

## 0 – 19 Child and Family Support Services - Carlisle



# Spring 2024 Newsletter



Welcome to our Spring newsletter which will detail the services that we are providing between April to June.

Please keep an eye on our Facebook page for our daily 'What's on' along with advertising future services and signposting.

Remember all of our services are free.

Do not hesitate to get in touch if you have any questions or need further advice or support – we are here to help!

### Contact us:

By phone: 07734 003 789

By email: [Carlisle@family-action.org.uk](mailto:Carlisle@family-action.org.uk)

On Facebook: [www.facebook.com/CarlisleSupport](http://www.facebook.com/CarlisleSupport)

### Our Centres:

**Morton** - Wigton Road, Carlisle CA2 6JP - 01228 223 417

**Petteril Bank** - Burnett Road, Carlisle CA1 3BX - 01228 596 773

**Longtown** - Mary Street, Longtown CA6 5UF – 01228 791 775

**Newtown** – Shadygrove Road, Carlisle CA2 7LD – 01228 401 042

## Services for Pregnancy, Birth & Early Years

### Breastfeeding Support Group

This group provides an opportunity to meet other parents and get support, advice and encouragement from our BFI trained staff about breastfeeding.

Groups will be running on a Tuesday morning at:



**Newtown Child and Family Centre:**

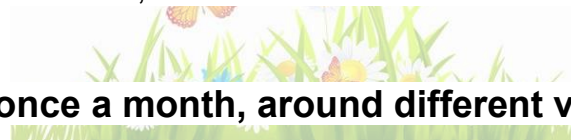
Starting: Tuesday 16<sup>th</sup> April  
10:00am – 11:00am  
(Term time only)

**For more information please contact:**

Becky on 07815 686 814 or [rebecca.crookes@family-action.org.uk](mailto:rebecca.crookes@family-action.org.uk) or  
Lindsey on 07815 686 835 or [lindsey.russell@family-action.org.uk](mailto:lindsey.russell@family-action.org.uk)

### NEW! Breastfeeding Monthly Drop ins

This is a new opportunity to drop in and see us! For anyone needing help and support with breastfeeding or thinking about breastfeeding and would like more information, our UNICEF trained staff are available for advice, support and encouragement.



**Drop-ins will run once a month, around different venue's**

**Newtown Child and Family Centre, 19-21 Shadygrove road, CA2 7LE:**

Monday 15<sup>th</sup> April 1:00pm – 2:00pm  
*(Please note this is the third Monday, due to a number of Bank holidays in April)*

**Upperby Primary School, Uldale road, CA2 4JT:**

Monday 13<sup>th</sup> May 1:00pm – 2:00pm

**The Belah Community Centre, Briar Bank, CA3 9SR:**

Monday 10<sup>th</sup> June 1:00pm – 2:00pm

**For more information please contact:**

Joanna on or 07815 686 830 or [joanna.mckenzie@family-action.org.uk](mailto:joanna.mckenzie@family-action.org.uk) or  
Lindsey on or 07815 686 835 or [lindsey.russell@family-action.org.uk](mailto:lindsey.russell@family-action.org.uk)

## Mums' Minds Matter

### Monthly advice and signposting group for maternal mental health

Are you pregnant or have a baby up to the age of one?  
Join us for a relaxed group supporting Mums, babies and their wellbeing.  
Groups will include sensory play, keep sake crafts alongside advice and signposting to promote good mental health for both Mums and babies.

#### Drop in and join us at:

**Newtown Child and Family Centre, 19-21 Shadygrove road, CA2 7LE:**

Monday 15<sup>th</sup> April 2:00pm – 3:00pm

*(Please note this is the third Monday, due to a number of Bank holidays in April)*

**Upperby Primary School, Uldale road, CA2 4JT:**

Monday 13<sup>th</sup> May 2:00pm – 3:00pm

**The Belah Community Centre, Briar Bank, CA3 9SR:**

Monday 10<sup>th</sup> June 2:00pm – 3:00pm

#### For further information please contact:

Fay our Perinatal Coordinator on **07815 686 909** or [fay.cardigan@family-action.org.uk](mailto:fay.cardigan@family-action.org.uk)

Fiona on **07977 635 514** or [fiona.irving@family-action.org.uk](mailto:fiona.irving@family-action.org.uk)

*We understand attending sessions can be difficult when you are struggling with your mental health, please contact Fay Cardigan, Perinatal Coordinator if you feel you might need additional support in attending this group or would like more information about our Perinatal services.*

## Perinatal Support Service

The Perinatal Support Service provides emotional support for mums during pregnancy and during the first year after birth. Helping to provide solutions to problems no matter how difficult, so you can become safer, stronger and more optimistic about the future.

#### For further information please contact:

Fay our Perinatal Coordinator on **07815 686 909** or [fay.cardigan@family-action.org.uk](mailto:fay.cardigan@family-action.org.uk).

We also have a leaflet available.

If you would like one please, **contact us on: 07734 003 789**



**NEW**



## Bump and Baby Social

Our NEW 'Bump and Baby Social' has now been running for 3 months. Our sessions allow expectant mums and mum's and carers of babies up to 6 months old to attend these sessions.

These sessions are a great way for you and your child to meet new people in a gentle and relaxed atmosphere. All parents, parents-to-be, grandparents, carers and their children under six months old are welcome to attend these sessions where you can access toys, play, educational activities, advice and support.

Sessions will include a range of free-play, messy play, arts and crafts, sensory play and song time.

**Our sessions will recommence on Thursday 18<sup>th</sup> April 2024:**

Pop along and join us.

These groups are **FREE** and no booking is required.

**Morton Child and Family Centre, Wigton road, CA2 6JP:**

Thursday 18<sup>th</sup> and 25<sup>th</sup> April, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> May 10:00am – 11:00am

**Harraby Community Centre, Edgehill road, CA1 3SN:**

Thursday 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> June and 4<sup>th</sup> July 10:00am – 11:00am

**For more information please contact:**

**Sophie** on 07816 087 116 or [sophie.batchelor@family-action.org.uk](mailto:sophie.batchelor@family-action.org.uk) or

**Elaine** on 07816 086 564 or [elaine.harty@family-action.org.uk](mailto:elaine.harty@family-action.org.uk)

## Baby Massage

Baby Massage can help parents' awareness of their baby's needs and support an early bond. Baby Massage is suitable for babies up to 6 months old. It can also help with a sense of well-being for both parents and babies. This service is offered by referral via a professional or you can self-refer yourself.

**For further information and/or to make a referral  
please contact us on: 07734 003 789**

## Stay & Play

Our Stay & Play sessions are a great way for you and your child to meet new people in a gentle and relaxed atmosphere. All parents, parents-to-be, grandparents, carers and their children under five are welcome to attend these sessions where you can access toys, play, educational activities and support.

Sessions will include a range of free-play, messy play, arts and crafts, outdoor play and song time. This will help enhance your child's learning and development by encouraging speech and language, sharing, turn-taking and exploring new and exciting activities.



**Our sessions will recommence from Monday 15<sup>th</sup> April 2024:**

### Pop along and join us.

These groups are FREE and no booking is required.  
These sessions run during term time only.

#### **Petteril Bank Child and Family Centre:**

Mondays 1:00pm – 2:30pm

#### **For more information, please contact:**

Katya on 07815 686 711 or [katya.thomlinson@family-action.org.uk](mailto:katya.thomlinson@family-action.org.uk)

Sophie on 07816 087 116 or [sophie.batchelor@family-action.org.uk](mailto:sophie.batchelor@family-action.org.uk)

#### **Longtown Child and Family Centre:**

Tuesdays 10:00am – 11:30am

#### **For more information, please contact:**

Katya on 07815 686 711 or [katya.thomlinson@family-action.org.uk](mailto:katya.thomlinson@family-action.org.uk)

Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

#### **Newtown Child and Family Centre:**

Fridays 10:00am – 11:30am

#### **For more information, please contact:**

Kirsty on 07815 688 932 or [kirsty.lowry@family-action.org.uk](mailto:kirsty.lowry@family-action.org.uk)

Sammy on 07815 686 762 or [sammy.service@family-action.org.uk](mailto:sammy.service@family-action.org.uk)



## Music and Movement

Music and Movement is a free interactive session for children and families aged 0-5 years. Children can have fun and develop skills through singing, dancing and moving to the beat! This session is for parent's/carer's and their children to enjoy together, allowing participation by all.



### At Brampton Community Centre

Union Lane, Brampton, CA8 1BX  
Starting Thursday 25<sup>th</sup> April 1:30pm – 2:30pm  
(Running for 5 weeks)

Booking is essential as spaces are limited.



#### For more information contact:

Catriona on 07971 759 152 or [catriona.johnston@family-action.org.uk](mailto:catriona.johnston@family-action.org.uk) or  
Kirsty on 07815 688 932 or [kirsty.lowry@family-action.org.uk](mailto:kirsty.lowry@family-action.org.uk)



## Time Together

Time Together is a free multi-sensory and soft play session for children aged 0-5 with additional needs. This group provides the opportunity for parents and carers to chat with other families that are in a similar situation, ask questions and get tips from experienced professionals.

### Join us at:

#### Whale of a Time Soft Play in Harraby

Edgehill Rd, Carlisle CA1 3SN

Every Tuesday 11:00am - 12:00pm



### For more information contact:

Catriona on 07971 759 152 or [catriona.johnston@family-action.org.uk](mailto:catriona.johnston@family-action.org.uk)

## Introducing Solids Workshops

Come along and find out about introducing your baby to a wide range of tastes when they start eating solids, this helps babies grow up eating and enjoying healthy foods.

### Get information on:

- Weaning your baby on to solid foods
- Signs your baby is ready for solids
- Encouraging healthy eating habits
- Foods to look out for
- Portion sizes



Wednesday 17<sup>th</sup> April 1:30pm - 2:30pm

Petteril Bank Child and Family Centre, Burnett Road, Carlisle, CA1 3BX

Wednesday 5<sup>th</sup> June 1:30pm – 2:30pm

Belah Community Centre, Briar Bank, CA3 9SR

### To book your place please contact:

Claire on 07816 087 115 or [claire.ford@family-action.org.uk](mailto:claire.ford@family-action.org.uk) or

Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

## Sensory Processing Workshop

Would you like information on what sensory processing is and how this can affect your child? We will be sharing tips and advice on how to manage sensory processing behaviours in our online introduction to Sensory Processing.

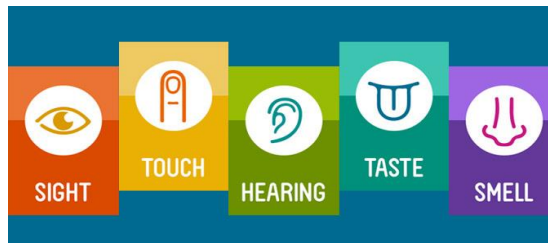
### Join us on Zoom:

Tuesday 23<sup>rd</sup> April 7:30pm – 8:30pm

Thursday 25<sup>th</sup> April 1:30pm – 2:30pm

### To book a place contact:

Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)



## Sensory Rooms

We have Sensory Rooms in our Children's Centres at Morton and at our Harraby site. The rooms have a range of sensory equipment to support your child aged 0-5, or up to 8 years old for a child with SEND with their learning and development in a safe and comfortable environment. After an initial induction, 45-minute slots are available to book.

Only Morton and Harraby Sensory rooms are currently available. We hope to have availability at Newtown again soon, we will update any new information on our Facebook page.

Longtown are currently having a 'NEW' Sensory room fitted. Details of opening information etc will also be on our Facebook page, so keep a look out.

### To book a slot and/or induction please contact:

**Morton** – available on Friday afternoons for bookings and inductions

**Sammy** on 07815 686 762 or [sammy.service@family-action.org.uk](mailto:sammy.service@family-action.org.uk)

**Harraby** – available all day on Thursdays for bookings and inductions

**Lydia** on 07971 759 520 or [lydia.noble@family-action.org.uk](mailto:lydia.noble@family-action.org.uk)



## Bookstart

Come along and join our Bookstart sessions which will include information and advice for parents and carers and fun activities that will help your child develop a love of stories, songs, books and rhymes. This programme will help your child's developing language and communication skills. You can continue to develop these skills at home with the ideas and tips provided in the session.

Future dates and venues will be advertised on our Facebook page or call us to find out more.



## Home Based Play

Home based play will support families with children aged 0-4 years old. Our practitioners will give tips, advice and ideas for parents and children to get the most from play to boost your child's learning and development. If this is a service you think may benefit your child then please contact us on: **07734 003 789**.



## Portage

Our Portage service supports pre-school children with additional needs. In partnership with parents, the Portage worker will look at all areas of the children's development and discuss goals to enable children to achieve through their play-based learning.

Please contact us on: **07734 003 789** to get more information on this service and how we could support you with this.



## Services for Children

**Please note:** All of these services are on a referral basis.  
Please contact our Single Point of Access to make a self-referral.

**Contact us on:** (SPA) 07734 003 789



## Drawing and Talking

Drawing and Talking is a therapeutic way for a child to work through their past trauma in a safe environment. Children explore their trauma and feelings through their drawings with the support of a worker. This is a short-term intervention suitable for anyone aged 5+.



## Wishes and Feelings

Wishes and Feelings is an 8 week 1:1 programme which supports children's emotional wellbeing. This is delivered through a range of different activities, discussion and games. The sessions are based on the child's individual needs covering topics such as worries, feelings and emotions, self-esteem, bullying and friendships. Suitable for children aged 6+.



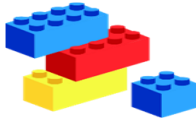
## Happy to be Me

The aim of this programme is to develop children's self-esteem through a programme called 'Happy to Be me'. The programme increases interaction, communication skills, awareness of feelings and how these affect other people, working together in a group, showing empathy to others, explore why everyone is different, learn new skills, celebrate achievements, make new friends, play games and have fun.

## Choose to Cope



Choose to Cope is a programme which is aimed at children aged 8 - 11 years. Your child may be experiencing a number of different issues that cause them distress. They may be feeling upset but are not sure why. They may find it hard to concentrate and become fidgety or restless. Your child will learn essential 'personal power' tools that they can use throughout their life.



## Busy Builders



Our Busy Builders Club is based on LEGO® therapy and is around collaborative play and communication in which children work together with their families to build LEGO® models. The aim of the group is to help children develop social interaction skills in a friendly, fun setting. Children will be able to practice key skills of collaboration, joint attention, sharing, turn taking, eye contact, communication, social problem-solving and compromise all whilst having fun and building some amazing models. Suitable for children aged 4+.



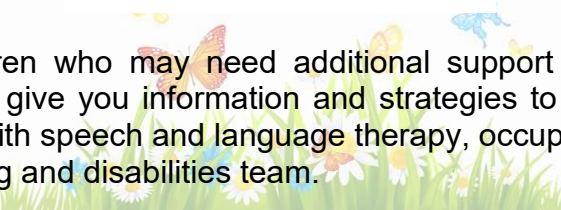
## Finding Your Way

Finding your Way is a targeted programme which aims to support young people in exploring challenges they may face, to overcome difficult emotions through learning a range of strategies and life skills to challenge negative thoughts and improve motivation. We support young people in overcoming barriers by goal setting to support outcomes in improving their attendance and attainment in school.



## Let's Connect

Let's Connect is for children who may need additional support in a range of areas. The programme is designed to give you information and strategies to help support your child, is delivered in collaboration with speech and language therapy, occupational therapy, early years team and children's learning and disabilities team.



## Let's Get Talking



Come along and join in our fun session based around communication and language, which is delivered in partnership with the Speech and Language Team. This group is suitable for children aged 2 - 4 years, who are using few or no single words and there are no other concerns regarding special educational or development needs. Children need to be able to follow simple instructions and be showing a desire to communicate their needs.

The course runs for 5 weeks with a further follow up session 6 weeks later.

## Online Safety

Our online safety information will prepare you and your child for the potential dangers that exist in the current social media climate. We have resources and information packs available to parents on how to keep their children and young people stay safe online. Age range 5 to 11 year olds' and 11 to 17 year olds.

Contact us on **07734 003 789** for more information



Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This six-week course can be delivered to children, young people and their families individually or as part of a group. The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family.

Contact us on **07734 003 789** for more information on Decider Skills.

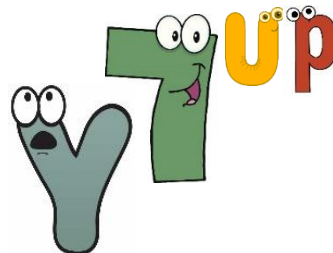


## Y7UP

Y7UP is a service for young people aged 11–19 years who have a worry or problem and are not sure where to go for help.

**For more information or to book, please contact your children's school directly:**

This can be done by your child or by the parent/carer.



## Holiday **FREE** Activities

# Family Action FUNDAY Family events

These events are for the whole family.  
Booking is not required for any of these sessions, just drop by

### Easter Holiday FUN Day Session

#### Morton Child and Family Centre:

Wigton Road, Carlisle CA2 6JP  
Tuesday 2<sup>nd</sup> April 1:00pm – 4:00pm

Please contact **Stef** on: [Stefanie.mcknight@family-action.org.uk](mailto:Stefanie.mcknight@family-action.org.uk)



### Spring Holiday Session

#### Longtown Children's Centre:

Mary Street, Longtown CA6 5UF  
Wednesday 10th April 1:00pm – 4:00pm

Please contact Longtown directly: **01228 791 775**

### May Carnival Themed Holiday Session

#### Botcherby Community Centre:

Victoria Road, Carlisle CA1 2UE  
Wednesday 29th May 1:00pm – 4:00pm

Please contact **Stef** on: [Stefanie.mcknight@family-action.org.uk](mailto:Stefanie.mcknight@family-action.org.uk)



### May Holiday Session

#### Longtown Children's Centre:

Mary Street, Longtown CA6 5UF  
Tuesday 28th May 10:00am – 12:00pm

Please contact Longtown directly: **01228 791 775**

## Services for Parents/Carer

### Solihull

#### Solihull - Understanding your Child!

Solihull Parenting is a 10-week course that will help you to understand your child's behaviour, which can improve confidence and self-esteem for both parent and child. This group is suitable for parents with children of all ages, and we also run a separate group for parents of children with additional needs. For more information, please phone us on **07734 003 789**.



#### Solihull FREE Online Course

The online course can be completed in your own time, with various topics from pregnancy to 19 years to help you understand your child's development and behaviour.

To access, visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code WORDSWORTH

#### Solihull – Online Course - Understanding your Brain!

A programme especially for Teenagers

This free online course will help teenagers understand how their brain works and how this might affect their thoughts, feelings and behaviour.

To access this, visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code WORDSWORTH

### Family Support

Family Action can offer one to one support to families in their homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, environmental factors, behaviour management, safety, relationships and attachment and support to access other agencies for help e.g. substance misuse, domestic abuse, mental health and learning difficulties.

## Family Line

Family Pressures can sometimes be difficult to manage. Our free FamilyLine service is available to family members aged 18 and over and provides information and guidance, befriending, emotional and listening support and access to short term counselling.

**Please contact us on (Monday – Friday 9:00am-9:00pm):**

Telephone: 0808 802 6666

Text: 07537 404 282

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

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

**To contact us in a crisis out of hours Text FAMILYACTION to 85258**

Our crisis text service provides 24/7 crisis support across the UK.

Service delivered in partnership with SHOUT



## Volunteering

### Could you be a Volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869. 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 and there are lots of ways you can give your time.

For more information visit our website:

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

**If this interests you or you would like an informal chat please contact:**

**Stef** on 07816 087 111 or [stefanie.mcknight@family-action.org.uk](mailto:stefanie.mcknight@family-action.org.uk)



## Other agencies that may help you

**CADAS** provides confidential quality support, training and 1-1 counselling sessions for those interested in and/or affected by the use of Alcohol and Drugs. <http://cadas.co.uk/>

**Carlisle Community Help** has set up a network of hubs across the city that provide affordable food to those who need it. <https://carlislecommunityhelp.co.uk/>

**Child Bereavement UK** gives support about grieving and loss  
<https://www.childbereavementuk.org/>

**Childline** will provide advice and support for young people. <https://www.childline.org.uk/>

**Citizens Advice** is an independent charity set up to provide free, impartial and confidential advice on almost any subject. <https://www.cac-e.org.uk/>

**Counselling Directory** helps you find a local counselling to suit your needs.  
<https://www.counselling-directory.org.uk>

**Cumbria Law Centre** is a community organisation offering free legal advice and representation (prioritising those on a low income). <https://www.cumbrialawcentre.org.uk/> or **01228 515129**

**E-School Nurse Video Clinics** are held twice a week providing online health support and advice for parents, carers and professionals supporting children aged 5-19. <https://cumbria.gov.uk/ph5to19/priorities.asp> or **0300 30 34 365**

**Every Life Matters** is a Cumbrian suicide prevention and suicide bereavement support charity. <https://www.every-life-matters.org.uk/>

**First Step** provides free talking therapies to adults in North Cumbria.  
<https://www.cntw.nhs.uk/services/first-step/> or **0300 123 9122**

**Focus Family** can help with benefit advice, looking for work and training courses.  
[focus.family@cumbria.gov.uk](mailto:focus.family@cumbria.gov.uk)

**Gateway4women** offers a variety of support for women. <https://gateway4women.com/>

**Happy Mums** offer free mental health support groups for Mums and Mums-to-be.  
<https://www.happymums.org.uk/>

**Mind** offers support with mental health. <https://cemind.org/> or **0300 561 0000**

**Spiral Cumbria** is an anti-bullying charity supporting young people in Cumbria.  
<https://www.spiralcumbria.org.uk> or **01228 642 640**

**Young Minds** offers support for young people with their mental health.  
<https://youngminds.org.uk> or text YM to **85258** if you need urgent help