



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



# Summer



## 2024 Newsletter

Welcome to our Summer newsletter which will detail the services that we are providing between July to September.

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

(Please note you can only call this number, please do not text)

**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:**

2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July

Then returning on: Tuesday 10<sup>th</sup> September

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)

### 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**



## 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:

Over the summer we will be running one drop in session per month.

Venues, dates and times are to be confirmed

Please keep checking our Facebook page for more details

Or contact us on: 07734 003 789 for more information

#### 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)

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

## 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**



## Bump and Baby Social



Our Bump and Baby Social' has now been running for over 6 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 for July through to September:

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> July, then the 5<sup>th</sup> & 19<sup>th</sup> September 10:00am – 11:00am

#### **Belah Community Centre, Briar Bank, St Anns Hill, CA3 9SR:**

Thursday 11<sup>th</sup> & 25<sup>th</sup> July, then the 12<sup>th</sup> & 26<sup>th</sup> September 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)

## 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.



**Pop along and join us.**

These groups are FREE and no booking is required.



**Please note our Petteril Bank and Newtown sessions will end in July and re-start again in September:  
Please check below for dates for Longtown.**

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

1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> July and restart back on: 9<sup>th</sup> September

Mondays 1:00pm – 2:30pm

**For more information, please contact:**

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

Roddy on 07971 951 686 or [rodny.burrows@family-action.org.uk](mailto:rodny.burrows@family-action.org.uk)

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

Tuesdays 10:00am – 11:30am

**Please note dates for the Summer:**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 30<sup>th</sup> July, 13<sup>th</sup> and 27<sup>th</sup> August.**

**We then return on the 10<sup>th</sup> September to weekly sessions.**

**For more information, please contact:**

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

5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> July and restart on 13<sup>th</sup> September

Fridays 10:00am – 11:30am

**For more information, please contact:**

Rachel on 07815 688 953 or [rachel.field@family-action.org.uk](mailto:rachel.field@family-action.org.uk)

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

Our sessions for Time Together will end for the Summer on Tuesday 16<sup>th</sup> July.  
But we will return on Tuesday 10<sup>th</sup> September.

### For more information contact:

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



## Sensory Rooms

We have Sensory Rooms in our Children's Centres at Morton, Harraby and now at our Longtown 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.

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

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

**Morton** – available on Friday afternoons

**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

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

**Longtown** – available Monday to Friday (Slot availability will vary each day)

Contact the Longtown centre on 01228 791 775

## Services for Children

**Please note:** All of these services are on a referral basis and you may need a professional to refer into us. Please check each service for information and if you wish to make a self-referral, please contact our Single Point of Access

**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+.



## 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.



## 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+.



**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 speak to your health professional to make a referral. We do not accept self-referrals for this service. But you can still contact us to find out more.

## 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 and is delivered in collaboration with speech and language therapy, occupational therapy, early years team and children's learning and disabilities team. If you feel this would be something that would support your child, please speak to your health professional to make a referral. We do not accept self-referrals for this service. But you can still contact us to find out more.



## Let's Get Talking

Our Let's Get Talking group sessions are 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. If you feel this would be something that would support your child, please speak to your health professional to make a referral. We do not accept self-referrals for this service. But you can still contact us to find out more. The course runs for 5 weeks with a further follow up session 6 weeks later.

## Emotional Resilience Programme

The Emotional Resilience programme is a 6-week programme for children aged 11-19. Children will explore their identities and values as well as the common challenges they face with a focus on becoming more aware of their own emotions and how to process these. With support of workers, children will have strategies to support them as they progress and develop increased resilience.

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



## Services for Parents/Carer



### Solihull - Understanding your Child!

Solihull Parenting provides help for you to understand your child's behaviour, which can improve confidence and self-esteem for both parent and child. Our sessions are suitable for parents of children with additional needs. Along with offering an antenatal course for parents to be. Further information is to be confirmed, so please keep looking at our Facebook page for updated information.

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

## 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.



Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This four-week course can be delivered to children, young people and their families 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.



Summer Community **FREE** Activities

## Family Action Community Activities

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

### Summer Community Activity

**Longtown Child and Family Centre:**  
Mary Street, Longtown CA6 5UF

Wednesday 24<sup>th</sup> July 1:00pm – 3:00pm

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

### Summer Community Activity

**Petteril Bank Child and Family Centre:**  
Burnett road, Carlisle, CA1 3BX

Wednesday 31<sup>st</sup> July 1:00pm – 3:00pm

Please contact **Petteril Bank** on: **01228 596 773**

### Summer Community Activity

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

Thursday 15<sup>th</sup> August 1:00pm – 3:00pm

Please contact **Morton** on: **01228 223 417**

## 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.

A graphic for the FamilyLine service. It features the text 'FamilyLine' in a large, bold, dark blue font at the top left. Below it, contact information is listed: 'Phone: 0808 802 6666', 'Text: 07537 404 282', 'Email: familyline@family-action.org.uk', 'Out of Hours: Text FAMILYACTION to 85258', and 'Hours: M-F, 9am-9pm'. At the bottom left is a green arrow-shaped logo with the words 'family action' in white. On the right side of the graphic is a circular photograph of a woman with curly hair kissing a baby on the forehead.

**FamilyLine**

**Phone:**  
0808 802 6666

**Text:**  
07537 404 282

**Email:**  
familyline@family-action.org.uk

**Out of Hours:**  
Text FAMILYACTION to  
85258

**Hours:**  
M-F, 9am-9pm

family  
action

**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

## 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