



# Newsletter Friday 3rd May 2024

Kingmoor Nursery and Infant School

Open Reading Session



On Monday 13th May, we will be having one of our open reading sessions in school. Parents/carers are invited to come in and join their child/ren with reading and enjoying a book in the classroom.

Reception, Year 1 and 2 parents can come in from 3pm until 3:25pm. Nursery parents are invited in from 9am until 9:30am and 2:30pm until 3:00pm.

## Uniform Ordering

If you require Nursery or Infant School uniform for next academic year, please order through EDUSPOT by 31st May to ensure delivery to school before the end of this school year. A further order will be placed in July but this will not arrive in school until September.

If you require a password reminder for Eduspot please contact the school office.

## CFM - Hunger Poverty Pot



**Thank you to everyone for your donations for hunger poverty pot, we raised £130.**

Every child in school enjoyed a cup cake on Thursday and Reception have been enjoying their cupcakes in the sunshine!







## Class Photographs



The photographs are now available to view using the QR codes that came home with your child earlier this week. Please ensure you order direct and by 17th May to receive free delivery to school.

## Safer Road Crossing



<https://www.newsandstar.co.uk/news/24276947.residents-protest-carlisle-safer-crossing-busy-road/>

## In Nursery this week.....

The nursery children have started their learning about growth and life cycles. This week they have planted their own runner beans - we can't wait to harvest them in the summer.









## Online Safety Newsletter - May 2024



Kingmoor Nursery and Infant School



Knowsley City Learning Centres

Online Safety Newsletter
May 2024

### Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here: <https://smartphonefreechildhood.co.uk>

You may feel your child does need a phone, particularly if they are walking home by themselves but there are alternatives to the smartphone, including a watch, which are listed here: <https://smartphonefreechildhood.co.uk/alternatives>

If your child already has a smartphone then Internet Matters have a section on their website with advice on smartphone safety: <https://www.internetmatters.org/set-up-safe/>



### Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:

- Social media (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes)
- Cyberbullying
- Seeing inappropriate content
- Constantly connected/information overload
- Excessive screentime
- Negative impact on our sleep



**Further information**

- Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-and-advice/digital-wellbeing/>
- The NSPCC provides further information about mental health including signs to look out for and how to get further support: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

### WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone', which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here: <https://www.bbc.co.uk/news/articles/cv04z8n1p9o>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.05.24.

## Digital Addiction

Are you worried that your child is addicted to being online/on their device? Recent research from Ofcom reported that "34% of parents of children aged 3-4 said it was hard to control it, rising to half (49%) of parents of children aged 16-17".\*\* Bark have produced a blog which discusses what addiction is, how to recognise the signs and examples of what digital addiction can look like. You can find the blog here:  
<https://www.bark.us/blog/digital-addictions/>

[\*Source:  
<https://www.ofcom.org.uk/research-and-data/media-literacy-research/children-and-parents-media-use-and-attitudes-report-2024>, accessed 24.4.24]



## Misinformation online

There is a lot of information online that is incorrect/fake or misleading and it can sometimes be difficult for adults to distinguish between what is true and what is fake, never mind for younger people. We need to develop digital literacy skills in our children by encouraging them to think critically about what they read online and to fact check. Both the BBC and Channel 4 have fact checking areas on their websites:

- [https://www.bbc.co.uk/news/reality\\_check](https://www.bbc.co.uk/news/reality_check)
- <https://www.channel4.com/news/factcheck/>

One way to start the conversation would be to play a game such as "Can you spot the signs of fake news?" from the BBC.  
<https://www.bbc.co.uk/bitesize/articles/zwfm8hw>

### Further information

- <https://saferinternet.org.uk/online-issue/misinformation>



## Online Gaming Safety Tips For parents/carers of neurodivergent young people

Internet Matters have published guidance outlining the benefits and risks of online gaming and how you can support your neurodivergent child. You can read the guide here:  
<https://www.flipsnack.com/internetmattersorg/guidance-for-parents-of-neurodivergent-gamers-internet-matters/full-view.html>

## Encountering violent online content starts at primary school.

New research commissioned by Ofcom reported that "all children who took part in the research came across violent content online, mostly via social media, video-sharing and messaging sites and apps. Many tell us this is before they have reached the minimum age requirement to use these services."

