



Newsletter Friday 20th September 2024

Kingmoor Nursery and Infant School

Individual Children's Photographs



The photographer will be in school on Tuesday 24th September to take the children's individual photographs.

The children will bring home a slip with their personal code and instructions so you can order their photographs, please be aware the photos will not be available to view until the end of the week.

Flu Vaccinations

Parents of Reception, Year 1 & Year 2 children will have received the attached letter by email this week requesting you to give your consent for your child to receive the flu vaccination in school on Monday 14th October 2024.

If your child does not have this in school please see the poster at the bottom of the newsletter with additional catch-up clinic dates.

Private and Confidential

School-Aged Immunisation Service
Immunisation Team
2nd Floor
Capital Building
Hilltop Heights
London Road
Carlisle
Cumbria
CA1 2NS

Dear Parent/Carer

Your child's annual flu vaccination is now due.

This vaccination programme is in place to help protect your child against flu. The vaccine will help prevent them catching the flu. Vaccinating your child will also help protect vulnerable friends and family by reducing the spread of flu.

The intra-nasal flu vaccine is the most effective protection for your child against flu.

The online consent can be accessed via any online device. Please click on the following link or QR Code which will direct you to an online consent form for you to complete using the following school code

[Flu Vaccination Consent Form](#)



SCHOOL CODE: CM112230

This link will close 3 days prior to the session.

Session Date: Monday 14.10.24

If you decide you do not want your child to receive the flu vaccination, please complete a no consent form. (still use the above link)

If in the past you have refused the intra-nasal flu vaccine due to porcine gelatine content, please follow the guidance on the flu consent form. The intramuscular (IM) flu vaccination can be given in school from year 7 upwards; younger years will be invited to receive it in one of our clinic venues.

Contact the school aged immunisation team if you wish to arrange a clinic appointment.

Please note children in Reception up to and including year 11 and Reception up to and including year 13 in SEND schools are currently eligible to receive the nasal flu vaccine up to the age of 17.

Your child's school will be able to see if you have returned a consent form or not, they will not be able to access any personal information regarding you or your child.

If you have any queries regarding the online consent form or the Flu vaccine please contact the North Cumbria Integrated Care School Aged Immunisation Service.

Yours sincerely,

North Cumbria Integrated Care School Aged Immunisation Service.

If your child becomes wheezy or has their asthma medication increased after you have completed the on-line form, please inform the immunisation service. For further information see [Protect your child against flu – information for parents and carers of children in primary school or pre-school](#)

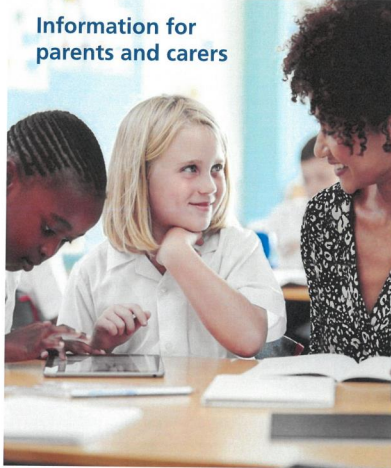




Protecting your child against flu

Flu immunisation in England

Information for
parents and carers



Flu  **mmunisation**
Helping to protect children, every winter



5 reasons

to get your child vaccinated

1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

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Protect your child against flu

Flu vaccine is offered free to:

Children aged 2 or 3 years old
(on 31 August before flu vaccinations start in the autumn)



Some school-aged children

Children with a health condition that puts them at greater risk from flu



Further information on which children are eligible each year can be found at: www.nhs.uk/child-flu

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How effective is the vaccine?

Flu vaccine is the best protection we have against this unpredictable virus. In the last few years, the protection that children get from vaccination has been consistently higher than for adults.

There are different strains of flu virus and the most likely strains that will cause flu are identified in advance of the flu season. Vaccines are then made to match them as closely as possible – they will usually give some protection even if the match isn't perfect.

Flu viruses can change every year so the vaccine is usually updated each year. And protection from the vaccine may fade with time. For this reason, we recommend that your child is vaccinated against flu again this year, even if vaccinated last year.

Who will give my child their vaccination?

Children aged 2 and 3 years old (age on 31 August before flu vaccinations start in the autumn) will be given the vaccination at their general practice, usually by the practice nurse.

