



Newsletter Friday 9th February 2024

Kingmoor Nursery and Infant School

Dangerous Driving & Parking

stop think



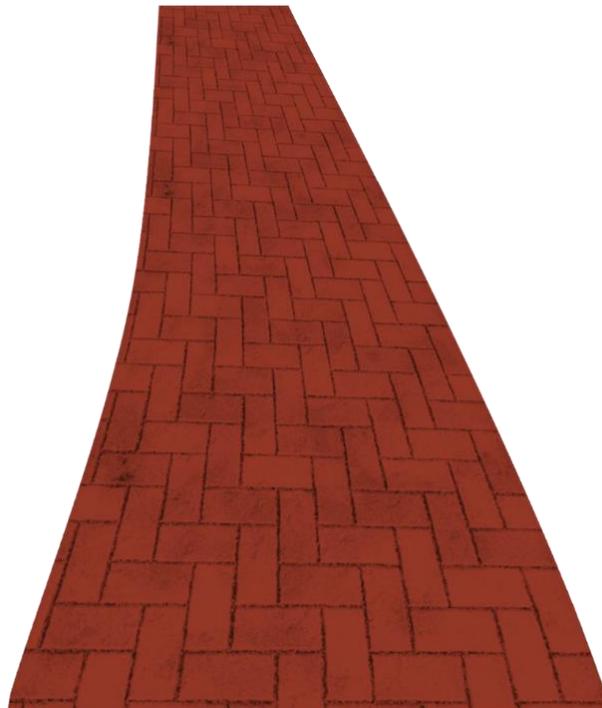


We have been made aware of dangerous driving around the estate and outside school.

Please be reminded to take care driving and watch out for pedestrians and also children, parents and carers on bikes or scooters especially around school drop off and pick up times. It is extremely busy outside school and we also ask that you park safely and courteously taking note of the signs outside school and the yellow lines and signs requesting that you do not park in certain areas. Please do not park on the grass verges and in the parking bays outside the shops.

Thank you for your consideration of others.

Pathway to school



We have heard back from the Council that the path at the rear entrance to school which is prone to flooding will be sorted, we are just waiting for a date. Thank you for supporting school.

Is your child poorly?

Where to go for help and advice:

We are working with the NHS to promote Cumbria's Healthier Together website. We have become Healthier Together Champions!

Healthier Together, a great place to find accurate and trusted NHS healthcare advice in the North East and North Cumbria.

All the information on this site has been checked by clinicians, to ensure we offer the best advice for parents, carers, young people and health professionals.

You can find parental advice on poorly babies and children and tips like should my child go to school/nursery today.

Download the app and link it to your GP surgery for each child.

<https://www.nenc-healthiertogether.nhs.uk>

Children's Mental Health Week



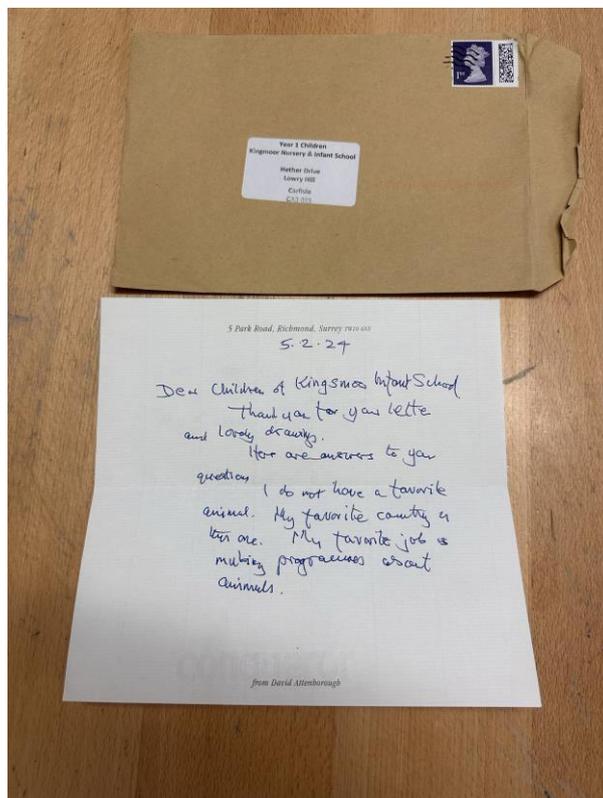
This week as part of Children's Mental Health Week the children have been looking after everyone's Mental Health. They have chosen different people in school who help them and presented a gift and picture they had drawn of them!

