



Building stronger families

## 0 – 19 Child and Family Support Service – Allerdale

## Summer Activities

### Allerdale Summer Activities



For further details of our Summer activities please contact any of 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

Or call our single point of access number on 07815686871

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)





## Weaning Workshop



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



**Session will take place at:** Derwent Valley Children's Centre, Cockermouth

**Date** Tuesday 3rd August 2021

**Time:** 1.00pm to 2.00pm

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

Michelle Dobinson on 07815686839 or email at [michelle.dobinson@family-action.org.uk](mailto:michelle.dobinson@family-action.org.uk) or

Gemma Conkey on 07815686865 or email at [gemma.conkey@family-action.org.uk](mailto:gemma.conkey@family-action.org.uk)

## Sing Along Together

Join us throughout the summer to sing your favourite songs and have a fun time with your children. Sessions suitable for children aged 0-5 years but older siblings welcome.

**Sessions will take place at:**

**Workington Children's Centre**

**Date** Wednesday 28th July & Wednesday 11th August

**Time:** 1.30pm to 2.30pm



**Derwent Valley Children's Centre, Cockermouth**

**Date** Wednesday 4th August & Wednesday 18th August

**Time:** 1.30pm to 2.30pm

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

Jordan Huddart on 07815687366 or email [jordan.huddart@family-action.org.uk](mailto:jordan.huddart@family-action.org.uk) or

Rebecca Holmes on 07971 951313 or by email [rebecca.holmes@family-action.org.uk](mailto:rebecca.holmes@family-action.org.uk)



### Stay & 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 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 are planned for children aged 0-5 years but older siblings are welcome to attend.

#### Sessions will take place at:

##### North Allerdale Children's Centre, Silloth

**Date** Tuesday 27th July 2021 & Tuesday 10th August 2021

**Time:** 10.00am to 11.30am



##### West Allerdale Children's Centre, Flimby

**Date** Tuesday 3rd August & Tuesday 17th August 2021

**Time:** 10.00am to 11.30am

**For further information or to book your place at Silloth or Flimby, please contact:**

Amy Ackerley on 07815687406 or by email at [amy.ackerley@family-action.org.uk](mailto:amy.ackerley@family-action.org.uk)

##### Derwent Valley Children's Centre, Keswick

**Date** Thursday 29th July & Thursday 12th August 2021

**Time:** 10.00am to 11.30am

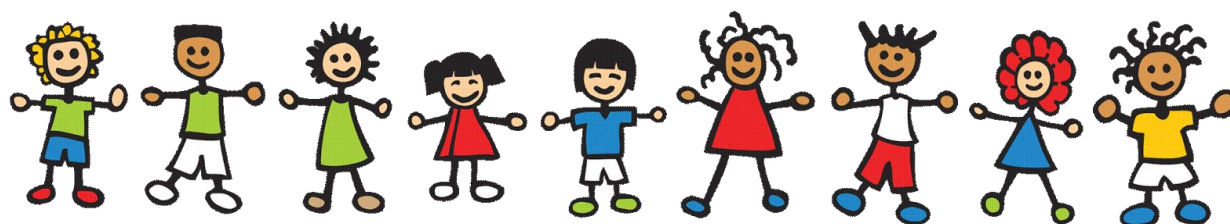
##### North Allerdale Children's Centre, Wigton

**Date** Thursday 5th August & Thursday 19th August 2021

**Time:** 10.00am to 11.30am

**For further information or to book your place at Keswick or Wigton, please contact:**

Rebecca Holmes on 07971951313 or by email [rebecca.holmes@family-action.org.uk](mailto:rebecca.holmes@family-action.org.uk)





## Brick Club



Our Brick Club is based on LEGO® therapy and is around collaborative play in which children work together to build LEGO® models. The aim of the group is to help children to develop social interaction skills in a friendly, fun setting. Children will be able to practice key skills of collaboration, joint attention, sharing, turn taking, eye contact, communication, social problem-solving and compromise all whilst having fun and building some amazing models. Suitable for children ages 6-10 years.

### Sessions will take place at:

**North Allerdale Children's Centre, Aspatria**

**Dates:** Monday 19th July - 23rd August 2021

**Time:** 10am to 11.30am

**Workington Children's Centre**

**Dates:** Monday 19th July - 23rd August 2021

**Time:** 1.30pm to 3pm



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

Rob Notman on 07815686695 or email [robert.notman@family-action.org.uk](mailto:robert.notman@family-action.org.uk)

## Cool Cooking

A fun cooking session for children aged 5-8 years filled with exciting meal and snack ideas for your child to make and enjoy within the session with plenty left over to bring home to share with the family.

Your child will learn safe preparation and cutting techniques and all ingredients and equipment will be provided.

### Sessions will take place at:

**West Allerdale Children's Centre, Maryport**

**Date:** Wednesday 21st July

**Time:** 10.00am to 12 noon

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

**Date:** Tuesday 24th July 2021

**Time:** 1pm to 3pm

**Workington Children's Centre**

**Date:** Tuesday 24th August

**Time:** 1pm to 3pm

**Derwent Valley Children's Centre, Cockermouth**

**Date:** Wednesday 25th August

**Time:** 10.00am to 12 noon



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

Michelle Dobinson on 07815686839 or email [michelle.dobinson@family-action.org.uk](mailto:michelle.dobinson@family-action.org.uk)



## Family Decider Skills

These sessions, through teaching a variety of skills, will help your family to:

- Recognise your own thoughts, feelings and behaviours
- Recognise how to monitor and manage your own emotions and mental health.



The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family.

### Sessions will take place at:

**West Allerdale Children's Centre, Maryport**

**Dates:** Thursdays 22nd July - 26th August 2021

**Time:** 10.00am to 11.30am



**North Allerdale Children's Centre, Wigton**

**Dates:** Thursdays 22nd July - 26th August 2021

**Time:** 1.30pm to 3.00pm



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

Freya Bullock on 07815687400 or by email [freya.bullock@family-action.org.uk](mailto:freya.bullock@family-action.org.uk)

## Dads Matter - Lets Chatter

Are you a male carer and want to get involved in our sessions or want to know more about how we can support you in your parenting role?

Then look no further... Come along to our "Dads Matter, Let's Chatter" for more information

**Sessions will take place at: West Allerdale Children's Centre, Flimby**

**Dates:** Fridays 6th August - 27th August 2021

**Time:** 10.00am to 11.30am

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

Rob Notman on 07815686695 or email [robert.notman@family-action.org.uk](mailto:robert.notman@family-action.org.uk)





## Solihull Drop In

Have you attended our Solihull Group or had individual support but feel you need to check a few things out or need to talk things through? Or have you thought about accessing a Solihull Programme but not quite sure if this is for you?, If so Kim is on hand to help and support in any way that she can.

**Sessions will take place: Over Zoom**

**Dates:** Thursdays 22nd July, 29th July, 19th August & 26th August

**Time:** 10.00 am –12.00 noon

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

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

Kimberley Broatch on 07815687434 or by email at [kimberley.broatch@family-action.org.uk](mailto:kimberley.broatch@family-action.org.uk)

## Family Line

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:** 07537404282,

**email:** [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk) or live web via our website [www.family-action.org.uk](http://www.family-action.org.uk)

**Contacting us out of hours;**

Do you need FamilyLine but it's out of our operation hours? 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.