School-aged children will mainly be offered the vaccination in school, with further opportunities to get vaccinated, potentially at NHS community clinics, for anyone who misses the session at school.

Children who are home educated will be offered the vaccine if they are in an eligible age group. Parents can obtain information about arrangements from their Local Authority Education Department.

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Why should my child have the flu vaccine?

Flu can be a very unpleasant illness in children causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Children usually begin to feel better within about a week.

Complications of flu include acute bronchitis, painful ear infections, and pneumonia. Some children may need to go to hospital for treatment, including intensive care.

What are the benefits of the vaccine?

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of 5 years have one of the highest rates of hospital admissions due to flu.

It will also reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child.

It can help you avoid having to take time off work, or other activities, to look after your sick child or if you become sick yourself.



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How will the vaccine be given?

For most children, it is given as a nasal spray. If the nasal spray is not suitable for a child, an injection can be given instead, usually into the muscle in the upper arm.

How does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. This means your child will be better able to fight off flu.

The vaccine is absorbed really quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.

Are there any side-effects of the vaccine?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much milder than developing flu or complications associated with flu. Serious side-effects are uncommon.

Can the vaccine cause flu?

No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

What if my child has a health condition?

Children with certain health conditions, even if well managed, are at higher risk of severe complications if they get flu. It is especially important that these children are vaccinated.

These conditions include:

- serious lung problems, for example, asthma needing regular inhaled or oral steroids
- serious heart conditions
- kidney or liver disease
- diabetes
- immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use
- problems with the spleen, either because the spleen has been removed (asplenia) or doesn't work properly, for example, because of sickle cell or coeliac disease
- your GP may also recommend that your child is vaccinated if they have a condition that affects the nervous system such as cerebral palsy



Are there any children who shouldn't have the nasal vaccine?

As children with pre-existing medical conditions may be more vulnerable to complications of flu it is especially important that they are vaccinated. Children may not be able to have the nasal vaccine if they:

- are currently wheezy or have been wheezy in the past 72 hours, they should be offered an injected flu vaccine to avoid a delay in protection
- have needed intensive care due to
 - asthma or
 - egg allergic anaphylaxis(Children in these 2 groups are recommended to seek the advice of their specialist and may need to have the nasal vaccine in hospital)
- have a condition, or are on treatment, that severely weakens their immune system or have someone in their household who needs isolation because they are severely immunosuppressed
- are allergic to any other components of the vaccine*

If your child can't have the nasal flu vaccine they should have the flu vaccine by injection.

If you are unsure whether your child should get the injected vaccine or the nasal vaccine please check with the school aged immunisation team or the nurse or GP at your surgery.

*See the website at www.medicines.org.uk/emc/product/15790/smpc for a list of the ingredients of the vaccine

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These children should have a flu vaccination every year from the age of 6 months onwards. Most will have the nasal spray vaccine but it is not recommended for children under the age of 2 years.

Children under 2, and those for whom the nasal spray is not suitable for medical reasons, will be offered a flu vaccine injection.

If your child has any health condition listed on page 8 but is not in one of the age groups being offered the vaccine in school, it is important that you contact your GP to arrange an appointment.

If you are not sure whether your child needs a flu vaccination or you need more advice, speak to your practice nurse, GP or health visitor.

When will the vaccine be given?

For 2 and 3 year olds, you should receive an invitation for your child to have it at their GP surgery in the autumn or early winter. Alternatively, you can contact them directly to make an appointment.

For school-aged children a vaccination session will be held at school generally during the autumn term. The school aged immunisation team will contact you via the school.

If your child is in an eligible group offered vaccine at school and has a health condition that puts them at increased risk from flu (see page 8), you can ask your child's GP surgery to provide the vaccine if you don't want to wait until the school vaccination session or if this is what you prefer.

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Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around 2 weeks following vaccination.

Can the flu vaccine be given to my child at the same time as other vaccines?

Yes. The flu vaccine can be given at the same time as all the other routine childhood vaccines. The vaccination may be delayed if your child has a fever. Also, if a child has a heavily blocked or runny nose, it might stop the vaccine getting into their system. In this case, their flu vaccination can be postponed until their nasal symptoms have cleared up. Sometimes an injected vaccine may be offered instead.



