



Penrith, Carlisle and Eden NCT – Spring Newsletter 2011

Branch Update

Welcome to Penrith, Carlisle and Eden NCT Spring newsletter. Events including **Nearly New Sales**, **Bumps and Babes** and **Rattle and Drum** continue to be very well attended by parents and carers in our area so a **big thank you for your support!**

Rattle and Drum runs two sessions each morning on Wednesday and Friday mornings and it continues to go from strength to strength with sessions being extremely well attended. Sessions are held at the Quaker Meeting House at 9.30-10.30am and 10.45-11.45am on Wednesdays and Fridays and are £2 per child (and only £1 for subsequent children). Sessions run on a drop in basis, no need to book, just come if you can from week to week.



Annabel loves the lycra at Rattle and Drum!

Bumps and Babes is a weekly drop in support group for expectant, new and experienced parents and is held every Wednesday 1- 3pm at the Quaker Meeting House. We have begun a regular programme of events for the Spring.

The 1st Wednesday of every month will be a sensory play session for babies using our sensory resources (scarves, beanbags, instruments, balls, lycra, parachute). The 3rd Wednesday of every month we all meet at **Pirates of Penrith** for a coffee and a chat. All the sessions are free, we only ask for donations for tea and coffee.



Daniel enjoying sensory play at Bumps and Babes

Antenatal Courses will continue to run in the coming year in May, July, August and October. For more information or to book contact **Steph O'Donnell**;

Email: bookings2b@nct.org.uk **Telephone:** 0844 243 6970

Or visit; <http://www.nct.org.uk/in-your-area/penrith/courses>

Nearly New Sales are, as always, incredibly successful both for shoppers and as a branch fundraising event. The money raised allows us to run all our events and services throughout the year.

Our next sale is **Saturday June 11th 2011** at Ullswater Community College, Penrith. If you wish to sell items make sure you get in early to avoid disappointment. To receive a sellers form please email thenearlynewsale@hotmail.co.uk (**note:** we only start accepting sellers form requests from Sat May 7th)

Volunteers are always welcome and have the opportunity to shop early.

To volunteer please email Helen pooh@talktalk.net

Bumps and Babes

By Emily Grace Howe - 6 months and ¾

When I was about 6 weeks old my Mummy finally started to take me out and about into a world beyond the four walls I'd got used to. One of the groups she took me to was '**Bumps and Babes**' run by the NCT in Penrith, which we both loved.

The first week we went it was **sensory play** with Karen and she showed my Mum how to tickle me with a paintbrush on my chin, which I love. We also learnt songs and did some singing with another Emily. Shame my Mum doesn't seem to know the words!!!! I wish she would stop singing tick tock at the wrong time!!!

Mum says that '**Bumps and Babes**' has been a great support to her as a first time Mum. As for me I just love hanging out with my friends, Annabel and Charlotte. We love playing on the floor swapping toys and discovering new things whilst our Mums talk about us. They're mainly trying to get advice from each other on how to get us to sleep better, feed better and if we are going to sit up or crawl. Why won't Mums learn we will do it all when we are ready to?

Sadly I won't be going to '**Bumps and Babes**' anymore as Mummy is going back to work, but Mummy is going to be taking me to '**Rattle and Drum**' instead. So I'd better go and find my rattle and get my singing voice ready!



Charlotte, Emily and Annabel – Class of Spring 2011!

Sensory Play at Bumps and Babes'



Come and join our sensory play sessions for babies and young toddlers

The 1st Wednesday of every month at
The Quaker Meeting House
1pm-3pm

The aims of the sessions are to encourage movement and music as a source of learning through the use of sensory resources and play.

"We sing before we talk, we dance before we walk"

HELPLINES

Pregnancy and birth line

0300 330 0772

Breastfeeding line

0300 330 0771

Postnatal line

0300 330 0773

Enquiries line

0300 330 0770

Shared experience

0300 330 0774



Bumps and Babes



Are you pregnant, or a Mum or Dad
with a baby/small children?

Come and join our free weekly gathering to chat,
meet new people and seek support.

Wednesdays 1pm-3pm (during term time)

Quaker Meeting House, Penrith

(↳ the 3rd week of every month at
Pirates of Penrith Softplay)

Reviews – Soft Play Centres

by Helen Openshaw

Rainbow Soft Play – Carlisle

This soft play centre is for the 5's and under and there is plenty for them to do.

You will receive a warm welcome from the volunteers who run the centre, including a free gingerbread man biscuit! There is such a lovely atmosphere, you will definitely want to go back.

The little ones can play in the traditional soft play area, with lots of ride on toys and soft building bricks. The other area offers a variety of sensory experiences, with lighting up tunnels and fun wall mounted toys. There are also lots of ordinary toys and a traditional playhouse – they don't have time to get bored!

