

0 – 19 Child and Family support services - Allerdale

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 Family Line service tackles these issues in a new and innovative way by using a network of volunteers from across the county 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

Find out more at cumberland.gov.uk

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Summer Activities

Contact details for our Centres:

Aspatia, 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

Visit our website at <https://www.family-action.org.uk/cumbria>
or check out our Facebook page at:
[Facebook.com/AllerdaleSupport](https://www.facebook.com/AllerdaleSupport)

Find out more at cumberland.gov.uk

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Join us for the great Gruffalo's Tea Party!!



Come along to our Gruffalo Tea Party and make some Gruffalo Grub, take part in making some Gruffalo Craft's and listen to the Gruffalo Story whilst it comes to life!

Sessions will take place at:

West Allerdale Children's Centre Flimby

Date: Wednesday 26th July

Time: 10:00am – 12 noon

Workington Children's Centre

Date: Friday 11th August

Time: 11:00am – 1:00pm

Derwent Valley Children's Centre Keswick

Date: Friday 18th August

Time: 11:00am – 1:00pm

West Allerdale Children's Centre Maryport

Date: Friday 25th August

Time: 11:00am – 1:00pm



SUITABLE FOR CHILDREN 5 - 8 YEARS –
no adults allowed by order of the Gruffalo!!
To book your place please **call: 07815087287**
Or **email: allerdale@family-action.org.uk**

Find out more at cumberland.gov.uk

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Breastfeeding Support Group

Whether you are expecting a baby or breastfeeding, come along to our drop-in service, to meet other parents, our UNICEF trained staff for advice alongside BAPS Peer support volunteers for support and encouragement.

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!

Sessions will take place at:

Derwent Valley Children's Centre Keswick

Dates: Thursdays up unto 17th August. The group will then restart on the 14th of September.

Time: 10:30am - 11:30am

Workington Children's Centre

Dates: Fridays

Time: 10:30am - 11:30am



For further information, please contact:

Jannine Pigg on jannine.pigg@family-action.org.uk / 016973 23401

Find out more at cumberland.gov.uk

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Volunteering

Could you be a Volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869, run solely by volunteers. As a volunteer you will gain valuable skills and experience working as part of a team making a real difference to the lives of children, young people and families in your area and there are lots of ways you can give your time.

Cumbria Perinatal Peer Support Service

Perinatal Peer Support Volunteer

Do you have what it takes to provide emotional support to a mum or primary care giver during the perinatal period. The Perinatal period is during pregnancy and a year following the birth.

We are looking for volunteers to support parents who are experiencing a mild to moderate mental health illness or are identified as vulnerable to developing a mental health illness during the perinatal period. This support may be offered through home visits, remote telephone or video call, group work or support to access other local services.

It is preferable if you have experienced pregnancy and childbirth, or you have an understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood.

If this interests you or you would like an informal chat please contact us on 07815087287

Or email: allerdale@family-action.org.uk

Find out more at cumberland.gov.uk

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Sensory Tots

Join us for some sensory stimulation this summer. Come and explore endless sensory opportunities with your little one.

Sessions take place at:

West Allerdale Children's Centre Flimby

Date: Monday 24th July

Time: 1:00pm - 2:30pm

West Allerdale Children's Centre Maryport

Date: Tuesday 1st August

Time: 1:00pm - 2:30pm

Derwent Valley Children's Centre Keswick

Date: Wednesday 9th August

Time: 1:00pm - 2:30pm

Workington Children's Centre

Date: Thursday 17th August

Time: 1:00pm - 2:30pm

North Allerdale Children's Centre Silloth

Date: Monday 21st August

Time: 1:00pm - 2:30pm



Suitable for children from 0-2 years - Please ensure to bring a change of clothes and their own towel as they **WILL** get messy.

To book your place please call: **07815087287**

Or email: allerdale@family-action.org.uk

Find out more at cumberland.gov.uk

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Picnic in the Park

Come and meet up with your friends in the summer holidays and have a picnic in the park!! Simply bring your own picnic and blanket and join us for some fun in the park as we will be bringing some games along for you all to enjoy! We plan to meet at the Children's Centre and enjoy a short walk together to the park.

Sessions will take place at:

North Allerdale Children's Centre Silloth*

Date: Monday 7th August

Time: 10:30am – 12:30pm

Derwent Valley Children's Centre Cockermouth

Date: Monday 14th August

Time: 10:30am – 12:30pm

Derwent Valley Children's Centre Keswick

Date: Monday 21st August

Time: 10:30am – 12:30pm



***Silloth Picnic in the park will be located close to the splash park – please bring a spare change of clothes and a towel.**

All children must be accompanied and supervised by a parent or carer.

To book your place please **call: 07815687287**
or **email allerdale@family-action.org.uk**

Find out more at cumberland.gov.uk

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Story Time Fun

Discover the fun and imagination of reading and storytelling.
Come and expand your love of books at our fun themed story sessions

Sessions take place at:

North Allerdale Children's Centre Silloth

Date: Tuesday 25th July

Time: 10:00am - 11:30am

Theme: Birds



Derwent Valley Children's Centre Keswick

Date: Wednesday 2nd August

Time: 10:00am-11:30am

Theme: We're Going on a Bear Hunt

Workington Children's Centre

Date: Thursday 10th August

Time: 10:00am- 11:30am

Theme: The Hungry Caterpillar



West Allerdale Children's Centre- Maryport

Date: Friday 18th August

Time: 10:00am-11:30am

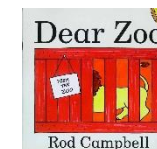
Theme: The Tiger who came to tea

West Allerdale Children's Centre- Flimby

Date: Tuesday 22nd August

Time: 10:00am- 11:30am

Theme: Dear Zoo



Suitable for children from 3-5 years.

To book your place please **call: 07815087287**
Or **email: allerdale@family-action.org.uk**

Find out more at cumberland.gov.uk