

OUR NURSERIES

WWW.HOWGILL-CENTRE.CO.UK | INFO@HOWGILL-CENTRE.CO.UK
FB @HOWGILL FAMILY CENTRE AND NURSERIES
LINKEDIN : HOWGILL FAMILY CENTRE

What's inside this
issue:

BRAND NEW KELLS
NURSERY
EXCITING NEW
GROUPS FOR
FAMILIES



I wish a very Happy New Year to all of our staff, families, nursery children, funders and friends on this first month of 2024! I am very much looking forward to continuing to serve and support families and children in Copeland.

We achieved many things last year, including opening our new nursery provision at Kells, and working with local companies to improve and upgrade the outdoor play area for the children of Cleator Moor Nursery.

On January 8th, Emma Williamson alongside our funders and trustees officially opened our Kells Nursery, which will allow us to provide provision for more children with extended opening hours. We will continue to work in these areas, and create new opportunities, to deliver our services as a trusted childcare provider.

Our Time to Be Me Team and Baby Basics Coordinator and volunteers have had another successful year and continue to provide valuable support to children, families and schools in the Copeland area.

We have extended our offer for baby and toddler groups, and these are proving very popular with our parents and younger children. Please come along and join the fun!

As we continue to improve and adapt our services to suit the needs of our community, I am excited to be working with an experienced, dedicated team to ensure that we have a successful year ahead as Howgill Family Centre.

Thank you for your continued support.

Faye

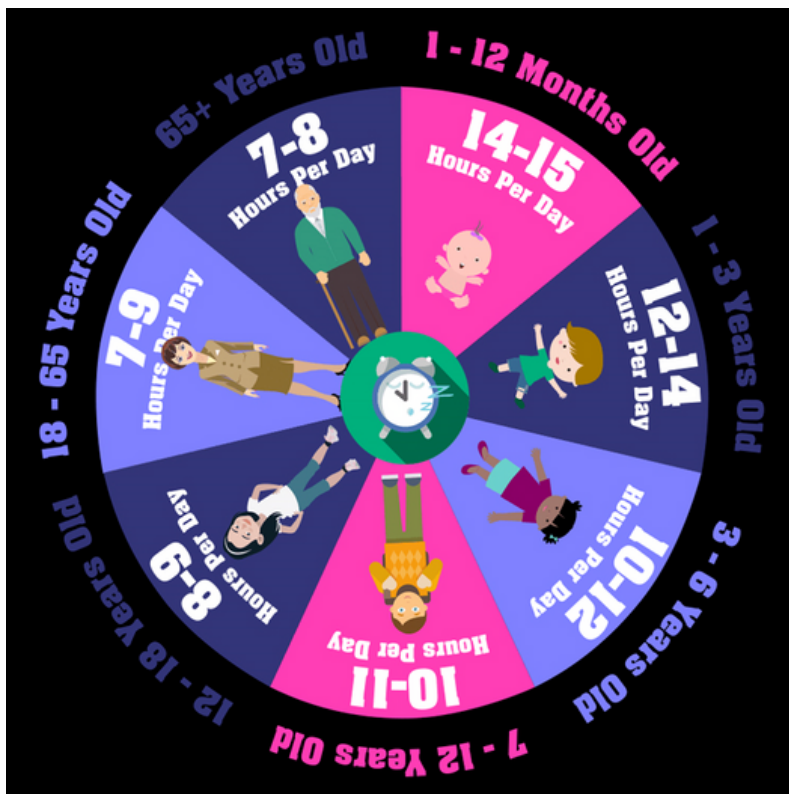
Chief Executive Officer



Time To Be Me

Sleep is important for children as this is the time our children's bodies recharge and process the information they have learned through the day. It's also a time when our energy is restored and growth and repair occur.

•How much sleep does your child need?



What happens when your child has enough sleep?

- Experience fewer illnesses
- Maintain a desirable weight
- Alleviate stress and enhance mood
- Enhance cognitive clarity and academic performance
- Cultivate improved relationships with others

How can I help my child to sleep better?

