imaginative little minds to develop to their full potential through a variety of creative activities. The children can explore in a free flow environment, where they are able to extend their own interests. We pride ourselves on the bond we build with both parents and children.



CONTACT US

INFO@HOWGILL-CENTRE.CO.UK



KELLS NURSERY



Our Kells Nursery is located On High Road in the former library building. Our Nursery is open plan for children aged 2-3 years, with dedicated staff supporting the children's learning and development. We are passionate about providing children with the best start in their early education.

We provide a multitude of opportunities for learning the wonders of the world around them whilst improving their communication and language skills.



CONTACT US

INFO@HOWGILL-CENTRE.CO.UK

HOWGILL NURSERIES CURRICULUM



Speech and Language

Language is incredibly important to babies and young children because it plays a critical role in their development in several key areas including:

Cognitive development as language helps babies make sense of the world around them; social skills to connect with others, emotional development for security and understanding, motor skills to have control of their mouths and brain development. Exposure to language in the early stages of life has been shown to influence brain growth.

Overall, language is essential for a baby's development across many domains, not just for speaking but for thinking, connecting, and understanding the world. In our Howgill Nurseries we use Early Talk to support the language development of young children, particularly those who may need extra help in building their communication skills. This programme focuses on improving speech, vocabulary, and listening abilities through fun and engaging activities. By using Early Talk Boost, we ensure that all children, regardless of their starting point, are given the tools to express themselves confidently, laying a strong foundation for future learning and social interactions.

Maths Champions

This programme has increased practitioner knowledge, awareness and confidence in supporting early mathematics in order to improve outcomes for children. Developing our Maths Champions programme in our nursery settings will be incredibly beneficial for our young children. It will help our children by:

- Early exposure to math concepts helps children develop a solid foundation in problem-solving, patterns, counting, and number recognition.
- Maths-related activities boost children's confidence and engagement with numbers. The more they practice, the more they learn that math can be fun and approachable.
- Maths activities support a child's cognitive growth by enhancing their ability to think logically and make connections between concepts.
- Maths activities teach young children to approach problems in creative ways.
- Providing a range of maths activities to provide enjoyable and interactive experience, makes it more likely that children will enjoy learning.


In our nurseries we are committed to making mathematics an exciting and positive part of our children's early learning experience!






**GOOD
ENOUGH
START**


GOOD ENOUGH START MILLOM



We empower every parent to build their parent-child relationship effectively.



Good Enough Start is an award winning pilot service in which we are passionate about offering knowledge and support to help every baby and parent enjoy an enhanced parent-infant bond and mental health. It is available to those living in Millom, Haverigg, The Hill, The Green, Thwaites and Silecroft. We empower every parent to build their parent-child relationship effectively.



Our Practitioners share knowledge about how you bond with your child even before birth and offer support should life make it challenging to provide the good enough start every infant needs



CONTACT US

GOODENOUGHSTART@HOWGILL-CENTRE.CO.UK



TIME TO BE ME

TTBM

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

We are currently working in 17 schools across West Cumbria and work with over 150 children per week. We are open to referrals from professionals and parents.



Some of the children we work with include those with:

- Anxiety
- Low self-esteem
- Anger issues
- Problems at home
- Poor School Attendance
- Difficulty making friends and social skills
- Shyness and lack of confidence
- Problems occurring with food
- Bullying
- Other emotional issues



Holiday provision

As well as supporting children in school, we provide free of charge Summer and Easter holiday activities. These ensure that our TTBM children have positive experiences during school breaks. We offer a safe and structured environment where children can engage in activities that nurture their social, emotional, and mental health. Activities include arts & crafts, physical exercise and games, forest school and local farm visits, all aimed at building confidence, fostering resilience, and promoting a sense of belonging.



CONTACT US

TIMETOBE@HOWGILL-CENTRE.CO.UK



West Cumbria Baby Bank



West Cumbria Baby Bank was established in January 2021 to help alleviate the impacts of childhood poverty for babies and young children in the Cumberland area. The project provides baby clothing, moses baskets, cots, toiletries and essential baby equipment via referrals from midwives, health visitors, social services and other support agencies.

We connect donations from the public and businesses, with the health professionals supporting the families. West Cumbria Baby Bank improves post-natal safety and wellbeing of the baby and mother, as well as providing dignity and hope at this vulnerable time of their lives.



'You are our light, times are so hard for many of our families. Your service not only provides safe sleeping environment for new-borns, it also gives hope, encouragement and sense of community'. (Local Midwife and Wellbeing Team Leader)

Throughout 2024 we received 130 completed referrals containing some of the following:

- 73 Moses basket starter packs
- 22 starter packs (without a basket)
- 44 clothing bundles
- 26 cots/cot beds/ toddler beds
- 47 baby baths
- 40 bouncy chairs
- 25 stairgates
- 44 feeding bottle bundles
- 11 new breast pumps

"I just wanted to send a message to say how incredibly blown away and grateful I am to receive the twin package from your bank. I have sobbed tears of joy, you have no idea how much this is going to help us, the stuff is all so perfect and beautiful and the work you do is amazing I have been so stressed and worried and now all that has been lifted, I can't ever thank you enough. You are all angels xxxx " (Expectant Mam)



CONTACT US

WESTCUMBRIABABYBANK@HOWGILL-CENTRE.CO.UK



LANGUAGE & COMMUNICATION GROUPS



Our language & communication and Parental Engagement Projects have been identified as crucial in aiding children's early communication development. We work with families in West Cumbria to focus on engaging babies through activities like singing, storytelling, and play, all of which help stimulate language acquisition and social interaction. The benefits of these groups are vast, as they foster early language development, enhance listening and attention skills, and encourage bonding between parents or caregivers and their babies. For parents, these groups provide valuable opportunities to meet other families, share experiences, and gain insights into their child's developmental milestones.



OUR GROUPS

Babbling Babies

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

Locations: Cleator Moor & Whitehaven.

Stay and Play

This presents an opportunity for young children to socialise and for caregivers to connect with new acquaintances in a welcoming atmosphere.

Location: Cleator Moor

Toddler Talk

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

Location: Cleator Moor

Mess Monsters

Come and join us for an exploration through sensory activities, messy play, and a space to discover alongside your child.

Location: Cleator Moor

Baby Massage

Introductory Offer of £10 for 5 week block.

Location: Cleator Moor



FUTURE OPPORTUNITIES



Partnerships with a range of organisations continue to grow and flourish. Bedrock funding through Sellafield Ltd and supported by Cumbria Community Fund saw a reshaping of our strategic planning and realignment of our priorities and direction to drive forward ambitious plans and shape our future direction. Howgill relies heavily on the help from funders, who continue to support our work, and we are extremely grateful for their financial and practical support.



Trustees and staff continually work to adapt with the many changes and challenges they face. Their commitment to Howgill is outstanding.



Howgill Family Centre is an organisation that adapts to change, and we now look forward to working on new projects as they develop. We will take full advantage of any new opportunities as they occur so do please contact us if you would like to work with us in the future.





VOLUNTEERING & WORK EXPERIENCE



Volunteering @ Howgill

At Howgill we have multiple projects and settings where you can volunteer. If you are interested please email info@howgill-centre.co.uk.



Work Experience @ Howgill

At Howgill we have multiple projects and settings where you can gain work experience. If you are interested please email info@howgill-centre.co.uk.



CONTACT US

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