



Building stronger families

0 – 19 Child and Family Support Service – Allerdale

Register With Us Today!!

Allerdale Winter Activities

Welcome to our Winter Newsletter which will give you details of all our services that we are providing between January and March 2022.

We would like to welcome and thank all the new families who registered with us over the past few months, and we would like to say a warm hello to those who have joined us already.

We all look forward to continuing to deliver services to families of all ages.



For further details of our Winter activities please contact any of our centres:

Aspatia, King Street, CA7 3ET, 016973 43870

Cockermouth, South Street, CA13 9RT, 01900 810869

Flimby, Sand Lane, CA15 8QS, 01900 810869

Keswick, Trinity Way, CA12 4HZ, 01900 604822

Maryport, Ennerdale Road, CA15 8HN 01900 810869

Silloth, Liddel Street, CA7 4DD, 016973 43870

Wigton, 10—12 Wampool Place, CA7 9SA, 016973 43870

Workington, Nilsson Drive, CA14 5BD, 01900 604822

Or call our single point of access number on 07815687287



Visit our website at <https://www.family-action.org.uk/cumbria>

or check out our Facebook page at: [Facebook.com/AllerdaleSupport](https://www.facebook.com/AllerdaleSupport)



Services For Pregnancy, Birth & Early Years

Let's Get Ready For Baby

The Antenatal course is a 5 week programme for pregnant mums, fathers, partners, birth partners or grandparents, providing information about the pregnancy, birth and preparation for developing a relationship with the baby in the womb to birth and after the birth.

The programme covers:

- Relaxing and Breathing
- Getting to know your baby in the womb
- You, your Baby, and the stages of labour
- Birth position
- Feeding your baby

Sessions will take place at:

Workington Children's Centre

Date: Tuesdays 11th January to 8th February

Time: 10am – 12pm

North Allerdale Children's Centre, Silloth

Date: Tuesdays 1st March to 29th March

Time: 10am – 12pm



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

Marie Dixon on 01900 810869 or by email at marie.dixon@family-action.org.uk
or Lynne Douglas 01900 810869 or by email lynne.douglas@family-action.org.uk

Let's Get to know your Baby

Come and join us as we talk about various topics after having your baby such as sleep patterns and routines, feeding issues, maternal health as well as answering any questions you may have.

Sessions will take place at:

Workington Children's Centre

Date: Mondays, 10th January – 7th February

Time: 1pm – 2.30pm

Derwent Valley Children's Centre, Cockermouth

Date: Mondays, 1st March – 29th March

Time: 1pm – 2.30pm



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

Marie Dixon on 01900 810869 or by email at marie.dixon@family-action.org.uk or
Jannine Pigg on 07815687248 or by email jannine.pigg@family-action.org.uk

Baby Massage

Baby massage has many additional benefits for your baby including aiding digestion, improving circulation along with helping to soothe your baby, helping to promote good sleep and ease teething pain.

Massage is a great way for you and your partner to bond with your baby and you may find it relaxing for yourself too!

Sessions will take place:

Workington Children's Centre

Date: Thursday 13th January – 10th February

Date: 24th February – 24th March

Time: 10.00am – 11.00am

North Allerdale Children's Centre, Silloth

Date: Wednesdays 12th January – 9th February

Time: 10.30am – 11.30pm



North Allerdale Children's Centre, Wigton

Date: Wednesdays 23rd February – 23rd March

Time: 1pm – 2pm

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

Alison Cain on 01900 810869 or by email at alison.cain@family-action.org.uk

BAPS - Breast Feeding and Peer Support Allerdale

Drop-in sessions for pregnant women, breastfeeding parents, babies, and families.

Sessions will take place:

Tuesdays 1-2pm Seaton Library, Main Road, Workington, CA14 1JD

Thursdays 10-11am Maryport Library, 33 Lawson Street, Maryport, CA15 6ND

Sessions facilitated by trained Breastfeeding Peer Supporters. All welcome!

Contact us for 1:1 telephone or video support at: www.Facebook.com/BAPS Allerdale@baps.allerdale



Breastfeeding Drop In

For anyone breastfeeding, thinking about breastfeeding, or wanting to find out more! Come meet other parents and our UNICEF trained staff for 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:

North Allerdale Children's Centre, Wigton

Date: Wednesdays from 12th January

Time: 10.30am – 11.30am

North Allerdale Children's Centre, Silloth

Date: Wednesdays from 12th January

Time: 1pm – 2.30pm

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

Joanne Dixon on 01900 604822 or by email at joanne.dixon@family-action.org.uk



Weaning 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.

So, come along to our Weaning workshop and 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:

Derwent Valley Children's Centre, Cockermouth

Date: Wednesday 2nd February

Time: 10.00am – 11.00am

North Allerdale Children's Centre, Silloth

Date: Wednesday 23rd February

Time: 10.00am – 11.00am

Workington Children's Centre

Date: Wednesday 30th March

Time: 10.00am – 11.00am



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

Kim Broatch on 01900 604844 or by email at kimberley.broatch@family-action.org.uk

Natalie Heskett on 01900 810869 or by email at natalie.heskett@family-action.org.uk

Healthy Habits

Come along and find out about how you can give your children the best possible start in life by making sure they have healthy habits as they grow. We will look at introducing your children to healthy foods and how to get them to try different foods, how to get them to enjoy and have more exercise and we will also look at portion sizes, recipe ideas and answer any questions or queries you may have.

Sessions will take place:

Derwent Valley Children's Centre, Cockermouth

Date: Wednesday 16th March

Time: 9.30am – 10.30am



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

Michelle Dobinson on 01900 810869 or by email at michelle.dobinson@family-action.org.uk

Natalie Heskett on 01900 810869 or by email at natalie.heskett@family-action.org.uk

Smile 4 Life

If you want any information to encourage and promote good oral health for you and your children from an early age or information regarding getting registered with a dentist please contact Gemma Bradburn on 01900 604822 or gemma.bradburn@family-action.org.uk



Baby Explorers

Have you got a child/children up to the age of 12 months? If so, why not join our Baby Exploring sessions. These sessions are for mums, dads, grandparents, and carers to enjoy meeting up with others and finding out about lots of fun activities to do with your baby to support their early learning and development.

Sessions will take place at:

Workington Children's Centre

Dates: Mondays 10th January – 28th March (Term Time Only)

Time: 1.30pm – 2.30pm



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

Emma Hetherington on 01900 810869 or by email at emma.hetherington@family-action.org.uk

West Allerdale Children's Centre, Flimby

Dates: Tuesdays 18th January – 29th March (Term Time Only)

Time: 10am – 11am

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

Holly Stephenson on 01900 810869 or by email at holly.stephenson@family-action.org.uk

Natalie Heskett on 01900 810869 or by email at natalie.heskett@family-action.org.uk

North Allerdale Children's Centre, Aspatria

Date: Wednesdays 12th January – 30th March (Term Time Only)

Time: 10am – 11am

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

Jordan Huddart on 01900 810869 or by email at jordan.huddart@family-action.org.uk

Melanie Walker on 016973 43870 or by email at melanie.walker@family-action.org.uk

Derwent Valley Children's Centre, Keswick

Date: Wednesdays 12th January – 30th March (Term Time Only)

Time: 1pm – 2pm

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

Rebecca Holmes on 016973 43870 or by email at rebecca.holmes@family-action.org.uk

Jordan Huddart on 01900 810869 or by email at jordan.huddart@family-action.org.uk

North Allerdale Children's Centre, Wigton

Date: Thursdays 13th January – 31st March (Term Time Only)

Time: 10am – 11am

Rebecca Holmes on 016973 43870 or by email at rebecca.holmes@family-action.org.uk

Melanie Walker on 016973 43870 or by email at melanie.walker@family-action.org.uk

Little Explorers - SEND

(Special Educational Needs and Disabilities)

Come and join in our fun and interactive sessions whilst enjoying the benefits of sensory play, songs and rhymes and crafts. We will also introduce Makaton signs and structured activities to support your child's learning and are on hand to offer parents any advice, information, and guidance on their child's individual needs.

Sessions will take place at:

West Allerdale Children's Centre, Maryport

Dates: Mondays from 10th January (Term Time Only)

Time: 3.30pm – 5pm



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

Rebecca Holmes on 016973 43870 or by email at rebecca.holmes@family-action.org.uk
Holly Stephenson on 01900 810869 or by email at holly.stephenson@family-action.org.uk

Workington Children's Centre

Dates: Tuesdays from 11th January (Term Time Only)

Time: 3.30pm – 5pm

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

Emma Hetherington on 01900 810869 or by email at emma.hetherington@family-action.org.uk
Jordan Huddart on 01900 810869 or by email at jordan.huddart@family-action.org.uk

North Allerdale Children's Centre, Wigton

Dates: Thursdays from 13th January (Term Time Only)

Time: 3.30pm – 5pm

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

Rebecca Holmes on 016973 43870 or by email at rebecca.holmes@family-action.org.uk



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

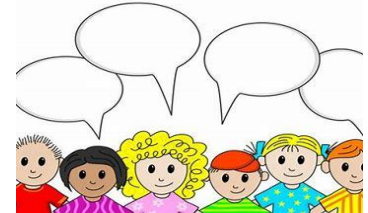
This group is suitable for children aged 2-4 years who are using few or no single words.

Sessions will take place:

West Allerdale Children's Centre, Flimby

Dates: Fridays from 29th January (Term Time Only)

Time: 9:30 to 11:30am



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

Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk

Rebecca Holmes on 016973 43870 or by email at rebecca.holmes@family-action.org.uk

Bookstart Group

Come along and join in fun activities that will help your child develop a love of stories, songs books and rhymes.

This four week 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.

Each week you will receive lots of FREE resources and ideas to take away to support your child's learning and development.

North Allerdale Children's Centre, Wigton

Dates: Monday's 7th March – 28th March

Time: 10am – 11am

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

Emma Hetherington on 01900 810869 or by email at emma.hetherington@family-action.org.uk

Holly Stephenson on 01900 810869 or by email at holly.stephenson@family-action.org.uk



Stay and Play

Stay and play is a great way for you and your child to meet new people and make new friends in a gentle and relaxed atmosphere. All parents, grandparents and carers and their children under five are welcomed these sessions where you can access friendship, play and educational activities and support.

Sessions will include a range of free-play, messy play, arts and crafts, healthy snacks, outdoor play and story and song time.

Sessions will take place at:

West Allerdale Children's Centre - Maryport

Date: 1st & 3rd Monday in the Month

Time: 10am to 11.30am

West Allerdale Children's Centre - Flimby

Date: 2nd & 4th Monday in the Month

Time: 1pm – 2.30pm

Derwent Valley Children's Centre – Keswick

Date: 1st & 3rd Wednesday in the month

Time: 10am – 11.30am

Derwent Valley Children's Centre – Cockermouth

Date: 2nd & 4th Wednesday in the month

Time: 10am – 11.30am

North Allerdale Children's Centre - Wigton

Date: 1st & 3rd Friday in the Month

Time: 10am to 11.30am

North Allerdale Children's Centre - Silloth

Date: 2nd & 4th Friday in the Month

Time: 10am – 11.30am

Workington Children's Centre

Date: Fridays from 11th January (Term Time Only)

Time: 10am to 11.30am

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

Jordan Huddart on 01900 810869 or by email jordan.huddart@family-action.org.uk
or

Holly Stephenson on 01900 810869 or by email holly.stephenson@family-action.org.uk

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

Rebecca Holmes on 016973 43870 or by email rebecca.holmes@family-action.org.uk

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

Jordan Huddart on 01900 810869 or by email jordan.huddart@family-action.org.uk

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

Emma Hetherington on 01900 810869 or by email emma.hetherington@family-action.org.uk



Services For Children



Happy to be Me

The aim of this programme is to develop children's self-esteem through a 5 week programme called 'Happy to Be me'. It increases interaction, communication skills, awareness of own 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.

We deliver our Happy to be Me sessions in local schools across Allerdale so for further information or if you would like this delivered in your school please contact us on 07815687287 to find out more.

Busy Builders

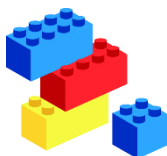
Our Brick Club is based on LEGO® therapy and is around collaborative play in which children work together to build LEGO® models. The aim of the group is to help children to develop social interaction skills in a friendly, fun setting. Children will be able to practice key skills of collaboration, joint attention, sharing, turn taking, eye contact, communication, social problem-solving and compromise all whilst having fun and building some amazing models. Suitable for children ages 6-10 years.

Sessions will take place at:

Workington Children's Centre

Dates: Mondays 10th January to 28th March

Time: 3.30pm-5.00pm



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

Kim Broatch on 01900 604822 or by email kimberley.broatch@family-action.org.uk
or Joanne Dixon on 01900 604822 or by email joanne.dixon@family-action.org.uk

West Allerdale Children's Centre

Dates: Thursdays 13th January to 31st March

Time: 3.30pm to 5.00pm

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

Marie Dixon on 01900 810869 or marie.dixon@family-action.org.uk or
Sarah Scott on 01900 810869 or by email sarah.scott@family-action.org.uk



Drawing & 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 children age 5+ and is delivered on an individual basis.



Wishes and Feelings

Wishes and Feelings is an 8-week programme, which supports children's emotional wellbeing. This is delivered through a range of different activities, discussions, and games. The sessions are based on the child's individual needs and covers topics such as: worries, feelings and emotions, self-esteem, bullying and friendships. This 8 week programme can be delivered to children as part of a group or on an individual basis.



Risk and Resilience

A nurturing group for children aged 8-12 years which aims to develop their own feelings of self-worth and confidence, building on their talents and skills enabling them to have an increased sense of belonging and develop aspirations for the future. The sessions look at building positive relationships with peers and improving their emotional resilience and wellbeing.

Choose to Cope

Choose to Cope is an 8 week programme which is aimed at children aged 8 - 11 years who may be experiencing a number of different issues at school and home and who tend to worry about issues that are out of his/her control. They may be feeling sad and upset but are not sure why and tend to find it hard to concentrate and can easily become distracted, fidgety, or restless. It is also a valuable programme for children who already have positive levels of anxiety skills to learn essential 'personal power' tools that they will be able to draw upon for their lifetime.

For more information on any of the above services please contact us on 07815687287



Recovery Toolkit for Children



The Children and Young People Domestic Abuse Recovery Toolkit is an 8 week programme for any young person that has witnessed or experienced domestic abuse and feel able to take part in a group.

The aim of the Children and Young People Domestic Abuse Recovery Toolkit is to help children and young people to become experts in their own recovery, allowing them to understand that they are not responsible for what has happened to them and for them to understand that they are not blamed for actions or decisions taken at the time of domestic abuse and to help them come to terms with their experiences.

This programme is specifically for children who are no longer living with the abusive parent and is suitable for children aged 8 years and over.

For further information, please contact us on 07815687287



The Decider Skills sessions, through teaching a variety of skills, will help you to:

- Recognise your own thoughts, feelings, and behaviours
- Recognise how to monitor and manage your own emotions and mental health.

The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family. Sessions are suitable for children aged 7-11 years.

Sessions will take place:

Workington Children's Centre

Dates: Thursdays 13th January to 10th February

Time: 4.00pm to 5.00pm

Derwent Valley Children's Centre, Cockermouth

Dates: Thursdays 24th February to 24th March

Time: 4.00pm to 5.00pm



IT WILL PASS



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

Kim Broatch on 01900 604822 or by email kimberley.broatch@family-action.org.uk or
Lewis Oldfield on 01900 604822 or by email lewis.oldfield@family-action.org.uk

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 behaviors so that they can respond differently. 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, exploring feelings, parenting styles, communication and what behaviour is telling us, temper tantrums and what they might mean, sleep patterns and behavioral difficulties.