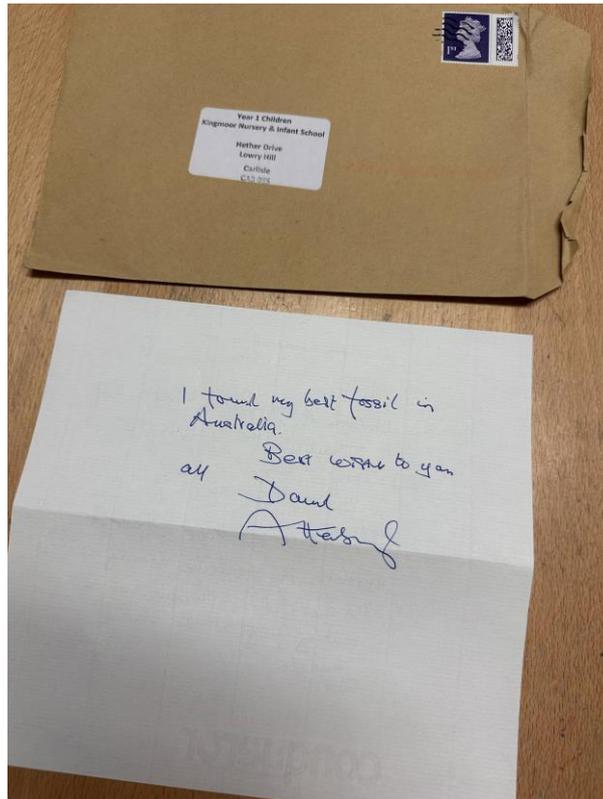
We had an assembly in school on Monday and Mrs Corfield spoke about being happy and talking about feelings.



Year 1 Excitement....

The year 1 children were very excited to receive a letter back from David Attenborough and so quickly. He answered all of our questions that we asked in our letters that we sent him!





In Nursery this week.....

Nursery have enjoyed climbing on the large outdoor climbing frame this week. We have worked on developing our core strength, balancing, and climbing skills, all whilst having lots of fun!







Wheelchair Basketball

On Monday All the children from Reception to Year 2 took part in wheelchair basketball. They had a great time and enjoyed the challenge of trying to keep hold of the basketball whilst manoeuvring the wheelchair.

















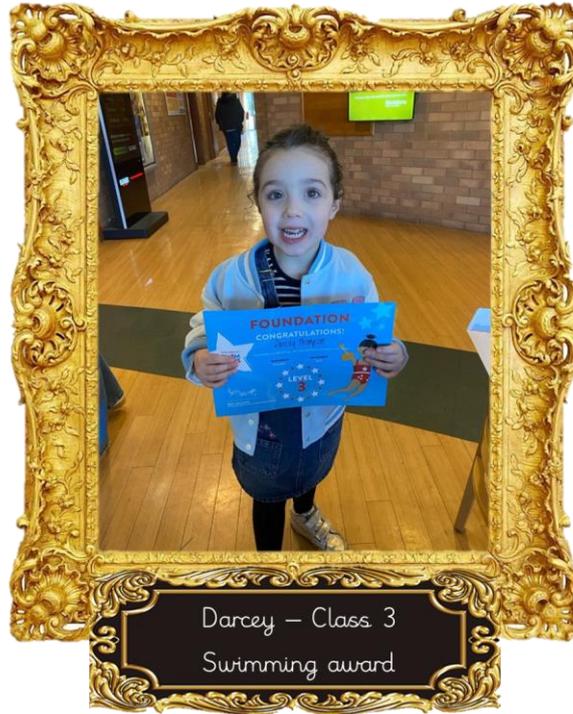
Safer Internet Day



The children have been learning about how to be safe on the internet in class this week.

Talents & Achievements

Well done children for your achievements this week, thank you for sharing them with us.



Darcey – Class 3
Swimming award



Lola – Class 6
Cheer Showcase

Attendance

Attendance in school this week was 94.8%.

Makaton



<https://sway.cloud.microsoft/E6wITsKzGwP3oL2A#content=imUSSxplqxCD55>

1 - Sit- one hand on top of the other, push down.

