

0 – 19 Child and Family Support Services - Allerdale

Winter Newsletter

Welcome to our Winter Newsletter which will give you details of all our services that we are providing between January and March.

We would like to welcome and thank all the new families who have registered with us over the past few months and say a warm hello to those who have joined us already.

We look forward to continuing to deliver our services to you all.

For further details of our Winter 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 604822

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

Or call our single point of access number on **07815687287**

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)



Services For Pregnancy, Birth & Early Years

Let's Get Ready for Baby

The Antenatal Solihull course is a five-week programme for pregnant Mums, fathers, birth partners or grandparents. The course provides information about pregnancy, birth and preparation for developing a relationship with the baby in the womb to birth and afterwards.

The programme covers:

- Relaxing and Breathing
- Getting to know your Baby in the Womb
- You, Your Baby and the Stages of Labour
- Birth Position
- Feeding your Baby



For further information contact us on **07815687287**

Or by email at Allerdale@family-action.org.uk and someone will contact you for further information.



Mums' Minds Matter

Monthly advice and signposting group for maternal mental health.

Are you pregnant or do you have a young baby up to the age of 12 months?

Are you struggling with your mental health and not sure where to turn?



Join us for a relaxed group supporting mums, babies and their wellbeing. Group sessions will include sensory play, keep sake crafts alongside advice and signposting to promote good mental health for both mums and babies.

Sessions will take place:

West Allerdale Children's Centre - Maryport

Date: Friday 26th January

Time: 10:30am - 11:30am

Derwent Valley Children's Centre - Keswick

Date: Friday 23rd February

Time: 10:30am - 11:30am

Derwent Valley Children's Centre – Cockermouth

Date: Friday 22nd March

Time: 10:30am - 11:30am

For more information, please contact Fay Cardigan our Perinatal Co-ordinator on:

07815686909 or fay.cardigan@family-action.org.uk

Please note: These sessions are drop-ins, no need to book!

We understand attending sessions can be difficult when you are struggling with your mental health, please contact Fay Cardigan, Perinatal Co-ordinator if you feel you might need additional support in attending this group.

Perinatal Support Group

Are you pregnant or do you have a young baby up to the age of 12 months?
Are you struggling with your mental health and not sure where to turn?

Join us as we explore parenting together in a safe, supportive way in a small group setting with supportive practitioners, peer support volunteers and like-minded parents.

Sessions will take place:

Workington Children's Centre

Date: Thursday 22nd February - Thursday 28th March

Time: 1:30pm – 2:30pm



For more information or to book your place, please contact Fay Cardigan our Perinatal Co-ordinator on:
07815686909 or fay.cardigan@family-action.org.uk

We understand attending sessions can be difficult when you are struggling with your mental health, please contact Fay Cardigan, Perinatal Co-ordinator if you feel you might need additional support in attending this group.

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:

Derwent Valley Children's Centre - Keswick

Dates: Thursdays (Term Time Only)

Time: 10:30am - 11:30am

Workington Children's Centre

Dates: Fridays (Term Time Only)

Time: 10:30am - 11:30am



For further information, please contact:

Fay Cardigan for the Keswick group on fay.cardigan@family-action.org.uk or call 07815686909
Kerry Barnes for the Workington group on kerry.barnes@family-action.org.uk or call 01900 810869

Baby Massage

Baby massage has many additional benefits for your baby including aiding digestion, improving circulation, helping to soothe your baby, helping to promote good sleep and ease teething pain. Massage is a great way for you and your partner to bond with your baby and you may find it relaxing for yourself too!



For further information contact us on **07815687287**

Or by email at Allerdale@family-action.org.uk and someone will contact you for further information.

Weaning Workshops

Come along and find out about introducing your baby to a wide range of tastes when they start eating solids, this helps babies grow up eating and enjoying healthy foods. Find out further information on;

- Signs your baby is ready for solids
- Encouraging healthy eating habits
- Which Foods to look out for
- Portion Sizes

Sessions will take place:

Derwent Valley Children's Centre - Cockermouth

Date: Wednesday 17th January

Time: 10:00am - 11:15am

West Allerdale Children's Centre - Maryport

Date: Tuesday 20th February

Time: 10:00am - 11:15am

Workington Children's Centre

Date: Wednesday 20th March

Time: 10:00am - 11:15am



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

Michaela Walker on michaela.walker@family-action.org.uk or call **01900 810869**

You can also find weaning advice and recipes on the NHS Start for Life website

[Start for Life \(www.nhs.uk\)](http://www.nhs.uk)

Baby Explorers

Did you know that playing and exploring requires a lot of your baby's brain and muscle power? It helps develop their social, intellectual, language and problem-solving skills – and is one of the main ways they learn about the world so come and join in with the fun activities and meet other Mums, Dads and Grandparents at Baby Explorers.

Sessions are for babies from birth – moving (walking, rolling, cruising)

Sessions will take place at:

Workington Children's Centre

Dates: Tuesday 9th January - Tuesday 26th March

Time: 1:15pm – 2:45pm

Derwent Valley Children's Centre - Cockermouth

Date: Tuesday 9th January - Tuesday 26th March

Time: 1:00pm – 2:30pm

Derwent Valley Children's Centre - Keswick

Date: Wednesday 10th January - Wednesday 27th March

Time: 1:00pm – 2:30pm



Please note: These sessions are drop-ins, no need to book!

**If you need further information on the Baby Explorers sessions please contact us on [07815687287](tel:07815687287)
Or by email at Allerdale@family-action.org.uk**

Baby Buddies

A FREE group for parents and their babies aged 0-6 months.

You will have the opportunity to speak to early years family support workers and other parents to support you with your parenting journey.



Come and join us to chat, play and learn about topics such as:

- Weaning
- Bonding
- Oral Health
- Attachment

10.30-11.30am for 6 weeks starting on:

9th January 2024

The Minto Centre, Nilsson Drive, Workington CA14 5BD



No need to book, just come along!

For more information please contact:

S4Life@cumberland.gov.uk.

Sensory Tots

Come and join us for some fun sensory opportunities with your little ones and enjoy some time doing some messy activities which all help your children learn and develop through exploring with their senses.

Sessions will take place at:

West Allerdale Children's Centre - Maryport

Date: Friday 19th January

Time: 1:30pm - 2:30pm

Date: Friday 9th February

Time: 1:30pm - 2:30pm

Date: Friday 15th March

Time: 1:30pm - 2:30pm



Suitable for children from 0 – 24 months

Please ensure to bring a change of clothes and your own towel as they **WILL** get messy.

To book your place please call: 07815687287.

Rhyme Time

Come along to our new fun sessions which will help your child develop a love of stories, songs, books and rhymes. This will help children develop language, communication and social skills. So come along and join in the fun!

Sessions will take place at:

Derwent Valley Children's Centre – Cockermouth

Date: Tuesday 9th January - Tuesday 6th February

Time: 10:00am - 11:00am

Date: Tuesday 20th February - Tuesday 26th March

Time: 10:00am- 11:00am



To book your place, please contact us on 07815687287

Or by email at Allerdale@family-action.org.uk and someone will contact you for further information.

Let's Get Talking

Come along and join in our fun session based around communication and language, which is delivered in partnership with the Speech and Language Team.

This group is suitable for children aged 2 - 4 years, who are using few or no single words and there are no other concerns regarding special educational or development needs. Children need to be able to follow simple instructions and be showing a desire to communicate their needs.

The course runs for 5 weeks with a further follow up session 6 weeks later.



For further information, please contact:

Gemma Bradburn on gemma.bradburn@family-action.org.uk / 01900 604822

Rebecca Holmes on rebecca.holmes@family-action.org.uk / 01900 604882

Little Explorers at Planet Play

Is your child currently undergoing diagnosis? Or has an additional need, either physical or educational. If so come along to our monthly Little Explorers sessions at Planet Play in Workington.

During these sessions, which are closed to the public, it will give your child a chance to explore the soft play area with confidence and it will allow for parents and carers to share experiences and talk to other parents/carers.

Our staff will be on hand to offer any advice, information, guidance on your child's individual needs. These sessions are suitable for children aged 0-6 years.

Sessions will take place at:

Planet Play, (Unit 6A & B Blackwood Road, Workington CA14 4JW)

Date: Saturday 6th January

Time: 9:00am- 10:00am

Date: Saturday 3rd February

Time: 9:00am- 10:00am

Date: Saturday 2nd March

Time: 9:00am- 10:00am



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

Hanah Pantling on hanah.pantling@family-action.org.uk or call 01900 604822

Stay and Play

Stay and Play is a great way for you and your child to meet new people and make new friends in a gentle and relaxed atmosphere. All parents, grandparents and carers and their children under five are welcome to attend these sessions where you can access friendship, play and educational activities and support.

Sessions will include a range of free-play, messy play, arts and crafts, healthy snacks, outdoor play, story and song time. This will help enhance your child's learning and development by encouraging speech and language, sharing, turn-taking and exploring new and exciting activities.

Sessions will take place at:

Workington Children's Centre

Date: Monday 8th January- Monday 25th March

Time: 1:15pm- 2:45pm

Derwent Valley Children's Centre - Keswick

Date: Wednesday 10th January – Wednesday 27th March

Time: 9:30am – 11:00am

North Allerdale Children's Centre - Silloth

Date: Thursday 11th January - Thursday 28th March

Time: 9:30am – 11:00am

West Allerdale Children's Centre - Flimby

Date: Friday 12th January - Friday 22nd March

Time: 9:30am - 11:00am

North Allerdale Children's Centre - Wigton

Date: Friday 12th January - Friday 22nd March

Time: 9:30am – 11:00am



Please note: These sessions are drop-ins, no need to book!

**If you need further information on the Stay and Play sessions please contact us on
07815687287 Or by email at Allerdale@family-action.org.uk**

Services for Children

Wishes and Feelings

Wishes and Feelings is an eight-week programme, which supports children's emotional wellbeing. This is delivered through a range of different activities, discussions, and games. The sessions are based on the child's individual needs and covers topics such as: worries, feelings and emotions, self-esteem, bullying and friendships. This programme can be delivered to children as part of a group or on an individual basis.

**We deliver our Wishes and Feelings sessions to individual children across Allerdale.
For further information please contact us on [07815687287](tel:07815687287) to find out more.**



Recovery Toolkit for Children



The Children and Young People Domestic Abuse Recovery Toolkit is an eight-week programme for any young person that has witnessed or experienced domestic abuse and feels able to take part in a group.

The aim of the Children and Young People Domestic Abuse Recovery Toolkit is to help children and young people become experts in their own recovery. By educating the child that they are not responsible for what has happened to them, we help them understand that they are not to blame for any decisions taken at the time of domestic abuse.

This programme is specifically for children who are no longer living with the abusive parent and is suitable for children aged 8 years and over.

**For further information or to register your interest in a place please contact us on [07815687287](tel:07815687287)
Or by email at Allerdale@family-action.org.uk and someone will contact you for further information**

Decider Skills

Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This six-week course can be delivered to children, young people and their families individually or as part of a group.

The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family. Come and join us at our next group which is specifically for children aged 12 years and upwards.

**We deliver our Decider Skills sessions to individual children and within groups across Allerdale.
For further information please contact us on [07815687287](tel:07815687287) to find out more.**



The
Decider



Drawing and Talking

Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term proactive intervention intended to complement, rather than replace, the work of Specialist Mental Health Services.

Through a 12-week cycle of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. Utilising drawing as a way to help them express their feelings differently in ordinary verbal language. The Drawing & Talking apart from existing solution- focused and cognitive based therapies and interventions.



**We deliver our Drawing and Talking sessions to individual children across Allerdale.
For further information please contact us on [07815687287](tel:07815687287) to find out more.**

Solihull - Understanding your Brain A programme especially for Teenagers

This free online course will help teenagers understand how their brain works and how this might affect their thoughts, feelings and behaviour.

To access this, visit www.inourplace.co.uk and use the code WORDSWORTH

Or contact us on [07815687287](tel:07815687287) Or by email at Allerdale@family-action.org.uk



Services for Parents/Carers

Solihull Understanding your Child

This programme is designed to support parents and carers to better understand their children's feelings and behaviours. Parents and children become more attuned, relationships improve and stress and conflict at home is reduced. During the programme, you will explore tuning into children's feelings, parenting styles, temper tantrums and what they might mean, sleep patterns and behavioural difficulties.

**For further information or to register your interest in a place please contact us on [07815687287](tel:07815687287)
Or by email at Allerdale@family-action.org.uk and someone will contact you for further information**

Solihull Understanding your child with additional needs

This specialist course for parents, relatives or friends of children with additional needs is designed to support you to better understand their world and how the important relationship you share can enable them to thrive. It's also for you as a support for your emotional wellbeing. Parenting a child with additional needs can bring a range of big emotions, that at times may feel overwhelming. Recognising and processing these feelings is a really important part of the care you provide your child.



Solihull Online Course

The Solihull programme will help you understand your child's development and behaviour and promotes positive emotional health and wellbeing. This online course can be completed in your own time, and there are courses suitable from pregnancy to 19 years and translated in a wide range of languages.

To access this, visit www.inourplace.co.uk and use the code **WORDSWORTH**

Family Support

Family Action can offer one to one support to families in their own homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, behaviour management, safety, relationships/attachment, support to access other agencies.

DWP Drop-In Sessions

Are you unsure if you are receiving the correct benefits?

If you would like more advice and guidance around what you may or may not be entitled too, why not come along to one of our Drop-In sessions. We have friendly advisors available to give you advice on, benefit checks, benefit advice, breakdown of individual entitlements, getting back into work & the benefits of working and better off calculations.

Sessions will take place at:

Workington Children's Centre

Date: Thursday 11th January

Time: 10:30am - 12:30pm

Derwent Valley Children's Centre- Keswick

Date: Wednesday 7th February

Time: 11:00am - 1:00pm

West Allerdale Children's Centre- Maryport

Date: Wednesday 21st February

Time: 12:30pm - 2:30pm

North Allerdale Children's Centre

Date: Wednesday 13th March

Time: 10:00am - 12:00pm



Department
for Work &
Pensions



To register your interest in the drop-in sessions please contact us on **07815687287**
or by email at Allerdale@family-action.org.uk

If you cannot make any of the above sessions, please contact **07815687287** and we can see
about making an appointment on another date/time.

Domestic Abuse Recovery Toolkit

The Domestic Abuse Recovery Toolkit is a twelve-week programme for women who have experienced and are recovering from domestic abuse. Your own strengths, resources and coping skills and resilience are reinforced throughout the programme, contributing to your own health and wellness on a long-term basis.

For further information or to register your interest in a place please contact us on **07815687287**
or by email at Allerdale@family-action.org.uk and someone will contact you for further information



Sensory Rooms

We have Sensory Rooms in our Children's Centres in Keswick and Workington. These are bookable for families of children with an additional need aged between 0 - 6 years. The rooms have a range of sensory equipment to support your child with their learning and development in a safe and comfortable environment. A member of staff will be on hand at all times to support you with using the equipment and to answer any queries that you may have.

Workington Children Centre:

Mondays from 9:30am - 4:00pm
Wednesdays from 9:30am - 4:30pm

Keswick Children's Centre:

Tuesdays from 9:30am - 4:00pm
Fridays from 9:30am - 4:00pm



For further information please contact us on **07815687287**
Or by email at Allerdale@family-action.org.uk and someone will contact you for further information

Smile 4 Life

Do you want more information about the best way to help keep your family's teeth and mouth healthy? We can support you with lots of interesting and useful tips that you can put into place to encourage and promote good oral health for you and your children from an early age. We can also provide information on getting registered with a dentist and answer any questions that you may have.

For further information please contact us on **07815687287**
Or by email at Allerdale@family-action.org.uk and someone will contact you



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.

If this interests you or you would like an informal chat please contact:

Anne Taylor on anne.taylor@family-action.org.uk or call 016973 43870

Or

Louise Bainbridge on louise.bainbridge@family-action.org.uk or call 01900 604822

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

**For further information please contact us on [07815687287](tel:07815687287)
or by email at Allerdale@family-action.org.uk and someone will contact you for further information**



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 right time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with Shout.



Other agencies that may help you

CADAS provides confidential quality support, training and 1-1 counselling sessions for those interested in and/or affected by the use of Alcohol and Drugs. <https://cadas.co.uk/> 03001114002

Are you worried about a family members alcohol or drug use?
Would you like to support them to make positive changes?

We can help.
CADAS has a range of support options to support you or a member of your family.
Contact us on 0800 254 5658 or visit cadas.co.uk

Child Bereavement UK gives support about grieving and loss <https://www.childbereavementuk.org/>

Childline will provide advice and support for young people. <https://www.childline.org.uk/>

Citizens Advice is an independent charity set up to provide free, impartial and confidential advice on almost any subject <https://www.citizensadviceallerdale.org.uk> 01900 604735

E-School Nurse Video Clinics are held twice a week providing online health support and advice for parents, carers and professionals supporting children aged 5-19.
<https://cumbria.gov.uk/ph5to19/priorities.asp> or 0300 30 34 365

Every Life Matters is a **Cumbrian suicide prevention and suicide bereavement support charity.**
<https://www.every-life-matters.org.uk/>

Mind offers support with mental health. <https://cemind.org/> or 0300 123 3393

North Lakes Foodbank 07502311452 or via email info@thefoodbank.org.uk

Young Minds offers support for young people with their mental health. <https://youngminds.org.uk/> or text YM to **85258** if you need urgent help

Scan this code for direct access to our facebook page!