Sessions will take place:

Workington Children's Centre

Date: Wednesdays 12th January to 30th March

Time: 10am to 12pm

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

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

Rob Notman on 016973 43870 or by email robert.notman@family-action.org.uk or

Rebecca Farrell on 016973 43870 or by email rebecca.farrell@family-action.org.uk

Solihull - 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 and use the code WORDSWORTH

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 and support to access other agencies.

Domestic Abuse Recovery Toolkit

The Domestic Abuse Recovery Toolkit is a 12 week programme for women who have experienced and are recovering from domestic abuse. Your own strengths, resources and coping skills and resilience are reinforced throughout the programme, contributing to your own health and wellness on a long-term basis.

For further information, please contact
Linzi Hall on 07815686894 or by email at linzi.hall@family-action.org.uk

Kinship Carers Support



Each Kinship caring arrangement can be very different so if you are in this situation and need any support, information or advice please contact us for an informal chat. We can help support you so that you better equipped to undertake the many aspects of your caring role, best meet the needs of the children in your care.

For further information and support, please contact
Alison Cain 07815686911 or by email at alison.cain@family-action.org.uk

Any Man Can

A 12-week early intervention group programme for Dads, Dads-to-be or young men to prevent concerning behaviour from escalating to domestic violence or abuse.

This programme is intended to specifically work with two cohorts of men;

- Men whose attitudes, beliefs and behaviours are being noticed by others and that cause concern.
- Men who are previously unknown to services but their behaviour is seen as problematic

Following the programme;

- Men will have a better understanding of how their behaviours impact upon their Partner and children
- Men learn skills and strategies to manage their own emotions

For further information and support, please contact
Alison Cain 07815686911 or by email at alison.cain@family-action.org.uk

Food 4 You

Are you stuck with making the same recipes day in day out and are you looking to change your weekly menus for something new and tasty but can't decide what to make? If so, let us help you!! We can provide a virtual cooking session featuring many recipes which are low cost, healthy and quick and easy to make. You can follow the session along in your own home at whatever time of day you choose and you can enjoy the recipes over and over again. All ingredients will be provided for the recipe you choose and Freya will check in with you to see how you enjoyed it.



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

Freya Bullock on 016973 43870 or by email freya.bullock@family-action.org.uk

Money Matters Workshop

Managing your money and making the most of it throughout your life is an invaluable life skill and one that it is never too early or too late to develop. Being on top of your money can set you up for a happier, more fulfilled life. It can help you achieve your goals and aspirations, and it can help you feel more in control and more confident towards whatever life throws at you.

Our face-to-face workshops are available for people of all ages and at all stages of life. They focus on helping people to develop the skills, knowledge, attitudes, and behaviours they need to manage their money well.

Sessions will take place:

North Allerdale Children's Centre

Date: Wednesday 2nd March

Time: 09.30 to 10.30am



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

Michelle Dobinson on 01900 810869 or by email michelle.dobinson@family-action.org.uk or

Natalie Heskett on 01900 810869 or by email natalie.heskett@family-action.org.uk

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.

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.

For further information please contact

Emma Moorhead on 01946 823896 or by email
allderalevolunteers@family-action.org.uk



Family Line

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 correct 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. <https://cadas.co.uk/> 03001114002



Are you worried about a family members alcohol or drug use?
Would you like to support them to make positive changes?

We can help.
CADAS has a range of support options to support you or a member of your family.
Contact us on 0800 254 5658 or visit cadas.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.citizensadviceallerdale.org.uk> 01900 604735

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/>

Mind offers support with mental health. <https://cemind.org/> or 0300 123 3393

North Lakes Foodbank 01900 823854 or 07502311452

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