



Newsletter Friday 19th April 2024

Kingmoor Nursery and Infant School

Welcome back

Welcome back to our Summer term! We have been busy planning many wonderful and exciting learning opportunities for our children. This is the final term for our Year 2 pupils and we have already started to plan a range of transition opportunities with Kingmoor Junior School. These will be spread over the term and there will be chances for children to visit and meet their new teachers in the final part of the school year. Please can I ask that Year 2 parents check tapestry for more information about changes to end of Year 2 Statutory Assessments.

At the start of the term we finally took control of our kitchen from Orian. We want to thank parents for their understanding and support as we move to yet another online lunch system. Hopefully now it is through EDUSPOT it will be easier in one place. By bringing the kitchen in house we hope to be able to provide better quality meals and have more control over the menus and ingredients. To aid transition we have kept most aspects of the menus the same but will now be reviewing our suppliers, recipes and nutritional content.

Thank you again for parents continued support of our school. Please be reminded that we can help with a range of family support and please just get in touch if you need to.

Mrs N. Corfield

Headteacher

SCHOOL LUNCHES

Dear Parents



Thank you to all our parents for persevering with our change to EDUSPOT for ordering your child's school meals.

It has been a big change for the children and we would ask parents to remind their child each day what has been ordered for their school meal that day and we will continue to remind them of their choices prior to lunchtime.

We will be looking at the school puddings currently provided and try and replace some with more healthy alternatives in the coming weeks.

School meals can now be ordered several months in advance so if your child mainly has the same meals each week this can be completed by parents at their convenience.

We would ask parents, where possible, to continue to select packed lunch if their child is bringing in one from home or if they are absent from school. This ensures that no meals are wasted. Parents should note that school does offer a cold option of freshly made sandwiches everyday, ham or cheese.

Can parents please remember to CHECKOUT when meals are selected this doesn't mean you have to pay as school meals are free.

Thank you for your continued support to school.

Nursery Curriculum Overview Summer 1

Nursery – Summer 1 – What are we learning this half term?		
Our learning power this half term is Collaboration		
Personal, Social and Emotional Development This half term we will be: <ul style="list-style-type: none"> In PHSE (JIGSAW) we will be focusing on relationships. We will learn about how to how to make friends, try to solve friendship problems when they occur, help others to help part of a group, show respect to how they treat others, know how to help themselves and others when they feel upset and hurt and know and show what makes a good relationship. Be able to work with and negotiate with others during key person collaborative tasks and during provision. Able to understand how others feel, being able to consider other people's needs showing empathy. Able to show independence around self-care and safety. 	Literacy Phonics: Phase 2: RWI- learning Set 1 sounds <ul style="list-style-type: none"> able to know and say the sound for the letters taught so far begin to learn the formation for the letter sounds taught so far. be able to orally blend. able to join in with shared writing experiences and contribute ideas able to develop a deeper understanding of events by talking about stories and suggest how a story might end. 	Understanding of the World This half term we will: <ul style="list-style-type: none"> Be learning about the change in season, comparing spring and summer. We will be noticing spring changes within our environment, exploring changes in the Nursery garden including bulb flowering. Use our class Calendar to anticipate and reflect on events coming up or that have past. Developing our vocabulary (Today, tomorrow, this week, past, last month, in summer, in spring) Observing animals, nests, caterpillar eggs, plants etc and learning how to talk about some concepts of growth through these observations.
Physical Development This half term we will be: <ul style="list-style-type: none"> To be able to use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor for a short period of time. To develop fine motor skills- dominant hand, holding pencil with comfortable grip with good control. We will be focusing on writing the pre-writing shapes. To develop gross and fine motor skills so that they can be increasingly independent when getting dressed and undressed managing tasks such as putting on and slipping up their own coat. To be able to experiment with wide range of small equipment to build hand and finger strength and hand and eye co-ordination. 	Maths This half term we will be learning to: <ul style="list-style-type: none"> begin to describe a sequence of events, real or fictional, using words such as 'first', 'then'. Understand position through words alone for example, "The bag is under the table," with no pointing. compare quantities using language: 'more than', 'fewer than'. talk about and explore 2D and 3D shapes (for example, circles, rectangles, triangles and cubes) using informal and mathematical language: 'sides', 'corners', 'straight', 'flat', 'round' Develop their mathematical vocabulary. 	Expressive Art and Design This half term we will <ul style="list-style-type: none"> Developing our Art Processes through collaboration and reflection. create closed shapes with continuous lines and begin to use these shapes to represent objects. use playdough and plasticine to sculpt specific ideas We will begin to talk about the colour and shapes in different pieces of art. We will express our likes and dislikes about different paintings/designs/sculptures. We will know that illustrators are artists. We will learn to sing the pitch of a tone sung by another person ('pitch match') We will learn to sing the melodic shape (moving melody such as up and down, down and up) of familiar songs.
Communication and Language This half term we will be <ul style="list-style-type: none"> To be able to join in and perform different songs and rhymes singing words confidently and clearly. To be able to express their point of view to debates with friends who may disagree. To be able to converse in conversations with an adult or peer for many turns. To know and use talk to organise themselves and others in collaborative play. To be able to continue to talk about stories, story settings, characters and story structures. To know new vocabulary from texts read to them. 		