You can read more about Ofcom's findings here:  
<https://www.ofcom.org.uk/news-centre/2024/encountering-violent-online-content-starts-at-primary-school>

## Talking about online toxicity

Vodafone have published an article highlighting research which shows that "69% of preadolescent boys have encountered misogynistic content online". This article discusses how to approach this issue with your child and what to do if they start repeating negative views seen online.  
<https://www.vodafone.co.uk/newscentresmartliving/digital-parenting/how-to-talk-to-your-teenage-sons-about-online-toxicity/>

## Talents & Achievements

Thank you for sharing your achievements with us this week, well done!





## Attendance

The attendance in school this week and was 94.6%

## Makaton



<https://sway.cloud.microsoft/w5PXudnDj3e3HYDh#content=ppBmJ3Msc29CbM>

1 - Washing hands - rub hands together



<https://sway.cloud.microsoft/w5PXudnDj3e3HYDh#content=i62Gt0valOAqXL>

2 - Toilet - whole hand cross body, touch middle down

Have a go at our collection of really useful Makaton signs.

[www.bbc.co.uk](http://www.bbc.co.uk)

## Stars of the Week!

**This half term our Learning power is 'Collaboration'**



Nursery Stars: Amber Zachary Erin Tilly Evan

Lunchtime award: Seb Sofia Yasmin

Class 1 Star: James R

Lunchtime award: Henry P

Class 2 Star: Blake

Lunchtime award: Anagha S

Class 3 Star: Wyatt

Lunchtime award: Seb I-S

Class 4 Star: Summer

Lunchtime award: Jack D

Class 5 Star: Ella

Lunchtime award: Joshua M

Class 6 Star: Lola

Lunchtime award: Finley C

Class 7 Star: Callie

Lunchtime award: Lucas C

Class 8 Star: Alice

Lunchtime award: Samara W

Class 9 Star: Kendall

Lunchtime award: Mark S

## Term Dates

Monday 6 <sup>th</sup> May	Bank Holiday – School Closed	
Monday 13 <sup>th</sup> May	Open reading session in school – Reception, Year 1 & Year 2	3pm
	Open reading session in school – Nursery	9am & 2.30pm
Tuesday 14 <sup>th</sup> May	RAF STEM Challenge Day – Year 2	
Friday 24 <sup>th</sup> May	Last day of term	
Monday 3 <sup>rd</sup> June	First day of term	

## Menu for week commencing 6th May 2024

	Choice 1	Choice 2	Pudding
Monday	<b>Pork Meatballs or Tomato Pasta</b> served with tomato & basil sauce, pasta, garlic bread & salad	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Vanilla Ice Cream</b> or <b>Fresh Fruit or Yoghurt</b>
Tuesday	<b>Pepperoni or Cheese &amp; Tomato Pizza</b> served with wedges & baked beans or mixed salad	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Shortbread</b> or <b>Fresh Fruit or Yoghurt</b>
Wednesday	<b>Roast of the Day (beef) or Vegetable Sausage</b> Local roast beef, roast potatoes, Yorkshire pudding, carrots & peas and gravy	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Golden Crispies</b> or <b>Fresh Fruit or Yoghurt</b>
Thursday	<b>Bacon &amp; Cheese Pasta Bake or Macaroni Cheese</b> served with garlic bread & sweetcorn	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Sticky Toffee Pudding, Toffee Sauce &amp; Cream</b> or <b>Fresh Fruit or Yoghurt</b>
Friday	<b>'Fishy Friday' or Cheese Whirls</b> served with chips and baked beans	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Apple, Cheese &amp; Biscuit</b> or <b>Fresh Fruit or Yoghurt</b>

Parents, please remember to order your child's lunch by Sunday night at the latest as you are unable to book lunches on the day.

## Information



### One minute guide to...

#### Whooping Cough (Pertussis)

**What is it?**  
In recent years, cases of whooping cough (pertussis) have risen sharply across the UK. It is a serious disease caused by a bacterial infection in the lungs or breathing tubes that causes long bouts of coughing and choking, making it hard to breathe. The 'whoop' noise is caused by gasping for breath after each bout of coughing. Young babies and children are most at serious risk from whooping cough and so it is very important for this age group to be vaccinated against the disease.

**Symptoms:**  
The first signs of whooping cough are similar to a cold, such as a runny nose and sore throat.  
After about a week:

- bouts of coughing last for a few minutes and are worse at night. This cough may last several weeks or months.
- 'whoop' sound (a gasp for breath between coughs) can be heard especially in infants.
- difficulty breathing after coughing. Infants may turn blue/grey; adults may be very red in the face.
- bringing up a thick mucus that can cause vomiting.

**What to do if you or your child has symptoms:**

- NHS recommends to either call your GP (as it spreads so easily) for advice.
- [Check symptoms on 111 online](#) (for children aged 5 and over) or call 111 (under 5yrs).
- Go to A & E or Call 999 if your child has difficulty breathing, chest pain, is grey/blue in colour or has a seizure (fit).

**Treatment:** Depends on your age and the length of time of infection. Under 3 weeks antibiotics will be given to prevent spread (but symptoms may still be present)

**How to ease symptoms (once advice/treatment has been given):**

- get plenty of rest.
- drink lots of fluids
- take [paracetamol](#) OR [ibuprofen](#) (not together if under 16yrs) to relieve discomfort

**STAY OFF SCHOOL, WORK OR NURSERY UNTIL 48 HOURS AFTER STARTING ANTIBIOTICS, OR 3 WEEKS AFTER YOUR SYMPTOMS STARTED WITH NO ANTIBIOTIC TREATMENT.**

**Vaccination:**

- Get vaccinated during pregnancy – this provides antibodies for protection of your baby during the first few weeks of life when whooping cough is most serious.
- The vaccine (Boostrix IPV that also contains diphtheria/ tetanus/polio and whooping cough) is available from your GP/midwifery team and may be offered it at a routine antenatal appointment from around 16 weeks of your pregnancy. Don't forget to discuss with your midwifery team if you have not been offered it.
- The earliest your baby can receive the vaccine themselves is at two months, as newborn babies do not respond well to the vaccine (and they need 3 doses). Breastfeeding alone will not protect your child from whooping cough before their first injection, as not enough immunity is passed in the breast milk to your baby

**Further Information:**  
NHS: <https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>  
UKHSA: <https://www.gov.uk/government/publications/resources-to-support-whooping-cough-vaccination/whooping-cough-vaccination-in-pregnancy-guide>  
Guide developed by Education IPC, Public Health & Communities



Working for Cumberland Council and Westmorland & Furness Council



## 15 hours free childcare for Working families of 9 months old

Check if you're eligible!

[www.gov.uk/apply-free-childcare-if-youre-working](https://www.gov.uk/apply-free-childcare-if-youre-working)

Visit the webpage or scan the QR code to apply.

From September 2024 eligible working parents of children 9 months old will be able to access 15 hours of free childcare.

Each parent, and any partner would need to be working and earning the equivalent of 16 hours a week at national minimum/living wage (at least £167 per week) and be under £100,000 net income per year.



SCAN ME

### When to apply

Child is eligible on or before	Child can start	Best time to apply
31 December	January	15 October - 30 November
31 March	April	15 January - 28 February
31 August	September	15 June - 31 July

### How you can use your free childcare

You can use up to 15 hours of free childcare per week for 38 weeks of the year (during school term time). Some childcare providers offer stretched hours over more weeks if you use less than 15 hours per week.

### What you need to know

Remember to reconfirm your eligibility every 3 months. If you apply more than 3 months before the term starts, you'll have to reconfirm your eligibility in your account to keep your code valid.

### Childcare Choices

Childcare choices <https://www.childcarechoices.gov.uk/>

Use the online childcare calculator to find out how you can save on your childcare and support that is available.

[cumberland.gov.uk](https://cumberland.gov.uk)

## An Audience with Robbie Dee

A rare opportunity to get to know the man behind the microphone with all profits going to Cash for Kids

**Thursday, 25th July at Harraby Theatre, Carlisle**  
7.00 – 9.00pm (doors 6.30pm) | Tickets £12 each

in aid of



**cashforkids**

Scan to get tickets





3 - Summer Charity event - Tickets £12 – with all profits going to Cash for Kids Hunger Pot.

Call Liz GM on 01228 537831

[www.ticketsource.co.uk/harraby](http://www.ticketsource.co.uk/harraby)

<https://planetradio.co.uk/greatest-hits/charity/events/an-audience-with-robbie-dee/>

*A rare opportunity to see and meet Robbie Dee behind the microphone.*

Sell Your Unwanted Bargains | Come Grab A Bargain

**INDOOR**

**TABLE TOP SALE**

**Saturday 11th May 2024**

St James' Parish Centre | St James' Road | Carlisle | CA2 5PD

**1pm- 2.30pm**  
**£1 entry | Kids free**

£6 per table (Bring a friend - 2 tables £10)  
Tables and chairs included  
Set-up from 12.30pm | Selling from 1pm

Book a table call: Claire- 07940652711



Follow us: "Table Top Sales Carlisle" for future events

# Bedwetting - Online supportive presentation for all Parents & Carers

Public  
Health  
5-19

Tuesday 7<sup>th</sup> May 1.30pm-2.30pm

Is your child still wet at night?  
If yes, don't worry, this is quite normal.  
Many children become dry at night soon after they  
become dry in the day but for others it can be much  
later.



Join the Public Health nurses to get some top tips  
on getting your child dry at night.

Delivered via MS Teams

Meeting ID: 342 217 218 786 Passcode: LFqFmS



If you would like to have an appointment to  
discuss your child 1:1 with a nurse please book  
into our weekly E-School Nurse clinic.

To book an appointment ring

**01228 603973 Mon-Fri 8-4pm**

If you would like more information or be emailed the meeting link please email:  
[E-SchoolNurse@ncic.nhs.uk](mailto:E-SchoolNurse@ncic.nhs.uk)

Safe, high quality care every time



0 – 19 Child and Family Support Services - Carlisle



## Spring 2024 Newsletter



Welcome to our Spring newsletter which will detail the services that we are providing between April to June.  
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

By email: [Carlisle@family-action.org.uk](mailto:Carlisle@family-action.org.uk)

On Facebook: [www.facebook.com/CarlisleSupport](https://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

Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## 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:**  
Starting: Tuesday 16<sup>th</sup> April  
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)

### NEW! Breastfeeding Monthly Drop ins

This is a new opportunity to drop in and see us! For anyone needing help and support with breastfeeding or thinking about breastfeeding and would like more information, our UNICEF trained staff are available for advice, support and encouragement.

Drop-ins will run once a month, around different venue's

**Newtown Child and Family Centre, 19-21 Shadygrove road, CA2 7LE:**  
Monday 15<sup>th</sup> April 1:00pm – 2:00pm  
*(Please note this is the third Monday, due to a number of Bank holidays in April)*

**Upperby Primary School, Uldale road, CA2 4JT:**  
Monday 13<sup>th</sup> May 1:00pm – 2:00pm

**The Belah Community Centre, Briar Bank, CA3 9SR:**  
Monday 10<sup>th</sup> June 1:00pm – 2:00pm

**For more information please contact:**

Joanna on 07815 686 830 or [joanna.mckenzie@family-action.org.uk](mailto:joanna.mckenzie@family-action.org.uk) or  
Lindsey on 07815 686 835 or [lindsey.russell@family-action.org.uk](mailto:lindsey.russell@family-action.org.uk)

## 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:

**Newtown Child and Family Centre, 19-21 Shadygrove road, CA2 7LE:**  
Monday 15<sup>th</sup> April 2:00pm – 3:00pm  
*(Please note this is the third Monday, due to a number of Bank holidays in April)*

**Upperby Primary School, Uldale road, CA2 4JT:**  
Monday 13<sup>th</sup> May 2:00pm – 3:00pm

**The Belah Community Centre, Briar Bank, CA3 9SR:**  
Monday 10<sup>th</sup> June 2:00pm – 3:00pm

**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)  
Fiona on 07977 635 514 or [fiona.irving@family-action.org.uk](mailto:fiona.irving@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.*

## 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

## 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.

Our sessions will recommence from Monday 15<sup>th</sup> April 2024:

**Pop along and join us.**

These groups are FREE and no booking is required.  
These sessions run during term time only.

### Petteril Bank Child and Family Centre:

Mondays 1:00pm – 2:30pm

For more information, please contact:

Katya on 07815 686 711 or [katya.thomlinson@family-action.org.uk](mailto:katya.thomlinson@family-action.org.uk)

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

### Longtown Child and Family Centre:

Tuesdays 10:00am – 11:30am

For more information, please contact:

Katya on 07815 686 711 or [katya.thomlinson@family-action.org.uk](mailto:katya.thomlinson@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:

Fridays 10:00am – 11:30am

For more information, please contact:

Kirsty on 07815 688 932 or [kirsty.lowry@family-action.org.uk](mailto:kirsty.lowry@family-action.org.uk)

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



Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## NEW Bump and Baby Social

Our NEW 'Bump and Baby Social' has now been running for 3 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 will recommence on Thursday 18<sup>th</sup> April 2024:

**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> and 25<sup>th</sup> April, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> May 10:00am – 11:00am

### Harraby Community Centre, Edgehill road, CA1 3SN:

Thursday 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> June and 4<sup>th</sup> July 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

Etaine on 07816 086 564 or [etaine.harty@family-action.org.uk](mailto:etaine.harty@family-action.org.uk)

## 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

Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## Music and Movement

Music and Movement is a free interactive session for children and families aged 0-5 years. Children can have fun and develop skills through singing, dancing and moving to the beat! This session is for parents/carers and their children to enjoy together, allowing participation by all.



### At Brampton Community Centre

Union Lane, Brampton, CA8 1BX  
Starting Thursday 25<sup>th</sup> April 1:30pm – 2:30pm  
(Running for 5 weeks)

Booking is essential as spaces are limited.



#### For more information contact:

Catrina on 07971 759 152 or [catrina.johnston@family-action.org.uk](mailto:catrina.johnston@family-action.org.uk) or  
Kirsty on 07815 688 932 or [kirsty.lowny@family-action.org.uk](mailto:kirsty.lowny@family-action.org.uk)



## Sensory Processing Workshop

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 23<sup>rd</sup> April 7:30pm – 8:30pm  
Thursday 25<sup>th</sup> April 1:30pm – 2:30pm

#### To book a place contact:

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



## Sensory Rooms

We have Sensory Rooms in our Children's Centres at Morton and at our Harraby 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. Only Morton and Harraby Sensory rooms are currently available. We hope to have availability at Newtown again soon, we will update any new information on our Facebook page. Longtown are currently having a 'NEW' Sensory room fitted. Details of opening information etc will also be on our Facebook page, so keep a look out.

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

**Morton** – available on Friday afternoons for bookings and inductions  
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 for bookings and inductions  
Lydia on 07971 759 520 or [lydia.noble@family-action.org.uk](mailto:lydia.noble@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



For more information contact:

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

## Introducing 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.

Get information on:

- Weaning your baby on to solid foods
- Signs your baby is ready for solids
- Encouraging healthy eating habits
- Foods to look out for
- Portion sizes

Wednesday 17<sup>th</sup> April 1:30pm - 2:30pm

Petteril Bank Child and Family Centre, Burnett Road, Carlisle, CA1 3BX

Wednesday 5<sup>th</sup> June 1:30pm – 2:30pm

Belah Community Centre, Briar Bank, CA3 9SR

To book your place please contact:

Claire on 07816 087 115 or [claire.ford@family-action.org.uk](mailto:claire.ford@family-action.org.uk) or  
Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)



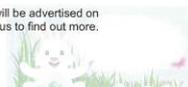
Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## Bookstart

Come along and join our Bookstart sessions which will include information and advice for parents and carers and fun activities that will help your child develop a love of stories, songs, books and rhymes. This 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.

Future dates and venues will be advertised on our Facebook page or call us to find out more.



## Home Based Play

Home based play will support families with children aged 0-4 years old. Our practitioners will give tips, advice and ideas for parents and children to get the most from play to boost your child's learning and development. If this is a service you think may benefit your child then please contact us on: 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 to enable children to achieve through their play-based learning. Please contact us on: 07734 003 789 to get more information on this service and how we could support you with this.



National Portage Association  
Partners with Parents and Children

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Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)



## 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+.

## 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, is delivered in collaboration with speech and language therapy, occupational therapy, early years team and children's learning and disabilities team.

## 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 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. The course runs for 5 weeks with a further follow up session 6 weeks later.

## Services for Children

Please note: All of these services are on a referral basis.  
Please contact our Single Point of Access to make a self-referral.  
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+.

## 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, discussion and games. The sessions are based on the child's individual needs covering topics such as worries, feelings and emotions, self-esteem, bullying and friendships. Suitable for children aged 6+.



## 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.

## Choose to Cope



Choose to Cope is a programme which is aimed at children aged 8 - 11 years. Your child may be experiencing a number of different issues that cause them distress. They may be feeling upset but are not sure why. They may find it hard to concentrate and become fidgety or restless. Your child will learn essential 'personal power' tools that they can use throughout their life.

## Online Safety

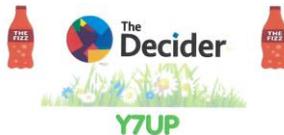
Our online safety information will prepare you and your child for the potential dangers that exist in the current social media climate. We have resources and information packs available to parents on how to keep their children and young people stay safe online. Age range 5 to 11 year olds' and 11 to 17 year olds.

Contact us on 07734 003 789 for more information



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



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.

For more information or to book, please contact your children's school directly:

This can be done by your child or by the parent/carer.



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Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## Holiday **FREE** Activities

### Family Action FUNDAY Family events

These events are for the whole family.

Booking is not required for any of these sessions, just drop by

#### Easter Holiday FUN Day Session

Morton Child and Family Centre:  
Wigton Road, Carlisle CA2 6JP  
Tuesday 2<sup>nd</sup> April 1:00pm - 4:00pm

Please contact Stef on: [Stefanie.mcknight@family-action.org.uk](mailto:Stefanie.mcknight@family-action.org.uk)



#### Spring Holiday Session

Longtown Children's Centre:  
Mary Street, Longtown CA6 5UF  
Wednesday 10th April 1:00pm - 4:00pm

Please contact Longtown directly: 01228 791 775

#### May Carnival Themed Holiday Session

Botcherby Community Centre:  
Victoria Road, Carlisle CA1 2UE  
Wednesday 29th May 1:00pm - 4:00pm

Please contact Stef on: [Stefanie.mcknight@family-action.org.uk](mailto:Stefanie.mcknight@family-action.org.uk)



#### May Holiday Session

Longtown Children's Centre:  
Mary Street, Longtown CA6 5UF  
Tuesday 28th May 10:00am - 12:00pm

Please contact Longtown directly: 01228 791 775

Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## 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.

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



## Volunteering

### Could you be a Volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869. 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.

For more information visit our website:

<https://www.family-action.org.uk/get-involved/volunteer/>

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

Stef on 07816 087 111 or [stefanie.mcknight@family-action.org.uk](mailto:stefanie.mcknight@family-action.org.uk)



Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

## Services for Parents/Carer

### Solihull

#### Solihull - Understanding your Child!

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, 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

#### Solihull – Online Course - 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](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.

Registered Charity Number: 264 713

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

### 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-a.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