Stand- flat hands, palms up. Raise hands slightly upwards

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 'Learning to Learn'



Nursery Stars: Tommy A Tommy M Hayden W Joey S Alfie H

Lunchtime award: Finley H

Class 1 Star: Zara

Lunchtime award: James L

Class 2 Star: Eldon

Lunchtime award: Jorgie-Mae M

Class 3 Star: Matilda

Lunchtime award: Joseph H

Class 4 Star: Montana Bleu

Lunchtime award: Lillian Mc

Class 5 Star: Charlie

Lunchtime award: Quinn M

Class 6 Star: Luca

Lunchtime award: Taylor B

Class 7 Star: Grace

Lunchtime award: Phoebe K

Class 8 Star: Victor

Lunchtime award: Coby C

Class 9 Star: Loa

Lunchtime award: Bira A

Term Dates

Friday 9 th February	Last day of term	
Monday 19 th February	First day of term	
Thursday 7 th March	World Book Day - children can come to school in their Pyjamas and bring a favourite book.	
Monday 11 th March – Friday 22 nd March	Big Walk & Wheel	
Friday 15 th March	Comic Relief – Non uniform	

Menu for week commencing 19th February 2024

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

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

Information



Cumbria Fostering

Become part of Cumbria's biggest family

Find out about

Fostering

Open your heart and home to make a difference

Come along to our fostering information stand on **Friday 23 February** at the Lanes Shopping Centre, Carlisle from 12pm to 2pm

☎ **0300 013 2065**

cumbriafostering.org.uk

Working for Cumberland Council and Westmorland & Furness Council



Prom has become an important milestone for many of our young people as they leave school and look to the future. Some families may struggle to provide prom wear for many reasons.

We have come together with other agencies, local retailers and the community to offer a good selection of quality donated prom wear.

Referrals Process: Young people can be nominated through their school, support agencies, children's workforce, directly themselves or by friends and family members. They will then be invited to the event to choose items for their prom.

Please send a message via the You SALL Go To The Ball Facebook page.

The events will take place on
Sunday 17 March and Saturday 23 March 2024 between 11am until 1.30pm
at Well Suited, 4 Fisher Street, Carlisle, CA3 8RN

cumberland.gov.uk

You SALL Go To The Ball - Facebook @yousallgototheball
Well Suited - www.wellsuitedcic.com wellsuitedcic@gmail.com



**FUN & EXCITING SPORTS
CLASSES IN CARLISLE
& THE NORTH WEST!**



MINI MULTI SPORTS!

EXPLORE A DIFFERENT SPORT EVERY WEEK!

LET'S GO ON AN ADVENTURE...

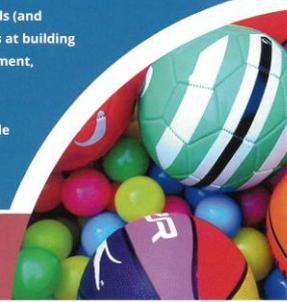
We'll visit the colourful jungle, and splash deep into the sea. We'll power up our rockets, and meet some aliens for tea. We'll be superheroes, race car drivers, jellybeans & more. We'll even make a **GIANT** ice cream with sprinkles galore!



Imagination plays a huge part in our Mini Multi Sports classes for ages 2 to 5. Your little one will learn the basics of basketball, football, lacrosse, t-ball and hockey through a series of fun games and exciting activities.

All equipment is designed to suit little hands (and feet), and our qualified coaches are experts at building skills & self-confidence through encouragement, feedback and plenty of high 5's!

We have classes taking place all over Carlisle and the surrounding area. Register quick, there are only 10 spaces in each class!



for full class details, or to register:
LittleHeroSports.com



MINI MULTI SPORTS

Ages: 3-5 years
Class size: 10 max
Series: 5-6 weeks
Cost: £5.50/session
Location: Various

- Basketball
- Football
- Lacrosse
- T-Ball
- Hockey

All of the fun and exciting sports listed above... with a little help from their favourite grown-up!

MINI MULTI SPORTS: PARENT AND ME!

Ages: 2-3 years
Class size: 8 max
Series: 5-6 weeks
Cost: £5.50/session
Location: Various



YOUTH BASKETBALL CLASSES

Ages: 8-17 years

Little Hero Sports proudly presents the Carlisle Warriors Youth Basketball Club.

