

0 – 19 Child and Family Support Service –



What's On Guide
April – June 2022

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.

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.. Covid-secure procedures are in place at each centre.

Groups will start back after Easter from Tuesday 19th April

We are 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/

or visit our Facebook page at:

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





Bumps to Babies is a group which will provide parents/carers with babies aged **0-6 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 – Wednesdays @ 10-11am

Egremont- Tuesdays @ 1 -2pm

Millom - Thursdays @ 1 -2pm



Baby Explorers

These sensory sessions are suitable for parents and babies **6 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.

Due to the nature of the group we recommend bringing a towel and extra clothes- we do get messy! We do use food products for some activities, please inform us of any allergies or intolerances.

South Whitehaven Tuesdays @ 10am-11am

Egremont Tuesday @ 10.30am- 11.30am

Millom Mondays @ 10am- 11am

Please contact the following for more information. These are drop-in sessions but please be aware places are limited

South Whitehaven- email rebecca.butler@family-action.org.uk

Egremont – email leanor.cummings@family-action.org.uk

or telephone **07815688396**

Millom – email louise.gregg@family-action.org.uk

or telephone **07563021741**



Little Explorers: 1-2's



Little Explorers is a group which provides children age between one and two with the opportunity to grow and learn with other children in the community. The sessions will be fun and exciting, with lots of role play experiences, mark making, crafts and messy play, which are all themed around well-known books and stories. The sessions will also allow parents and carers to connect with others in the local area.

If you are interested, please feel free to attend our **drop-in service** within one of our centres.

South Whitehaven: Mondays @ 11am-12pm

Egremont: Fridays @ 1-2pm

Millom: Tuesdays @ 1.30-2.30pm

Little Learners

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**

South Whitehaven

Thursdays @ 4pm **until 12th May then**
Mondays @4pm **from 16th May**

Egremont

Mondays @ 2pm

Millom

Mondays @ 1.30pm and Fridays @ 1pm



Please contact the following for more information about the sessions at your local Family Hub. Places are limited.

South Whitehaven – Rebecca.butler@family-action.org.uk

Egremont – email leanor.cummings@family-action.org.uk

or telephone **07815688396**

Millom – email louise.gregg@family-action.org.uk

or telephone **07563021741**



SEND Support Group

Our SEND support group is an opportunity for you and your child to attend fun activities, whilst meeting parents and carers in the local community.

This group is aimed at children age 0-6 years, who have a diagnosed additional need (both physical or educational) or if you are worried about any of your children's needs and require advice and support from us and other parents or carers. The group will be full of fun activities, sensory play and opportunities for you to share your experiences, or to get advice or any support needed.

The sessions are drop-in and booking is not needed.



South Whitehaven – Wednesday 3.30-5pm

Please contact the following for more information

Christina Thurston - email christina.thurston@family-action.org.uk or by telephone **07815688314**.



Great Expectations



Our new 5 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.

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

South Whitehaven- email rebecca.butler@family-action.org.uk.

Egremont – email eleanor.cummings@family-action.org.uk or **07815688396**

Millom – email michala.tyson@family-action.org.uk or **01229 777592**

Or Email Copeland@family-action.org.uk for a referral form.

Infant Feeding Group

Infant feeding 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.

These are drop-in sessions so just pop along.

Egremont	Thursdays @ 12pm - 1pm
Millom	Fridays @ 11.00am – 12.00pm



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.

Sessions are available at our South Whitehaven, Egremont and Millom Family Hubs and are a 5 week programme.

Dates and times for each 5 week programme vary.

Please email copeland@family-action.org.uk for a referral form or contact your local hub for any further information.



Domestic Abuse Recovery Toolkit

The Domestic Abuse Recovery Toolkit is a 12 week course to support ladies who have experienced a domestic abuse relationship.

If you have left your abusive partner but find that you continue to be personally/emotionally impacted then the Domestic Abuse Recovery Toolkit can help. It will support you to develop a toolkit of positive strategies that will aid your road to recovery.