There is plenty of seating for Mums to sit and chat, and little tables and chairs for the children to have their lunch. The centre offers a simple, but incredibly reasonable range of sandwiches, drinks and snacks. The baby changing facilities are spacious and clean. Entry fee is £3 per child, £1 extra for siblings. Please be aware that it is only open Tuesdays, Thursday s and Fridays from 10am-1.45pm

Ruffy Tufty's – Ambleside

This is a large soft play centre for babies to 10 year olds. A small but well equipped baby / toddler area provides a safe environment for the little ones. There are also lots of baby rockers, books and a place to heat baby food. The larger area has a great space with drive on tractors of various sizes. The main soft play has a great slide and lots of places to climb and hide. The cafe serves a good selection of food and drinks, as well as jars of baby food. Baby changing facilities are small, but clean and tidy.

Entry is £3.50 for under 4's, £4.50 for over 4's for a 90 minute session. It is open every day from 10am-5.30pm. The only problem is the lack of parking, but if you drive beyond the centre, there is a car park on the left.

Join the NCT or renew your membership online at www.nct.org.uk/join or call our membership hotline today **0844 243 7000**



**nearly new
sale**
Saturday 11th June
Ullswater Community College, Penrith

£1 entry fee
in aid of NCT
(Children Free)

1.00pm – 2.30pm
(12.45pm for NCT members)

CALLING ALL VOLUNTEERS
Help out for the day
and you can shop
early!

Contact Helen:
pooh@talktalk.net

- Prams
- Nursery Equipment
- Toys
- Jigsaws & games
- Outdoor toys
- Children's books & DVDs
- Bikes & ride on toys

NO CLOTHES

nct
nearly new
sale
Supported by
Comfort
Persil

TO SELL – Receive a sellers form and information by sending an A5 SAE with £1.00 well attached to: Park Holme, Eamont Bridge, Penrith, CA10 2BX. Or request one via email at - thenearlynewsale@hotmail.co.uk

NOTE: We only start accepting sellers form requests from Sat May 7th



nct
Rattle and Drum



A sensory singing and music group for babies, toddlers and pre-school children

Wednesdays and Fridays (during term time)
Session 1: 9.30am-10.30am
Session 2: 10.45am-11.45am

Quaker Meeting House

£2 per session
£1 for second or subsequent children.
Babies under 4 months free

Diary of a Slummy Mummy – A Work of Fiction??

(Frank age 5, Jamie age 3 and Poppy 1)

Wednesday – Nappies 5, cups of cold coffee 5

Ok, so why do they keep on moving Easter? Wouldn't it be simpler to keep it to a set date in March or April – it's just that I finally read the letter scrunched up at the bottom of the book bag today and realised it's Easter parade in two days' time! There is nothing sweet about this at all! The pressure is on – a look in the black hole that is the home of plastic boxes, cake tins and stray bits of foil, plastic and leftovers from other half completed Mister Maker/Blue Peter bright ideas reveals one or two bits that might do. On shoving back the stuff that I don't need, I hear Jamie inside said cupboard shouting "surprise!" After extracting said child and removing Poppy from the sellotape tangle, fluffy duck and assorted detritus Frank and I embark on 'the art project'. It always looks so simple on those programmes but then they have a team of helpful helpers, don't they? I challenge them to do it in the real world. I'm torn between giving Frank free-rein to go ahead and do it himself and trying to step in, ok not step in but takeover completely and make it symmetrical or at least in some sort of perspective. After placing said artwork on high up shelf remove glue stick from Poppy's mouth (why is it that she eats that with gusto but 'normal' food meets with the dog with alarming accuracy?!).

Friday – Nappies 4, cups of cold coffee 7

The Easter parade – remove from your mind any musicals or ideas of sweet children trotting by with lovely smiles. Reality is harsh, do not attempt to see this unless you have stamina, patience or SAS training. I'm sat on a chair made for Snow White's companions with my knees up around my ears desperately trying to stop Jamie rolling around just out of reach on the raised platform, overheating in my outdoor jacket which I can't remove as Poppy has fallen asleep on my shoulder. I can feel myself visibly ageing as each class gets dragged by in a Groundhog Day manner, not just once but deep joy – 3 times. We wave, they wave, smile, wave ... Well some of the creations were obviously not done by the children (I have a short memory) and the parents haven't even attempted to make them look authentic. Unfortunately it's too much for one poor Reception boy (who has the standard school made hat band on) as a wet patch spreads down his trousers & onto the floor just as a spinning Jamie comes into orbit deftly escaping my grasping fingers causing a collision between a large basket of unsecured polystyrene eggs, several Easter chicks, a bunny and a palm cross creating an interesting tableau of the Easter story. After scooping up Jamie under one arm and with my temperature reaching critical levels I stumble out of the hall with a now screaming Poppy who decides she doesn't want to go back into the pushchair and decides she can't now bend in the middle – thank goodness for elbows and knees! Husband arrives home and doesn't appear to notice the large glass of sherry (it is for ladies!), jolly takeaway boxes, marauding children and remains of the Easter basket and states he has a cold and has had a stressful day!

Contacts

All Local Branch Enquiries: 0844 243 6237

Branch Coordinator/Rattle and Drum/Bumps and Babes:

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Nearly New Sale Sellers Forms:

Chloe Glassbrook: thenearlynewsale@hotmail.co.uk

Treasurer:

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Parent Support Coordinator

Emily Hilton: emilyjanehilton@aol.com



Join or renew online at
www.nct.org.uk/join
or call our membership hotline today
0844 243 7000