

0 – 19 Child and Family Support Service –



What's On Guide  
July to September 2021

Welcome to our latest newsletter where you can find lots of information about the sessions and activities running within your local community over the next few months. Look out for our **summer programme of activities** running in all of our centres during the Summer Holidays.

We would like to welcome all families who have registered with us this year. We feel it is important to be able to continue to provide families with support during this challenging time. **Our teams are continuing to deliver support in a variety of ways and we are now offering many sessions face-to-face in most of our Children's Centres.** Covid-secure procedures are in place at each centre.

We are still available to contact if you feel in need of support or would like further advice or information; you can get in touch by contacting one of our centres, below:-

**South Whitehaven Family Hub, Whinlatter Road, Whitehaven, CA28 8BN**

**T:- 01946 64600**

**Millom Family Hub, Lapstone Road, Millom, LA18 4LP T:- 01229 777592**

**Egremont Family Hub, Southey Avenue, Egremont, CA22 2HH T:- 01946 823896**

**North Whitehaven Family Hub, Main Street, Hensingham, CA28 8QZ**

**T:- 01946 690067**

**For more information, advice, groups or activities which may be of interest you can also visit our website at:**

[www.family-action.org.uk/what-we-do/children-families/0-19/](http://www.family-action.org.uk/what-we-do/children-families/0-19/)

**or visit our Facebook page at:**

<https://www.facebook.com/CopelandSupport>



(YCW 2021)

## Summer Fun Days

**Themed fun sessions with a different theme each week during the Summer Holidays:**

A day at the seaside (beach theme)

A small world (construction theme)

Let it grow (gardening theme)

Crafts Galore (face painting, jewellery, mask making and more...)

Groups will be split and the activity target the following age ranges:

**(1-3years) (4-8years) (9+ years)**

**These are drop-in sessions so booking is not required – just turn up and enjoy 😊**



### Dates and times:



#### **Millom Children's Centre**

Mondays 26<sup>th</sup> July, 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> August

11.00am – 12.30pm & 2.00pm – 3.30pm

#### **South Whitehaven Valley Children's Centre**

Mondays 26<sup>th</sup> July, 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> August

2.00pm – 3.30pm

#### **Egremont Children's Centre**

Thursdays 29<sup>th</sup> July, 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> August

2.00pm – 3.30pm

#### **Hensingham Children's Centre**

Tuesdays 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> August

10.30am – 12.00noon

#### **Cleator Moor Library**

Tuesdays 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> August

1.30pm – 2.30pm

#### **Frizington library**

Fridays 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> August

1.00pm – 2.00pm

### Little Learners: Mini Makers

Come and join us for some exciting Mini Makers sessions. The sessions will use sensory play, role play and exciting activities to help children develop school readiness skills. The sessions will help support fine and gross motor skills, listening, and communication and language skills. We will engage in songs and rhymes, stories and fun sensory activities together.

Suitable for ages **2-5 years**

Please note these sessions will run in 4-week themed blocks and will feature **a different book each month** – please get in touch to book one of the available blocks.

**South Whitehaven**                      Wednesday 7th,14th,and 21<sup>st</sup> July @ 3.30pm  
(July fully booked, new places in Sept)

**Egremont**                                      Thursdays @ 3.30pm

**Millom**    September dates TBC



**Please contact the following for more information or to book onto the sessions at your local children's centre. Places are limited so please contact us with your details as we also have new sessions starting in September, dates TBC:-**

**South Whitehaven - email [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk)  
or telephone 07815688314**

**Egremont – email [eleonor.cummings@family-action.org.uk](mailto:eleonor.cummings@family-action.org.uk)  
or telephone 07815688396**

**Millom – email [louise.gregg@family-action.org.uk](mailto:louise.gregg@family-action.org.uk)  
or telephone 07815688433**



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### Bumps to Babies

Bumps to Babies is a group which will provide parents/carers with babies aged **0-4 months** with the opportunity to share their experiences and learn about basic development, such as typical sleeping patterns, physical development, crying (communication and language) and milestones your baby may reach during this time period. The sessions will be based on your interests, or needs of these topics.