- Reduce caffeine – caffeine is a stimulant so can cause you child to struggle to get to sleep. It is not only found in coffee but also in tea, cola, fizzy drinks and energy drinks. If your child drinks any of these try and reduce their intake and avoid altogether after lunch time
- Exercise – encouraging your child to undertake sport and play outside can help burn off energy and promote tiredness at the end of the day
- Environment – your child's bedroom should be a place where they feel safe and secure. Make sure it is dark (although some children do like to have a small night light left on). Adjust the room temperature to levels that your child feels comfortable
- Set a bedtime routine – it should begin about 1 to 2 hours before your child needs to go to sleep and can include activities that help your child to wind down such as bath/shower and reading a story, a warm milky drink. Sticking to the same routine each night will help your child settle and calm down before going to sleep
- Technology – Use of electronic devices (such as TV, mobiles, tablets) close to bedtime can prevent your child getting to sleep as they produce light that suppresses natural hormones in the brain that cause sleepiness.



Baby Basics

As we begin a new year, we have been reflecting on the successes and challenges of the last, and looking at ways we can adapt our project to meet the needs of our local community, helping to alleviate impacts of childhood poverty.

In 2023 we provided 104 referrals, supporting 132 babies & children across Cumberland. This was an increase on 75 referrals in 2022.



Donations

We've had some incredible support from groups and individuals with providing us donations over the winter months. Our 'Alternative Secret Santa' was a big success, and we are so grateful for the new toiletries and nappies that were gifted to us. In January, we had the pleasure of meeting a very kind and entrepreneurial young girl called Molly from St Mary's RC Primary School in Harrington who had made and sold bracelets at her school Christmas Fair. She raised an amazing £187 for our project! We used the money to purchase lots of toiletries for vulnerable children and babies, as well as cotton wool, baby socks, baby brush/comb/scissor sets, hooded towels and flannels. In January we also received a large donation of new items from a number of brands who support the Baby Basics UK network that we are part of. These included breast pads, toothpaste, toiletries, a Maclaren buggy and Mamas & Papas cot-bed. We are so grateful for all the support we receive, and it is very rewarding getting the items out into the community, where they are needed, and we know they are make a big impact.



Extending Services

As demand grows for our services, we have made the decision to extend our scope to include pushchairs, highchairs and maternity clothing. We will also be supporting the 'Maternity Clothes Library' that will be launched after Half Term and happen at Birks Road (Mondays 9.30-10.30am, term time only).

Good Enough Start

Parents diary entry point of view of interacting with Good Enough Start from pregnancy

9th January 2024

I had a midwife appointment today; she was telling me about Good Enough Start. I'm not sure what this is. I haven't heard of it before. She said they help support the parent-infant relationship so it will be good to find out more. I scanned the QR code on the leaflet they gave me and filled in the details. I need to wait for them to get in touch with me now.

I had a quick look on social media to find out more about them. It had some great informative posts about my growing baby and pictures of the groups that they do. I haven't been to anything like that before. I wonder if they all know each other already? I have followed them on social media, and I am going to keep checking the posts so that I can see what they share. The ideas for building the bond with my baby look fantastic and I will give them a go.

They have contacted me on What's App. They are going to come and see me at home on Friday morning. I am glad it's going to be here, but I just hope that they don't mind that it's a little unorganised and not like a show home.

12th January 2024

I don't know why I was so nervous? She made me feel at ease as soon as she walked in. She was very friendly. We had a cup of tea together. I found her easy to talk to. We talked about our baby. I told her we are having a girl, and she is due in early spring. I like that our baby is due soon as it feels like a new beginning for me and my partner. We are really excited about our baby girl's arrival and even though being pregnant was a surprise at first, we have got more prepared and are now on the countdown. It's made our relationship stronger; we have something special to look forward to. I am a bit worried about the huge responsibility we both now have, but we've both agreed to try to keep talking about how we are feeling and to grow together. I really can't imagine how our life will look in just a few weeks when our baby is here. We love a lay in on the weekend after a night out or a day away shopping and eating out.

I have my scan picture on the fireplace. I showed her how we think baby girl has Daddy's' nose. I didn't know that the way I speak to our baby and hold my bump creates a bond between us already. I love feeling her kicks and I think I am going to try to respond to these with a rub of my tummy and when I am at home, talk to her. I found out today that even thinking about our baby girl releases a love hormone in my body that she feels the benefit of. We have been thinking of her a lot. Last night we spent ages trying to plan her name. I really want to make her middle name the same as my Aunties. When I think of her possible name, I hold my bump and imagine her here. My Auntie has been knitting for us and I love holding up the tiny cardigans and imagining our daughter in them all cosy and cute.