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Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains traces of a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the weakened vaccine viruses stable so the vaccine is able to work properly.

The nasal vaccine is easy to give and painless. Each child who has the nasal spray vaccine gets the best protection against flu. It is also considered to be the best at reducing the spread of flu. That way children protect one another and others who might be vulnerable to flu. For those who may not accept the use of porcine gelatine in medical products, an injected flu vaccine is available as an alternative. You should discuss your options with your nurse, doctor, or school aged immunisation team.

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to your GP, practice nurse, your child's school nurse or your health visitor if you have any further questions.

Packed Lunches

Please be reminded that we are a 'NUT FREE' school. Please ensure your children do not bring products containing nuts in their packed lunches or snack, this includes Nutella and other chocolate spreads.

Also if your child brings grapes, please can these be cut in half to avoid choking.

Thank you for your support to school.

Open Evening

Kingmoor Nursery and Infant School

September 2025

Are you looking for a Reception place?

OPEN EVENING
Wednesday 6th
November
6pm

Excellent academic achievements, we focus on every child's well-being and individual development

Excellent transition to Kingmoor Juniors

A wide range of opportunities throughout children's primary school journey eg music, sport, outdoor learning

We work with the English Hub and deliver the highly effective Read Write Inc phonics and early reading approach.

Spacious buildings and amazing outdoor spaces

Our teachers are trained in Maths Mastery teaching and we work with the Maths Hub

Kingmoor Nursery and Infant School

Reception 2025 applications

If your child is due to start Reception in September 2025 please see the poster for more information and make applications following this link: <https://www.gov.uk/schools-admissions>



Parents/carers are responsible for applying for a school place by **15 January 2025**

Starting School

Children born between
1 September 2020
and **31 August 2021**
can start school in **September 2025**

You can apply online at: www.cumberland.gov.uk
or contact: 01228 221582
or email school.admissions@cumberland.gov.uk

cumberland.gov.uk

In Year 2 this week....

We have been using resources and part-whole models to partition numbers in different ways. The children have then been recording their number sentences to show all of the different ways they have found of making the same number.







Nursery Curriculum Overview Autumn 1

Nursery – Autumn Term – What are we learning this half term?		
Our learning power this half term is: Reflecting		
Personal, Social and Emotional Development This half term we will: <ul style="list-style-type: none"> Develop confidence to manage transitions smoothly for example for children to separate from their main carer to their key person. Develop our awareness of class routines, rules and boundaries. We will learn our class silent signals. We will begin to/continue to establish/develop relationships with adults and other pupils within Nursery. We will develop our confidence in the Nursery environment, showing an increase in independence. We will begin to talk about and understand different feelings e.g. Happy, sad, worried etc. 	Literacy - This half term we will: <ul style="list-style-type: none"> Develop our knowledge of Nursery Rhymes, developing our confidence when joining in or continuing familiar Nursery Rhymes. Enjoy stories that are read by adults. Gaining confidence to talk about the pictures in the story. Learn to discriminate between different sounds (Environmental and Instrumental) Access mark making tools independently. Begin to make marks on paper. 	Understanding of the World This half term we will: <ul style="list-style-type: none"> Learning to recognise and name different body parts. Learn to name and describe people who are familiar to us. Explore and talk about what makes us unique. Learn to make connections between the features of our own families and others. Explore the natural world around us at school.
Physical Development This half term we will: <ul style="list-style-type: none"> Learn to independently put on and take off our coat with some support with zips and buttons. Learn to take care of our toileting needs and wash our hands after. Develop our core muscle strength to develop a good posture when sitting at a table or on the floor. Continue to develop our gross and fine motor skills. 	Maths This half term we will <ul style="list-style-type: none"> Taking part in rhyme sessions and learn new mathematical language. Learn to recognise colours in a variety of contexts. Explore and match objects which are the same Learn that collections can be sorted into sets based on attributes such as colour, size or shape. Learn to make comparisons using vocabulary such as more, the same or fewer than. 	Expressive Art and Design This half term we will: <ul style="list-style-type: none"> Know and join in with dancing and ring games. Responding to sounds with body movements. Know and join in with simple songs. Engage in imaginative role play based on our first-hand experiences. Develop early portrait skills Explore a range of media, making marks of our choice eg. Chalks, crayons, paints.
Communication and Language This half term we will be <ul style="list-style-type: none"> Developing listening skills to support our learning. Listening and responding to simple instructions. Using talk to communicate our needs, likes and dislikes. We will be using talk frequently in our play. Developing our vocabulary which will be reflective of our new experiences. 		