Reception Curriculum Overview Summer 1

Reception – Summer 1 – What are we learning this half term?		
Our learning power this half term is Collaboration		
Personal, Social and Emotional Development This half term we will be <ul style="list-style-type: none"> Using Emotional ABCs to help us learn ways to deal with our own emotions. Learning how to work with others, developing the skills of collaboration. Thinking about how others may be feeling and why. Learning about how to be a good friend and how to deal with falling out. 	Literacy This half term we will be <ul style="list-style-type: none"> Continuing to learn phonics through our Read Write Inc sessions. These lessons are across the unit in mixed class groupings. Writing explanations to explain the reasons behind an action. Writing our own stories. Labelling and writing captions to support our understanding of new and familiar stories. 	Understanding of the World This half term we will be <ul style="list-style-type: none"> Learning about habitats. Thinking about Woodlands and where minibeasts live. Learning the features of a rainforest and where to find them in the world. Learning to identify and discuss polar animals. Learning how we can help reduce climate change through reusing and recycling.
Physical Development This half term we will be <ul style="list-style-type: none"> Establishing a secure tripod grip when using a pencil and forming our letters correctly. Continuing to develop our scissor skills. Taking part in team games. Children will develop their expressive movement through the topic of 'everyday life' They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback. 	Maths This half term we will be <ul style="list-style-type: none"> Learning the numerical pattern within numbers to 20 and beyond. Building numbers beyond 10 and deepening our understanding of teen numbers. Matching, manipulating and rotating shapes. Composing and decomposing shapes. Consolidating addition and subtraction within numbers to 10. Learning to make and continue more complex patterns. 	Communication and Language This half term we will be <ul style="list-style-type: none"> Using the word 'because' to explain our understanding and reasons. Applying new vocabulary in our speech. Using 'hot seating' to find out more about a character. Retelling new and familiar stories.
		Expressive Art and Design This half term we will be <ul style="list-style-type: none"> Printing using different tools. Using recycled materials to make models. Reviewing our own work, reflecting on how we can make improvements. Learning to sing 'Big Bear Funk' and to be able to perform this along with choreography. Using the provision to build a narrative and explore storytelling. Using percussion instruments and playing different notes on a glockenspiel.

