

0 – 19 Child and Family Support Service – Allerdale

Register with
us today!

ALLERDALE SUMMER ACTIVITIES

Welcome to our Summer Activity Newsletter, which will give you details of all our services that we are providing between July & August 2022.

We would like to welcome and thank all the new families who registered with us over the past few months, we would like to say a warm hello to those who have joined us already. We all look forward to continuing deliver services to families of all ages.

For further details of our Summer activities please contact any of our centres:

Aspatria, King Street, CA7 3ET, 016973 43870

Cockermouth, South Street, CA13 9RT, 01900 810869

Flimby, Sand Lane, CA15 8QS, 01900 810869

Keswick, Trinity Way, CA12 4HZ, 01900 810869

Maryport, Ennerdale Road, CA15 8HN 01900 810869

Silloth, Liddel Street, CA7 4DD, 016973 43870

Wigton, 10 - 12 Wampool Place, CA7 9SA, 016973 43870

Workington, Nilsson Drive, CA14 5BD, 01900 604822





Move and Groove

Seaside extravaganza



Join us to get active this summer, with lots of fun games and activities for both you and your child to enjoy together whilst staying fit. This session will support your child's physical development and will give you and your child a chance to get out of the house and meet other families.

This session is for children aged between 4-7 years.

See you there soon!

Sessions will take place:

West Allerdale children's centre- Flimby

Date: 01/08/2022

Time: 1:30pm-2.30pm

For further information or to book your place, please contact:

Jordan Huddart on 07815687366 or via email at jordan.huddart@family-action.org.uk

Or

Emma Hetherington on 07971951303 or via email at emma.hetherington@family-action.org.uk

North Allerdale- Aspatria

Date: 15/08/2022

Time: 1:30pm-2:30pm

North Allerdale- Wigton

Date: 22/08/2022

Time: 1:30pm-2:30pm

For further information or to book your place, please contact:

Robyn Huntington on 07815686865 or via email at robyn.huntington@family-action.org.uk

Or

Kirsty Lowry on 07815687406 or via email at kirsty.lowry@family-action.org.uk

Cool Kids Cook

Do you have a child aged 7-11 years who would like to learn to cook a healthy meal from scratch?

Kids will learn how to cook a healthy family meal, practice safe knife skills and kitchen safety.

So, get your budding chef to come along and have fun cooking.

Sessions will take place:

West Allerdale Children's Centre, Maryport

Date: Tuesday 26th July

Time: 10.30am to 12.30pm

Derwent Valley Children's Centre, Cockermouth

Date: Tuesday 9th August

Time: 10.30am to 12.30pm

Workington Children's Centre

Date: Tuesday 16th August

Time: 10.30am to 12.30pm



For further information or to book your place, please contact:

Marie Dixon 07815686847

or by email at marie.dixon@family-action.org.uk

Ready for Anything Transition Group

Is your child about to transition in to Reception this year? Are you or your child feeling anxious, worrier or unsure about this, in any way?

Then come and join us at (Location TBA) for our fun interactive sessions that focused on getting you and your child ready for the transition.

The session will provide you with the tools and resources to have fun making friends, getting ready for school and their routines, self-care and developing your child's self-confidence and independents.



This group will help yourself and your child feel settled and confident about the transition.

If you have any questions or would like to book a place please contact:

Rebecca Holmes on 01900 604822 or by email rebecca.holmes@family-action.org.uk

Or

Rebecca Walker on 01900 604822 or by email rebecca.walker@family-action.org.uk



SILLOTH FAMILY FUN DAY!



AT: North Allerdale Children's Centre, Silloth

ON: 05th August 2022, 1pm – 2.30pm

An afternoon of free fun activities & crafts



For families with children from 0-12 years

Please note: We ask that all children are accompanied by an adult.

To book your places, please call Melanie Walker on 07971951305.

KESWICK FAMILY FUN DAY!



**AT: Derwent Valley Children's Centre,
Keswick**

ON: 12th August 2022, 1pm – 2.30pm

**An afternoon of free fun activities &
crafts**



For families with children from 0-12 years
Please note: We ask that all children are accompanied by an adult.
To book your places, please call Michaela Lawman
on 01900 810869



AT: Workington Children's Centre

ON: 19th August 2022, 1pm – 2.30pm

An afternoon of free fun activities & crafts



For families with children from 0-12 years

Please note: We ask that all children are accompanied by an adult.

To book your places, please call Lewis Oldfield

on 07971951312



New Peer-support

**People of Cumbria
Breastfeeding Group**

Whether you are expecting a baby or breastfeeding, Come to meet other parents, our UNICEF trained staff for advice alongside Baps Peer support volunteers for support and encouragement.

**Workington Children's Centre, Minto Centre, Nilsson Drive,
Westfield, Workington, Cumbria CA14 5BD
Every Friday 10.30 am – 11.30 am**

Come & enjoy a range of topics to support your breastfeeding journey, including:

- Building a Happy, Healthy Baby
- Magic of the First 1001 Days
- Responsive Feeding
- Practical information to support Positioning and Attachment, and everything in between!



For further Information please contact:

Jannine Pigg on 07815687248

FamilyLine

Family pressures can sometimes be difficult to manage without emotional support and guidance to help. Many people feel confused by what information is available or struggle to access services close to home.

Our free FamilyLine service tackles these issues in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

The service aims to:

- provide both immediate and long-term support
- help with practical information and guidance
- provide emotional and listening support
- help with understanding and accessing relevant services and information
- provide regular one-to-one befriending support to service users feeling isolated
- access to short term telephone counselling
- a referral into our many projects across England and Wales, where relevant.



Please contact us for support in the following ways Monday to Friday 9:00am – 9:00pm;

call: 0808 802 6666,

text: 07537 404282,

email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk

Contacting us out of hours;

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional.

- **Text FAMILYACTION to 85258**

Our crisis messenger text service provides free, 24/7 crisis support across the UK. We know that getting the correct support at the correct time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with Shout.