



0 – 19 Child and Family support services – Barrow

Spring 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

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.**



0 – 19 Child and Family support services – Barrow

WELCOME!

We hope that your spring was wonderful. We would like to tell you about some of the exciting activities that Family Action has been up to this spring.

EASTER SPECIALS

Here are a handful of our previous Easter specials from various centres to get you started. Families love spending time together at Easter, and kids look forward to all the exciting activities that come with it. We thoroughly enjoyed creating Easter crafts, going on a scavenger hunts to discover bunnies, getting our faces painted, and holding our super extravaganza. Our Easter Bunny was a special guest, and the kids had a great time rolling and decorating their own eggs, decorating a delicious Easter cookie, and exploring our sensory area with the soil, veggies, flour, and oats.

Here are just some of the wonderful photos we managed to capture during all our specials over easter. With 2 very special Guests. Louise our lovely team support worker brought two her lambs in for the kids to pet and ask lots of interesting questions.

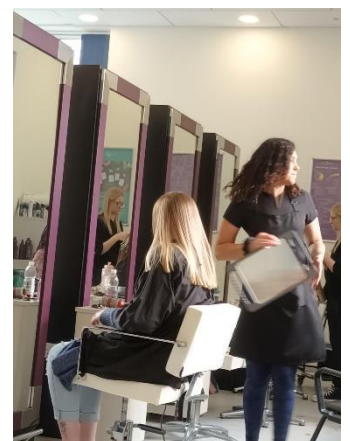


0 – 19 Child and Family support services – Barrow

Mums Mind Matters

Mental Health Awareness Week

During mental Health Awareness Week, a group of mothers from the Mums Minds Matter groups were invited to Furness College for a pamper session, some much-needed mom time—something that is frequently discussed and identified as the lowest priority in terms of priorities. The college were able to offer free treatments such as haircuts, styles, wash and blows etc. It was great for Furness College and Family Action to team up as it meant the wellbeing aim for Mums Mind Matter was being reached and it also helped the students who were providing the treatments to have their assessments signed off. Hannah the tutor at the Salon was amazing, she was understanding of the needs of our Mums, and everyone made us feel welcomed. The Mums were even provided with a free treatment voucher for the beauty salon where they could return to have more 'me time' and get their nails or eyebrows done!



0 – 19 Child and Family support services – Barrow

National Volunteer Week

As part of National Volunteers Week, we honoured our incredible volunteers this quarter during our Barrow Team Day. Our volunteers received flowers and were given a sense of belonging to the team. Our volunteers' feedback has shown that they feel like they belong on the team, that they love meeting new people and learning new things, that their confidence has grown, and that they find it satisfying to give back. Along with a tonne of other advantages! If you are interested in becoming one of our loved volunteers, and really making a difference please get InTouch with our amazing volunteer engagement worker.

Kirsty.parkinson@family-action.org.uk

Telephone: 07971951716.



BFI Training

During this quarter, a significant number of our staff members participated in BFI training in order to provide the most knowledgeable support to our families. The group was led by our committed perinatal support worker, Zian. It is essential that our staff maintains the expertise to provide confident feeding support to all new mothers throughout their journey of feeding their infants. We expend a great deal of time to facilitate comfortable feeding spaces, guarantee that advertising is prominently displayed in all our groups to assist mothers in engaging in open discussions concerning their experiences.

0 – 19 Child and Family support services – Barrow

Making happy memories

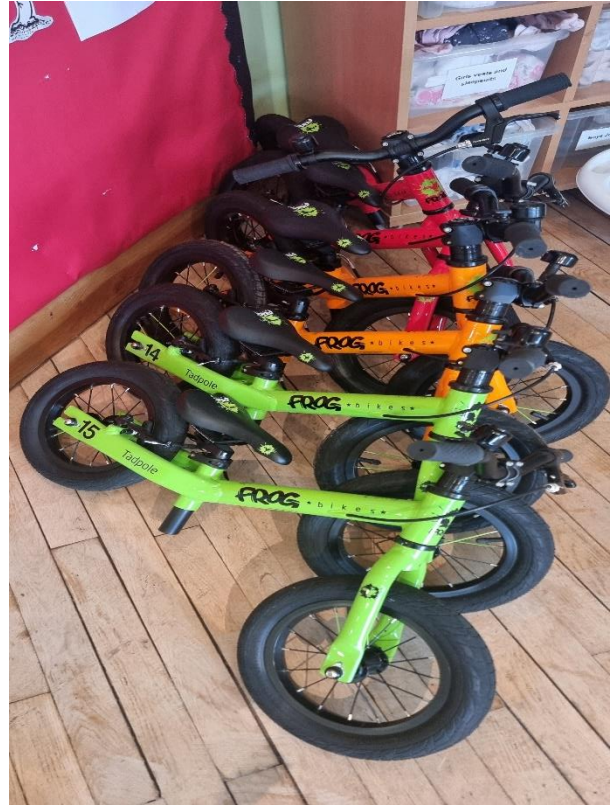
There is a lot of pressure to have the ideal family holidays, but for many families, that isn't the case. Fortunately, the moments that count are the ones that families reminisce and laugh about for years. This quarter, we collaborated with Making Happy Memories and received a kind donation of £300 to use for our unique May half term activities. The three different events we held throughout our centres were a huge success. Creating joyful memories can support people during difficult times and is essential for our overall health and well-being. Making new memories is a never-ending process. Working together with Making Happy Memories has presented a fantastic chance to be able to provide local families with free fun activities.



0 – 19 Child and Family support services – Barrow

Balance Bike Library

Our library of balance bikes is still in operation. All families with young children up to school age can use this. At our Greengate setting, bikes are rented for a duration of six months. For more information on this please get intouch with our Greengate centre 01229 821855



The Well Communities partnership

We are still working really hard to achieve our joint goal of giving the community access to a variety of fresh, canned, and long-lasting food products for a fraction of the cost of in-store prices—just £3 for a full carrier bag—in partnership with The Well and the FareShare community network programme! Anyone who feels they can benefit can use this service, which is free of charge and judgement. Every Monday from 1 to 4 p.m. at our Bram and Greengate locations.



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 £3
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**






0 – 19 Child and Family support services – Barrow

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**
- **Child & Family Support Volunteer**
- **Infant Feeding Support Volunteer**
- **Admin Volunteer**
- **Perinatal Peer 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

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.



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

0 – 19 Child and Family support services – Barrow

Agencies That May Benefit You

Barrow Foodbank - Telephone 01229 343436 or email projectmanager@barrowfoodbank.co.uk

Birchall Trust – Rape and Sexual Abuse Support. Telephone 01229 820828 or 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

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

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

Furness Homeless – Telephone 01229 821134 or email 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

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

Samaritans - You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing 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 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