Reception Curriculum Overview Autumn 1

Reception – Autumn 1 – What are we learning this half term?		
Our learning power this half term is Reflecting		
Personal, Social and Emotional Development This half term we will be <ul style="list-style-type: none"> Learning to recognise and name basic emotions. Learning about working together and being part of a new class. Understanding that we are all similar and different. Learning how to recognise our own feelings. Building relationships with new people in our class 	Literacy – This half term we will be <ul style="list-style-type: none"> Beginning to learn phonics through Read Write Inc sessions. This will be as a whole class initially but we will move into groups across the three classes as children progress. listening and responding to a story drawing story maps and sequencing stories using actions to 'step out' a story telling stories independently listening and singing nursery rhymes and creating our own versions 	Understanding of the World This half term we will be <ul style="list-style-type: none"> Identifying similarities and differences between ourselves and others, choosing and talking about objects that are important to us naming different people in our family and talking about how they are important to us. learning how life has changed over time for members of my family identifying our favourite places in our community and starting to understand that we are part of the same community
Physical Development This half term we will be <ul style="list-style-type: none"> Using a range of mark making tools to draw, paint and mark make. Developing our pencil grip when forming letters. Having our first PE lessons and exploring space. Learning to move in different ways Developing our fine motor skills through Funky Finger activities. 	Maths This half term we will be <ul style="list-style-type: none"> Learning Maths through stories Matching and comparing objects by pattern, shape, colour and size Sorting objects in different ways Following and comparing patterns Making patterns of our own Learning numbers and what you can do with them within 5 	Expressive Art and Design This half term we will be <ul style="list-style-type: none"> Creating collage artwork using a variety of materials. Using loose parts to create art. Learning about self portraits and looking at portraits of others, Listening to and appraising songs including 'Happy' by Pharell Williams and 'Our house' by Madness Finding the pulse and moving to music Learning to sing 'Pat-a-cake' and to be able to perform this.
Communication and Language This half term we will be <ul style="list-style-type: none"> listening to and following instructions. Learning to take it in turns to speak to a talk partner answering questions e.g based on a familiar story using sentences to describe what we know e.g a familiar story/ my family sharing our own ideas through comments and by asking questions. using and understanding our new vocabulary. 		

Year 1 Curriculum Overview Autumn 1

Year 1 – Autumn 1 – What are we learning this half term?		
<p>PSHE – Being me in my World This half term we will be learning about the rights and responsibilities of being part of our class and recognising our views are valued.</p>	<p>English - This half term we will be learning all about sentence structures We will be learning about..... Starting our sentence with a capital letter. Finishing our sentence with a full stop. Re-reading our work to check it makes sense. Practicing our letter formations. Writing our letters on the line. Writing about a chosen subject.</p>	<p>Religious Education This half term we will be learning about Christianity and how God created things and how he would want us to look after the world.</p>
<p>Science – Seasonal Changes and Weather This half term we will be... Learning about what the four different seasons are. What weather is linked to each season and learning about how the weather seasons. The children will be considering what they wear in each season. Then the children will be learning about day and night.</p>	<p>Our learning power this half term is Reflecting</p>	<p>History – Changes within living memory. This half term we will be... Learning about the stages in our lives and how we have changed from when we were born. Looking at our local area and what shops we have now. Learning about what shops were like in the past, how they have changed over time. then comparing similarities and differences.</p>
<p>Physical Education This half term we will be... Developing our fundamental movements with our sports coach John every Monday Our other P.E lesson will be dance, learning how to count a beat and move to the music. Outdoor Learning – Woods (once per week) Using our senses and creating portraits.</p>		<p>Maths This half term we will be... Counting forwards and backwards. Identifying the place value of numbers up to 10. Partitioning numbers up to 10. Learning number bonds to 10. Adding and subtracting numbers within 10. Learning how to subitise numbers and quick recall of numbers up to 10.</p>
<p>Music This half term we will be singing. We will be joining in with nursery rhymes, coordinating actions with singing and singing as a group.</p>		<p>Computing This half term we will be learning how to use the laptops, log in and our correctly and how to save our work.</p>

Year 2 Curriculum Overview Autumn 1

Year 2 – Autumn 1 – What are we learning this half term?		
<p>PSHE This half term we will be discussing our hopes and fears for the year and learning what we can do to be a responsible member of our class.</p>	<p>English - This half term we will be writing character descriptions and a simple retelling of a narrative. We will be learning how to use noun phrases for description and how to use adverbs to describe an action. We will learn how to write in the third person and how to retell a story in the correct order using story language.</p>	<p>Religious Education This half term we will be learning about Christianity and how Jesus teaches Christians to be kind.</p>
<p>Science – Living Things This half term we will be... -Exploring and comparing the differences between things that are living, dead and things that have never been alive. -identifying different habitats and how they are suited to the needs of different animals and plants. -identifying and naming a variety of plants and animals in their habitats.</p>	<p>Our learning power this half term is Reflecting</p>	<p>Geography-Human and Physical and History-The Great Fire of London This half term we will be... Learning what human and physical features are and what features we have in our local environment. Learning about where London is and when the Great Fire of London happened. We will find out how the Great Fire of London started and why it spread so quickly.</p>
<p>Physical Education This half term we will be... -developing our running skills and learning how to use space more effectively during team games. We will also be working with a sports coach during one of our sessions.</p>		<p>Maths This half term we will be... Identifying the place value of numbers up to 100. Partitioning numbers in different ways. Learning number bonds to 10, 20 and 100. Adding and subtracting numbers within 100.</p>
<p>Music- Experimenting with Sounds This half term we will learn the names of a range of untuned percussion. We will identify instruments according to the sounds that they make. We will also be learning that Samba music is made by layering ostinati.</p>		<p>Computing- Taking Photographs This half term we will be... Learning how to keep ourselves safe when taking photographs. We will learn how to take photos in both landscape and portrait formats and learn how to apply a range of photography skills to take a photo.</p>

Attendance

Attendance in school this week has been slightly better than last week and is 96.3%, well done!

Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars:

Lunchtime Award: Hannah H Jacob Seb M Lily R

Class 1 Star: Joey

Lunchtime Award: Amber B

Class 2 Star: Nancy

Lunchtime Award: Tilly G

Class 3 Star: Effie

Lunchtime Award: Ollie

Class 4 Star: Broden

Lunchtime Award: Oliver D

Class 5 Star: Emma

Lunchtime Award: Jake F

Class 6 Star: Albie

Lunchtime Award: Meela Mc

Class 7 Star: Jereiah

Lunchtime Award: Eleanor B

Class 8 Star: Jasmine

Lunchtime Award: Naomi W

Class 9 Star: Imogen

Lunchtime Award: Summer N

Calendar Dates

Tuesday 24 th September	Children's individual photographs being taken in school	
Friday 27 th September	CURRICULUM presentations for parents live on Tapestry	
Monday 7 th October	HARVEST SING recorded on Tapestry	
Thursday 10 th October	World mental Health day Young Minds wear yellow Donations to young minds	
Monday 14 th October	Flu Vaccinations in school for Reception, Year 1 & Year 2	
Wednesday 23 rd October	Parent's evening – more information to follow	
Thursday 24 th October	Parent's evening - more information to follow	
Friday 25 th October	Last day of term	

Menu for week commencing 23rd September 2024

	Choice 1	Choice 2	Pudding
Monday	Pork Meatballs or Tomato Pasta served with tomato & basil sauce, pasta , garlic bread & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Vanilla Ice Cream or Fresh Fruit or Yoghurt
Tuesday	Pepperoni or Cheese & Tomato Pizza served with wedges & baked beans or mixed salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage Baguette or Vegetable Sausage served with baked beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Tomato Pasta or Macaroni Cheese served with garlic bread & sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Sticky Toffee Pudding, Toffee Sauce & Cream or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Cheese Whirls served with chips and peas	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or Yoghurt



0 – 19 Child and Family support services - Carlisle

Sensory Processing Workshop

Would you like some information on what sensory processing is and how this can affect your child?

We will be sharing tips and advice on how to manage sensory processing difficulties in our online Introduction to Sensory Processing workshop!

Join us on Zoom on one of the dates below:
Tuesday 1st October 1.30-2.30pm
Thursday 17th October 7.30-8.30pm



Sensory processing is the system that our bodies use to understand the world using our senses.

- ✓ Sight
- ✓ Sound
- ✓ Touch
- ✓ Taste
- ✓ Smell
- ✓ Proprioception
- ✓ Vestibular
- ✓ Interoception

To book a place or to find out more
Please contact us by phone or email.

Jennifer on 07816 086 774 or jennifer.moffat@family-action.org.uk

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk



0 – 19 Child and Family support services - Carlisle

Starting Solids Workshop



Come and join us!

Get information on:

- When to wean baby
- What foods to introduce
- How to wean baby safely
- Healthy eating habits

The next session is on **Wednesday 2nd October 2024, 1.30 to 2.30**

At **Morton Child and Family Support Centre, Wigton Road, Carlisle, CA2 6JP**

This is a **FREE** workshop and babies are welcome:

To find out more or to book onto the workshop contact

Claire on 07816 087 115 or claire.ford@family-action.org.uk

Jennifer on 07816 086 774 or jennifer.moffat@family-action.org.uk

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk



flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit www.nhs.uk/child-flu

Flu mmunisation

Helping to protect children, every winter

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North Cumbria
Integrated Care
NHS Foundation Trust

Autumn/Winter 2024



North Cumbria
Integrated Care
NHS Foundation Trust

Vaccination Clinics

The School Aged immunisation team are commissioned to deliver the national immunisation programme of Nasal Flu, Diphtheria Tetanus, Polio, and Men ACWY and HPV and MMR in school

If your child missed the vaccination in school, there is the opportunity to get the vaccine at one of our catch-up clinics as detailed below:

BY APPOINTMENT ONLY

Penrith Area

Penrith Hospital Tuesday – 8th October 2024 15.00 – 17.30pm
Penrith Hospital Tuesday – 19th November 2024 15.00 – 17.30pm
Appleby Children's Centre Wednesday – 27th November 2024 15.00 – 17.30pm
Penrith Hospital Monday – 9th December 2024 15.00 – 17.30pm

Carlisle

London Community Centre – Tuesday 22nd October 2024 15.00 – 17.30pm
London Community Centre – Tuesday 12th November 2024 15.00 – 17.30pm
London Community Centre – Tuesday 3rd December 2024 15.00 – 17.30pm

To make an appointment or for further information, please contact the Immunisation Team: 01228 608046
Email ncm-tr.northschoolagedimmunisationteam@nhs.net

There is an answerphone in operation if we are unable to take your call. Please leave your name, contact number and child's school details. We will return your call as soon as possible.

Safe, high quality care every time Safe, high quality care every time



Great Cumbrian FAMILY FUN RUN 2024

FOR OUR FUTURE GREAT CUMBRIAN RUNNERS!

Family Fun Run: 1 mile
Fully accessible to all. £8 including a medal.
10+ run (time chipped): 3.4 miles
£10 including a medal

Date: Sunday 6th October, 9am
Location: The Sands Centre



Scan to enter

It isn't about Olympic level athletes aiming for a record time. It's about Mums with prams, Dads with toddlers, groups running together, fancy dress, kid's getting active or even raising money for a well-deserved local cause. All runners get a free photo in the kids and adults run included in the price.

Sign up online at better.org.uk/gcr

Charity partners:



Better is a registered trademark and trading name of GCL (Government Liaison Limited), an charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014, registration no. 27793K. Registered office: Midbiggittie House, The Royal Arsenal, London, SE18 6SK. Island Revenue Charity no. 98543788

The 40th Great Cumbrian Run

Running through the city centre and beautiful local villages is what we love most - and we can't wait to welcome you back!

Half Marathon
13.1 miles

10K
6.2 miles

Date: Sunday 6th October, 9am
Start: at The Sands Centre
Finish: at the Sheepmount Stadium
Finishers medal & t-shirt included!

Sign up online at better.org.uk/gcr

Scan to enter