The sessions will also allow you to connect with other parents/carers in the local area.

**South Whitehaven** – These sessions will run every Thursday 10.30am - 11.30am

**Please contact Christina Thurston for more information or to book a place**

**email [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk)**

**or telephone 07815688314**

**Please note there may be a waiting list for these sessions due to Covid restrictions.**

### Baby Sensory Group

These baby sensory sessions are suitable for parents and babies **4 months +**. Join us for sensory play, songs and rhymes. A safe place to meet other parents and spend time with your baby. Sensory play enhances your baby's learning, creativity and imagination. It's an opportunity to build a secure bond with your baby through engaging play.

The sessions are run in 6week blocks

<b>South Whitehaven</b>	Tuesday 6 <sup>th</sup> July 1.30pm – 2.15pm (fully booked, new places in Sept) Thursday 1 <sup>st</sup> July @ 12noon – 12.45pm (fully booked new places in Sept)
<b>Egremont</b>	Wednesday 2.00pm - 3.00pm
<b>Millom</b>	Tuesdays – 2.30pm - 3.30pm

**Please contact the following for more information or to book onto the sessions at your local children's centre. Places are limited so please contact us with your details as we will also have new sessions starting in September.**

South Whitehaven - email [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk)  
or telephone **07815688314**

Egremont – email [eleanor.cummings@family-action.org.uk](mailto:eleanor.cummings@family-action.org.uk)  
or telephone **07815688396**

Millom – email [louise.gregg@family-action.org.uk](mailto:louise.gregg@family-action.org.uk)  
or telephone **07815688433**

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### Little Explorers SEND

Little Explorers is a six-week group targeted for children **aged 0-6 years** with **additional needs**. The sessions will provide the opportunity for children to explore sensory play, songs and rhymes and Makaton through fun activities. It is advised families attend all six sessions to support children's routines which will be adapted to suit every child's individual needs.



**South Whitehaven** – Tuesday 20<sup>th</sup> July (for 6 weeks) @ 4.00-4.45pm

**Please contact either of the following for more information or to book onto the sessions:**

Eleanor Cummings - email [eleanor.cummings@family-action.org.uk](mailto:eleanor.cummings@family-action.org.uk) or by telephone on **07815688396** or Christina Thurston - email [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk) or by telephone **07815688314**.

## Recovery Toolkit



The Recovery Toolkit is a 12-week programme for women who have experienced domestic abuse. It is a closed group programme and therefore participants are expected to attend sessions every week. The programme is based on a psychoeducational model which aims to provide women who have experienced domestic abuse with the resources to maximise their own potential. Women who attend the group have to have left their abusive relationship.

This course is run regularly, please contact us for more information.

Please contact Johanna Smith by email on [johanna.smith@family-action.org.uk](mailto:johanna.smith@family-action.org.uk) or by telephone on **0781568846** for more information and when the next programme will begin.



## Decider Skills

The Decider Skills is Cognitive Behavioural Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

There are 12 skills they will be taught to help manage feelings and emotions with a workbook to make their own as a supportive tool.

Please contact Andrea Clarke by email on [andrea.clarke@family-action.org.uk](mailto:andrea.clarke@family-action.org.uk) or by telephone on **07815688444** or Racheal Sheard by email on [racheal.sheard@family-action.org.uk](mailto:racheal.sheard@family-action.org.uk) or by telephone on **07815688418** for more information and when the next programme will begin.



The  
**Decider**



### Breastfeeding Support/Infant Feeding Group

Breastfeeding Support is a group for those that are breastfeeding, or are thinking about breastfeeding, and also for mothers/carers who are feeding using formula. With the support of a trained Infant Feeding worker parents are offered support and advice both from the Family Action practitioner, and each other.

