

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

Free activities  
for you and  
your family!

### What's On Guide for January—March 2021



We are delighted to share with you our Winter newsletter and would like to welcome all the new families who have registered with Allerdale Children's Centres over the Autumn, as well as our existing families.

Within our newsletter you can find lots of information about sessions and activities available in your local community.

**For further details of our services please contact any of our Centre's below**

- Maryport, Ennerdale Road, CA15 8HN 01900 810869
- Wigton, 10—12 Wampool Place, CA7 9SA 016973 43870
- Workington, Nilsson Drive, CA14 5BD 01900 604822

You can also contact us on our Single Point of Access number which is 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)



Serving the people of Cumbria provided by

We would like to start by saying a  
**VERY BIG THANK YOU to.....**



Lesley, our local Morrisons Community Champion and the customers of Morrisons in Workington for generously collecting toys for our Family Action toy appeal at Christmas!

Abigail Baxter and friends for donating fantastic food hampers for families; Stacey Heskett for the donation of Herons Foods vouchers and to Anne Wright for some beautiful knitted baby items which our families loved!



A massive thank you also to all the other agencies and local businesses who helped to provide Christmas dinner hampers for families across Allerdale and Copeland and to our volunteers for helping us prepare and deliver these to the families in our area.



## LETS GET READY FOR.....WEANING

Introducing your baby to a wide range of tastes when they start solids helps them grow up eating and enjoying healthy foods. Come along to our Weaning workshop and 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 over: ZOOM**

**Dates:** Tuesday 26<sup>th</sup> January, Tuesday 23<sup>rd</sup> February & Tuesday 30<sup>th</sup> March

**Time:** 1.00pm to 2.30pm

**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)**

## BUMP AND BABY EXPLORERS

Are you expecting a baby? Have you a child/children up to the age of 12 months? If so, why not join our Baby Exploring sessions via Zoom. For mums, dads, grandparents and carers to enjoy meeting up with others and finding out about lots of fun activities you can do with your baby that will support their early learning and development.

**Sessions will take place over: ZOOM**

**Dates:** Mondays 11<sup>th</sup> January – 8<sup>th</sup> February & 22<sup>nd</sup> February – 22<sup>nd</sup> March

**Time:** 10.00 – 11.00am

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

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

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





## BABY MASSAGE



Come and join us and do baby massage over Zoom!

Baby massage has many added benefits for your baby including aiding digestion, improving circulation, it can help to soothe your baby, help 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!

**Sessions will take place over: ZOOM**

**Dates:** Thursdays 14<sup>th</sup> January – 11<sup>th</sup> February

**Time:** 10.00 – 11.00am



**For further information or to book your place, please contact:  
Marie Dixon on 07815686847 or by email at [marie.dixon@family-action.org.uk](mailto:marie.dixon@family-action.org.uk)**



## SMILE FOR LIFE



Come along and find out the best way to help keep your families teeth and mouth healthy. There will be 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 give you information on getting registered with a dentist and answer any questions you may have!

**Sessions will take place over: ZOOM**

**Dates:** Wednesday 10<sup>th</sup> February

**Time:** 10.00am to 10.45am



**For more information or to book your place, please contact either:  
Gemma Bradburn on 07815 687295 or email at [gemma.bradburn@family-action.org.uk](mailto:gemma.bradburn@family-action.org.uk) or  
Sarah Metcalfe 07815 686871 or email [sarah.metcalfe@family-action.org.uk](mailto:sarah.metcalfe@family-action.org.uk)**

## STAY & PLAY

Stay at home and come and play by logging on to join us via Zoom. Join us for lots of fun and lots of ideas that you can do at home! The sessions are suitable for all ages of children and each family will receive a resource pack to use during sessions.

**Sessions will take place over:** ZOOM

**Dates:** Fridays 15th January – 12<sup>th</sup> February & 26<sup>th</sup> February – 26<sup>th</sup> March

**Time:** 1pm to 1.45pm



**For further information or to book your place, please contact either  
Jordan Huddart on 07815 687366 or by email at [Jordan.huddart@family-action.org.uk](mailto:Jordan.huddart@family-action.org.uk) or  
Jade Stephenson on 07815 687298 or email [jade.stephenson@family-action.org.uk](mailto:jade.stephenson@family-action.org.uk)**



## RYHME TIME



Rhymes benefit children as they make words for children easier to learn – especially when they are all sung. Rhymes are a fun way of helping children acquire language skills, they provide children with fun opportunities to learn about turn taking and joining in with peers and are ideal for developing concentration and listening skills. So come along and join in with your favourite rhymes and have some fun together with your child!!

**Sessions will take place over:** ZOOM

**Dates:** Fridays 15th January – 12<sup>th</sup> February & 26<sup>th</sup> February – 26<sup>th</sup> March

**Time:** 9.30 – 10.30am

**For more information or to book your place, please contact either:  
Freya Bullock on 07815687400 or email at [freya.Bullock@family-action.org.uk](mailto:freya.Bullock@family-action.org.uk) or  
Jade Stephenson on 07815687298 or email at [jade.stephenson@family-action.org.uk](mailto:jade.stephenson@family-action.org.uk)**





## BOOKSTART

The Bookstart sessions supports the development of children's communication and language through fun activities for you to do with your child or children, along with some home based activities and learning for parents and carers. Fun activities include exploring and making new things, sharing books and stories and enjoying some nursery rhymes.

All resources will be provided in advance of the programme starting. This is a 4 week programme and is suitable for preschool age children.

**Sessions will take place over: ZOOM**

**Date:** Mondays 11th January – 11th February

**Time:** 10.00 – 11.00am

**Date:** Mondays 1st March – 29th March

**Time:** 10.00 -11.00am

**Venue:** North Allerdale Children's Centre (Silloth TBC)



**For further information or to book your place, please contact  
Jordan Huddart on 07815687366 or by email [Jordan.huddart@family-action.org.uk](mailto:Jordan.huddart@family-action.org.uk)**

## LETS GET TALKING

A session 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.

**Sessions will take place over: ZOOM**

**Date:** Mondays 22nd February – 22nd March

**Time:** 1.00pm – 2.00pm



**For further information or to book your place, please contact either:  
Amy Ackerley on 07815687406 or email at [amy.ackerley@family-action.org.uk](mailto:amy.ackerley@family-action.org.uk) or  
Gemma Bradburn on 07815 687295 or email at [gemma.bradburn@family-action.org.uk](mailto:gemma.bradburn@family-action.org.uk)**



## HEALTHY MOVERS



Smart Start sessions will enable families to have the opportunity to have fun together and enjoy physical activity and active play which will help develop their children's social, physical and creative abilities.

There will be a range of activities for families to do together which will embrace agility, balance, and coordination through fun ways, for all abilities of children aged 2 – 5 years.

**Sessions will take place over:** ZOOM

**Dates:** Wednesday 13th January – 10th February & 24th February – 24th March

**Time:** 11.00 – 11.30am

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

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

**Jade Stephenson on 07815 687298 or email [jade.stephenson@family-action.org.uk](mailto:jade.stephenson@family-action.org.uk)**

## FIT & FUN IN FEBRUARY

Come along and join in some fun activities to get us fit and healthy in the February Half Term. Sessions are suitable for children aged 5-11 years; younger siblings welcome.

**Sessions will take place over:** ZOOM

**Dates:** Thursday 18th February

**Time:** 10.00am – 10.30am



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

**Sarah Scott on 07815687389 or by email at [sarah.scott@family-action.org.uk](mailto:sarah.scott@family-action.org.uk)**

## LETS GET PHYSICAL!

Do you know how much physical activity your children need each day? Do you struggle getting them to enjoy exercise and get them moving? If so, come along to these one off sessions to explore how much exercise our children should be doing across the different age ranges.

We will look at the benefits of physical activity and how to encourage children to be more active, take a look at healthy eating for these age groups and answer any questions you may have!

**For families with children age 0 – 5 years:**

**Sessions will take place over:** ZOOM

**Dates:** Wednesday 27<sup>th</sup> January

**Time:** 1pm – 1.45pm

**For families with children aged 5-19 years**

**Sessions will take place over:** ZOOM

**Dates:** Wednesday 24<sup>th</sup> February

**Time:** 1pm – 1.45pm



**For further information or to book your place, please contact either:  
Sarah Scott on 07815687389 or by email at [sarah.scott@family-action.org.uk](mailto:sarah.scott@family-action.org.uk) or  
Jannine Pigg on 07815 687248 or by email [Jannine.pigg@family-action.org.uk](mailto:Jannine.pigg@family-action.org.uk)**

## HEALTHY EATING

A one off session for parents to come along and explore all aspects of healthy eating for children age 0-5. So if you need further advice, support or ideas on what foods are good for your children then login to our session where we will be on hand to help!

**Sessions will take place over:** ZOOM

**Dates:** Wednesday 24<sup>th</sup> March

**Time:** 1pm – 1.45pm



**For further information or to book your place, please contact either:  
Sarah Scott on 07815687389 or by email at [sarah.scott@family-action.org.uk](mailto:sarah.scott@family-action.org.uk) or  
Jannine Pigg on 07815 687248 or by email [Jannine.pigg@family-action.org.uk](mailto:Jannine.pigg@family-action.org.uk)**





## BARGAIN BITES



Bargain bites aims to provide low cost healthy snack ideas for yourself and your family to enjoy together. During the sessions we will provide quick, easy and creative snacks for your children to enjoy. All ingredients will be provided so come along and have some fun making snacks for the whole family.

**Sessions will take place over: ZOOM**

**Dates:** Fridays 22<sup>nd</sup> January – 12<sup>th</sup> February & 26<sup>th</sup> February – 19<sup>th</sup> March

**Time:** 10.00am to 11.00am



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

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

**Jordan Huddart on 07815 687366 or by email at [Jordan.huddart@family-action.org.uk](mailto:Jordan.huddart@family-action.org.uk)**



## SUPERCHEF – 11 to 19 Years Old



Do you think you could create something that all your family will enjoy? Love spending time in the kitchen but want some new ideas of what you can make? Well come along and cook some of your favourite foods and see what fantastic meals you can create with us! All ingredients will be provided and if you have a favourite meal you would like to show off to us let us know!

**Session will take place over: ZOOM**

**Date:** Tuesday 16<sup>th</sup> February

**Time:** 11.00am to 12.30pm



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

**Lynne Douglas on 07815686863 or by e-mail at [lynne.douglas@family-action.org.uk](mailto:lynne.douglas@family-action.org.uk)**

## RISK & RESILIENCE GROUP

A nurturing group for children aged 8-12 years which aims to develop their own feelings of self-worth and confidence, building on their talents and skills enabling them to have an increased sense of belonging and develop aspirations for the future. The sessions look at building positive relationships with peers, improving emotional resilience and becoming more socially confident through planned fun activities after school

**Sessions will take place over: ZOOM**

**Date:** Tuesdays 19<sup>th</sup> January – 30<sup>th</sup> March

**Time:** 4pm – 5pm



**For further information or to book your place, please contact either:**  
**Marie Dixon on 07815686847 or by email at [marie.dixon@family-action.org.uk](mailto:marie.dixon@family-action.org.uk) or**  
**Amy Ackerley on 07815687406 or email at [amy.ackerley@family-action.org.uk](mailto:amy.ackerley@family-action.org.uk)**

## LETS CATCH UP

For young people in years 7-11 who find school attendance is an issue, Explore the challenges you face, learn how to manage difficult feelings, improve motivation and attendance and find out where to go for help.

**Sessions will take place over: ZOOM**

**Dates:** Thursdays 14<sup>th</sup> January – 25<sup>th</sup> March

**Time:** 4pm – 5pm

**For further information or to book your place, please contact either:**  
**Sarah Scott on 07815687389 or by email at [sarah.scott@family-action.org.uk](mailto:sarah.scott@family-action.org.uk) or**  
**Freya Bullock on 07815687400 or email at [freya.Bullock@family-action.org.uk](mailto:freya.Bullock@family-action.org.uk)**



## DECIDER SKILLS – 7 years to 11 years

These sessions, through teaching a variety of skills, help you 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 over:** ZOOM

**Date:** Wednesdays 24<sup>th</sup> February – 31<sup>st</sup> March

**Time:** 4.00pm – 5.00pm



**For further information or to book your place, please contact:**  
**Joanne Dixon on 07815687421 email [joanne.dixon@family-action.org.uk](mailto:joanne.dixon@family-action.org.uk)**

## DECIDER SKILLS – 11 years to 19 years

**Sessions will take place over:** ZOOM

**Date:** Mondays 21<sup>st</sup> February – 29<sup>th</sup> March

**Time:** 4.00pm – 5.00pm



**For further information or to book your place, please contact either:**  
**Rob Notman on 07815 686 695 or by email [Robert.notman@family-action.org.uk](mailto:Robert.notman@family-action.org.uk) or**  
**Jade Stephenson on 07815687298 or email at [jade.stephenson@family-action.org.uk](mailto:jade.stephenson@family-action.org.uk)**

## DECIDER SKILLS - PARENTS

**Sessions will take place over:** ZOOM

**Date:** Tuesdays 23<sup>rd</sup> February – 30<sup>th</sup> March

**Time:** 1.00pm – 2.30pm



**IT WILL PASS**

**For further information or to book your place, please contact either:**  
**Kim Broatch on 07815687434 or email [Kimberley.broatch@family-action.org.uk](mailto:Kimberley.broatch@family-action.org.uk) or**  
**Amy Ackerley on 07815687406 or email at [amy.ackerley@family-action.org.uk](mailto:amy.ackerley@family-action.org.uk)**

## DOMESTIC ABUSE RECOVERY TOOLKIT

The Domestic Abuse Recovery Toolkit is a 12 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.

**Sessions will take place over: ZOOM**

**For further information or to book your place, please contact either:  
Jannine Pigg on 07815687248 or by email [Jannine.pigg@family-action.org.uk](mailto:Jannine.pigg@family-action.org.uk) or  
Linzi Hall on 07815686894 or by email [Linzi.hall@family-action.org.uk](mailto:Linzi.hall@family-action.org.uk)**

## KINSHIP CARERS SUPPORT

Kinship Carers Support Group aims to offer support, information and advice to Kinship Carers so that each carer is better equipped to undertake the many aspects of their caring role, and best meet the needs of the children in their care along with the opportunity to meet, discuss and learn from other Kinship Carers in a similar situation.

**Support is currently available on an individual basis so please do get in touch if we can support you in any way**

**For further information please contact:  
Alison Cain on 07815 686911 or email [alison.cain@family-action.org.uk](mailto:alison.cain@family-action.org.uk)**

## SOLIHULL SUPPORT SESSION

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 Freya is on hand to take your calls to help and support in any way that she can.

**Sessions will take place over: ZOOM**

**Dates:** 16<sup>th</sup> & 18<sup>th</sup> February

**Time:** 1.00pm – 3.00pm



**For further information or to book an appointment, please contact:  
Freya Bullock on 07815687400 or email at [freya.Bullock@family-action.org.uk](mailto:freya.Bullock@family-action.org.uk)**

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

## ANTENATAL SOLIHULL

The Antenatal course is a 5 week course for pregnant Mums, fathers, partners, birth partners or grandparents with information about the pregnancy and birth and preparation for making a relationship with the baby in the womb to birth and after the baby is born.

- Understanding Pregnancy, Labour, Birth and Your Baby
- For Everyone Around The Baby: Mums, Dads & Grandparents

**Sessions will take place over: ZOOM**

**Dates:** Tuesdays 23<sup>rd</sup> February - 23<sup>rd</sup> March

**Time:** 10.00 – 12.00 noon



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

**Marie Dixon on 07815686847 or by email at [marie.dixon@family-action.org.uk](mailto:marie.dixon@family-action.org.uk) or**

**Jannine Pigg on 07815 687248 or by email [Jannine.pigg@family-action.org.uk](mailto:Jannine.pigg@family-action.org.uk)**

## SOLIHULL PARENTING PROGRAMME

This programme is designed for parents and carers to find out more about parenting, how children develop, why children have temper tantrums and to understand more about children's behaviour.

**Sessions will take place over: ZOOM**

**Dates:** Wednesdays 24<sup>th</sup> February- 31<sup>st</sup> March & 21<sup>st</sup> April – 19<sup>th</sup> May

**Time:** 10.00 – 12.00 noon

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

**Rob Notman on 07815 686 695 or by email [Robert.notman@family-action.org.uk](mailto:Robert.notman@family-action.org.uk) or**

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





## Family Action Needs YOU!!

### 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.

**There are lots of ways you can give your time,  
please contact me to find out more information!!**

Fay Cardigan, Volunteer & Engagement Worker

Tel: 01900 810869

Mobile: 07815686909

Email: [fay.cardigan@family-action.org.uk](mailto:fay.cardigan@family-action.org.uk)



### FamilyLine

**FamilyLine** is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, call: 0808 802 6666, text: 07537 404282, 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).

Monday to Friday: 9am –9pm. The helpline will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.