

What's On Guide January-March 2024

family
action

0 – 19 Child and Family Support Services - Copeland

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 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

North Whitehaven family hub,

*Williamson Lane,
Hensingham, CA28 8QZ*

T:- 01946 690067

Millom family hub,

*Lapstone Road, Millom,
LA18 4LP*

T:- 01229 777592

Egremont family hub,

*Southey Avenue, Egremont,
CA22 2HH*

T:- 01946 823896

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>

New Groups
for
2024

Find out more at cumberland.gov.uk

All our drop in groups are **FREE**
and no booking is needed, just pop along!

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Bumps to Babies



Bumps to Babies is a group suitable for parents/carers with babies **aged 0-6 months**. The group will provide parents/carers with the opportunity to share their experiences and help develop connections with other parents/carers in the local community. Parents and carers can learn about baby's basic development, such as milestones they may reach during this time period and physical development.

We will also discuss crying (communication and language) and typical sleeping patterns. The sessions will be based on your interests, or needs of these topics.

Millom

Thursdays @ 1 pm -2pm



Baby Explorers

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

Egremont

Tuesdays @ 10.30am- 11.30am

Millom

Mondays @ 10am- 11am

Find out more at cumberland.gov.uk

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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.

South Whitehaven

Mondays @ 11am- 12 pm
Tuesdays @ 1.30pm- 2:30 pm

North Whitehaven

Fridays @ 10am-11am

(For our Whitehaven Hubs this is suitable for 0-5 years)

Egremont

Fridays @ 1pm- 2pm
(For our Egremont Hub this is suitable for walking-5 years)

Millom

Fridays @ 1pm- 2pm
(For our Millom Hub this is suitable for walking – 5 years)



Little Learners @ The Library

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

Cleator Moor Library

Wednesdays @ 1.30pm- 2.30pm

Frizington Library

*Monday 10.30am-11.30am &
Thursday @ 12.30pm-1.30pm*



Find out more at cumberland.gov.uk

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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 aged **0-6 years**, who have a diagnosed additional need (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.

South Whitehaven

Wednesdays @ 3:30-4:30pm



Young Parents Group

Our young parents group is for all parents and expectant parents **under the age of 25** with **children aged 0-5**. The Young Parents group is a safe space for parents to chat with other young parents and the Family Action team. The group offers peer support, budgeting advice, weaning support, breastfeeding support, keepsake making, relationship & attachment & much, much more.

South Whitehaven

Thursdays 10:30am- 11:30 pm

Millom

Tuesdays 1pm-2:30pm

Find out more at cumberland.gov.uk

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Infant Feeding Group

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

South Whitehaven

Fridays @ 10am-11am

Millom

Fridays @ 11am – 12pm



Book Start

Through Book start, we will share our tips to promote early language development, early literacy skills and how to bring books alive. Book start is suitable for **children aged 24 months +**

North Whitehaven hub (Hensingham)

(Starting February 2024)

Mondays 1:30pm-2:30 pm



NEW
2024

Find out more at cumberland.gov.uk

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Active Start

Our Active start early years group is aimed at children **aged 2-5 years** and it is all about helping children be healthy, to learn and be active for life, through physical activity and active play.

Movement is so important for children cognitive, emotional, social development as well as their physical development. Groups will be mostly ran outside and will support children's:-

- **Communication and Language skills.**
- **Healthy eating habits**
- **Literacy, reading and math skills.**
- **Personal, social and emotional development**
- **Physical development**

South Whitehaven

1 Friday a month @

1:30 pm-2:30 pm

- January 26th
- February 23rd
- March 22nd
- April 19th



Find out more at cumberland.gov.uk

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Weaning Workshop Group

This group is ideal if you are a new parent who wants to find out about introducing your baby to a wide range of foods when they start eating solids.

Exploring tastes encourages babies to grow up eating and enjoying healthy foods. The group will cover:-

- **Signs your baby is ready for solids**
- **Beginning to introduce solids**
- **How to ensure baby is getting enough nutrients.**
- **Encouraging healthy eating habits**
- **Portion sizes**
- **What foods to look out for**



Hensingham Childrens Center
(Starting February 2024)
Thursdays @10am-11am



If you would like any more information on any of our drop in groups or would like to speak to a member of the team please do not hesitate to contact us via telephone, email or Facebook- contact details on the front page.

Find out more at cumberland.gov.uk

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You can access our referral only groups and courses by completing a self-referral or having a professional refer on your behalf. Give us a call to do a telephone referral or find our referral form at the end of this newsletter.



Great Expectations



Our 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.



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 better sleep.



Find out more at cumberland.gov.uk

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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.



Adolescent Girl's Group

A six- week informative and supportive group for adolescent girls aged between **11-13 years of age**. 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



Find out more at cumberland.gov.uk

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Drawing and Talking

Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term pro-active intervention intended to complement, rather than replace, the work of Specialist Mental Health Services. Through a 12-week cycle of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. Utilising drawing as a way to help them express their feelings differently in ordinary verbal language. The Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive based therapies and interventions.



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.

Find out more at cumberland.gov.uk

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Portage

Portage is a targeted course aimed at children aged **0-4 years of age** with additional needs and their families.

The child has to have a recognised syndrome or condition that is evidenced to be significantly impacting their learning and development.

Or

The child is working towards a diagnosis of a recognised syndrome of condition that is evidenced to be significantly impacting their learning and development.

Or

The child is evidenced to have significantly delay in 2 or more areas of their learning and development.

In collaboration, with parents, support will be given support to develop a child's, play, communication, relationships and learning. Goals will be planned with the family using a small step approach for learning and participation with the child's success being celebrated.



Find out more at cumberland.gov.uk

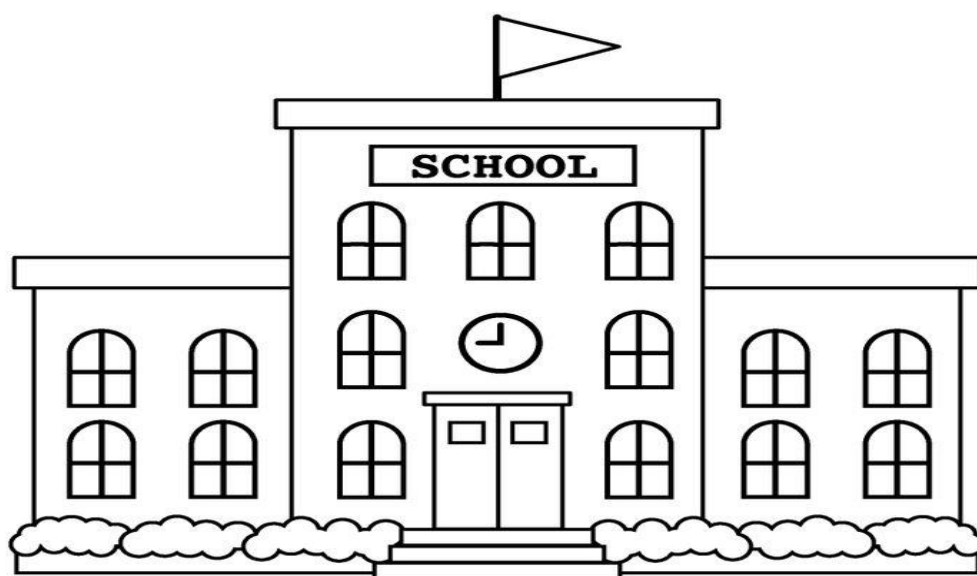
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Finding Your Way

Finding your way is aimed at supporting young people in **years 7-11** to improve school attendance and avoid exclusion. The sessions can be 1:1 and group and will include, behaviour regulation techniques, communication and anger management, managing bullying and coping strategies.

The course will:

- Encourage children and young people to express challenges they face and that make school attendance difficult.
- Raise children and young people's awareness of help available to them
- Equip children and young people with a range of coping strategies and behaviour regulation techniques
- Support children and young people to develop a positive and resilient mind set
- Empower and motivate children and young people to make the most of the opportunities available to them.



Find out more at cumberland.gov.uk

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Domestic Abuse Recovery Toolkit

The Domestic Abuse Recovery Toolkit is a 12 week course to support women 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."



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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.

Find out more at cumberland.gov.uk

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UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Solihull and SEND 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 behaviour 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



If you would like any more information on our referral only courses and groups or would like to speak to a member of the team please do not hesitate to contact us via telephone, email or Facebook- contact details on the front page.

Find out more at cumberland.gov.uk

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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.



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

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

Find out more at cumberland.gov.uk

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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

Family Action
34 Wharf Road
London N1 7GR

Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206.
Registered Company Limited by Guarantee in England
and Wales no: 01068186.

Find out more at cumberland.gov.uk

0-19 Child and Family Support Service

REQUEST FOR SERVICE

Please email this form to CopelandReferrals@family-action.org.uk If you are requesting a single agency service, complete Part A and C. If your request is part of a multiagency package, complete Parts A, B and C.

Child or Young Person Name(s)	Date of Birth	Gender	Disability Yes/No	Ethnicity
Heath Visitor:		GP:		
School				
Other agencies involved:				

Parent/Carer(s) Name(s)	DoB	Address and Post Code	Disability Yes/No	Ethnicity	Parental Responsibility Yes/No
Email:		Mobile			
Preferred contact method Phone/email		Spoken Language:			

Reason for request for service (Complete with family):		
What are you worried/concerned about?	What is working well?	What will wellbeing and success look like? (What outcomes do you want for the child or young person?)

☐ Tick to confirm that the parent/carers has been given a copy of the Council's Privacy Notice to read to make them aware that information on this form will be kept on a secure County Council database and will be accessed by a number of authorised people providing the 0 – 19 Child Family Support Service on behalf of Cumbria County Council.

Find out more at cumberland.gov.uk

PART B – To be completed if this is a request for support as part of a multi-agency package

Briefly describe support provided to the family by other agencies:

.Are any of the assessments below in place for the Child or Young Person?

- ☐ Early Help Assessment ☐ Education, Health and Care Plan
☐ CIN ☐ CP ☐ CLA Other:

If any of the above are ticked, a copy should be included with this request for service if the parent/carers consents .N/A

Is this a request for a step down? Yes/No. If Yes CSCP step down procedure must be followed

[Early Help Step Down](#)

Please provide information on any risks that you are aware of (attached existing risk assessment):

PART C – To be completed by the person making this request

Referrer Name:		Date of request:	
Organisation:		Position:	
Address:		Contact number:	
		Email:	
		Signature	

Received by:		Date received:	
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Find out more at cumberland.gov.uk