



0 – 19 Child and Family support services – Barrow

Autumn Newsletter

Greengate - Greengate St, LA14 1BG – 01229 821855

Ormsgill - Millstone Ave, LA14 4BP – 01229 408190

Walney - Mill Lane, LA14 3NT – 01229 471655

Bram Longstaffe – Farm Street, LA14 2RX – 01229 821825

Hindpool – Bath Street, LA14 5TS – 01229 827300

Check Out Our Website

<https://www.family-action.org.uk/what-we-do/children-families/0-19/>

Follow Us On Facebook

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

For more information about our services, please contact one of
our Centres





0 – 19 Child and Family support services – Barrow

WELCOME!

We would like to give a big warm welcome to all of our lovely new staff & volunteers that have joined us in this last quarter.

Volunteer Appreciation

We held a Volunteer Celebration Event at the Chetywynde Hotel, Barrow, at the end of November. The event was to celebrate Family Action receiving The Investing in Volunteers Accreditation earlier in the year. Investing in Volunteers is a national quality standard for excellence in volunteer management. It provides the framework for high quality volunteering from the perspective of both volunteers and organisation. Covering all aspects of volunteer involvement, ensuring an excellent volunteer experience from enquiry to exit. The process took just over a year to complete, and work has taken place across the organisation. Gaining the accreditation shows our commitment to ensuring our volunteers are equipped, supported and empowered to deliver their roles and provide the best possible support to our service users.

Two Volunteers from Barrow were interviewed and shared their experiences as part of the accreditation process.



In Barrow we currently have 17 Volunteers supporting our service. Nine of them, alongside family members, came along to celebrate with Kirsty Treen (Service Manager), Rachel Smith (Operational Manager) and Kirsty Parkinson (Volunteer & Engagement Worker). Each volunteer was presented with an award, acknowledging their commitment to volunteering and efforts in supporting local children, young people and families. During the evening we shared our volunteering successes and celebrations that have taken place over the past 12 months.

Feedback from volunteers on the night included. "It was so good to come along with my girls and let them get to see what Mummy does with her spare time. I love volunteering and have never felt part of such an amazing team."

"Being here tonight has just been fantastic. I have met some other volunteers before but meeting new people and listening to their journeys is so uplifting." "I genuinely had no idea that we were going to be celebrated like we were tonight. It was great."





0 – 19 Child and Family support services – Barrow

My Baby & Me

Perinatal Support Service, My Baby & Me group consists of 6 targeted sessions for those who are referred in need of Perinatal Support. Sessions are focussed and explore the following:

Week 1 – Understanding Your Baby. How You & Your Baby Are Feeling.

Week 2 – Communication. What Is My Baby Telling Me.

Week 3 – The Importance of Touch. The Dance Of Oxytocin.

Week 4 – Dancing With My Baby. Responding To Baby's Cues.

Week 5 – Attunement. Everything Coming Together.

Week 6 – Celebrations & Goals Moving Forward.



Those who attended our last My Baby & Me groups came along to enjoy some bonding time with their little ones and gained some understanding in the importance of looking after Mummy and how this can help them to be the best Mummy they can be. The Mums and children who attended have become good friends outside of the group setting and look forward to meeting up and having more fun alongside their little ones, as well as having the opportunity to offload and talk about Mum life with others who just get it!

Annual BFI Conference

At the end of November Zian, our BFI Lead was able to attend the Annual BFI Conference in Harrogate. The Conference provided Zian with great insight into current research revolved around the Baby Friendly Initiative. Zian said "The event was absolutely amazing, with some fantastic speakers and exhibitions, of which provided information that will help us at Family Action to better support families in the perinatal period, with infant feeding (of all methods) and relationship building which will positively impact child development"



0 – 19 Child and Family support services – Barrow

Spook-tacular Halloween Specials

We had lots of spooky fun at the Dalton Halloween party! Games, face paints, messy play and lots more.

We had an amazing time doing all things Halloween at the Walney Baby time. We had lots of cute pumpkins and the baby's enjoyed our Halloween scene.



We had an amazing turn out for our Bram Longstaffe Halloween Special. It was pretty clear that this was a well sought-after event for our families. Families and children were able to come along in fancy dress, make Halloween biscuits and crafts and get messy in our messy play areas. Families in the area that have children of varied ages were able to attend a session together, a session that was age appropriate for all. This encouraged inclusivity within the service that we provide.

How Tun Woods

We all had an amazing turn out for our Halloween scavenger hunt at How Tun Woods back in October. So many families (and their dogs!) attended our event. We had a fun filled morning out in the fresh cool air exploring and getting a feel for nature. Even the lovely autumnal sunshine made an appearance.





0 – 19 Child and Family support services – Barrow

Dalton Mums Minds Matter

The Children at our Dalton Mums Minds Matter group have been exploring the changes of the new season by getting messy and exploring Autumn themed tuff trays.

We also engaged in some good conversations as part of 'World Mental Health Day', we looked at a Jane Hardy worksheets which were brought to us by one of our Mothers. We talked about 'What we are juggling'– we then looked at how it felt when we looked at our responsibilities as Mothers. We used this time to reflect on what advice a future me would give the present me, we also reflected on how it is easier to be kind to others but it is so important to be kind to ourselves too!



The Well Communities partnership

We continue to do great work in collaboration with The Well and FareShare community network scheme on our shared aim of providing the community with a selection of fresh, canned and long life food products at a fraction of the instore price at just £3 per full carrier bag! This service is a non-judgmental, no strings services that is available to anyone who feels they will benefit. Every Monday 1PM-4PM at our Greengate and Bram centres.





0 – 19 Child and Family support services – Barrow

Volunteering with Family Action

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, young people and families in your area.

We have a range of volunteering opportunities for you to choose from: -

- **Play & Learning Volunteer**
- **Child & Family Support Volunteer**
- **Infant Feeding Support Volunteer**
- **Admin Volunteer**
- **Perinatal Peer Support Volunteer**
- **Pop-up Volunteer**

<https://www.family-action.org.uk/get-involved/volunteer/>

If you would like more information on these roles, please contact our Volunteer and Engagement Worker, Kirsty Parkinson: -

Email – barrowvolunteers@family-action.org.uk

We currently have 17 active volunteers

in this last quarter our volunteers have provided **279** hours of support and have received **102** hours of training.

We delivered face to face perinatal training for the first time, this was previously been done over teams.

All our staff at Family Action Barrow would like to say a huge THANK YOU to all our volunteers for their continued support & dedication, we truly couldn't do what we do without you.



Family Action is committed to equality and diversity, and are Investors in Diversity accredited. We welcome volunteer applications from all sections of the community and from a diverse range of backgrounds

Together We Can Make A Difference





0 – 19 Child and Family support services – Barrow

Other Agencies that may benefit you

Barrow Foodbank – Telephone 01229 343436 or email projectmanager@barrowfoodbank.co.uk

Birchall Trust – Rape and Sexual Abuse Support. Telephone 01229 820828 or [email birchall.trust@hotmail.co.uk](mailto:email.birchall.trust@hotmail.co.uk)

CADAS – Cumbria Alcohol and Drug Advisory Service provide support for individuals, family members and carers – promoting recovery in the community. Need help? Call 0800 2 54 56 59 (11am-6pm, Mon to Fri) or email contact@cadass.co.uk

CALM (Campaign Against Living Miserable) – offer confidential, anonymous and free support, information and signposting to men anywhere in the UK who are struggling with their mental health. Helpline open from 5pm – midnight. Telephone 0800 585858 or visit their website <https://www.thecalmzone.net/>

Child Bereavement UK – Telephone 0800 02 888 40

Childline offers support and advice for young people. Telephone 0800 1111 or visit their website <https://www.childline.org.uk/get-support/>

Citizens Advice is an independent charity, set up to provide free impartial and confidential advice on almost any subject. For telephone advice call 0808 2787 817 or visit their website <https://www.barrowcitizensadvice.org.uk/>

Cruse Bereavement Care – Telephone 07071 780761 or email cumbria@cruse.org.uk

First Step South Cumbria provide free talking therapies to adults (18+). Telephone 0300 555 0345 or visit their website <https://www.lscft.nhs.uk/first-step>

Furness Carers – are you caring for a partner, relative or friend who needs your help with everyday living? We offer free information and support on all aspects of your caring role. Telephone 01229 822822 or email admin@furnesscarers.co.uk

Furness Homeless – Telephone 01229 821134 or email furnesshomeless@yahoo.co.uk

Kooth - suitable for **children and young people aged 11 to 19 / 11 to 25 care leavers**. It can help with lots of different problems, including family problems, eating disorders, loneliness, bullying, anxiety and depression. <https://www.kooth.com/>

Mind in Furness offers support with mental health. Telephone 01229 827094 or email schoolstreet@mindinfurness.org.uk

NHS Choices - To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.

Papyrus - If you're under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends. Telephone 0800 068 4141, text 07786 209697 or visit their website <https://www.papyrus-uk.org/>

SAFA – Self Harm Support. Telephone 01229 832269 or [email info@safa-selfharm.com](mailto:email.info@safa-selfharm.com)

Samaritans - You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

Shout - 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258. Only available in mainland UK

Suicide Bereavement Support Cumbria – if you have been bereaved by suicide and would like to talk to someone, please contact us. Call or text John on 07572 975 721 or Karan on 07896 703 757. If your call can't be answered immediately, please leave your name and phone number and we will endeavour to call you back within 24 hours, or email us at hello@sbs.org.uk and we'll endeavour to respond to you within 24 hours.

The Well - want to find out more about The Well Communities? Whether you're experiencing addiction, or have a family member you're concerned about, we can give you the support you need to make a change now. Ring us on **01229 829832** or alternatively email: info@thewell2.co.uk