Ladies who have completed the course in the past have provided very positive feedback and would strongly encourage others to attend –

“I have overcome fears, developed an understanding of behaviours to prevent me being in the same situation and my confidence has boomed. I am now looking forward to a positive future with my little ones, where I am not always so anxious.”

“I would whole heartedly recommend this course. The knowledge I have gained is invaluable. I am a different person from what I was at the beginning of the course, I am much more confident and value myself. Remember the first week may seem daunting but you won't regret it.”

Please contact Johanna Smith by email on johanna.smith@family-action.org.uk or 07815688469 or Nicola.tyson@family-action.org.uk or 07815686927 for more information.

The next programme will begin after Easter.

Children and Young Person Recovery Toolkit

An 8-week course for **Children & Young people** who have experienced/been exposed to domestic abuse and who are no longer living with the abusive parent/carer. The aims of the programme are to help children and young people come to terms with their experiences and develop positive lifestyle and coping strategies.

Please complete a referral or contact either

Kirsty Treen or Rachel Sheard – 01229 777592 to discuss further
kirsty.treen@family-action.org.uk or rachel.sheard@family-action.org.uk

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 your local Family Hub for more information and advice as to start dates for the next 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 Kirsty Treen by email on Kirsty.treen@family-action.org.uk or by phoning one of the Hubs 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

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, and no other concerns regarding special educational or developmental needs.

Please contact Christina (South Whitehaven) on: christina.thurston@family-action.org.uk or by telephone **07815688314** or Eleanor (Egremont) eleanor.cummings@family-action.org.uk or by telephone **07815688396** or Louise (Millom) louise.gregg@family-action.org.uk for more information on the sessions.



Little Learners @ The Library!



We are bringing our Little Learners Sessions Out and About to **Cleator Moor Library!**

These sessions are for children from **0-5 years old** and will include arts & crafts, sensory exploration, stories, rhymes and music and more for all ages to engage with.

Come along and meet other families and children.

Tuesdays @ 1.30pm- 2.30pm

No booking necessary just come along!

For more information please contact Rebecca.butler@family-action.org.uk

Adolescent Girl's Group

Copeland families: We will be running a six week informative and supportive group for adolescent girls ages 11-13. The group aims to boost self-confidence whilst being aware of a variety of relevant topics to this age group in a non-judgemental environment.

The topics include:

Online safety
Emotional resilience and anxiety
Puberty
Drugs, alcohol and peer pressure
Healthy eating and cooking
Arts and crafts / celebration of success

If you are interested or know anyone to be referred to this group please contact copeland@family-action.org.uk for further information and a referral form.



Cook-a-long

A virtual family cook-a-long for families to learn cooking skills, new recipes, learn healthy eating key messages and to engage in family bonding time.

Ingredients will be dropped off at your door and a ZOOM link sent prior.
Booking essential for block to secure space but are limited.

Tuesdays 4.30pm- 5.30pm

Please contact Eleanor on eleanor.cummings@family-action.org.uk to book a place.





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



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

Visit www.family-action.org.uk/familyline

A live chat is also available on our website



**Family
Line**



Cumbria Perinatal Peer Support Service Perinatal Peer Support Volunteer

Do you have what it takes to provide emotional support to a mum or primary care giver during the perinatal period. The Perinatal period is during pregnancy and a year following the birth.



We are looking for volunteers to support parents who are experiencing a mild to moderate mental health illness or are identified as vulnerable to developing a mental health illness during the perinatal period. This support may be offered through home visits, remote telephone or video call, group work or support to access other local services.

It is preferable if you have experienced pregnancy and childbirth, or you have an understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood

For further information please email:-
allerdalevolunteers@family-action.org.uk
barrowvolunteers@family-action.org.uk
carlislevolunteers@family-action.org.uk
copelandvolunteers@family-action.org.uk

www.family-action.org.uk

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