



Westmorland
& Furness
Council



0 – 19 Child and Family support services – Barrow

Mums Minds Matter

a relaxed group supporting mums, babies and their wellbeing. Group sessions will include sensory play, keepsake crafts, alongside advice and signposting to promote good mental health for both mums and babies. Suitable for mums and children under 2 years old.

Dalton	Every Tuesday	9:30am - 11am
Greengate	Every Monday	9:30am - 11am

Family Support Service - A member of our team can support children, young people and parents/carers in facing difficult challenges, whether it be advice and guidance around sleep, toileting, healthy eating, implementing boundaries, routines and behaviors, positive parenting and exploring other avenues of individual support.

**Contact your local centre for more information
or email barrow@family-action.org.uk**

Volunteering Opportunities

we have a number of different roles available, please email kirsty.parkinson@family-action.org.uk for more information - help us to make a difference!

Family Line

Supporting adult family members via telephone, text, email and web chat, Monday to Friday, 9am to 9pm.

Telephone: 0808 802 6666

Text message: 07537 404 282

Email: familyline@family-action.org.uk

Having a crisis and need FamilyLine but it's out of our operation hours? Text **FAMILYACTION** to 85258.



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What's On Guide January - March

**For further details of our services please contact
one of our centres :-**

Bram Longstaffe Farm Street, LA14 2RX	01229 821825
Dalton Nelson Street, LA15 8AF	01229 821855
Greengate Greengate Street, LA14 1BG	01229 821855
Hindpool Bath Street, LA14 5TS	01229 827300
Ormsgill Millstone Avenue, LA14 4BP	01229 408190
Walney Mill Lane, LA14 3NT	01229 471655

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>





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Our Universal Sessions

Baby Time

Themed sessions for babies from birth to walking, with a range of activities to support positive development and learning such as exploring and making new things, mark making, water play, sensory activities, sharing stories and enjoying nursery rhymes. Supports the Baby Friendly Initiative.

Hindpool	Every Monday	1pm - 2:30pm
Ormsgill	Every Tuesday	1pm - 2:30pm
Newbarns (from 3rd January)	Every Tuesday	9:30am - 10:30am
Walney	Every Wednesday	9:30am - 11am
Dalton	Every Wednesday	9:30am - 10:30am
Bram	Every Thursday	9:30am - 11am
Greengate	Every Friday	9:30am - 11am

For more information on these sessions please contact your centre of choice where a member of our team will be happy to help.

Solihull Parenting

This group aims to promote understanding of children's behaviours within the context of developmental issues, promote the development of parent/child reciprocity (being in tune with child's needs) and increase confidence and self-esteem in both parent and child relationships. Elearning is also available, please contact Family Action Barrow for more information on groups and access to online learning opportunities.

MAXability

This group is a chance for children aged 0-4 with special educational needs and disabilities to come together to play, learn and explore in the soft play and sensory room at the Barrow Leisure centre.

Barrow Leisure Centre Every Wednesday 1pm - 3pm

For more information please email: melanie.leeder@family-action.org.uk

westmorlandandfurness.gov.uk

Registered Charity Number: 264 713



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Our Universal Sessions

Little Learners

This is a parent and child session suitable for children from walking to age 4 years, covering early years child development. Join us for fun activities, crafts and lots of active learning too.

Hindpool	Every Monday	9:30am - 11am
Greengate	Every Monday	1pm - 2:30pm
Newbarns (from 3rd January)	Every Tuesday	11am - 12pm
Ormsgill	Every Tuesday	9:30am - 11am
Dalton	Every Wednesday	11am - 12pm
Bram	Every Thursday	1pm - 2:30pm
Walney	Every Friday	9:30am - 11am

For more information on these sessions please contact your centre of choice where a member of our team will be happy to help.

Infant Feeding Support Group

Join us for feeding support with our friendly, trained passionate team. We can offer support for those breastfeeding, combination feeding and can signpost other feeding services and support. Supports the Baby Friendly Initiative.

Greengate Every Thursday 9:30am - 11am

For more information please email esme.docherty@family-action.org.uk

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