

# Family Action Carlisle

## Winter Newsletter

Welcome to our Winter newsletter! This newsletter will outline all the services that we have planned between January and March, but please keep an eye on our Facebook where we will advertise any future services. Don't hesitate to get in touch if you have any questions or need any further advice or support – we are here to help!



**Prebooking for our sessions is still essential so we can manage numbers and follow Covid procedures.**

### **CONTACT US**

**By phone:**

07734 003 789

**By Facebook:**

[www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

**By email:**

[carlisle@family-action.org.uk](mailto:carlisle@family-action.org.uk)

**Morton Child and Family Support Hub**

Wigton Road  
Carlisle  
CA2 6JP  
**01228 223 417**

**Petteril Bank Child and Family Support Hub**

Burnett Road  
Carlisle  
CA1 3BX  
**01228 596 773**

**Longtown Child and Family Support Hub**

Mary Street  
Longtown  
CA6 5UF  
**01228 791775**

## Services for pregnancy, birth and early years

### Let's Get Ready: Baby, Birth and Beyond

Our 5-week Solihull antenatal support group covers a range of topics around birth, labour, preparation for birth, relationships and infant brain development. This group is suitable for expectant parents and their families, and the next group will be held over **Zoom** on Mondays from 1:00pm – 2:30pm starting 24<sup>th</sup> January

For more information or to book a place, please contact:

- Sarah at **07815 686 809** or [sarah.briggs@family-action.org.uk](mailto:sarah.briggs@family-action.org.uk)
- Linda at **07971 951 686** or [linda.watson2@family-action.org.uk](mailto:linda.watson2@family-action.org.uk)



### Breastfeeding Peer Support Group

This group provides an opportunity to meet other parents and get support and advice about breastfeeding. Join us every Tuesday morning from 11:00am - 12:00pm in **Morton**.

For more information or to book a place, please contact:

- Lindsey at **07815 686 835** or [lindsey.russell@family-action.org.uk](mailto:lindsey.russell@family-action.org.uk)
- Zeta at **07816 087 114** or [zeta.setchell@family-action.org.uk](mailto:zeta.setchell@family-action.org.uk)

### Buggy Walk

**Newtown:** Meet at 2:00pm on Wednesdays for a walk around Heysham Park

- Contact Kim at **07816 087 111** or [Kimberley.jones@family-action.org.uk](mailto:Kimberley.jones@family-action.org.uk)

**Morton:** Meet at 10:00am on Tuesdays for a walk around Chance's Park

- Contact Lindsey at **07815 686 835** or [lindsey.russell@family-action.org.uk](mailto:lindsey.russell@family-action.org.uk)



### Bump and Baby and Mini Buddies

Bump and Baby is designed for expectant parents or parents to a baby up to 6 months and Mini Buddies is suitable for toddlers up to 2 years. This group provides a great opportunity to meet and chat with people in a similar position, learn more about relevant topics and provides activities and a space for little ones to explore.

**Petteril Bank:** Bump and Baby and Mini Buddies on Wednesdays from 1:30pm – 2:30pm

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

**Newtown:** Bump and Baby and Mini Buddies on Wednesdays from 1:00pm – 2:00pm

- Contact Kim at **07816 087 111** or [Kimberley.jones@family-action.org.uk](mailto:Kimberley.jones@family-action.org.uk)

**Longtown:** Bump and Baby and Mini Buddies on Tuesdays from 10:30am – 11:30am

- Contact Linda at **07971 951 686** or [linda.watson2@family-action.org.uk](mailto:linda.watson2@family-action.org.uk)

Mini Buddies Plus (2 - 3 years) on Tuesdays from 2:00pm – 3:00pm

- Contact Jen on **07816 086 774** or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

**Brampton:** Bump and Baby (0 - 6 months) on Thursdays from 1:00pm – 1:45pm

Mini Buddies (6 months to 2 years) on Thursdays from 2:00pm – 3:00pm

- Contact Jen on **07816 086 774** or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

### Baby Massage

Baby Massage has a lot of benefits for both parent and baby, as it can improve sleep, provide relief from various pains and help both parent and baby to relax. Through this 5-week course, you will also gain a deeper understanding of your baby and enjoy some quality time together.

**Belah:** Mondays from 10:00am – 11:00am starting 10<sup>th</sup> January

**Petteril Bank:** Thursdays from 10:30am – 11:30am starting 27<sup>th</sup> January

- Contact Jen on **07816 086 774** or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

### Music and Movement

Music and Movement is a fun and interactive group for parents and children aged 1 - 5 years, perfect for toddlers who love to move and sing. This will develop your child's speech, language and communication skills. We have two 6-week courses starting in this period.

**Longtown:** Fridays from 10:00am – 11:00am starting 28<sup>th</sup> January

**Petteril Bank:** Mondays from 10:00am – 11:00am starting 7<sup>th</sup> March

For more information or to book a place, please contact:

- Contact Jen on **07816 086 774** or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

### Bookstart

Through Bookstart, we will share our tips to promote early language development, early literacy skills and how to bring books alive. We will be bringing these sessions to toddler groups and play groups across Carlisle. If you are interested in having us in your group or would like to find out more, please contact **07734 003 789**.

### Time Together

Time Together is a play session for children with additional needs aged 0 - 5 years and their parents. This provides an opportunity for parents to chat with other families that are in a similar situation and to ask questions and get tips from experienced professionals.

**Harraby:** Tuesdays from 11:00am – 12:00pm.

- Contact Gemma at **07815 686 694** or [Gemma.king@family-action.org.uk](mailto:Gemma.king@family-action.org.uk)

**Newtown:** Mondays from 1:00pm – 2:00pm starting 17<sup>th</sup> January

- Contact Catriona on **07971 759 152** or [catriona.johnston@family-action.org.uk](mailto:catriona.johnston@family-action.org.uk)
- Contact Rachel on **07815 688 932** or [rachel.mccormick@family-action.org.uk](mailto:rachel.mccormick@family-action.org.uk)

**Longtown:** Wednesdays 1:30pm - 2:30pm starting 26<sup>th</sup> January

- Contact Catriona on **07971 759 152** or [catriona.johnston@family-action.org.uk](mailto:catriona.johnston@family-action.org.uk)
- Contact Jen on **07816 086 774** or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

### Home Based Play

Home Based Play will support families with children aged 0 – 4 years. Our practitioners will give you tips, advice and ideas for parents and children to get the most from play and to boost your child's learning and development. For more information, please contact us on **07734 003 789**.

### Portage

Our Portage service supports pre-school children with additional needs and their families. 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 learning through play. For more information, please contact us on **07734 003 789**.



## Services for children and young people

### Wishes and Feelings

Wishes and Feelings is an 8-week 1:1 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. For more information, please contact us on **07734 003 789**.

### 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 for anyone age 5+. For more information, please contact us on **07734 003 789**.

### Choose to Cope

Choose to Cope is an 8-week course designed for children aged 6 - 9 years who are experiencing anxiety and worries. Through this, children will learn a variety of coping skills which will improve confidence, self-worth and resilience. Our next group will start on Tuesday 11<sup>th</sup> January. For more information or to book a place, please contact us on **07734 003 789**.



### Children's DART

We offer an 8-week Recovery toolkit for children aged 8+, delivered as a small group. This programme is suitable for children and young people who have experienced Domestic Abuse and are no longer living with conflict in the home. The toolkit helps young people to understand that they are not responsible for what has happened to them and to come to terms with their experiences. For more information, please contact us on **07734 003 789**.

### Decider Skills



Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This 6-week course can be delivered to children, young people and their families individually or as part of a group. For more information or to book a place on our next group, please contact us on **07734 003 789**.

### Happy to be Me

Happy to be Me is an 8-week group for children aged 5 – 8 years that promotes positive self-esteem through a variety of activities and discussion. Our next group will start on Monday 24<sup>th</sup> January. For more information or to book a place, please contact us on **07734 003 789**.

### Time for Us and Time for Me

These 7-week courses will promote health and wellbeing while discussing topics such as self-care, sleeping, exercise, eating and achieving goals. Time for Us is designed for parents and children aged 5 – 11 years, and Time for Me is designed for young people aged 11 – 19 years. For more information, please contact us on **07734 003 789**.



### Y7UP

Y7UP is a service for young people aged 11–19 years who have a worry or problem and are not sure where to go for help. Please contact us to find out more:

- Phone us: **07547 953971**
- Email us: [Y7upcity@family-action.org.uk](mailto:Y7upcity@family-action.org.uk)  
[Y7uprural@family-action.org.uk](mailto:Y7uprural@family-action.org.uk)

## Services for parents

### Solihull Approach

Solihull Parenting is a 10-week course that will help you to understand your child's behaviour, which can improve confidence and self-esteem for both parent and child. This group is suitable for parents with children of all ages, and we also run a separate group for parents of children with additional needs. For more information or to book a place on one of our groups, please phone us on **07734 003 789**.

### Domestic Abuse Recovery Toolkit

Our DART sessions support those who have experienced and are recovering from Domestic Abuse. The sessions will help you to become stronger, build your self-esteem and confidence as well as look at building healthy positive relationships. For more information about the support we can offer, phone us on **07734 003 789**. If you or someone you know is in immediate danger, please call **999**.



### 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 / environmental factors, behaviour management, safety, relationships / attachment, support to access other agencies e.g. substance misuse, domestic abuse, mental health and learning difficulties. For more information, please phone us on **07734 003 789**.

