



June 2022



We are so excited to welcome you to our quarterly newsletter - The Chat. We hope you enjoy this new 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

# THE CHAT

● ● ● Catherine St, Whitehaven Nursery ● ● ●



This month at our Catherine Street nursery we also helped some of our families celebrate Eid festival. We got to try some delicious homemade food from Afghanistan, promoting positive attitudes around different race and religion.



## Thank You



We have been very busy at Catherine Street, Whitehaven nursery. We have started our garden and growing project, encouraging the children to explore and enjoy the natural world. A big thank you to Marions Pet Shop, The Factory Shop and Co-Op in Egremont, and Haven Home Centre Ltd in Whitehaven for their kind donations. We would also like to thank Lynn our Early Years Practitioner and her husband Barry for our new water wall!

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# THE CHAT

● ● ● Mirehouse Nursery ● ● ●



Say hello to our Minibeast Queen  
Laura AKA Early Years Deputy  
Setting Manager, at Mirehouse. She  
was not scared to show our children  
all the teeny weeny insects. Our  
two year olds didn't let fear  
overcome them and were so  
intrigued.



# THE CHAT

● ● ● Cleator Moor Nursery ● ● ●

Here at Cleator Moor Nursery we have been so very busy learning lots of exciting things, we have been learning about People who help us, Planting and Growing, Bugs and Insects and All about being healthy and looking after ourselves with healthy food and cleaning our teeth.

Our Preschool children visited Whitehaven garden Centre and we had a visit from PCSOs Hollie and Mark who told us all about how they work with people in our community.

The children have been tasting foods from the Phunky foods 'Eat well Guide' and are now beginning to see where their packed lunches sit when thinking about being healthy foods.

The babies have really enjoyed exploring their new outdoor play area.



## STAR OF THE MONTH

Our star staff member of the month for May is Courtney Chester who is based at Cleator Moor. She has worked so hard over the past few months to bring her planning to life for the children in her room. We are all very proud of her. Well done Courtney.

This month we celebrate gaining our 3rd tooth certificate on the Smile4life programme, well done Cleator Moor nursery, one more then we have the full set. Don't forget if you need information on how to get a dentist ask Rachel our Smile4 life coordinator.



We continue to send out our Active Start physical development bags, please remember to complete the slip and return the bags so we can keep sharing the experiences with everyone.

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# THE CHAT

● ● ● Kells Kabin Nursery ● ● ●



We are having fun celebrating the Jubilee with craft activities, and having a picnic with our children, their parents and carers.



Sarah Cook, our Early Years Deputy Setting Manager has worked hard and completed the Smile for Life training for the Kabin. Well done Sarah!



THE GAVIN CURWEN  
HEART SCREENING FOUNDATION

We were very lucky to be given a defibrillator from the Gavin Curwen Heart Screening foundation for a little boy to attend the setting. As a thank you, we did a raffle and gave them £100.00 donation.



We are having a sponsored walk to fund raise for our Summer Party at Billy Bears. We are walking along the coastal path from Seacliffe to the Beacon.

We have spaces available for the afternoon session 12:15 to 15:00 from September . Please contact Kells Kabin on 01946 592 551

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# THE CHAT



May 2022



Our thrill seeking caretaker had his sky dive at Black Knights Parachute Centre in Lancashire. This was a 70th birthday gift, however he used this opportunity to raise money for three charities.

"I've recently lost a relative to cancer and now my brother Tom is having a battle with bowel cancer. I've used this as motivation to help some charities and so I'm supporting Macmillan Cancer Support, Great North Air Ambulance and Howgill Family Centre."

If you would like to donate please visit his fundraising page at <https://gofund.me/45d92a1f>



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# THE CHAT

● ● ● Family Finance ● ● ●

Our friends at the West Cumbria Child Poverty Forum (established in 2009 by Howgill) are constantly looking for ways of ensuring that children and families get all the help they need in these difficult financial times. The organisations involved within the WCCPF include Copeland Borough Council, Cumbria County Council, Citizen's Advice Bureau (CAB), Phoenix Enterprise Centre in Cleator Moor and similar bodies.

