

## 0 – 19 Child and Family Support Service –

Eden Newsletter October – December

**FREE**  
fun for all the  
family!

# Welcome to our autumn newsletter!

## World Breastfeeding Week

World Breastfeeding Week took place on the 1<sup>st</sup> August through to the 8<sup>th</sup> August – to celebrate, our wonderful team and volunteers hosted a picnic for all of our breastfeeding support group mum's and babies!

As part of the morning, mum's got to make and take little award certificates to celebrate how long they have been breastfeeding for, adding stickers and footprints of their little ones to personalise them.

Find out how you can get involved with our brilliant breastfeeding support group on page 4!



## autumn Half-Term activities

### 0-12 Activity Sessions for parents and children

Taking place in four of our locations over the Half-Term Holiday are our super fun Let's Get 0-12 sessions!

**All sessions will run from 10:30am to 11:30am.**

**Please contact the Children's Centre on 01768 899 901 to book your place**

Appleby Children's Centre, Station Road,  
Appleby CA16 6TX  
Tuesday 25<sup>th</sup> October

Alston Children's Centre, Samuel King's  
School, Church Road, Alston CA9 3DS  
Wednesday 26<sup>th</sup> October

Kirkby Stephen Children's Centre, Local  
Links Kirkby Stephen CA17 4QX  
Thursday 27<sup>th</sup> October

North Eden Children's Centre, The Regent,  
Old London Road, Penrith, CA11 8ET  
Friday 28<sup>th</sup> October



Please get in touch with us to discuss how we may be able to support you and your child to fully access and enjoy our activities, and to be able to **share** your **comments/feedback**

If you know of anyone who would like this newsletter in a different language, please contact us with details of the language required.



E-mail: [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk)



Telephone: **01768 899 901**



Eden 0-19 Child and Family Support Services on Facebook



## New Parents Group

Meet with other new parents to discuss a range of topics including Tummy Time, Baby Massage and Five to Thrive.

**North Eden Sure Start Children's Centre,**  
Old London Road, Penrith,  
CA11 8ET



**Check our Facebook page**  
**for when this course will next start!**

**\*\* Booking is required for New Parents sessions – call us at 01768 899 901 \*\***

## Bumps 2 Bundles (0-walking)

Join us on our fun Sessions and meet new parents, and parents to be, for friendly chat and ideas around baby development. Spend quality time with your baby exploring sensory, messy or movement play. The sessions will help develop sitting, crawling and walking as well as introducing you and your little one to lots of new friends and play ideas to take home.

We have two sessions running, one in Penrith and one in Kirkby Stephen.

**\*\* Booking is no longer required for these sessions \*\***

**North Eden Children's Centre,**  
Old London Road, Penrith, CA11 8ET

**Tuesday's 1<sup>st</sup> & 3<sup>rd</sup> Tuesday**

4<sup>th</sup> and 18<sup>th</sup> October  
1<sup>st</sup> and 15<sup>th</sup> November  
6<sup>th</sup> and 20<sup>th</sup> December  
10:00am – 11:00am



**Kirkby Stephen Children's Centre,**  
Local Links, K. Stephen, CA17 4QX

**Thursday's: 2<sup>nd</sup> & 4<sup>th</sup> Thursday**

13<sup>th</sup> October  
10<sup>th</sup> and 24<sup>th</sup> November  
8<sup>th</sup> December  
10:30am - 11:30am

## Let's Get 0 – 4 years

Take part in a range of fun and fulfilling play activities; first steps to lifelong learning. From painting and craft, dress up and construction to puzzles and outdoor play – there is lots to do! Join in with your favourite stories and rhymes and play alongside your children.

**\*\* Booking is no longer required for these sessions \*\***



**Appleby Children's Centre, Appleby Primary School, Appleby CA16 6TX**

**Tuesday** 11<sup>th</sup> October  
8<sup>th</sup> and 22<sup>nd</sup> November  
13<sup>th</sup> December  
10:00am – 11:00am



**Alston Children's Centre, Alston School, Church Road, Alston, CA9 3QU**

**Wednesday** 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> October  
2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> November  
7<sup>th</sup> and 14<sup>th</sup> December  
10:30am – 11:30am

**North Eden Children's Centre,**  
Old London Road, Penrith, CA11 8ET

**Friday** 14<sup>th</sup> October  
11<sup>th</sup> and 25<sup>th</sup> November  
9<sup>th</sup> December  
10:00am – 11:00am

**Coming soon to Kirkby Thore Children's Centre...**

**...keep a look out on our Facebook page for the start dates and for any updates!**

**How many pinecones and leaves can you find in the newsletter?**



## Bookstart

### 0 - 4 years

Bookstart supports you to enjoy books with your child(ren) from as early an age as possible. It offers the gift of free books to all children at two key ages before they start school to inspire a love of reading that will give children a flying start in life.



## Little Learners

### 0 – 4 years

In this 4-week programme we share key messages with families on number, writing, speech and language, and healthy lifestyles. Parents are encouraged to incorporate these areas of learning through play, into the family's day to day learning experiences.



Please contact the Children's Centre Play Team for more information about Let's Get, Bookstart or Little Learners at: 01768 899 901



## activities for Children with additional needs

### Short Breaks

Join us for our great Short Break sessions where you can make new friends, share experiences, and receive support. For children aged 0 - 12 years with additional needs or disabilities, and their immediate family.

**Jungle Jacks, Penrith Leisure Centre**

First Wednesday of every month, 4pm-5pm

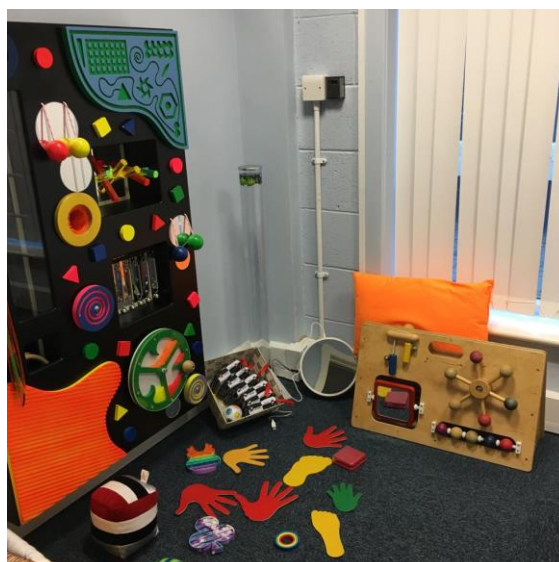
**\*\* Booking is no longer required for these sessions \*\***



### Sensory Space at Penrith Children's Centre

We now have a bookable sensory space at the Children's Centre in Penrith available for Children with additional needs, bookable by parents, carers, and professionals. Please note that a short induction is required prior to using the sensory space.

**For more information, and to book your induction, please contact the Children's Centre on 01768 899 901**



## Courses for Parents and Carers



### **Solihull Courses**

We have several Solihull Courses that we can deliver Face to Face, Virtually and Online.

#### **Understanding pregnancy, labour, birth, and your baby**

This course is for parents, grandparents, and carers - for everyone in the new arrival's life who wants to access an antenatal course and build a strong, healthy relationship with the baby. It explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner.



#### **Understanding your child's behaviour**

The Solihull Approach parenting group includes a range of strategies to enhance parent/child relationships. Activities are designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. Parents are also helped to understand how they can influence their relationship with their child through play. The group is designed to help parents identify their own objectives.

#### **We have 2 courses starting in September... Virtual**

6 - 7:45 pm starting Tuesday 17<sup>th</sup> January for 10 weeks

#### **Face to Face in Penrith Children's Centre** 1 – 3 pm starting on Thursday 19<sup>th</sup> January **Creche will be available**

**For more information or to express your interest in any of the Solihull Courses, please contact us on 01768 899 901 and a member of the team will get back to you.**

## Family Health

### **Eden Breastfeeding Groups**

Come and chat about all things infant feeding and meet other local mums and babies! All are welcome at these brilliant sessions.

**\*\* Booking is no longer required for these sessions \*\***

These will take place on the **1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month in Penrith** and the **2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month in Kirkby Stephen...**

#### **North Eden Children's Centre**



The Regent, Old London Road  
CA11 8ET  
4<sup>th</sup> and 18<sup>th</sup> October  
1<sup>st</sup> and 15<sup>th</sup> November  
6<sup>th</sup> & 20<sup>th</sup> December  
1:30pm - 2:30pm



**Kirkby Stephen Children's Centre,** Local Links, Kirkby Stephen, CA17 4QX  
11<sup>th</sup> and 25<sup>th</sup> Oct  
8<sup>th</sup> and 22<sup>nd</sup> Nov  
13<sup>th</sup> December  
1:30pm-2:30pm



**Cumbria Partnership NHS**  
NHS Foundation Trust

### **Family Scran Plan**

Come and learn how to make new deliciously healthy meals with our new Family Scran Plan course! This will run at our **Penrith Children's Centre** and has limited space, with a maximum of 4 families able to book on.

Book now to secure your place!

**Running on**  
**Thursday 27<sup>th</sup> Oct**  
**1:30pm-3:30pm**



## activities and support for

### Older Children

We offer a range of services to support children and young people aged 5 – 19 years



### Wishes & Feelings 5 – 8 yrs

Wishes and Feelings is a 6-week intervention which is used directly with the child on a 1-1 basis to give them the opportunity to discuss their thoughts and feelings and try to work through some of their worries.

### Decider Skills 8+ yrs

The Decider Skills are 12 Cognitive Behavioural Therapy skills designed to help children and young people to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions. They enable individuals to make effective changes in how they manage distress, regulate emotion and communicate effectively. The skills are usually taught over 6 weeks, and can be delivered directly to the child, or as a family to help the parent to support their child.

### Drawing and Talking 7+ yrs

Drawing and Talking is a child-centred therapy focusing on prevention, early intervention and recovery. This is a 12-week intervention to support those who have suffered trauma or have underlying emotional difficulties. It helps children to become more able to control their behaviour, access the academic curriculum, and increases their self-esteem.



For more information please call us on  
01768 899 901

## Children's Community Forums and Projects

This is a local group for children aged 8 -11 years and another group for children 12+ to **have their say** about things that matter to them. The **forums** will provide a platform for children to come together and discuss their community challenges, in a fun, creative and enjoyable way. They will decide the **community projects** with which they would like to make a difference. This is a great opportunity to make new friends, learn new skills and whilst having **your** say in what matters to **you**.

For more information please call  
01768 899 901



## Useful Websites

### Start 4 Life

The 'Start 4 Life' website is a great free resource provided by the NHS for finding out more information, support and guidance throughout the stages of pregnancy, as your baby grows and develops, right the way through to a toddler's age. Use the webpage below to find out more.

<https://www.nhs.uk/start4life>

### Smile 4 Life

This is an oral health campaign that supports families to establish good oral hygiene routines and register with a Smile 4 Life dental practice.

For more information on Smile 4 Life or for details on how you and your family can register with the dentist please. Visit the home page of NHS Choices at: [www.nhs.uk](http://www.nhs.uk)



## Further Help

### Early Help

Our Child and Family Support workers can offer families who are facing challenges early help and support in their own homes.

We will work with your family to support you and your child, and with your agreement, a worker will ask you and your child some questions to find out what help and support you and your child might need. This information is recorded on a simple form called an Early Help Assessment. You and your child will agree what is put on the form, and this will help to identify your child's needs and other workers required to support your family.

**For more information, please contact the Children's Centre on 01768 899 901**

### Job Centre Plus

Are you a parent considering returning to work, training, volunteering, or finding a work experience placement? We can also offer help and advice with:

- Better off in work calculations
- Financial help to start work
- Travel discount cards
- Access to the internet to assistance with job search
- On-going advice and In Work Support.

**For further information please email [focus.family@cumbria.gov.uk](mailto:focus.family@cumbria.gov.uk)**



Department for  
Work and Pensions



### Supporting Families Team

The supporting Families Team works in partnership with Cumbria County Council to provide support for local families. Together they can help to make a bright future for your family.

#### **This team can:**

- Look over and support with your household income, benefits, and budget management
- Support with debt management advice
- Help you get back into the workplace, including assisting to remove barriers to work (e.g. upfront childcare costs, initial travel costs, clothes for interviews), and in situations where you may have recently lost a job or been made redundant
- Provide support for setting up your own business and with improving qualifications (e.g. apprenticeships, training, and so on)
- Carry out a skills audit to help you find jobs that suit your skills, help to update your CV, and support with online job searching
- Help you if you have a disability and would like to work, using the Governments 'Right to Work' scheme where appropriate.



**You can contact your local Supporting Families Team by emailing them at: [focus.family@cumbria.gov.uk](mailto:focus.family@cumbria.gov.uk)**

### Healthy Child Clinics

Due to the on-going Pandemic and continued efforts to minimise transmission of the Virus, Health Visitors are offering to see families by appointment only. If you need to contact your Health Visitor, please call the Penrith Health Visitors on 01768 245615 or Appleby Health Visitors on 017683 54964.



**Keep a look out on our Facebook page for any future updates.**



## SUMMIT 22

Our long awaited follow up survey to Summit 17, known as Summit 22, is now available for your child(ren) or young person aged 8-13 years old to take part in! To be eligible to take part, the children must be aged between 8-13 years old and live, even if part of the time, in Cumbria. On behalf of the project, we would like to thank our Cumbria County Council Local Committees who have kindly donated funds which have enabled us to follow up on this survey.

The questions within the Survey have stayed the same so that we can compare this year's answers with the previous survey from 2017, as much has happened since then that has shaped not only our lives, but our children and young people's lives living in Cumbria. We are asking any participants to tick if they took part in 2017 (noting that all responses were anonymous) as well as increasing the options for them to select how they identify with an option to choose not to disclose. All the fields in the survey require a response.

We have seen significant growth in services in Cumbria specifically for this age range so would welcome your support in ensuring that they are given the opportunity to consider completing this. We are keen, as we move forward, to continue to seek the voices of children and young people as a means of stress testing, challenging or validating our professional or indeed personal views in respect of how they may be feeling or thinking, so that we can continue to co-design and co-produce services that are based on unmet need, relevance and impact.

You can complete the form online by following our QR Code below (all responses will automatically be fed into a secure database which we will then review), or, if you do not have access to this, call by one of our Children's Centre's and we can give you a paper copy which can then be returned once filled in.

**Follow the QR code below to take part in the survey!**

