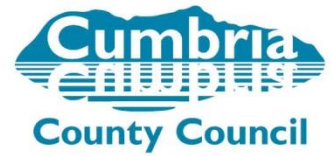




Building
stronger
families



0 – 19 Child and Family Support Service – Carlisle

April - June

2021

Welcome to our Spring Newsletter!



As the days get brighter and the world begins to open up again, we are excited that we can now trial some of our services face to face as well as continuing with our virtual services. While there is lots to be positive about, we understand that this has been a challenging time for many and we continue to offer support through our wide range of services. This newsletter will outline the services we offer and how you can get in touch.

Phone Us	07734 003 789
Facebook Us	www.facebook.com/CarlisleSupport
Email Us	carlisle@family-action.org.uk

Family Line

Family Action's Family Line is a FREE helpline, providing befriending, advice and counselling services for all members of the family over the age of 18.

Available: Monday – Friday 9:00am – 9:00pm

Telephone: 0808 802 6666 **Text:** 07537 404 282

Email: familyline@family-action.org.uk **Visit:** www.family-action.org.uk/familyline

A live chat is also available on our website.



Services for pregnancy, birth and early years

Let's Get Ready: Baby, Birth and Beyond

Our 5 week Solihull antenatal support group covers a range of topics around birth, labour, preparation for birth, relationships and infant brain development. This group is suitable for expectant parents and their families, and the next group will be held over Zoom on Monday 19th April from 10:00am-11:30am.

For more information or to book a place, please contact:

- Sarah at sarah.briggs@family-action.org.uk or **07815 686 809**
- Linda at linda.watson2@family-action.org.uk or **07971 951 686**

Bump and Baby

Bump and Baby is designed for expectant parents or parents to a baby under 12 months. This group provides a great opportunity to meet and chat with people in a similar position while exploring a wide range of topics that are useful to new parents such as development, play, feeding and sleeping. Join us every Tuesday on Zoom from 1:00pm-2:00pm.

For more information or to book a place, please contact:

- Sue at Suzanne.robinson@family-action.org.uk or **07971 759 519**
- Lindsey at lindsey.russell@family-action.org.uk or **07815 686 835**



Breastfeeding Peer Support Group

This group provides an opportunity to meet other parents and get support and advice about a range of topics related to breastfeeding. Join us every Tuesday morning from 11:00am-12:00pm at Morton Community Centre, starting Tuesday 27th April.

For more information or to book a place, please contact:

- Philippa at Philippa.campbell@family-action.org.uk or **07971 759 155**
- Kirsty at Kirsty.iveson@family-action.org.uk or **07815 686 797**



Baby Massage

Baby Massage has a lot of benefits for both parent and baby, as it can improve sleep, provide relief from various pains and help both parent and baby to relax. Through this course, you will also gain a deeper understanding of your baby and enjoy some quality time together. We are running sessions both virtually and in person, and our next 5 week course will be held over Zoom starting on Tuesday 4th May. For more information or to book a place, please contact Katrina at Katrina.blenkharn@family-action.org.uk or **07816 087 116**

Buggy Walk

We are organising a Buggy Walk to take place in Morton Park, which will provide an opportunity for new parents to meet and chat. Keep an eye on our Facebook page for more information or contact us on **07734 003 789**.

Let's Get Weaning

Join us for our monthly weaning workshops in which we will discuss signs your baby is ready for solids, recommended food and portion sizes and ways to promote healthy eating habits. Sessions will take place over Zoom on Wednesday 21st April, Thursday 20th May and Thursday 24th June. For more information or to book a place, please contact Rachel at

Rachel.field@family-action.org.uk or **07815 688 953**



Music and Movement

Join us every Monday at 10am for our Music and Movement sessions on Zoom. This is a fun and interactive group for parents and children aged 0-5 years in which they will learn new songs and rhymes and explore moving in different ways. This will develop their speech, language and communication skills.

For more information or to book a place, please contact:

- Sue at Suzanne.robinson@family-action.org.uk or **07971 759 519**
- Shannan at Shannan.craig@family-action.org.uk or **07971 951 723**

Bookstart

Through Bookstart, we will discuss the importance of books and stories to support early language development and early literacy skills and we will share our tips on how to bring books alive. This is a 4 week course which will be running both face to face and virtually, with our first face to face sessions starting in Petteril Bank Children's Centre on Thursday 29th April. For more information or to book a place, please contact Katrina at Katrina.blenkharn@family-action.org.uk or **07816 087 116**

Let's Get Talking

In this group, we will provide activities for you to do with your children that will support the development of their speech, language and communication skills. Our next group will start on 18th May, and this course will run for 5 weeks. For more information or to book a place, please contact:

- Katrina at Katrina.blenkharn@family-action.org.uk or **07816 087 116**
- Philippa at Philippa.campbell@family-action.org.uk or **07971 759 155**

Home Based Play

Home Based Play will support families with children aged 0 – 4 years. Our practitioners will give you tips, advice and ideas for parents and children to get the most from play and to boost your child's learning and development. For more information, please contact us on **07734 003 789**.

Portage

Our Portage service supports pre-school children with additional needs and their families. In partnership with parents, the Portage worker will look at all areas of the children's development and discuss goals to enable children to achieve through their learning through play. For more information, please contact us on **07734 003 789**.



Services for children

Happy to be Me

Happy to be Me is an 8 week group for children aged 6-11 that promotes positive self-esteem through a variety of activities and discussion. Sessions will be held at Newtown Children's Centre.

For more information or to book a place, please contact:

- Carol Anne at carolanne.burrows@family-action.org.uk or **07815 686 700**
- Zeta at zeta.setchell@family-action.org.uk or **07816 087 114**

Wishes and Feelings

Wishes and Feelings is an 8-week 1:1 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. For more information, please contact us on **07734 003 789**.

Drawing & Talking

Drawing and Talking is a therapeutic course for children aged approximately 5 – 10 years. This allows children to explore and express their thoughts, worries and feelings visually in a safe environment. For more information, please contact us on **07734 003 789**.



Choose to Cope

Choose to Cope is an 8 week course designed for children aged 7-11 who are experiencing anxiety and worries. Through this, children will learn a variety of coping skills which will improve confidence, self-worth and resilience. This course will be delivered in person in a group setting.

For more information or to book a place, please contact:

- Katrina at Katrina.blenkharn@family-action.org.uk or **07816 087 116**
- Kim at Kimberley.jones@family-action.org.uk or **07816 087 111**



Time for Us

Time for Us is a 7 week course for parents and children aged 5-11. This group will promote health and wellbeing and discuss topics such as self-care, sleeping, exercise, eating and activities to do as a family.

For more information or to book a place, please contact:

- Emma at emma.wilson@family-action.org.uk or **07815 686 711**
- Sue at Suzanne.robinson@family-action.org.uk or **07971 759 519**

Decider Skills

This 6-week course helps you and your family to recognise your thoughts, feelings and behaviours and how to manage these in a safe way. This course can be delivered to children, teenagers and their families individually or as part of a group. For more information or to book a place on our next group, please contact us on **07734 003 789**.

Transition groups

We are currently organising transition groups for children who might be worried about beginning primary school or the transition from primary school to secondary school. These groups will be held after May Half Term. Keep an eye on our Facebook page for more information or contact us on **07734 003 789**.



Time for Me

Time for Me is a 7 week course for young people aged 12-19. This is designed to give you the tools to improve your health and wellbeing and become the best version of yourself, and will discuss topics such as self-care, sleeping, exercise, eating and achieving your goals.

For more information or to book a place, please contact:

- Carol Anne at carolanne.burrows@family-action.org.uk or **07815 686 700**
- Shannan at shannan.craig@family-action.org.uk or **07971 951 723**

Services for teenagers

Finding Your Way

This group is for young people aged 12-16 who might find school attendance to be difficult. It will provide opportunities to explore the challenges you face; show you how to manage difficult feelings; suggest where to go for help and find strategies to improve your motivation and attendance.

For more information or to book a place, please contact:

- Hugh at Hugh.bird@family-action.org.uk or **07815 686 821**
- Joanna at Joanna.johnson@family-action.org.uk or **07815 686 742**

Solihull Understanding your Brain (for teenagers)

This free online course will help teenagers understand how their brain works and how it might change in the teenage years. To access this, visit www.inourplace.co.uk and use the code WORDSWORTH

Y7UP

Y7UP is a free drop in group for young people in secondary school. This group is directed by young people and planned around topics that are important to them, that might include friendship, worries about school, families and general advice. Join us at Newtown Children's Centre on Wednesdays from 4:00pm-5:00pm or Longtown Children's Centre on Mondays from 4:00pm-5:00pm.

