



## 0 – 19 Child and Family Support Services

Eden Newsletter: January - March



## Barnardo's Virtual Family Space

## WELCOME TO OUR WINTER NEWSLETTER!

### Barnardo's Virtual Family Space

Being a parent or carer can be the most wonderful thing in the world and can bring so much love and joy

into your life. We also know that the responsibility of parenthood and the daily challenges of this role can be as daunting as they can be exciting.

The Family Space is here for you. Our virtual family hub offers information, advice, guidance and support for all stages of your parenting or caring journey. Our nationwide network of family hubs and children's centres provides services directly to parents and care givers of children of all ages. If you aren't able to get to a centre or hub, we hope you will find what you need here on our Virtual Family Space.

Coming up over these next few months, there are some amazing new courses being run through the Virtual Family Space for parents/carers of babies that you don't want to miss out on! You can access all of these courses by following the QR code

below or by going to

[virtualfamilyspace.barnardos.org.uk](https://virtualfamilyspace.barnardos.org.uk)



### The Best Start In Life For Your Child



**Understanding pregnancy, labour, birth and your baby** (Antenatal): five weekly workshops lasting up to 2 hours.

Start date: 11 Jan



**Understanding Your Baby:** six weekly workshops lasting up to 2 hours. Includes feeding, feelings, behaviour and brain development.

Start date: 22 Feb



**Sleep:** a workshop lasting up to 1.5 hours. Includes sleep routines and safe sleep for your baby and toddler.

Dates: 24 Jan or 28 Feb



**Starting Solids:** a workshop lasting up to 1.5 hours. Includes food safety and allergies.

Dates: 20 Feb or 16 Mar



**Five to Thrive:** four weekly workshops lasting up to 2 hours. Includes brain development, responding to your baby, the importance of touch and sensory play.

Start date: 16 Jan



**Potty Training:** workshop (up to 2 hours).

Dates: 9 Jan or 7 Feb



**Oral Health:** workshop (up to 2 hours).

Dates: 21 Feb or 26 Mar



**School readiness:** three short films with optional live Q & A session on request.



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.



Eden 0-19 Child and Family Support Services (follow the QR code to open!)



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



01768 899 901



## UNIVERSAL GROUPS

### BUMPS 2 BUNDLES (0-walking)

Join us for our fun sessions and meet new parents, and parents-to-be, for friendly chats and ideas around baby development. Spend quality time with your baby exploring sensory, messy, and movement play. These sessions will help develop sitting, crawling, and walking, as well as introducing you and your little one to lots of new friends and new ideas to take home. We have THREE groups running, one in Penrith, one in Kirkby Stephen, and a NEW one in Appleby.



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

**Running every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 10am – 11am**

16<sup>th</sup> January // 6<sup>th</sup> and 20<sup>th</sup> February // 5<sup>th</sup> and 19<sup>th</sup> March

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

**Running every 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 10:30am – 11:30am**

11<sup>th</sup> and 25<sup>th</sup> January // 8<sup>th</sup> and 22<sup>nd</sup> February // 14<sup>th</sup> and 28<sup>th</sup> March

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

**Running every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 10am – 11am**

9<sup>th</sup> and 23<sup>rd</sup> January // 27<sup>th</sup> February // 12<sup>th</sup> and 26<sup>th</sup> March

How many polar bears and penguins can you find in the newsletter?



**NEW!**

### LET'S GET – 0-4 years

Take part in a range of fun and fulfilling activities, the 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.

**Kirkby Thore Children's Centre**, Kirkby Thore Primary School, Kirkby Thore, CA10 1UU

**Running every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday - NEW TIME! 2pm – 3pm**

9<sup>th</sup> and 23<sup>rd</sup> January // 27<sup>th</sup> February // 12<sup>th</sup> and 26<sup>th</sup> March

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

**Running every Wednesday in term time, 10:30am – 11:30am**

10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> January // 7<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> February // 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> March

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

**Running every 2<sup>nd</sup> and 4<sup>th</sup> Friday, 10am – 11am**

12<sup>th</sup> and 26<sup>th</sup> January // 9<sup>th</sup> and 23<sup>rd</sup> February // 8<sup>th</sup> and 22<sup>nd</sup> March

### HALF TERM LET'S GET – 0-12 years

Over the half term holiday, our Let's Get sessions run in each location for children aged 0 to 12 years – we'll be having all sorts of fun, and we'd love for you and your children to join us!