Good Enough Start

I've been a bit worried about seeing Mums on Instagram looking amazing with show room nurserie. We have borrowed lots of baby things off my cousin and everything is so expensive. He had already bought it and used it for their baby, so they were happy to let us lend it and save our money. I talked to her about social media, and we agreed that people only show you the good bits of their days. We had a laugh about never seeing baby sick or poo on there.

My parents don't live in Millom, and I can't imagine them visiting lots. I do have some friends here from work who have children, but they are a bit older. We spoke about baby groups and baby massage at the Children's Centre, and I hope I meet some friendly mums there with babies' similar age. I have Good Enough Starts contact details now and I have planned to attend a baby group that they host for Pregnancy up to crawling. I know I can contact the team if I feel a bit wobbly and I can't wait for her to visit again when our daughter is here.

21st February 2023

I only have 2 weeks to go and I'm not at work, so I am going to try the baby group. It was scary going to the group for the first time. Thankfully I have been to the centre before, so I knew where I was going but I just didn't know what to expect. I turned up a little late so there were already people there when I got there, they all welcomed me straight away. I didn't know any of them, but I had seen them when I had been to my midwife's appointment, so it was good to see them with their little ones. When we were singing the nursery rhymes at the end, I looked at the other parents holding their babies and singing to them. I stroked my bump picturing me and my little girl doing it together soon. It has got me so excited.



What's On @ Howgill Family Centre

Stay and Play

For: Babies - 3 year olds and their carers

Times: Every Tuesday 10:00am - 11:00am at Birks Road, Cleator Moor (The Studio)

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

Babbling Babies

For: Babies (Non -walkers) and their carers

Times: Every Wednesday 09:30am - 10:30am at Birks Road, Cleator Moor (Craven Room)

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 (Craven Room)

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

Mess Monsters

For: 6 months - 3 year olds and their carers

Times: Every Thursday 10:00am - 11:00am at Birks Road, Cleator Moor (The Studio)

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.

Contact:

stephanie.carrick@howgill-centre.co.uk 078 2794 4729

charlotte.howgill@howgill-centre.co.uk 078 2794 4739

Maternity Clothes Library

For: Mums to be and mums

Times: Every Monday starting after Feb half term (Term Time Only) 09:30am - 11:00am at Birks Road, Cleator Moor

Maternity made affordable and accessible: Don't let expenses hold you back. Borrow or keep essential maternity items for free from our diverse clothing library, supporting you every step of the way on your motherhood journey.

Contact: christine.davey@howgill-centre.co.uk



What's On

Juniper Baby Massage

For: Babies from 6 weeks

Times: Every Thursday 10:15am – 11:00am at Birks Road, Cleator Moor (The Craven Room)

Course: Starts 22nd Feb 2024 for 5 weeks (Must be booked)

Supports bonding and infant mental health. Can help with colic and constipation. A focus on nurturing touch.

Juniper Baby Yoga

For: Babies from 6 weeks

Times: Every Thursday 11:15am – 12:00am at Birks Road, Cleator Moor (The Craven Room)

Course: Starts 22nd Feb 2024 for 5 weeks (Must be booked)

Helps with physical, sensory and emotional development.

Contact Giselle juniperwellbeing@gmail.com

Good Enough Start Baby Bonding Group

For: Pregnancy to crawling babies

Times: Every Wednesday 13:30 to 15:00 at Millom Childrens Centre

Learn about your growing baby, bonding and attachment, baby massage, tummy time, sensory play, stories and songs.

Good Enough Together Time

For: Crawling to 2 years old

Times: Every Thursday 10:00 to 11:30 at Millom Childrens Centre

Baby sign and communication, bonding and attachment, mark making, play, songs, stories, music and movement

Contact Deanna and Chloe info@goodenoughstart.org



Now Open
All Year Round

Howgill Nursery @ Kells

Cllr Emma Williamson, who represents Kells on Cumberland Council, officially opened our new setting. She said: "It was a privilege to open the new nursery at Howgill.

The organisation has an excellent track record of providing good childcare in the area. I would encourage families to go and have a look."



Howgill Family Centre has transformed the disused Kells Library building in Whitehaven into a nursery. Howgill had previously been running a nursery in Kells from a portable building in the grounds of St Mary's Catholic Primary School.

Our new setting has provision for children from two to four-years-old and is open all year round.



The Kells centre is open Monday to Friday from 8am until 4pm. Places are available. For more information email: Info@howgill-centre.co.uk

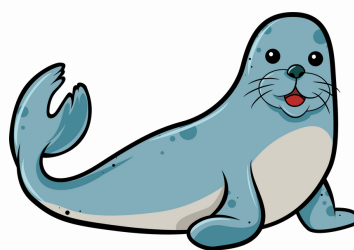
Howgill Nursery @ Cleator Moor

This term in the 2's room the topic has been 'Winter', the children have enjoyed learning about different animals such as penguins, polar bears and seals. We enjoyed learning all about the animals' habitats and identifying the weather conditions that they live in. The children enjoyed taking part in lots of winter related Active Start activities such as 'jump up' where they had to listen out for an animal, identify the name, and re-enact the sounds and their movements such as, waddling like a penguin. The children also enjoyed exploring the feeling and textures of snow and ice which we were lucky to gain from our weather conditions, this allowed the children to hold ice and watch it melt in their hands.



Baby Room

Have been learning all about themselves, their likes, and dislikes, what they like to play with and their favourite songs and rhymes to sing. They have really enjoyed taking part in the ICAN early language activities and the active start activities to build their physical development. They have been exploring using a variety of senses, they especially loved the ice!



Howgill Nursery @ Cleator Moor

Project

We continue to provide weekly groups, that offer a warm, loving space where parents and their children can join us in early learning together. The project staff really enjoy welcoming new face and old faces into groups and getting to know them and their children. They offer support and advice if needed.

We now have 4 groups running over 3 days.

·Stay and Play is every Tuesday 10am to 11am, this group is a great way for parents and children to socialize and have fun together. We offer a relaxed and friendly environment where children can play and learn, while parents can meet new people and make friends with other parents.

·Babbling Babies and Toddler Talk is every Wednesday 9.30 am to 10.30am or 11am to 12am. This group has so many early learning opportunities, however the impact on early language and communication is by far the biggest, here's just a few.....

Helps develop motor skills and hand-eye coordination.

Boosts language, communication, and literacy development.

Helps with speech development and strengthens mouth and tongue muscles.

Helps children distinguish between sounds, develop phonological awareness and auditory skills.

Develops the ear for music and the rhythm of words.

Helps children remember easily due to repetition.

Builds a child's sense of rhythm and language skills.

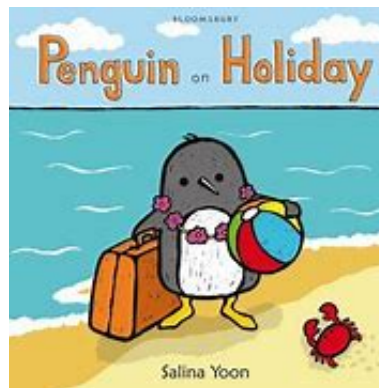
·Mess monsters is Thursdays 10-11am, this group focuses on the children exploring and learning through getting messy! Messy and sensory play is a great way to engage children's senses and promote their cognitive development. It offers a world of opportunities for learning and physical development, Messy play engages (almost) all the senses, providing valuable cognitive input and helping children refine their tactile perception and develop a greater understanding of different textures and it tastes good too!



Howgill Nursery @ Whitehaven

Now Open
All Year Round

This new term we have been focusing on settling new children to our nursery. The children have also been looking at the different weather seasons, animals and the environment. The children also used molly wellies to explore outside and we have been reading 'Penguin goes on holiday' as our new story.



Discover Your Ideal Workspace!

Looking for the perfect space to accommodate your meetings? Look no further! Our brand-new meeting room is now available, providing an ideal environment for productive and successful gatherings.

🌟 Key Features:

💻 Spacious and furnished

🌟 Whiteboard and flip chart available

🏢 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**



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.