For more information, please contact:

- Kim at Kimberley.jones@family-action.org.uk or **07816 087 111**
- Linda at linda.watson2@family-action.org.uk or **07971 951 686**

Services for parents

Solihull Approach



Solihull Parenting is a 10 week course via Zoom that can help you to understand your child's behaviour, which will boost confidence and self-esteem for both parent and child. This group is suitable for parents with children of all ages, and we also run a separate group for parents of children with additional needs. For more information or to book a place on our next group, please phone us on **07734 003 789**.

Time Together

Time Together is our weekly group for parents of children with additional needs. This provides an opportunity for you to chat with other families that are in a similar situation and to ask questions and get tips from experienced professionals. Join us via Zoom every Wednesday term time only from 10:30am-11.30am.

For more information or to book a place, please contact:

- Gemma at Gemma.king@family-action.org.uk or **07971 686 694**
- Zeta at zeta.setchell@family-action.org.uk or **07816 087 114**

Smile 4 Life

Join us for our Family Oral Health Workshops taking place via Zoom. These workshops are for parents and carers who want to access information, ideas, tips and advice around supporting their children's oral health and creating healthy dental habits for life. For more information, please contact Amy at amy.short@family-action.org.uk or **07815 686 772**.



Let's Get Cooking



Let's Get Cooking is a practical cooking course delivered over Zoom that gives you everything you need to prepare easy, quick and healthy family meals on a budget. Our next group will start on Friday 30th April at 10:30am and will run for 6 weeks.

For more information or to book a place, please contact:

- Katrina at Katrina.blenkharn@family-action.org.uk or **07816 087 116**
- Philippa at Philippa.campbell@family-action.org.uk or **07971 759 155**

Domestic Abuse Recovery Toolkit

Our DART sessions support those who have experienced and are recovering from Domestic Abuse. The sessions will help you to become stronger, build your self-esteem and confidence as well as look at building healthy positive relationships. For more information about the support we can offer, phone us on **07734 003 789**. If you or someone you know is in immediate danger, please call **999**.

Would you like individual 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 / environmental factors, behaviour management, safety, relationships / attachment, support to access other agencies e.g. substance misuse, domestic abuse, mental health and learning difficulties.

Other agencies that may help you

Citizens Advice Bureau Carlisle and Eden Districts is an independent charity set up to provide free, impartial and confidential advice on almost any subject. <http://www.cac-e.org.uk/>

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/>

Carlisle Carers provides free, confidential information and advice for carers. <https://www.n-compass.org.uk/our-services/carers/carlisle-carers>

Cumbria Law Centre is a community organisation offering free legal advice and representation (prioritising those on a lower income). <https://www.cumbrialawcentre.org.uk/> or 01228 515129

Mind offers support with mental health. <https://cemind.org/> or **0300 123 3393**

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

Childline will provide advice and support for young people. <https://www.childline.org.uk/>

First Step provides free, talking therapies to adults (18+) in North Cumbria. <https://www.cntw.nhs.uk/services/first-step/> or **0300 123 9122**

Counselling Directory helps you find a local counsellor or therapist to suit your needs. <https://www.counselling-directory.org.uk/>

Gateway 4 Women offers a variety of support for women. <https://gateway4women.com/>

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**

Period Poverty North Cumbria is a community project providing free sanitary protection for those who are struggling. <https://www.periodpovertynorthcumbria.co.uk/>

Child Bereavement UK gives support about grieving and loss <https://www.childbereavementuk.org/>

Carlisle Community Help has set up a network of hubs across the city that provide affordable food to those who need it. <https://www.carlislecommunityhelp.co.uk/>

To find your nearest **food bank**, visit <https://www.cumbria.gov.uk/welfare/foodbank.asp>

**NEW EMERGENCY
SUPPORT HELPLINE**

0800 783 1966

**COVID19support@
cumbria.gov.uk**



Only for people at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours.

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

Online courses for parents & parents-to-be

FREE for CUMBRIA parents, grandparents and carers

From bump to 19 years, lifetime access

NHS

Access Code: **WORDSWORTH**
go to www.inourplace.co.uk
Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account
To return to the course(s) go to www.inourplace.co.uk and sign in!

UNDERSTANDING YOUR CHILD
Cumbria County Council
Cumbria Children's trust

www.solihullapproachparenting.com www.inourplace.co.uk
f Solihull Approach @SolihullApproach

For technical support contact:
solihullapproachparenting@solihullapproachparenting.co.uk
or 0121 236 4448 Mon-Fri 9am-5pm