**\*\* Booking is required for these sessions – please call us at 01768 899 901 to guarantee your place! \*\***

**\*\* Bookings need to be in by Friday 9<sup>th</sup> February \*\***

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

Tuesday 13<sup>th</sup> February, 10am – 11am

**Kirkby Thore Children's Centre**, Kirkby Thore Primary School, Kirkby Thore, CA10 1UU

Tuesday 13<sup>th</sup> February, 1:30pm – 2:30pm



**Alston Children's Centre**, Samuel King's School, Church Road, Alston, CA9 3QU  
Wednesday 14<sup>th</sup> February, 10:30am – 11:30am

**Kirkby Stephen Methodist Hall**, 50 South Road, Kirkby Stephen CA17 4SN  
Thursday 15<sup>th</sup> February, **2pm – 3pm**

**North Eden Children's Centre**, The Regent, Old London Road, **Penrith**, CA11 8ET  
Friday 16<sup>th</sup> February, 10am – 11am



## BOOKSTART

0-4 years

Bookstart supports you to enjoy books with your little one(s) 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 and 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 and into the family's day to day learning experiences.

## HOME BASED PLAY

0-4 years

These sessions support families to understand and identify naturally occurring opportunities within their day to support their child's understanding and development. This is a 6-week intervention that is delivered within the family home.

## ACTIVE START

0-4 years

Active Start is a programme created to inspire and increase activity levels in the early years through activity and active play. It helps children to be healthy, to learn and be active for life. It does this by supporting practitioners, teachers and families to be active together more often, strengthening physical literacy and the readiness to learn. Babies and young children were born to move, they love being active and we should encourage them to move around freely as often as possible! Physical activity is essential during the early years of a child's life as it helps not only with their physical development but also helps them to develop their social and emotional skills.

**Please contact Hannah McCormack on 07895 313 916 or Aimee Holme on 07565 009 190 for more information about Let's Get, Bookstart, Little Learners, Home Based Play, or Active Start.**



## ACTIVITIES FOR CHILDREN WITH ADDITIONAL NEEDS

### SOFT PLAY

Our Soft Play sessions are on hold at the moment as we are currently reviewing our service delivery for children with additional needs and their families.

We are working on a survey which will soon be released for you to have your say in what support you would find helpful and would like to see for you and your child(ren) with additional needs – keep an eye out for this on our Facebook page and in our centres across Eden!





## SENSORY SPACE – Penrith Childrens Centre

We now have a bookable sensory space at our Children's Centre in Penrith available for children with additional needs. This room can be booked out and used 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 at 01768 899 901 or Aimee Holme at 07565 009 190.**

## PORTAGE

Portage is a home visiting teaching service for families of pre-school children with additional needs. The course works in partnership with parents/carers to support their child's development. Portage empowers parents/carers to become teachers to their own children in their own homes, with support from a trained Portage Home Visitor.

Children can be referred to Barnardo's Portage service between the ages of birth and 2 years old, 3 years old if transitioning into nursery, if they have a significant delay in two or more areas of their development.

**If you are interested in this service, you can speak to one of our trained staff by contacting Hannah McCormack at 07895 313 916/[hannah.mccormack@barnardos.org.uk](mailto:hannah.mccormack@barnardos.org.uk), Suzanne Gray at 07510 382 068/[suzanne.gray@barnardos.org.uk](mailto:suzanne.gray@barnardos.org.uk), or Aimee Holme at 07565 009 190/[aimee.holme@barnardos.org.uk](mailto:aimee.holme@barnardos.org.uk).**



**Our Eden 0-19 Child and Family Support Service is a Portage Service registered with the National Portage Association.**

**Check out their website here: <https://www.portage.org.uk/>**

## COURSES FOR PARENTS AND CARERS

### NEW PARENTS GROUP

Meet with other new parents and expectant parents to discuss a range of topics including Tummy Time, Baby Massage, and Five to Thrive, and get advice and support from our on-hand trained staff.

**If you'd like to know more about this group, please call us at 01768 899 901.**

### SOLIHULL COURSES

We have several Solihull Courses that we can deliver either through face to face or online sessions.

#### 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 run these courses both face to face (with a creche available if needed) and virtually.**

**If you are interested in joining any of the Solihull Courses or would like more information, please contact Suzanne Gray at 07510 382 068/[suzanne.gray@barnardos.org.uk](mailto:suzanne.gray@barnardos.org.uk) or Gayle Baker at 07871 577 265/[gayle.baker@barnardos.org.uk](mailto:gayle.baker@barnardos.org.uk).**

## FAMILY HEALTH



### EDEN BREASTFEEDING SUPPORT GROUPS

Come and chat about all things infant feeding and meet other local mums and babies! All are welcome at these brilliant drop-in sessions. If you'd like to know more or want some advice, get in touch with **Hannah McCormack**, group lead, at **07895 313 916** or [hannah.mccormack@barnardos.org.uk](mailto:hannah.mccormack@barnardos.org.uk).

We have two Breastfeeding Support groups running, one in Penrith and one in Kirkby Stephen.

**North Eden Children's Centre**, The Regent, Old London Road, Penrith, CA11 8ET  
**Running every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 1pm – 2:30pm**

16<sup>th</sup> January // 6<sup>th</sup> and 20<sup>th</sup> February // 5<sup>th</sup> and 19<sup>th</sup> March

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

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9<sup>th</sup> and 23<sup>rd</sup> January // 14<sup>th</sup> and 27<sup>th</sup> February // 12<sup>th</sup> and 26<sup>th</sup> March

**The Eden 0-19 Child and Family Support Service has been awarded with the UNICEF Baby Friendly Award level 1 for our work supporting breastfeeding mums and their babies.**



### NEW! WRAP (Wellness Recovery Action Plan)

New to our service is the Wellness Recovery Action Plan (WRAP for short) course. The WRAP wellness recovery approach helps and supports people to decrease and prevent troubling feelings and behaviours, improve quality of life and achieve their own life goals and dreams. This course is all about building up a support plan for yourself and is available for both children and parents/carers, with the potential to be part of a group session or to do 1:1 sessions with one of our Family Support Workers.

**If you are interested in this course, you can get in touch with Hannah McCormack at 07895 313 916/[hannah.mccormack@barnardos.org.uk](mailto:hannah.mccormack@barnardos.org.uk), Suzanne Gray at 07510 382 068/[suzanne.gray@barnardos.org.uk](mailto:suzanne.gray@barnardos.org.uk), Robyn Senior at 07514 719 432/[robyn.senior@barnardos.org.uk](mailto:robyn.senior@barnardos.org.uk), or Gayle Baker at 07871 577 265/[gayle.baker@barnardos.org.uk](mailto:gayle.baker@barnardos.org.uk) to find out more.**

## HEALTHY CHILD CLINICS

Health Visitors are offering to see families by appointment only. If you would like to set up an appointment or need to contact your health visitor, **please call Penrith Health Visitors on 01768 245 615 or Appleby Health Visitors on 01768 354 964.**



## HEALTHY START VITAMINS



The Eden 0-19 Child and Family Support Service is partnered up with the brilliant NHS Healthy Start scheme, stocking at our Penrith and Appleby Children's Centres the FREE Healthy Start Vitamins for babies and young children and for breastfeeding/dual feeding mums. These are available for babies and children up to 2 years old (and up to 4 years old if you have a prepaid Healthy Start card), and for mums up to 6 months after birth.

**You can pick up your vitamins by calling into our Penrith Children's Centre any time during our open hours:** Monday-Thursday 9am – 5pm, Friday 9am – 4pm, or at our Appleby Children's Centre on Fridays between 10am and 2pm. **The vitamins will also be available at all of our universal sessions** – you can contact Emily Bainbridge on 07526 915 807 or 01768 899 901 to ensure your visit isn't wasted, but calling ahead is not essential.



## HEALTHY HABITS 4 LIFE

The Healthy Habits 4 Life course is a FREE programme run by the Public Health 5-19 Team for families in Cumbria with children in Reception up to Year 7 who want to make the change to live a healthier lifestyle. Support and advice on a range of areas will be offered through 1:1 sessions over several weeks with a Public Health Practitioner. Sessions can be arranged to meet at a time and place that suits you and your family – this can be at home, in school, or by video calls.

If you would like to know more about these courses or want your child to be included, please contact the Public Health 5-19 Team by emailing the E-School Nurse Clinic at [e-schoolnurse@ncic.nhs.uk](mailto:e-schoolnurse@ncic.nhs.uk), or by calling **01228 603 973**.

## EMERGENCY INFANT FORMULA FUND

The cost-of-living crisis continues to affect all families, and having a new baby in the family can be a strain on finances. Here are some important points if your baby is formula fed:

- All first stage milks have the same nutritional value, the cheapest have the same as the most expensive,
- Babies don't need unnecessary milks e.g. follow on, comfort etc. They may cause harm and cost more money,
- Use the right amount of formula that is shown on the box. Using less scoops can be harmful for your baby,
- Watered down formula can cause serious health problems such as tummy upsets,
- Don't skip sterilising bottles and throw away remaining milk from feeds after 2 hours, as bacteria can start to grow.

Children's Centres have been awarded funding from the council to support families who have less than 48 hours supply of formula feed. **If you are unable to afford formula to feed your baby, or if you are struggling with your weekly shop, including these items above, please don't hesitate to contact Brenda Shannon, Service Administrator, on 07787 845 379 or by email at [brenda.shannon@barnardos.org.uk](mailto:brenda.shannon@barnardos.org.uk)** – we can help you access an emergency provision of formula.

**Our service is a Healthy Families Cumbria Pledge Setting, recognised with supporting families with nutrition, physical activity, and emotional health and wellbeing.**



## ACTIVITIES AND SUPPORT FOR OLDER CHILDREN

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

### WISHES AND FEELINGS – 5-8 years

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



## DECIDER SKILLS – 8+ years

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 emotions, and communicate effectively. The skills are usually taught over 6 weeks and can be delivered directly to the child as a 1-1 programme, in a group with other children, or as a family or in family groups to help build support for the child.



# The Decider



## DRAWING AND TALKING – 5+ years

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 on this course, please contact Robyn Senior at 07514 719 432 or [robyn.senior@barnardos.org.uk](mailto:robyn.senior@barnardos.org.uk).**

## CHILDREN'S COMMUNITY FORUMS AND PROJECTS

These are local groups, one for children aged 8-11 and one for children 12+, to have their say about things that matter to them. The forums will provide a platform for children and young people 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, all whilst having your say in what matters to you.

**For more information, please contact Gayle Baker at 07871 577 265 or [gayle.baker@barnardos.org.uk](mailto:gayle.baker@barnardos.org.uk).**



## MEET SOME OF OUR NEW STAFF!



Hi!

We are Beth and Amy, the new Befrienders who have recently joined the Barnardo's Eden 0-19 CFSS.

As befrienders we are looking forward to providing support and services to children, young people and families in Eden.

We can help you and your children access local services and groups that you may have wanted to attend but haven't been able to do so. Other practical ways we can help could be supporting you to attend meetings and / or appointments in relation to your children and family.

We are looking forward to working with a range of professionals who include midwives, health visitors and schools.

Please do get in touch and let us know how we can help. If we are unable to help, we will endeavour to find those who can help and will support you to access them.

**Beth Hudson:** [beth.hudson@barnardos.org.uk](mailto:beth.hudson@barnardos.org.uk) // 07922 293710

**Amy Whitelaw:** [amy.whitelaw@barnardos.org.uk](mailto:amy.whitelaw@barnardos.org.uk) // 07596 572528



## 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 toddler's age. Use the website below to find out more.

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)



### SMILE 4 LIFE

This is an oral health campaign that supports families to establish good oral health 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 you and your family to support you and your child(ren), and, with your agreement, a worker will ask you and your child(ren) some questions to find out what help and support you and your child (ren) might need. This information is recorded on a simple form called an Early Help Assessment.

Once the form has been agreed to by you and your child(ren), this will help identify your child(ren)'s needs and if other workers are needed to help support your family.

**For more information, please call us at 01768 899 901.**

### JOB CENTRE PLUS

Are you a parent considering returning to work, training, volunteering, or finding a work experience placement? The Job Centre Plus can offer support with all of this, along with help and advice about:

- 'Better off in work' calculations,
- Financial help to start work,
- Travel discount cards,
- Access to the internet and assistance with job searches,
- And ongoing advice and 'In Work' support.



**jobcentreplus**



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

### SUPPORTING FAMILIES TEAM

The Supporting Families Team works in partnership with the local council to provide support for local families – together, they can help make a bright future for you and 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, etc), and in situations where you may have recently lost a job or been made redundant,
- Provide support with setting up your own business and 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)**



## SUPPORT DIRECTORY

### EDEN VALLEY



Benefits Advice Centre: 01768 817 817  
Citizen's Advice Bureau: 01768 863 564  
Cumbria Family Support: 01768 593 102  
Eden Rural Foyer: 01768 861 650

Eden Housing: 01768 861 400  
Upper Eden Food Bank: 07596 690 902  
Salvation Army Food Bank: 01768 866 732  
Alston Moor Food Bank: 0890 345 901

Westmorland & Furness Safeguarding Hub: 0300 373 2724

### GENERAL

Children & Families Information Service: 03457 125 737  
Christians Against Poverty (CAP): 0800 3280 006  
Cumbria Health on Call: 0 3000 247 247  
DWP – budgeting, loans & advances: 0845 6088 545  
Money Advice Service: 0300 500 5000  
Crimestoppers: 0800 555 111

Cumbria Alcohol & Drug Advisory Service: 01228 544 140  
Cumbria Law Centre: 01228 515 129  
Getting the Right Benefits (Job Centre +): 0800 055 6688  
Job Centre Plus: 0845 604 3719  
National Debt Line: 0808 808 4000  
NHS First Step Counselling: 0300 123 9122

### MENTAL HEALTH & WELLBEING

**Carlisle Eden Mind:** 01228 543 354

**Shout:** 24/7 text service: [text SHOUT to 85258](#)

**Samaritans:** 24/7 helpline: 116 123

**Young Minds:** 24/7 text service: [text YM to 85258](#)

**CALM:** helpline for men: 0800 58 58 58

**Papyrus:** Under 35s helpline: 0800 068 4141



### OTHER LOCAL BARNARDO'S SERVICES

LINK (Social Prescribing): [linkcumbria@barnardos.org.uk](mailto:linkcumbria@barnardos.org.uk)

My Time: 01539 742 626

North Cumbria Mental Health Support Team: [WS.CarlisleMHST@barnardos.org.uk](mailto:WS.CarlisleMHST@barnardos.org.uk)

RACE (Raising Awareness of Child Exploitation): 07720 811 407

RISE: [cumbriaRISE@barnardos.org.uk](mailto:cumbriaRISE@barnardos.org.uk)



# ***VOLUNTEERS NEEDED***

## **Child and Family Support Service Eden needs...**

Volunteers to support parents and their children living in the Eden Area

Do you have some time to spare?

Would you like to help families and children?

Would you like to gain new skills and experience?

**If you would like to know more or get involved with volunteering, please contact Sarah at 07761 280 132, or drop her an email at [sarah.nelson@barnardos.org.uk](mailto:sarah.nelson@barnardos.org.uk). You can also find out more about our current open volunteering roles by following the link above or the QR code below!**