### Solihull Drop In



Our Solihull drop-in sessions are a space where you can ask questions and get practical advice on parenting, relationships and understanding your child's development and behaviour. Join us on **Zoom** from 10:00am – 11:00am on Monday 10<sup>th</sup> January, Monday 7<sup>th</sup> February and Monday 14<sup>th</sup> March.

For more information or to book a place, please contact:

- Carol Anne at **07815 686 700** or [carolanne.burrows@family-action.org.uk](mailto:carolanne.burrows@family-action.org.uk)
- Emma at **07815 686 711** or [emma.wilson@family-action.org.uk](mailto:emma.wilson@family-action.org.uk)

### Sensory Processing Workshop

Would you like some 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 workshop. For more information, please contact Katrina on **07816 087 116** or [Katrina.blenkharn@family-action.org.uk](mailto:Katrina.blenkharn@family-action.org.uk)

### Money Matters

Would you like informal advice and guidance about your finances? We can refer you to a practitioner who can give advice and information on all things money, from benefits to budgeting to finding jobs and training. For more information, please phone us on **07734 003 789**.

### Information and Advice

We can arrange one off information and advice sessions to support you with a number of topics. This might include emotional and mental health, healthy lifestyles, play and child development, positive parenting or domestic abuse. For more information, please phone us on **07734 003 789**.

## Volunteer for us!

Volunteers play a large role in what we do here at Family Action, and we are always looking for more volunteers to support our services. As a volunteer, you will gain valuable skills and experience while making a real difference to the lives of children, young people and families.

### What's in it for you?

- gain experience
- improve your CV
- make new friends
- access training and qualifications
- ongoing supervision and support
- increase self-confidence
- make a difference in your community

### Our roles

#### Perinatal Peer Support Volunteer

Provide emotional support to new or expectant parents who are experiencing mental health illnesses.

#### Breastfeeding Support Volunteer

Support parents to make an informed choice on how to feed their child and provide friendly practical assistance with breastfeeding.

#### Play and Learning Group Volunteer

Support delivery of fun and engaging activities to parents and children aged 0-5 which will promote learning and development.

#### Families and Young People Group Volunteer

Support delivery of group activities and interventions for parents and children aged 5-19 which will promote confidence, resilience and help them manage their emotions.

To find out more, please visit our website:  
<https://www.family-action.org.uk/get-involved/volunteer/>



### Solihull Online Course

The Solihull programme will help you understand your child's development and behaviour and promotes positive emotional health and wellbeing. This online course can be completed in your own time, and there are courses suitable from pregnancy to 19 years and translated in a wide range of languages. To access this, visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code WORDSWORTH

### Family Line

Family Action's Family Line is a FREE helpline, providing befriending, advice and counselling services for all members of the family over the age of 18.

**Available:** 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)

**Visit:** [www.family-action.org.uk/familyline](http://www.family-action.org.uk/familyline)

A live chat is also available on our website.

## Other agencies that may help you

**Citizens Advice Bureau Carlisle and Eden Districts** is an independent charity set up to provide free, impartial and confidential advice on almost any subject.

<http://www.cac-e.org.uk/>

**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/>

**Carlisle Carers** provides free, confidential information and advice for carers.

<https://www.n-compass.org.uk/our-services/carers/carisle-carers>

**Cumbria Law Centre** is a community organisation offering free legal advice and representation (prioritising those on a lower income). <https://www.cumbrialawcentre.org.uk/> or **01228 515129**

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

**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

**Spiral** is an anti-bullying charity that supports young people in Cumbria.

[www.spiralcumbria.org.uk](http://www.spiralcumbria.org.uk) or **01228 642 640**

**First Step** provides free, talking therapies to adults (18+) in North Cumbria.

<https://www.cntw.nhs.uk/services/first-step/> or **0300 123 9122**

**Counselling Directory** helps you find a local counsellor or therapist to suit your needs.

<https://www.counselling-directory.org.uk/>

**Gateway 4 Women** offers a variety of support for women. <https://gateway4women.com/>

**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**

**Period Poverty North Cumbria** is a community project providing free sanitary protection for those who are struggling. <https://www.periodpovertynorthcumbria.co.uk/>

**Child Bereavement UK** gives support about grieving and loss

<https://www.childbereavementuk.org/>

**Carlisle Community Help** has set up a network of hubs across the city that provide affordable food to those who need it. <https://www.carlislecommunityhelp.co.uk/>

To find your nearest **food bank**, visit <https://www.cumbria.gov.uk/welfare/foodbank.asp>

**Focus Family Employment Advisers Adele Aitken and Vicky Norwood** can help with looking for work, volunteering, training course and benefit advice. Please email any queries to [focus.family@cumbria.gov.uk](mailto:focus.family@cumbria.gov.uk)