The Forum has reported recently on the many pressures on family finances and is lobbying MPs to get urgent government support for our families and, at the local level, exploring all ways of getting additional funding into their pockets.

At Howgill, our Family Finance Support Officer, Diane Kenmare is here to help.

We offer a free confidential financial support service helping in areas such as debt management, family budgeting, managing finances, and benefit entitlement along with practical help. Our service is free and flexible. We help to alleviate your debts and maximise your income.

## Diane's Top Saving Tip

Plan your meals with what food you have within your cupboards and fridge before you go shopping. This will save you money from buying unnecessary food.

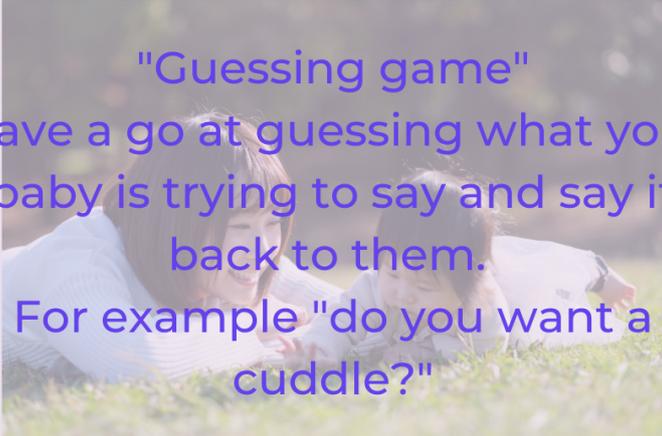
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# THE CHAT

● ● ● Good Enough Start ● ● ●



"Guessing game"  
Have a go at guessing what your baby is trying to say and say it back to them.  
For example "do you want a cuddle?"

@GOODENOUGHSTART

Janice Brockbank and Brenda Holden won the Peter Scott Award presented by Francis C Scott Charitable Trust. The award recognises both women's work to ensure parents in the Millom area get the support they need to bond with their baby during the first 1,001 days of life. It is, they say, the first community infant-mental health service of its kind in Cumbria.

"It is a fantastic achievement that a Good Enough Start pilot is now running as a collaboration between the Howgill Family Centre, Cumbria NHS Partnership Foundation Trust and the Partnership of Millom Schools.

"And it is testament to Brenda's efforts over the last 10 years, as a trustee and chair of Howgill, that it continues to thrive and support GES."

Brenda said Good Enough Start works alongside all local children and family support services to empower parents to strengthen their parent-infant relationship. And that the long-term benefits of providing a great start in life, for individuals, communities and the public purse, are clear and supported by their funders.

"It's our ambition that this support is available in every town across the country as a baby's birth right," said Janice. "It is just too important to ignore and that's what drives us on," added Brenda.

The award comes with a grant of £2,500, which is shared between a new GES Baby Essentials Service for Millom families in crisis and Howgill's Babbling Babies at Cleator Moor.

Anyone wanting to get in touch, or find out more, can do so at [goodenoughstart.org](http://goodenoughstart.org).

(Extract from Cumbria Crack)

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# THE CHAT

## ● ● ● Emotional Wellbeing ● ● ●

Our Time To Be Me Service consists of 4 Emotional Wellbeing practitioners who are currently working in 5 primary schools in the Whitehaven area. They deal with a range of issues from low mood, low self-esteem, difficulty making friends, shyness and poor social skills. They aim to provide a safe and secure environment where children feel able to share and explore emotions, thoughts and feelings through therapeutic activities.

It's important to give children and young people time and space to talk about their feelings

### TOP TIPS

- Some children may find it difficult to talk about their emotions so here are some suggestions to help children express themselves:
- An art box – children can put their feelings into creating or drawing
  - Turn taking games such as snap, dominoes, snakes and ladders promote well-being and help children take their mind off their worries
  - A journal – some children prefer to write down how they are feeling. They may want to share it with you when they feel ready



Meet one of our trustees, Geoff Toogood who participates in the parkrun. The parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run for 5 km; volunteer or spectate. You'll see parents with push chairs and dog owners with their pets. Participants are timed and given loads of encouragement. Volunteers run the events which start at 9.00am every Saturday.

[www.parkrun.org.uk/whitehaven](http://www.parkrun.org.uk/whitehaven)

# THE CHAT

## World Oceans Day

Please welcome our special guest feature **Coconut Odyssey**

This month we see the celebration of World Oceans Day on the 8th June to bring awareness on how important it is for us and our children to work together to revitalise our blue planet.

As a passionate scuba diver & underwater photographer protecting the ocean comes naturally to me. However, it can be difficult to feel motivated to protect something you have no connection with or if you have never experienced it.

Diving below the waves reveals a whole different world of biodiverse marine life and corals in all different shapes and colours, much like an underwater Willy Wonka chocolate factory! However, protecting the oceans goes much further than safeguarding marine life, as we also need a healthy ocean to simply breathe. Over 50% of our oxygen is produced by the ocean making them the lungs of our planet!

By working together, we can help restore our oceans and that does not mean we have to be perfect as making just one tiny change can make a huge difference.

### 5 Things You Can Do to Help

- 1 - Carry a reusable bottle - It saves you money and reduces single use plastic
- 2 - Use a reef safe sun cream - Many sun creams contain chemicals such as Oxybenzone which critically damage and bleach coral reefs that have taken thousands of years to grow.
- 3 - Shop for Sustainably Sourced Seafood - Look out for the MSC blue tick when you visit your fishmonger or supermarket.
- 4 - Reduce your single use plastic such as balloons & drinks bottles. We can't eradicate plastic entirely out of our lives but we can reduce & reuse
- 5 - Host or volunteer for a beach or lake clean up - Even the smallest of actions can help and that one piece of plastic you pick up can save a marine animals life.



If you're afraid to step into the ocean because of Sharks, do not be! More people are killed and injured by Hippos and falling vending machines every year!

If you love the ocean and wildlife you can follow Michelle's scuba diving travels and even find out what it is like to trek with Gorillas over on instagram @coconutodyssey or her blog [www.coconutodyssey.com](http://www.coconutodyssey.com)



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## New GROUP'

Got some spare time on your hands? Pop along and join us at our new group at Cuppa and a Craic. 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.

Every Monday 13:00 - 14:00 at Howgill Family Centre Birks Road starting Monday 6th June



## BEDROCK

TRANSFORMING WEST CUMBRIA

*Funded by Sellafield Ltd*

We have been awarded the Bedrock Award. The Bedrock Awards is a unique programme. Unlike a traditional grant which would support "business as usual" or a new project, the Bedrock Awards will help a small number of Third Sector organisations in West Cumbria to plan for sustainability, development and growth via a deep analysis of opportunities for improvement. We will shortly be releasing 2 new job roles, Business Development Officer and a Finance Officer. For further details please contact [info@howgill-centre.co.uk](mailto:info@howgill-centre.co.uk)

*Welcome*

We welcome back Fiona Whitelock to the Howgill team, who will lead the Wellbeing Team service that is within 5 local schools.

## WATCH THIS SPACE

Our website is having a makeover and will be launching soon! Details about our services and all of our settings will be easily accessible. We are one of the first to make our website digitally accessible for those with a disability offering an improved web experience for all.

## DATES TO REMEMBER

Thursday 2nd June - Sunday 5th June  
The Queens Jubilee Central Weekend  
Sunday 5th June  
World Environment Day  
Monday 6th June  
Cuppa and a Craic Drop In starts  
Wednesday 8th June  
World Ocean Day  
Sunday 19th June  
Fathers Day  
Tuesday 5th July  
NHS Big Tea



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