Players will develop core basketball skills on a weekly basis in a motivated, high energy environment. Classes focus on refinement of shooting, passing, ball handling skills, defensive play and all important teamwork.

SPORTS PARTIES!

- Let's have a party to remember!
- Available for ages 4-10 years
 - Choose from multiple sports
 - A gift for birthday boy or girl
 - Goody bags for all guests
 - Custom invitation design
 - Scheduled time for cake
 - Facility on us!

Contact us for details!



full class details, registration and enquiries:
LittleHeroSports.com

or contact coach Gemma: 07703 588931. LittleHeroSports@gmail.com





Online Safety Newsletter February 2024

Setting up parental controls on your child's mobile

If you do not have the same mobile phone as your child, and therefore are unable to use Google Family Link or Apple Family Sharing, then you can set restrictions on your child's device instead.

Apple devices:

To set up restrictions on your child's device directly (rather than using an app) then follow the instructions on the link below:

<https://support.apple.com/en-us/HT201304>

The instructions will show you how to get to the settings on your child's phone and then how to set restrictions such as restrict content, schedule downtime, set time limits for apps. You will need to set a passcode - use a 6 digit numeric passcode* to ensure changes cannot be made after you have set them.

Android devices:

As with the above link, this link shows you how to set up parental controls on the device itself by creating a PIN:

<https://support.google.com/googleplay/answer/10757387#en-gb?ipynq=52C1or-family-members-who-manage-their-own-accounts>

PlayStation

Does your child have a PlayStation? If so, have you set up appropriate parental controls? Some examples of the parental controls available are:

- Set age restrictions,
- Set daily limits,
- Control chat and messaging,
- Set spend limits.



How can I block/report other players?

If your child is playing with other players, then please ensure they know how to report/block other players and to tell a trusted adult if they do come across anything upsetting or that they are unsure of. This link details how to do this based on the device they have:

<https://www.playstation.com/en-gb/support/account/block-players-psn/>

What games are suitable for my child?

PlayStation have included a list of games along with their age rating to help you find a game that may be appropriate for your child to play.

<https://www.playstation.com/en-gb/editorial/great-ps4-games-for-kids-and-families/>

Whilst age ratings do allow you to see if a game may be appropriate, it is also important to review the game yourself and see if it includes additional features such as chat. This will allow you to make an informed decision as to whether it is suitable and if you need to apply further parental controls.

Further information

You can find out more about the controls available here:

<https://www.playstation.com/en-gb/parental-controls/>

YouTube Shorts

You should be over 13 to post videos on YouTube. YouTube Shorts are short videos which are similar in format to videos you find on TikTok or Instagram Reels. 'Shorts' are available to watch on the YouTube homepage or on the Shorts tab in the app. As they are quick to watch, they can be addictive and lead to excessive screen time. If your child is watching these videos, ensure they know that there is a report button. The INEQUE Safeguarding Group discuss this feature in more detail here:

<https://ineque.com/2021/07/01/youtube-shorts-need-to-know/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.02.24.

Snapchat: new controls

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time e.g. 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.

You can find out more about Snapchat here: <https://parents.snapchat.com/en-GB>

Family Center: new features

Snapchat are expanding the features available to you in their Family Center, allowing parents to view:

- story settings: you will be able to see who your child is sharing their story with e.g. all their friends or a smaller group.
- contact settings: see who your child can be contacted by (by people they have added as a friend or their phone contacts).
- if your child is sharing their location with friends on the Snap Map.

In addition, you will be able to restrict the use of Snapchat's 'My AI.' You can find out more here:

<https://values.snap.com/en-GB/news/expanding-our-in-app-parental-tools-2024>

More information

The NSPCC provide further information about Snapchat, the risks involved with using Snapchat and tips to help keep your child safe if they are using Snapchat.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-snapchat-safe-for-my-child/>

At what age can my child start using social networks?

Internet Matters have produced this fantastic resource highlighting the minimum age limits for a variety of social media platforms as well as outlining the risks of being underage on social media. You can find out more here:

<https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking>

Reality Check from Parent Zone



Most VR Headsets have a minimum age recommendation of 13+ and VR games are rated by PEGI too so check their age rating/suitability.