**Egremont** Thursdays @ 11.30am - 12.30pm

**Millom** Tuesdays @ 11.00am – 12.00noon



### Infant Massage

Infant Massage is the gentle, rhythmic stroking of your baby's body using your hands. As part of a massage routine, you might gently manipulate your baby's ankles, wrists and fingers. There is widespread belief that infant massage can increase a parent/carer's awareness of their baby's needs, supporting an early bond, as well as improving their sense of wellbeing. It can also provide baby with relief from colic and constipation as well as promoting relaxation, and longer sleep.

**South Whitehaven** Wednesdays @ 11.00am – 12.00noon

**Egremont** Fridays @ 10.00am – 11.00am

**Millom** Tuesdays @ 9.30am - 10.30am



### Great Expectations

Our new 6 week antenatal group is suitable for all expecting parents. The course will cover the baby brain, birth expectations, safe sleep and routines, infant feeding and attachment and emotional wellbeing. This is a safe, confidential space to make friends and gain support and our facilitator will also be able to answer any questions throughout.

**Egremont** Dates and times TBC

**Millom** Tuesdays @ 12.30pm – 1.30pm

**Please contact Kate Lindsay for information and support for breastfeeding, Infant Massage and Great Expectations.**

**To book places on any of the above sessions please contact:-**

**Kate Lindsay - email [kate.lindsay@family-action.org.uk](mailto:kate.lindsay@family-action.org.uk) or telephone on 07815688053 or**

**Egremont – email [eleonor.cummings@family-action.org.uk](mailto:eleonor.cummings@family-action.org.uk) or telephone 07815688396**

**Millom – email [louise.gregg@family-action.org.uk](mailto:louise.gregg@family-action.org.uk) or telephone 07815688433**

**Please note there may be a waiting list for some of the above groups.**

### Let's Get Talking

Let's Get Talking is a six-week programme which supports communication and language development in partnership with the Speech and Language Team.

This group is suitable for children **aged 2 to 4 years** with few or no single words.

**South Whitehaven** – Friday 30<sup>th</sup> July @ 9.30am -10.30am (for 5 weeks + follow-up session)

Please contact Christina Thurston by email on: [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk) or by telephone **07815688314** or email [eleonor.cummings@family-action.org.uk](mailto:eleonor.cummings@family-action.org.uk) or by telephone **07815688396** for information or to book onto the sessions.



### Solihull Parenting Course

The Solihull parenting group is for parents/carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about child/parenting relationships to:

- Promote understanding of children's behavior within the context of developmental issues
- Promote the development of parent/child reciprocity (being in tune with your child's needs)
- Increase confidence and self-esteem in both parents/child relationships
- Give parents a strategy for repair when things go wrong
- Develop a framework of thinking about parent/child relationships which can develop into a lifelong skill
- Promote reflective, sensitive and effective parenting

Please contact Karen Routledge-Rudd by email on [karen.routledge-rudd@family-action.org.uk](mailto:karen.routledge-rudd@family-action.org.uk) or by telephoning one of the centre's for more information and when the next programme will begin.

### UNDERSTANDING YOUR CHILD



S O L I H U L L   A P P R O A C H



**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 and young people in your area. With access to a comprehensive learning package, we can help you achieve this with continued support and training.

Looking to gain experience whilst studying or to gain full-time employment? We have lots of flexible options with both short and long-term positions available.

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

**Emma Moorhead, Volunteer & Community Engagement Worker**

**Tel: 01946 64600**

**Mobile: 07815686953**

**Email: [emma.moorhead@family-action.org.uk](mailto:emma.moorhead@family-action.org.uk)**



**FamilyLine**

Family Action's FamilyLine is a **FREE** helpline for all members of the family over the age of 18.. FamilyLine provides support on all aspects of family life, from befriending to counselling services.

Available: Monday – Friday, 9am – 9pm

Contact our helpline by telephone: **0808 802 6666**

Text: **07537 404 282**

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

Visit [www.family-action.org.uk/familyline](http://www.family-action.org.uk/familyline)

**A live chat is also available on our website**



**Family  
Line**