

0 – 19 Child and Family Support Services - Carlisle



Autumn Newsletter

Welcome to our Autumn Newsletter which will give you details of all our services that we are providing between October & December.

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

On Facebook: 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

Whether you are expecting a baby or breastfeeding, come along to our drop-in service where you can meet other parents and our UNICEF trained member of staff will be there to offer advice, support and encouragement.

Come & enjoy a range of topics to support your breastfeeding journey, including:

- Building a Happy, Healthy Baby
- Magic of the First 1001 Days
- Responsive Feeding
- Practical information to support Positioning and Attachment, and everything in between



Sessions will take place at:

Newtown Children's Centre

Day: Every Tuesday (Term Time Only)

Time: 10:00am - 11:30am

Bump and Baby Social

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.

Sessions will take place at:

Morton Child and Family Centre

Day: Every other Thursday (Term Time Only) Starting on October 3rd.

Time: 10:00am-11:00am

Belah Community Centre

Day: Every other Thursday (Term Time Only) Starting on October 10th.

Time: 10:00am-11:00am



Starting 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. Find out further information on;

- Signs your baby is ready for solids
- Encouraging healthy eating habits
- Which Foods to look out for
- Portion Sizes

Sessions will take place at:

Morton Child and Family Centre

Date: Wednesday 2nd October

Time: 1:30pm- 2:30pm

For further information or to book your place, please contact:

Claire: 07816 087 115 or claire.ford@family-action.org.uk

Jen: 07816 086 774 or Jennifer.moffat@family-action.org.uk

<https://www.nhs.uk/start-for-life/baby/weaning/>



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 take place (term time only) at:

Petteril Bank Child and Family Centre

Day: Every Monday

Time: 1:00pm – 2:30pm

Longtown Child and Family Centre

Day: Every Tuesday

Time: 10:00am – 11:30am

Morton Child and Family Centre

Day: Every Thursday

Time: 1:00pm - 2:30pm

Newtown Children's Centre

Day: Every Friday

Time: 10:00am – 11:30am



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.

Sessions will take place at:

Whale of a time soft play, Harraby Community Centre

Day: Every Tuesday (Term Time Only)

Time: 11:00am – 12:00pm

Sensory Rooms

We have Sensory Rooms in our Children's Centres at Morton, Harraby and Longtown. The rooms have a range of sensory equipment to support your child with their learning and development in a safe and comfortable environment where staff are on hand to offer advice & support if needed. The rooms are suitable for children aged 0-5, or 0-8 for children with SEND needs. Inductions can be completed on the day of your first booking.

Availability

Longtown: Available every day but slots may vary- please call **01228 791 775**

Harraby: Available every Thursday- please call **01228 596 773**

Morton: Contact us to discuss available slots- please call **01228 223 417**

Alternatively you can book any of our sensory rooms by emailing carlisleroombooking@family-action.org.uk and putting which sensory room you would like in the subject of your email.

Soft Play

Longtown Children's Centre also has a soft play area that is available to book every day. This is separate from our Sensory Room offer and is designed to support children with both interactive and independent play in a safe environment where our staff are on hand to offer support when needed. To Book please call: **01228 791 775** or email carlisleroombooking@family-action.org.uk



Referral Services For Children Aged 0-4

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. To refer yourself please call 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 that children are able to achieve through their play-based learning. We can only accept referrals for this service from a health professional already involved with your family. If you feel this would be something that would support your child, please speak to your health professional to make a referral.

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. We can only accept referrals for this service from a health professional already involved with your family. If you feel this would be something that would support your child, please speak to your health professional to make a referral.



Referral Services Suitable For Children Aged 4-10

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+. This group is delivered in split age groups: age 4-7 and 7-10.

Decider Skills

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 is 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. This group is delivered in split age groups: ages 7-10 and 11+.

Drawing & Talking

Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term proactive 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.



**Drawing
and Talking**



The
Decider



Referral Services Suitable For Children Aged 11+

In addition to Decider Skills and Drawing and Talking we also have alternative group interventions that are suitable for children aged 11+

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.

Emotional Resilience Group

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.

Additional Support For Parents

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 and use the code WORDSWORTH



Referral/Bookable Services for Parents/Carers



Solihull Understanding your Child

This programme is designed to support parents and carers to better understand their children's feelings and behaviours. Parents and children become more attuned, relationships improve and stress and conflict at home is reduced. During the programme, you will explore tuning into children's feelings, parenting styles, temper tantrums and what they might mean, sleep patterns and behavioural difficulties.

Sensory Processing Workshops

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 October 1st: 1:30pm-2:30pm

Thursday October 17th: 7:30pm-8:30pm

To book your place please email Jen: Jennifer.moffat@family-action.org.uk

Family Support

Family Action can offer one to one support to families in their own homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, behaviour management, safety, relationships/attachment, support to access other agencies.

Perinatal Support

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. We can only accept referrals for this service from a health professional already involved with your family. If you feel this would be something that would support your child, please speak to your health professional to make a referral.



Volunteering

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, young people and families in your area and there are lots of ways you can give your time.

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

Fiona Irving on Fiona.irding@family-action.org.uk or call 07977 635 514

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.

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

Fiona Irving on Fiona.irding@family-action.org.uk or call 07977 635 514



FamilyLine

Family pressures can sometimes be difficult to manage without emotional support and guidance to help. Many people feel confused by what information is available or struggle to access services close to home.

Our free FamilyLine service, tackles these issues in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

The service aims to:

- provide both immediate and long-term support
- help with practical information and guidance
- provide emotional and listening support
- help with understanding and accessing relevant services and information
- provide regular one-to-one befriending support to service users feeling isolated
- access to short term telephone counselling
- a referral into our many projects across England and Wales, where relevant.



Please contact us for support in the following ways Monday to Friday 9:00am – 9:00pm

call: 0808 802 6666,

text: 07537 404282,

email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk

Contacting us out of hours:

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional .

- Text FAMILYACTION to 85258

Our crisis messenger text service provides free, 24/7 crisis support across the UK. We know that getting the correct support at the right time is so beneficial which is why we've introduced our crisis line. This service is 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

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