Year 1 Curriculum Overview Summer 1

Year 1 – Summer 1 – What are we learning this half term?		
<p>PSHE – Relationships This half term we will be looking at different family members and why they are important as well as recognising and appreciating people who help us.</p>	<p>English – This half term we will be learning how to write informal letters and the features of a letter. We will write a letter to persuade a friend to help to save the rainforest, which is linked to our book in reading—'There's a Rangtan in my bedroom.' We will be learning about rhyming words and repeated phrases to create a poem. Using interesting adjectives to be able to write setting descriptions.</p>	<p>Religious Education – Judaism and Shabbat We are learning to empathise with Jewish children by understanding what they do during Shabbat and why it is important to them.</p>
<p>Science – Revisiting animals and plants This half term we will be recapping the five groups of animals, their different features and what they eat. Then develop our knowledge of plants and trees by looking closely at what each part of a plant does and carry out experiments to see if a plant can grow without soil.</p>	<p>Our learning power this half term is Collaboration</p>	<p>History – Significant People We are continuing with comparing the lives of Mary Anning and David Attenborough and their life achievements. We are then going to be learning about the lives of Neil Armstrong and Mae Jemison and how and why they are significant.</p>
<p>Physical Education Invasion Games – This half term we will be learning how to play invasion games as well as looking at the fundamentals of movement by focusing on object control. Net and Wall - This half term we will be developing our racket skills and ball control.</p>		<p>Maths This half term we will be... Continuing to develop our understanding of place value to 50. Learning to count in twos and fives to 50. Comparing and measuring length and height and learning the correct vocabulary. Comparing and measuring weight and mass and learning the correct vocabulary. Developing our understanding of multiplication and division.</p>
<p>Music This half term we will be exploring emotions through music. We will describe how different musical pieces make us feel and learning how musical styles have changed through time.</p>		<p>Computing This half term we will be creating animated story books. We will learn how to input text using the keyboard and make our pictures become animated.</p>

Year 2 Curriculum Overview Summer 1

Year 2 – Summer 1 – What are we learning this half term?		
<p>PSHE- Relationships This half term we will be looking at different family members and why they are important as well as recognising and appreciating people who can help us.</p>	<p>English - This half term we will be writing non-chronological reports and a retelling of a simple narrative.</p>	<p>Religious Education This half term we will be learning about Islam and how Muslims achieve a sense of belonging through prayer.</p>
<p>Science – Plants This half term we will be... Observing and describing how seeds and bulbs grow into mature plants. We will find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.</p>	<p>We will be using our knowledge from our History sessions last half term to write a non-chronological report about Carlisle ensuring that we are using the correct tenses throughout.</p> <p>We will be learning how to describe characters and settings using noun phrases, similes and adverbs. We will be using different sentence types to write for impact.</p>	<p>Geography – Fieldwork and Mapping This half term we will be: Learning how to use simple compass directions and locational and directional language to describe the location of features and routes on a map.</p>
<p>Physical Education This half term we will be... Developing our throwing and catching skills, as well as hitting a ball using a racket. We will also be working with a Sports Coach on invasion games.</p>	<p>Our learning power this half term is Collaboration</p>	<p>Design and Technology- Food and Nutrition and Structures This half term we will be... Learning about why vegetables are so important for our health and also learning about what processed foods are.</p> <p>We will be designing and building a paper tower that is at least 50cm tall and will hold a 1kg weight.</p>
<p>Music This half term we will be experimenting with sounds using untuned instruments. We will be learning more about tempo and dynamics and how these influence a piece of music.</p>	<p>Maths This half term we will be... Learning how to find $\frac{1}{2}$, $\frac{1}{4}$ and $\frac{1}{3}$. We will also be learning about unit and non-unit fractions. We will be learning how to tell the time on a clock to the nearest 15 minutes.</p>	<p>Computing- Coding This half term we will be... Learning how to use simple algorithms, how to debug a program and how to code.</p>

Talents & Achievements

Well done to everyone who has shared their talents and achievements with us this week.



Emily – Class 6
Gymnastics Award



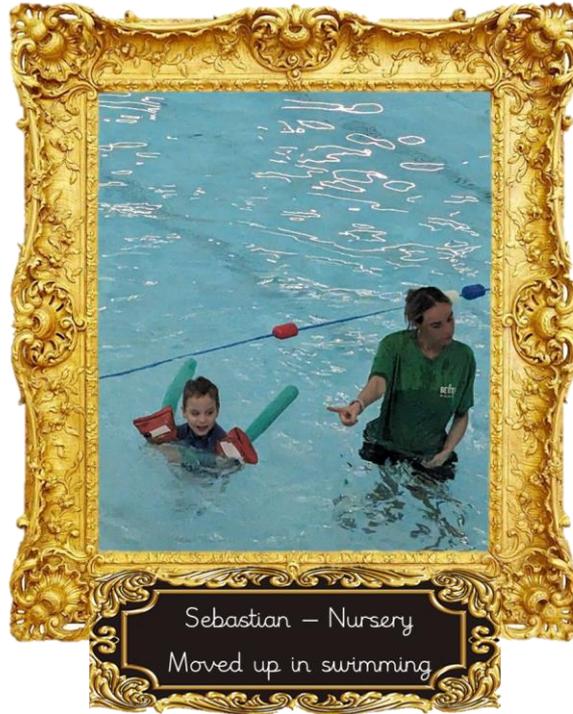
Oscar – Class 4
Karate medals



Felicity – Class 2
Gymnastics star of the month



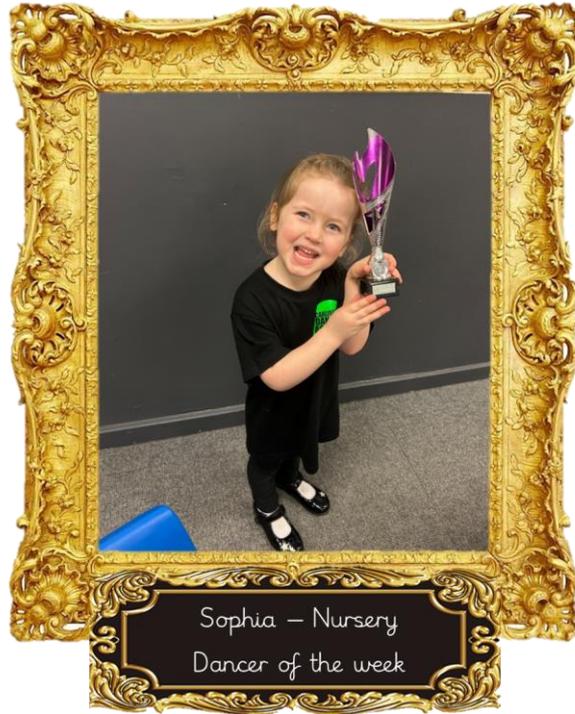
Harry – Class 9
Rugby man of the match



Sebastian – Nursery
Moved up in swimming



April – Class 1
Gymnastics award



Sophia – Nursery
Dancer of the week



Jayden – Class 4
Football medals

Attendance

This week attendance in school this week and was 95.5%.

Makaton



<https://sway.cloud.microsoft/0eZQvPMLiarINM3n#content=WuNRHuhW3M3UK1>

1 - What- index finger, wiggle slightly

Where- two flat hands palms up, small circular motions

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

www.bbc.co.uk

Stars of the Week!

This half term our Learning power is 'Collaboration'



Nursery Stars: Joshua Alfie Charlotte Archie

Lunchtime award: Orla Joey Ivy

Class 1 Star: Darcy

Lunchtime award: Myles G

Class 2 Star: Jake

Lunchtime award: Bethany M

Class 3 Star: Hassan

Lunchtime award: Maia F

Class 4 Star: Noah

Lunchtime award: Darius G

Class 5 Star: Quinn

Lunchtime award: Caleb S

Class 6 Star: Rosana

Lunchtime award: Jacob W

Class 7 Star: Zane

Lunchtime award: Issac L

Class 8 Star: Ollie

Lunchtime award: Seb S

Class 9 Star: Ryder

Lunchtime award: Archie Mc

Term Dates

Friday 26 th April	Class photographs being taken in school	
Monday 6 th May	Bank Holiday – School Closed	
Monday 13 th May	Open reading session in school – Reception, Year 1 & Year 2	3pm
	Open reading session in school – Nursery	9am & 2.30pm
Tuesday 14 th May	RAF STEM Challenge Day – Year 2	
Friday 24 th May	Last day of term	
Monday 3 rd June	First day of term	

Menu for week commencing 23th April 2024

1.	Choice 1	Choice 2	Pudding
Monday	Ham or Cheese & Tomato Pizza served with wedges & baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or fresh fruit or yogurt
Tuesday	Sausage (Pork) or Veggie Sausage served with creamed potato, sweetcorn & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or fresh fruit or yoghurt
Wednesday	Roast of the Day Ham or Quorn Fillet Local roast ham with Yorkshire pudding, roast potatoes, carrots & peas, and gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Beef Pasta Bolognese or Sweet Tomato Pasta served with Garlic Bread & Green Beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or Fresh Fruit or yoghurt

Parents, please remember to order your child's lunch on School Hub



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

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

Registered Charity Number: 264 713

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

0 – 19 Child and Family Support Services - Newsletter

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 16th 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 or
Lindsey on 07815 686 835 or 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 15th 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 13th May 1:00pm – 2:00pm

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

For more information please contact:

Joanna on 07815 686 830 or joanna.mckenzie@family-action.org.uk or
Lindsey on 07815 686 835 or lindsey.russell@family-action.org.uk

Registered Charity Number: 264 713

[Find out more at cumberland.gov.uk](http://cumberland.gov.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 15th 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 13th May 2:00pm – 3:00pm

The Belah Community Centre, Briar Bank, CA3 9SR:

Monday 10th 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

Fiona on 07977 635 514 or 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

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 15th 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

Sophie on 07816 087 116 or sophie.batchelor@family-action.org.uk

Loughton 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

Jennifer on 07816 086 774 or jennifer.moffat@family-action.org.uk

Newtown Child and Family Centre:

Fridays 10:00am – 11:30am

For more information, please contact:

Kirsty on 07815 686 532 or kirsty.lowry@family-action.org.uk

Sammy on 07815 686 762 or sammy.service@family-action.org.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 18th 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 18th and 25th April, 2nd, 9th, 16th, 23rd May 10:00am – 11:00am

Harraby Community Centre, Edgehill road, CA1 3SN:

Thursday 13th, 20th & 27th June and 4th July 10:00am – 11:00am

For more information please contact:

Sophie on 07816 087 116 or sophie.batchelor@family-action.org.uk or

Elaine on 07816 086 564 or elaine.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

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 25th 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 or
Kirsty on 07815 688 932 or kirsty.lowny@family-action.org.uk



Sensory Processing Workshop

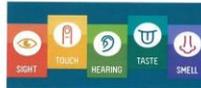
Would you like information on what sensory processing is and how this can affect your child? We will be sharing tips and advice on how to manage sensory processing behaviours in our online introduction to Sensory Processing.

Join us on Zoom:

Tuesday 23rd April 7:30pm – 8:30pm
Thursday 25th April 1:30pm – 2:30pm

To book a place contact:

Jennifer on 07816 086 774 or 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

Harraby – available all day on Thursdays for bookings and inductions
Lydia on 07971 759 520 or lydia.noble@family-action.org.uk

Registered Charity Number: 264 713

Find out more at cumberland.gov.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

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 17th April 1:30pm - 2:30pm
Petteril Bank Child and Family Centre, Burnett Road, Carlisle, CA1 3BX

Wednesday 5th 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 or
Jennifer on 07816 086 774 or jennifer.moffat@family-action.org.uk

Registered Charity Number: 264 713

Find out more at 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

Registered Charity Number: 264 713

Find out more at 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.

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

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.

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

Online Safety

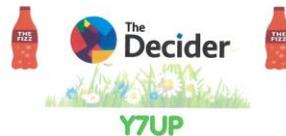
Our online safety information will prepare you and your child for the potential dangers that exist in the current social media climate. We have resources and information packs available to parents on how to keep their children and young people stay safe online. Age range 5 to 11 year olds' and 11 to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

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.



Registered Charity Number: 264 713

Find out more at 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 2nd April 1:00pm – 4:00pm

Please contact Stef on: 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



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

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

Website: www.family-action.org.uk

To contact us in a crisis out of hours Text FAMILIYACTION 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



Registered Charity Number: 264 713

Find out more at 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 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 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

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://cadass.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 515128

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 85256 if you need urgent help

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk