



July –
September
2023

0 – 19 Child and Family support services - Carlisle

Family Action Carlisle Summer Newsletter

Welcome to our Summer newsletter! This newsletter will share information on our services between July and September. But please keep an eye on our Facebook page where we will advertise any future services.

Do not hesitate to get in touch if you have any questions or need any further advice or support – we are here to help!

CONTACT US:

By phone:

07734 003 789

On Facebook:

www.facebook.com/CarlisleSupport

By email:

carlisle@family-action.org.uk

Morton
Child and Family Support Centre
Wigton road
Carlisle
CA2 6JP
01228 223 417

Petteril Bank
Child and Family Support Centre
Burnett road
Carlisle
CA1 3BX
01228 596 773

Longtown
Child and Family Support Centre
Mary street
Longtown
CA6 5UF
01228 791 775

Registered Charity Number:264713

Find out more at cumberland.gov.uk

Services for pregnancy, birth and early years

Breastfeeding Peer Support Group

This group provides an opportunity to meet other parents and get support and advice about breastfeeding.



Newtown Family Centre:

Tuesday 25th July 10:00am – 11:00am

Tuesday 22nd August 10:00 am – 11am

Tuesday 29th August 10:00am – 11:00am

No need to book, but for more information please contact:

Sarah on **07815 686 809** or

sarah.briggs@family-action.org.uk

Lindsey on **07815 6868 35** or

lindsey.russell@family-action.org.uk

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 5-week course, you will also gain a deeper understanding of your baby and enjoy some quality time together.



For more information on our next group, call us on: **07734 003 789**

All of our services are **FREE**

Bump and Baby & Stay and Play

Bump and Baby is designed for expectant parents or parents to a baby up to 6 months. Stay and Play is suitable for children from 6 months up to 5 years. This group provides a great opportunity to meet and chat with people in a similar position, learn more about relevant topics and provides activities and a space for your little ones to explore. Our Bump and Baby & Stay and Play sessions are on a small break over Summer apart from at our Longtown Centre, Please keep an eye on our Facebook Page to see dates announced for when they are coming back!

No need to book, but for more information please call: **07734 003 789**



Longtown:

Bump and Baby & Stay and Play

(0 - 5 years)

Tuesdays 10:00am - 11:00am

Starting Solids Workshop

Our starting solids workshop will help support parents by giving tips and ideas on when and how to begin introducing your child to solids and how to ensure your child is getting all the nutrients they need. We have workshops running throughout Carlisle. The first one is at Newtown Children's Centre on 24th April at 10:00am – 11:00am. Future workshops will be advertised on our Facebook page.

For more information and to enquire about dates and times please call us on: **07734 003 789**



Bookstart

Through Bookstart, we will share our tips to promote early language development, early literacy skills and how to bring books alive. Please contact us if you would like us to deliver this service within your setting.

If would like to find out more, please call us on: **07734 003 789**

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. This can also be aimed at children with developmental learning needs.

For more information, please call us on: **07734 003 789**

Time Together



Time Together is a free multi-sensory and soft play session for children with additional needs aged 0 - 5 years and their parents. This provides an opportunity for parents to chat with other families that are in a similar situation and to ask questions and get tips from experienced professionals.

Join us at:

Whale of a Time Soft Play in Harraby

Every Tuesday :

11:00am - 12:00pm

For more information contact:

Catriona on **07971 759 152** or

catriona.johnston@family-action.org.uk

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 and through play.

For more information, please call us on: **07734 003 789**



National Portage Association
Partners with Parents and Children

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. Suitable for children aged 6 plus.

For more information, please call us on:
07734 003 789

Drawing & Talking



Drawing and Talking is a therapeutic way for a child to work through their past trauma, in a safe environment. Children explore their trauma and feelings through their drawings with the support of a worker. This is a short-term intervention suitable for anyone aged 5 plus.

For more information, please call us on:
07734 003 789

Busy Builders



Busy Builders brick club is a LEGO® based therapy programme that takes a family lead approach. In the group there will be different roles for each person to play within the session. The group will help families develop social and communication skills and allow them to understand their emotional wellbeing. Suitable for families with children aged 5 plus.

For more information, please call us on:
07734 003 789

Decider Skills

Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This workshop now consists of four, 1½ hours sessions after school where parents join the children in learning strategies to help manage their emotional and mental wellbeing. Suitable for children aged 7 plus.

For more information, please call us on:
07734 003 789

Online Safety

Our online safety workshops will prepare you and your child for the potential dangers that exist in the current social media climate. We will discuss ways you and your children can keep yourself safe online as well as discuss organisations that can help you should anything happen.

For more information, please call us on:
07734 003 789



Happy to be Me

Happy to be Me is an 8 week group for children aged 5 - 8 years old that promotes positive self-esteem through a variety of activities and discussions.

For more information or to book a place, please call us on: **07734 003 789**

Services for parents



Solihull Approach

Solihull Parenting is a 10 week course that will help you to understand your child's behaviour, which can improve confidence and self-esteem for both parent and child. This group is suitable for parents with children of all ages.

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 and support to access other agencies e.g. substance misuse, domestic abuse, mental health and learning difficulties.

Information and Advice

We can arrange one-off information and advice sessions to support you with a number of topics. This might include emotional and mental health, healthy lifestyles, play and child development, positive parenting or domestic abuse.

Solihull Drop In

Our Solihull drop-in sessions run every month and are a space where you can ask questions and get practical advice on parenting, relationships and understanding your child's development and behaviour, these sessions will be ran virtually and face to face.

Sensory Processing Workshop



Would you like some information on what sensory processing is and how this can affect your child? We will be sharing tips and advice on how to manage sensory processing behaviours in our online Introduction to Sensory Processing Workshop.

Any Man Can

Any man can is a 12-week early intervention group programme for Dads, Dads to be and young men. The aim of this programme is to prevent problematic and dysfunctional behaviour/thoughts turning into domestic abuse. We want to encourage men to be more self-aware of these behaviours and have the tools they need to change and manage them.

For more information on any of the above services.

Please call us on:
07734 003 789

Holiday Activities:

Ready Steady Cook:

Where: Newtown Family Centre

When: Thursday 27th July 11:00am – 2:00pm

Who For: Children aged 8-14

You will need to book your place for this activity

This activity is for children aged 8-14. Children will come along and have lots of fun cooking from different ingredients. They will learn about budgeting, teamwork, and cooking skills. To **book** a space on this activity contact Stef on Stefanie.McKnight@family-action.org.uk

Grow Your Own Event with Age UK

Where: Brampton Community Centre

When: Thursday 3rd August 1:00pm – 3:00pm

Who For: All Ages

No need to book

Family Action and Age UK are joining forces to bring you some family friendly “Grow Your Own” sessions. This is a chance for communities to come along and learn how to plant their own vegetables, look after them and eat the produce. All generations welcome!

All equipment and materials will be provided, however, please feel free to bring your own containers.

Petteril Bank has Talent

Where: Petteril Bank Community Centre

When: Friday 18th August 11:00am – 1:00pm

Who For: All Ages

You will need to book your place for this activity

This is a chance for children in the local area to come together and showcase their talents. The floor is all theirs and there are opportunities to win some great prizes. Whatever the talent, **book** a space with Stef at Stefanie.McKnight@family-action.org.uk

Grow Your Own Event with Age UK

Where: Newtown Family Centre

When: Thursday 31st August 1:00pm – 3:00pm

Who For: All Ages

No need to book

Family Action and Age UK are joining forces to bring you some family friendly “Grow Your Own” sessions. This is a chance for communities to come along and learn how to plant their own vegetables, look after them and eat the produce. All generations welcome!

All equipment and materials will be provided, however, please feel free to bring your own containers.



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: 07537 404 282

Email: familyline@family-action.org.uk

or live web via our website www.family-action.org.uk

Contacting us out of hours;

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional.

- **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](#).



FamilyLine

Supporting you through the challenges of family life

Phone: 0808 802 6666
Text: 07537 404 282
Email: familyline@family-action.org.uk

Mon - Fri 9am - 9pm

 Building stronger families

 LVE LIVERPOOL VICTORIA

Other agencies that may be able to 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 515 129**

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

Spiral is an anti-bullying charity that supports young people in Cumbria.

www.spiralcumbria.org.uk or **01228 642 640**

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/>

Happy Mums offer free mental health support groups for mums and mums-to-be.

<https://www.happymums.org.uk/>

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 Equality For All In Cumbria is for everyone who needs any support with period products in Cumbria. Contact: periodequalitycumbria@outlook.com

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 **Foodbank**, visit

<https://www.cumbria.gov.uk/welfare/foodbank.asp>

Focus Family can help with looking for work, volunteering, training course and benefit advice. focus.family@cumbria.gov.uk