



0 – 19 Child and Family support services – Barrow

# Winter 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

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## 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.**



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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 Drive

This quarter we held our volunteer drive, on every Wednesday in January at the foyer of Barrow Market, this was to try and recruit some new volunteers. We attended the volunteer fair organised by Cumbria CVS. We also attended the work experience and volunteering event at Furness College. In February we delivered an induction to four of our fantastic volunteers. An induction is part of what we offer when becoming a volunteer with Family Action, along with training, regular supervision, DBS and so much more. Feedback from our volunteers has confirmed that they feel part of the team, enjoy learning and making new relationships, have increased confidence and find it rewarding giving something back. This is alongside many other benefits! We had our first quarterly volunteer get together focused on wellbeing. Feedback from the session was that volunteering is “fulfilling, boosts confidence, good opportunities, rewarding, feeling included, makes them happy.”



### BFI Support

We have been working in collaboration with Wendy Thompson BFI & Kath Kenedy BFI Lead providing support once a week. We provide support for both breast feeding and formula feeding Mums, supplying them with information to make an informed decision on feeding. We also offer skin to skin support and advice to new parents. From this we signpost parents to BFI groups and support offered around Barrow. For more information on this please contact Zian: [Zian.haughin@family-action.org.uk](mailto:Zian.haughin@family-action.org.uk)

unicef 

Baby Friendly Initiative



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### 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.



The Group work adopts The Solihull Approach and provides mothers with a safe space to share worries, relax and learn about self-care and how this positively impacts on their relationship with their baby.

One mum who attended our last groups said "Such a wonderful group, I found this group so helpful and supportive. I would definitely recommend x"

### Christmas Toy Appeal

We would like to say a huge THANK YOU to some of the businesses that have supported our Christmas appeal.

Tesco, Charnley's, Blush, Industry GYM and many more had lots of donations of toys for various ages, members of the congregation at Trinity church collected toiletries and toys. Also staff from Coco donated pyjamas, hats, scarves ,gloves, hot water bottles and toys.





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### Christmas Infant Massage

Mums and Babies at our Infant Massage group completed the course with a lovely Christmas celebration with yummy treats , festive photos and keepsakes with Michelle.

The mums commented: "The group has made me feel more confident and helped me settle my baby by massaging her tummy when struggling with gas and it has helped with babies bowel movements"

Another mum commented: "I feel more confident and closer to my baby, it has helped with relaxation and his gas"

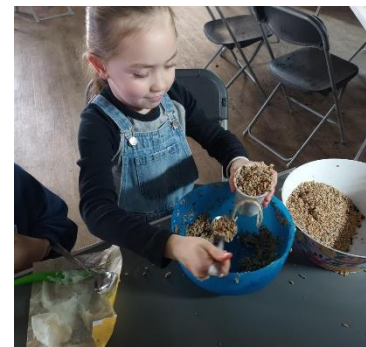
One mum commented: "I have learned to massage my baby boy and it was a social opportunity for me, it has helped his sleep and it's a beautiful bedtime routine with my baby"

If you would like further information when the next group will run, please call one of our centres.



### Hello Spring

We held our "Hello Spring" special at the Round House, Walney. The children and families had lots fun making our own bird feeders, colouring pictures and planting our own bulbs. We painted our hands and used them to print, making beautiful flowers and designing our own kites. Some of the children even took their newly make kites onto the beach to test them out.



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### Dalton Mums Minds Matter

At our Dalton Mums Minds Matters we celebrated both Valentines Day and Random Acts of Kindness Day. We had fun exploring lots of love themed activities, making pipe cleaner hearts and talked about how we could pass these forward as a random act of kindness. As it was half term some siblings came along too, they were excited to pass on their hearts, one child said 'I am going to give one to Mummy and one to Daddy'. One Mum said 'I am going to leave my heart on a bench at the cemetery'. Another Mum said 'That's a lovely idea, you never know how much someone might need to feel loved'. You could make something simple to pass forwards. You will see a boost in you and the person accepting it.



### 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.



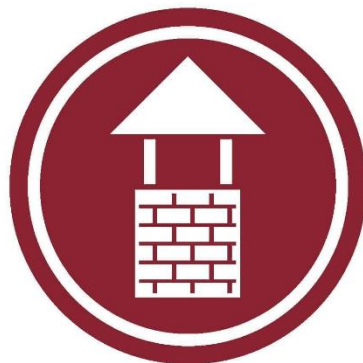
**THE WELL FAMILIES FOOD CLUB**

All families welcome to come along and select produce from our weekly range. If you need it and we have it, it's yours.

**EVERY MONDAY 2PM-4PM**  
GREENGATE CENTRE  
GREENGATE STREET  
BARROW IN FURNESS

Weekly membership only £5  
For further information  
contact: 01229 829832  
E-MAIL: families@tnewell2.co.uk






**THE WELL FED FOOD CLUB @BARROW ISLAND**

**EVERY MONDAY 1-4pm**  
BRAM LONGSTAFFE  
COMMUNITY HUB,  
FARM STREET

Weekly membership is just £3 to come along and select produce from a weekly range, to keep your families fed and cupboards full.

**FOR FURTHER INFORMATION**  
CONTACT: 01229 829832






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# 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**
- **Admin Volunteer**
- **Child & Family Support Volunteer**
- **Perinatal Peer Support Volunteer**
- **Infant Feeding 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](mailto:barrowvolunteers@family-action.org.uk)

**We currently have 12 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.

THANK YOU  
VOLUNTEERS

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







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# Agencies That May Benefit You

**Barrow Foodbank** - Telephone 01229 343436 or email [projectmanager@barrowfoodbank.co.uk](mailto: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](mailto: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](mailto: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](mailto:admin@furnesscarers.co.uk)

**Furness Homeless** – Telephone 01229 821134 or email [furnesshomeless@yahoo.co.uk](mailto: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](mailto: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: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](mailto: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](mailto: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](mailto:info@thewell2.co.uk)