Parent Zone, VoiceBox and Meta have created a series of videos explaining the safety and parental control tools available when using VR and how to have a conversation with your child about VR. Find out more here:

<https://parentzone.org.uk/realitycheck>

Online Safety advice for Early Years

Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those with children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources.

<https://www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/>

EE Learn

EE Learn includes an array of information and guidance on how to keep your child safe online, for example tips on how to help your child when they are online. Find out more here:

<https://ee.co.uk/80-more-with-ee/learn>



Sensory Top Tips Training

FREE training from an experienced specialist occupational therapist

Tuesday 26th March

7.30pm-8.45pm on Zoom

option to stay 8.45-9.30pm to ask questions



To book/reserve a place for your child or for more information please contact:

sophieswimhappy@gmail.com

instagram:swimhappy_

Facebook: SwimHappy

Mobile: 07759723193

SWIMMING LESSONS

-  STA QUALIFIED SWIMMING TEACHER
-  BABY AND PRE SCHOOL SWIMMING LESSONS
-  AFTER SCHOOL LESSONS FOR CHILDREN 4 YEARS AND ABOVE
-  SPACES AVAILABLE FOR CHILDREN WHO CAN SWIM UNAIDED BUT NEED TO IMPROVE THEIR TECHNIQUE
-  SMALL CLASSES OF 6 CHILDREN - BEGINNERS, INTERMEDIATE AND ADVANCED
-  LESSONS BOOKED IN BLOCKS OF 8 WEEKS
-  MESSAGE TO BOOK OR FOR MORE INFORMATION!

0 – 19 Child and Family Support Services - Carlisle



Winter 2023 Newsletter



Welcome to our Winter newsletter which will detail the services that we are providing between January and March.
Please keep an eye on our Facebook page where we will advertise any future services. 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

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 9th January
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

The Belah Community Centre:
Monday 8th January 12:30pm – 1:30pm

Petteril Bank Child and Family Centre:
Monday 5th February 12:30pm – 1:30pm

Longtown Child and Family Centre:
Monday 4th March 12:30pm – 1:30pm

For more information please contact:

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

Registered Charity Number: 264 713

Find out more at 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:



The Belah Community Centre:
Monday 8th January 1:30pm – 2:30pm

Petteril Bank Child and Family Centre:
Monday 5th February 1:30pm – 2:30pm

Longtown Child and Family Centre:
Monday 4th March 1:30pm – 2:30pm



For further information please contact:

Fay our Perinatal Coordinator on 07815 686 909 or fay.cardigan@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.



NEW

Bump and Baby Social



Our NEW 'Bump and Baby Social', will 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 in January 2024:

Pop along and join us.
These groups are FREE and no booking is required.

Morton Child and Family Centre:
Thursday 4th 11th 18th and 25th January 10:00am – 11:00am

The Belah Community Centre:
Thursday 1st 8th 22nd and 29th February 10:00am – 11:00am
Please note: There is no session running on the 15th

Petteril Bank Child and Family Centre:
Thursday 7th 14th 21st and 28th March 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

Music and Movement

Music and Movement is returning in 2024.

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 parent's/carer's and their children to enjoy together, allowing participation by all.

At The Belah Community Centre

Briar Bank, St Ann's Hill, Carlisle CA3 9SR
Starting Friday 19th January 1:30pm – 2:30pm
(Running for 6 weeks)

Booking is essential as spaces are limited

For more information contact:

Catriona on 07971 759 152 or catriona.johnston@family-action.org.uk or
Katya on 07815 686 711 or katya.thomlinson@family-action.org.uk



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 8th January 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:

Kirsty on 07815 688 932 or kirsty.lowry@family-action.org.uk
Sophie on 07815 087 116 or 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@familyaction.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



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 24th January 1:30pm - 2:30pm

At Newtown Child and Family Centre, Shadygrove road, CA2 7LD

Dates for February and March will be released soon and shared on our Facebook page.

To book your place please contact:

Claire on 07816 087 115 or claire.ford@family-action.org.uk or
Jodie on 07815 686 821 or jodie.scott@family-action.org.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 0-5 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.



