

“It really helped me to have quality time with my son each week, and to think more about him and his development. Great course.”

Inspiration



*is for you and
your baby!*

*If you would like a creche for an older child,
please contact us.
cambridgeinspiration@gmail.com*

Inspiration

is brought to you by



Church at Castle

A family of community-serving churches

Castle Street Methodist Church;
St Luke's URC/CofE, Victoria Road;
St Augustine's, Richmond Road;
St Giles' and St Peter's, Castle Hill.

“Thanks again. Inspiration came at a time that was a real blessing for me. My baby is one now, walking everywhere and really happy. We feel much more settled in our parenting, spiritually and emotionally, but it has of course changed us for ever.”

 [inspirationchurchatcastle](https://www.facebook.com/inspirationchurchatcastle)

Inspiration

First steps in spiritual nurture

A five-session course for
babies and their parents



Fridays 1 pm – 2.30 pm

24 February;

3, 10, 17 & 24 March

**St Luke's Church & Community Centre,
Victoria Road, Cambridge CB4 4DZ**

Inspiration offers

- quality time with your baby
- a chance to meet other parents and carers
- songs and rhymes
- bubbles and water
- baby games and baby books
- reflection and spirituality
- a chance for babies to meet other babies

Inspiration consists of five sessions

- Peek-a-boo!
- How much love?
- Splash!
- Bubble-talk
- Storytime



Inspiration

offers five sessions for carers with babies under one. It draws on the approach of many baby-focused courses and concentrates specifically on the spiritual nurture of babies. It provides a place and time for new parents and carers to spend one-on-one time with a child, offering opportunities to consider questions about spiritual life and development.

It is based on the book *Starting Rite* by Jenny Paddison (ISBN 9780715147269).

There is no charge for Inspiration, and refreshments are provided.

St Luke's is a warm, welcoming environment with a carpet and baby-change facilities.

A previous participant says,

“Inspiration was wonderful, warm and welcoming! A safe space to process the massive changes that take place during the first year of parenthood.

Lots of interactive fun for the babies and support for the parents.”

Want to know more? Ask your questions to cambridgeinspiration@gmail.com

Want to join? Fill in the booking form and send it to

Inspiration bookings
St Luke's Church
Victoria Road Cambridge CB4 3DZ

Or send your details to cambridgeinspiration@gmail.com

Inspiration

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Cambridge CB4 3DZ

or send the information by email to cambridgeinspiration@gmail.com

Baby's name _____

Baby's age _____

Parent/Carer's name _____

Address _____

Post Code _____

Phone Number _____

e-mail address _____



Creche for an older child? _____

Yes / No