Cumberland Council

family action

0 – 19 Child and Family Support Services - Allerdale

Autumn Newsletter

Welcome to our Autumn Newsletter which will give you details of all our services that we are providing between September & December.

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 Autumn activities

please contact any of our centres:

Aspatria, Aspatria Library, Market Square, CA7 3EZ

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

Registered Charity Number: 264 713

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.

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.

For further information contact us on 07815687287

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

Breastfeeding Support Group

Whether you are expecting a baby or breastfeeding, come along to our drop-in service where you can meet other parents and our UNICEF trained member of staff will be there to offer advice, 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: Starting every Thursday (Term Time Only) from 19th September
Time: 10:00am - 11:00am

Workington Children's Centre
Dates: Starting every Friday (Term Time Only) from 20th September
Time: 10:30am - 11:30am

For further information, please contact:
Kristin Pilot for the Keswick group on Kristin.Pilot@family-action.org.uk or call 07815687421
Kerry Barnes for the Workington group on kerry.barnes@family-action.org.uk or call 01900 810869

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:
North Allerdale Children's Centre- Aspatria
Date: Wednesday 23rd October
Time: 1:00pm- 2:30pm

For further information or to book your place, please contact:
Michaela Walker on michaela.walker@family-action.or.uk or call 01900 810869
https://www.nhs.uk/start-for-life/baby/weaning/

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 (term time only) at:

Derwent Valley Children's Centre - Cockermouth
Date:
Tuesday 17th September- Tuesday 10th December
Time: 10:00am-11:30am

Workington Children's Centre
Date:
Thursday 19th September- Thursday 12th December
Time: 1:15pm- 2:45pm

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
Or by email at Allerdale@family-action.org.uk

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 Drop in

Our Little Explorers drop in session will provide you with advice and signposting information for children who are going through the diagnosis process or who have a confirmed diagnosis for an additional need.

This will also be a fantastic opportunity for your children to come and have a play and for parents to meet up with other families who have a child with SEND.

Sessions are for children aged 0-6 years (older siblings welcome)

Sessions will take place at:
Workington Children's Centre
Dates: Monday 16th September- Monday 2nd December
Time: 3:30pm – 5:00pm

For further information, please contact :
Gemma Bradburn on gemma.bradburn@family-action.org.uk or call 01900 604822
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 (term time only) at:

North Allerdale Children's Centre – Aspatria
Date: Monday 9th September- Monday 9th December
Time: 1:00pm- 2:30pm

North Allerdale Children's Centre – Silloth
Date: Monday 16th September- Monday 9th December
Time: 1:00pm- 2:30pm

Workington Children's Centre
Date: Thursday 19th September- Thursday 12th December
Time: 9:30am-11:00am

West Allerdale Children's Centre – Flimby
Date: Friday 20th September- Friday 6th December
Time: 9:30am- 11:00am

North Allerdale Children's Centre – Wigton
Date: Friday 27th September- Friday 13th December
Time: 10:00am- 11:30am

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 as support for the whole family.

We deliver our Wishes and Feelings sessions to individual children across Allerdale.
For further information please contact us on 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
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 as part of a group offer or as support for the whole family.

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 to find out more.

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.

Drawing and Talking

We deliver our Drawing and Talking sessions to individual children across Allerdale.
For further information please contact us on 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 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
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.

Strengthening Families

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 call and book an appointment. 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.
To make an appointment, please contact us on 07815687287
or by email at Allerdale@family-action.org.uk

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

Derwent Valley Children's Centre Keswick
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:

Michaela Walker on michaela.walker@family-action.or.uk or call 07815686874

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
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

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

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