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 6th February 7:30pm – 8:30pm
Thursday 8th February 1:30pm – 2:30pm

To book a place contact:

Jodie on 07815 686 821 or jodie.scott@family-action.org.uk



Sensory Rooms

We have Sensory Rooms in our Children's Centres in Newtown, Morton and at our Harraby site. The rooms have a range of sensory equipment to support your child aged 0-5 with their learning and development in a safe and comfortable environment. After an initial induction, 45 minute slots are available to book. All of our Sensory Rooms will be available to book from the week beginning the 8th January.

To book a slot and/or induction please contact:

Newtown – available on Mondays, Wednesdays and Fridays
Jodie on 07815 686 821 or jodie.scott@family-action.org.uk or
Lindsey on 07815 686 835 or lindsey.russell@family-action.org.uk

Morton – available on Friday afternoons
Sammy on 07815 686 762 or sammy.service@family-action.org.uk

Harraby – available on Thursdays
Sophie on 07816 087 116 or sophie.batchelor@family-action.org.uk
Harraby Inductions: Are available on the first Tuesday of each month (starting 9th January) with Sophie. NO need to book, just turn up. Please note this is an induction only.

Services for Children



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

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.



The Decider



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 a place,

please contact us on:

Phone: **07547 953 971** or

Email: Y7upcity@familyaction.org.uk



Lego Therapy



Our Brick 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 6+. Places by referral.

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.

February Half Term **FREE** Activities



Pancakes

FUNDAY Family events

Crafts

Longtown Children's Centre:
Mary Street, Longtown CA6 5UF
Tuesday 13th February 10:00am – 12:00pm

Newtown Children's Centre:
Shadygrove Road, Carlisle CA2 7LD
Wednesday 14th February 10:00am – 12:00pm

Petteril Bank Children's:
Burnett Road, Carlisle CA1 3BX
Friday 16th February 10:00am – 12:00pm



Booking is not required, but if you require more information:
Please contact 07734 003 789



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 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



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.

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://cades.co.uk/>

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

Child Bereavement UK gives support about grieving and loss <https://www.childbereavementuk.org/>

Childline will provide advice and support for young people. <https://www.childline.org.uk/>

Citizens Advice is an independent charity set up to provide free, impartial and confidential advice on almost any subject. <https://www.cac-e.org.uk/>

Counselling Directory helps you find a local counselling to suit your needs. <https://www.counselling-directory.org.uk>

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

E-School Nurse Video Clinics are held twice a week providing online health support and advice for parents, carers and professionals supporting children aged 5-19. <https://cumbria.gov.uk/ph5to19/priorities.asp> or 0300 30 34 365

Every Life Matters is a Cumbrian suicide prevention and suicide bereavement support charity. <https://www.every-life-matters.org.uk/>

First Step provides free talking therapies to adults in North Cumbria. <https://www.cntw.nhs.uk/services/first-step/> or 0300 123 9122

Focus Family can help with benefit advice, looking for work and training courses. focus.family@cumbria.gov.uk

Gateway4women offers a variety of support for women. <https://gateway4women.com/>

Happy Mums offer free mental health support groups for Mums and Mums-to-be. <https://www.happymums.org.uk/>

Mind offers support with mental health. <https://cemind.org/> or 0300 561 0000

Spiral Cumbria is an anti-bullying charity supporting young people in Cumbria. <https://www.spiralcumbria.org.uk> or 01228 642 640

Young Minds offers support for young people with their mental health. <https://youngminds.org.uk> or text YM to 85258 if you need urgent help



0 – 19 Child and Family support services - Carlisle

What's on!

All of our services are **FREE**

These sessions are for parents/carers and their children

JANUARY				
DAY	DATE	SESSION	TIME	VENUE
Thurs	4th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Mon	8th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Mon	8th	Breastfeeding Monthly Drop in	12:30 - 1:30	Belah CC
Mon	8th	Mums' Minds Matter	1:30 - 2:30	Belah CC
Tue	9th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	9th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	9th	Time Together	11:00 - 12:00	Harraby CC
Thurs	11th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	12th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	15th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	16th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	16th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	16th	Time Together	11:00 - 12:00	Harraby CC
Thurs	18th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	19th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	22nd	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	23rd	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	23rd	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	23rd	Time Together	11:00 - 12:00	Harraby CC
Thurs	25th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	26th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	29th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	30th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	30th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	30th	Time Together	11:00 - 12:00	Harraby CC

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk