



Newsletter Friday 13th December 2024

[Kingmoor Nursery and Infant School](#)

[Safer Parking](#)

This week Mrs Corfield met with Miss Robertson (Headteacher of KIS), Helen Davies (Councillor for Belah Ward) and Abbie Dodds (Traffic management team leader). Together they discussed the challenges for parents and residents with parking and safer travel.

Please support both schools and our community and be respectful of our local residents when you park and drive through the estate. We also have permission from Aldi and the Gosling Bridge for parents to use their car parks and walk to school.



Disco



1 - Disco

Last chance to book for the fundraising Disco next week - Thursday 19th December!

For Reception children this will be from 3.30pm - 4.30pm and will be held in the Reception building.

For Years 1 & 2 children, their disco will be from 5.30pm - 6.30pm in the school hall.

Children will enjoy a drink and packet of crisps at these events.

If you would like your child to come, please book by paying £5 on Eduspot by Monday 16th December at the latest.

Please note you are not able to book on the day, this must be done in advance, thank you.

Christmas Dinner



Fabulous traditional Christmas Dinner or Vegetarian Christmas Dinner will be next Wednesday 18th December.

Please be aware there will not be a sandwich alternative on this day.

Parental Course - sign up

Please see poster for details for a free Relaxation Course for parents in the New Year to be held in school. Please contact the office as soon as possible if you would like to join in.

MOVE PLAY STRETCH FEEL BREATHE BELIEVE RELAX

just relax

WELLBEING AND RELAXATION CLASSES FOR BUSY PARENTS

9:15-10:15 each week

13th Jan
20th Jan
27th Jan
3rd Feb
10th Feb

At Kingmoor Nursery and Infant School

Supporting wellbeing
relax Kids
SINCE 2000

Just Relax sessions may help:

- Improve sleep
- Reduce stress and anxiety
- Boost self esteem
- Aid concentration
- Reduce anger and frustration
- Improve your physical, mental and emotional wellbeing

Join us for our Just Relax wellbeing and relaxation classes for busy parents

- Take time out just for yourself without interruption
- Learn relaxation and mindfulness techniques to share with your family
- Be in a space where you can "be" rather than "do"
- Treat yourself to some inner calm and feel the stress melt away
- Boost your wellbeing and happiness
- Approach chaotic times in a calmer manner

For more information:

Contact
admin@kingmoor-inf.cumbria.sch.uk
01228 558892



Reception & Year 1 Christmas Performances.....

How wonderful the Reception and Year 1 children were for their Christmas Productions this week! We are so proud of them and they sang beautifully, it was lovely to see parents and carers enjoying their performances.











Christmas Event

It was wonderful to see so many families coming to support the Christmas Window Wander and Christmas Event last night, what a huge success.







Also a big Thank You to all the children who created some wonderful Christmas Crafts, here are some of the entries and well done to the winners!





The windows all looked amazing!




Young Enterprise

Over the last few months the children have been working on a Social Enterprise project through Bright Stars. They have learned about the business world. Our business partners were Nestle, supporting sustainability and promoting how to be sustainable at home! Nestlé.



Poppy Appeal - Thank you!



Thank you for your support


Your support has made a real difference to those in the Armed Forces community.

To find out more about how your donation helps, please visit rbl.org.uk/poppyappeal

To KINGMOOR INFANTS SCHOOL

Thank you for supporting the Royal British Legion Poppy Appeal.

Together we raised £208.65p



ROYAL BRITISH LEGION

Reception 2025 applications

Reminder: Please ensure you complete the application form (either online or paper copy from the school office) if your child is due to start Reception in September 2025. The the deadline is 15th January 2025.

Link: <https://www.gov.uk/schools-admissions>



Cumberland Council

Parents/carers are responsible for applying for a school place by **15 January 2025**

Starting School
 Children born between
1 September 2020
 and **31 August 2021**
 can start school in **September 2025**



























You can apply online at: www.cumberland.gov.uk
 or contact: 01228 221582
 or email school.admissions@cumberland.gov.uk

cumberland.gov.uk

Makaton

Makaton Advent Calendar!

Makaton Advent Calendar

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st  Snowman	2nd  Christmas Tree	3rd  Sleigh	4th  Family	5th  Stars	6th  Happy	7th  Bells
8th  Pudding	9th  Winter	10th  Jesus	11th  Reindeer	12th  Holiday	13th  Presents	14th  Church
15th  Donkey	16th  Stable	17th  Candles	18th  Angel	19th  King	20th  Cake	21st  Robin
22nd  Turkey	23rd  Toys	24th  Sleep	25th  Christmas Day	26th  Father Christmas		

Attendance

This week attendance in school had been 93.7%, we have had a few children poorly over the last week and hope everyone feels better soon.

Stars of the Week!

This half term our Learning power is 'Imagining'



Nursery Stars: Oliver W Dacie B Isaac T-C Brandi B

Lunchtime Award: Blake D Logan S Lara C Sofia H-S

Class 1 Star: Ahmed

Lunchtime Award:Joey S

Class 2 Star: Evan

Lunchtime Award: Lola A

Class 3 Star: Asia

Lunchtime Award: Esmail H-W

Class 4 Star: Harper

Lunchtime Award: Maia F

Class 5 Star: Wyatt

Lunchtime Award: Rosie B

Class 6 Star: Lander

Lunchtime Award: Alice B

Class 7 Star: Hope

Lunchtime Award: Jaxson B

Class 8 Star: Rosana

Lunchtime Award: Louis M

Class 9 Star: Oscar

Lunchtime Award: Frankie Q

Calendar Dates

Monday 16 th December	Christmas Performance (PM) – Year 2	2.30pm
Tuesday 17 th December	Christmas Performance (AM) - Year 2	9.30am
Wednesday 18 th December	Christmas Dinner Day	
Thursday 19 th December	Disco – Reception	3.30pm-4.30pm
Thursday 19 th December	Disco – Year 1 & Year 2	5.30pm – 6.30pm
Friday 20 th December	Christmas Jumper Day	
Friday 20 th December	Last Day of Term	
Tuesday 7 th January 2025	First Day of Term	

Menu for week commencing 16th December 2024

	Choice 1	Choice 2	Pudding
Monday	Crispy Chicken or Veggie Burger served with potato wedges, carrots & sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Ice Cream Tub Or fresh fruit or Yogurt
Tuesday	Sausage Rolls or Cheese & Potato Pie served with potato waffles, baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Chip Cookie or fresh fruit or yoghurt
Wednesday	Beef or Cheeseburger or Quorn Fillet Served with sautéed potatoes & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Angel Delight Or fresh fruit or yoghurt
Thursday	Tuna Pasta Bake or Tomato Pasta Bake served with sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Flapjack Or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Veggie Sausage served with chips, peas & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Vanilla Sponge or Fresh Fruit or yoghurt

Information



Little Foxes 
Community Sports Trust

 Football Sessions for Ages 4-6

 £4 per session / £24 full course

 Neil Sports Centre, Brunton Park,
Warwick Road, Carlisle, CA1 1LL

 Term-time Saturdays
9:00-10:00am

 11/01/2025 - 15/02/2025

For more information and booking visit: <https://officialsoccerschools.co.uk/carlisleunited/> or
Email: Sam.Tickner@carlisleunitedcst.co.uk or Phone: 01228 554169

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."



**Got an itch?
Tummy trouble?
Tickly cough?** 

Head to your local pharmacy. 

Did you know? Pharmacists across the North East and North Cumbria can offer advice and FREE treatment for a wide range of common conditions* – just like having a prescription from your GP!

Please ask your pharmacy team for more details and eligibility.

- UTI's** non pregnant women 16–64 years
- Shingles** 18 years+
- Impetigo** 1 year+
- Sore throat** 5 years+
- Sinusitis** 12 years+
- Infected insect bites** 1 year+
- Earache** 1 to 17 years

Additional conditions can be treated, without the need to visit a GP. Ask a member of your pharmacy team about the minor ailments scheme.

Step 1 Go to your local community pharmacy (chemist) about your illness and they will offer advice.

Step 2 If needed, you will be offered treatment and if you qualify, this will be given free of charge.

Step 3 A suitable medicine may be offered to you.*
*You qualify for free treatment if you do not pay for your prescriptions.

 Find further information at:
www.thinkpharmacyfirst.health 

ONLINE FRAUD

Students and parents - are you shopping online for Christmas presents? Follow some simple tips to stay free of fraud this festive season.

Don't pay by transferring money directly to people or companies you don't know.
You may lose it if it's a scam. If you can, pay by credit card.

Check a website is authentic.
Carefully check the address is spelled correctly. Type it in rather than clicking on a link. Check consumer websites or reviews.

Make sure your shopping, online and banking payment accounts are protected by strong passwords.
Don't use them for any other account.

Be suspicious about unrealistically low-cost items.
If it seems too good to be true - it probably is.

Don't click on links in emails, texts or posts that you're not expecting.
They could be a fraudster's trap - and don't open unexpected email attachments.

Make sure payment pages are secure.
Check addresses begin with 'https' ('s' is for secure) and there's a closed padlock in the address bar.

Fraudulent texts and emails claiming to be from home delivery companies telling you that you owe a fee are commonplace.
Keep a record if you can of what you buy and which delivery firm the retailer is using.



STOP!
THINK FRAUD



'We play loads of fun games, do activities and challenges and sometimes get badges'
Matilda



Rainbows

Girls play, learn and have tons of fun
for ages 4 to 7

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.



Registered charity number: 300016



Join a local Rainbows group [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)



0 – 19 Child and Family Support Services - Carlisle

**Winter
2025 Newsletter**

Welcome to our Winter newsletter which will detail the services that we are providing between January to March.
Our services resume week commencing: Monday 6th January 2025.
 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: 07815 686 762
 (Please note you can only call this number, please do not text)

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 7LE - 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 

Whether you are expecting a baby or breastfeeding, come along to our drop-in service where you can meet other parents and our UNICEF trained member of staff will be there to offer advice, support and encouragement.

Come & enjoy a range of topics to support your breastfeeding journey, including:

- Building a Happy, Healthy Baby
- Magic of the First 1001 Days
- Responsive Feeding
- Practical information to support Positioning and Attachment and everything in between!

WHERE: Newtown Children's Centre, CA2 7LE
DAY: Every Tuesday (Term time only)
TIME: 10:00am – 11:30am

January: 7th, 14th, 21st and 28th
February: 4th, 11th and 25th
March: 4th, 11th, 18th and 25th

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.

WHERE: Belah Community Centre, CA3 9SR
DAY: Monday
TIME: 1:30pm – 2:30pm

3rd February
3rd March

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.

Registered Charity Number: 264 713

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



Bump and Baby Social



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.

Bump and Baby Social will now run at both Morton and Belah alternating dates on a Thursday (Term time only) 10:00am – 11:00am.

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

Morton Child & Family Centre

Wigton road, CA2 6JP

January 16th and 30th

February 13th and 27th

March 13th and 27th

Belah Community Centre

Briar Bank, CA3 9SR

January 9th, and 23rd

February 6th

March 6th and 20th

Perinatal Support

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. We can only accept referrals for this service from a health professional already involved with your family.

If you feel this would be something that would support your child, please speak to your health professional to make a referral.



Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

Starting Solids Workshop

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.

Find out further information on:

- Signs your baby is ready for solids
- Which Foods to look out for
- Encouraging healthy eating habits
- Portion Sizes



WHERE: Petheril Bank Child and Family Centre, CA1 3BX

DATE: Wednesday 22nd January

TIME: 1:30pm – 2:30pm

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

DATE: Wednesday 5th March

TIME: 1:30pm – 2:30pm

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

Claire: 07816 087 115 or claire.ford@family-action.org.uk

Jen: 07816 086 774 or jennifer.moffat@family-action.org.uk

More information online at: <https://www.nhs.uk/start-for-life/baby/weaning/>

Time Together at Harraby

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.

WHERE: Whale of a Time Soft Play in Harraby, Edgehill Rd, Carlisle, CA1 3SN

DAY: Every Tuesday (Term time only)

TIME: 11:00am – 12:00pm

Time Together at Longtown



WHERE: Longtown Child and Family Centre, Mary Street, Longtown, CA6 5UF

DAY: Every Thursday (Term time only)

TIME: 2:00pm – 3:00pm

Registered Charity Number: 264 713

Find out more at cumberland.gov.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.

Pop along and join us.

These groups are FREE and no booking is required.

Petteril Bank Child and Family Centre:

DAY: Every Monday (Term time only)
TIME: 1:00pm – 2:30pm

Longtown Child and Family Centre:

DAY: Every Tuesday (Term time only)
TIME: 10:00am – 11:30am

Morton Child and Family Centre:

DAY: Every Thursday (Term time only)
TIME: 1:00pm – 2:30pm

Newtown Children's Centre:

DAY: Every Friday (Term time only)
TIME: 10:00am – 11:30am



Sensory Processing Workshops

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;

Thursday 23rd January 7:30pm – 8:30pm

Tuesday 11th March 7:30pm – 8:30pm

To book your place, please email Jen: Jennifer.moffat@family-action.org.uk

Sensory Rooms



We have Sensory Rooms in our Children's Centres at Morton, Newtown, Harraby and Longtown. The rooms have a range of sensory equipment to support your child with their learning and development in a safe and comfortable environment where staff are on hand to offer advice & support if needed. The rooms are suitable for children aged 0-5, or 0-8 for children with SEND needs. Inductions can be completed on the day of your first booking.

For availability please contact:

Morton – Available Wednesday and Friday afternoons: **01228 223 417**

Harraby – Available every Thursday: **01228 596 773**

Longtown – Available every day but slots may vary: **01228 791 775**

Newtown – Available on Tuesday afternoons: **01228 223 417**

Alternatively you can book any of our sensory rooms by emailing: carlisle roombooking@family-action.org.uk and putting which sensory room you would like in the subject of your email.

Soft Play at Longtown



Longtown Children's Centre also has a soft play area that is available to book every day. This is separate from our Sensory Room offer and is designed to support children with both interactive and independent play in a safe environment where our staff are on hand to offer support when needed.

For availability please contact: **01228 791 775** or email carlisle roombooking@family-action.org.uk (stating Soft Play required)

Referral Services Suitable for Children aged 0-4 years old

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.

To refer yourself please call: 07815 686 762



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 that children are able to achieve through their play-based learning. We can only accept referrals for this service from a health professional already involved with your family. If you feel this would be something that would support your child, please speak to your health professional to make a referral.

Let's Get Talking



Our Let's Get Talking group sessions are 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. We can only accept referrals for this service from a health professional already involved with your family. If you feel this would be something that would support your child, please speak to your health professional to make a referral.

Referral Services Suitable for Children aged 11+

In addition to Decider Skills and Drawing and Talking we also have alternative group interventions that are suitable for children aged 11+

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.

Emotional Resilience Group

The Emotional Resilience programme is a 6-week programme for children aged 11-19. Children will explore their identities and values as well as the common challenges they face with a focus on becoming more aware of their own emotions and how to process these. With support of workers, children will have strategies to support them as they progress and develop increased resilience.

Services for Parent and Carers

Solihull Understanding Your child



This programme is designed to support parents and carers to better understand their children's feelings and behaviours. Parents and children become more attuned, relationships improve and stress and conflict at home is reduced. During the programme, you will explore tuning into children's feelings, parenting styles, temper tantrums and what they might mean, sleep patterns and behavioural difficulties.

Family Support

Family Action can offer one to one support to families in their own homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, behaviour management, safety, relationships/attachment, support to access other agencies.

Additional Support For Parents



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

Referral Services Suitable for Children aged 4-10 years old



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+. This group is delivered in split age groups: age 4-7 and 7-10.



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 is delivered to children, young people and their families 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. This group is delivered in split age groups: ages 7-10 and 11+.

Drawing and Talking



Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term proactive intervention intended to complement, rather than replace, the work of Specialist Mental Health Services.

Through a 12-week cycle of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. Utilising drawing as a way to help them express their feelings differently.

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

Volunteering

Could You be a Volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869, run solely by volunteers. As a volunteer you will gain valuable skills and experience working as part of a team making a real difference to the lives of children, young people and families in your area and there are lots of ways you can give your time.

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

Fiona on: Fiona.Irving@family-action.org.uk or call 07977 635 514

VOLUNTEER



Perinatal Peer Support Volunteer for our Perinatal Peer Support Service

Do you have what it takes to provide emotional support to a mum or primary care giver during the perinatal period. The Perinatal period is during pregnancy and a year following the birth.

We are looking for volunteers to support parents who are experiencing a mild to moderate mental health illness or are identified as vulnerable to developing a mental health illness during the perinatal period. This support may be offered through home visits, remote telephone or video call, group work or support to access other local services.

It is preferable if you have experienced pregnancy and childbirth, or you have an understanding of mental distress, the emotional effects of pregnancy and birth and the demands of parenthood.

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

Fiona on: Fiona.Irving@family-action.org.uk or call 07977 635 514

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://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-6.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

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 without emotional support and guidance to help. Many people feel confused by what information is available or struggle to access services close to home.

Our free FamilyLine service, tackles these issues in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 16 through telephone calls, email, web chat and text message.

The service aims to:

- Provide both immediate and long-term support
- Help with practical information and guidance
- Provide emotional and listening support
- Help with understanding and accessing relevant services and information
- Provide regular one-to-one befriending support to service users feeling isolated
- Access to short term telephone counselling
- A referral into our many projects across England and Wales, where relevant.



Please contact us for support in the following ways (**Monday – 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

Contacting us out of hours:

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional.

Text FAMILYACTION to 85258

Our crisis messenger text service provides free, 24/7 crisis support across the UK. We know that getting the correct support at the right time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with 'Shout'.

Registered Charity Number: 264 713

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

Book activities now!

Visit cumberland.gov.uk/holidays to search for available activities and contact the provider directly to book.

Provide your HAF eligibility code when booking.

Bookings are first-come-first served and are subject to availability. Dates can change, please contact the activity provider for more information.

Who can book HAF activities?

The Holiday Activity and Food programme is aimed at all statutory school-age children and young people (Reception-Year 11).

Places are FREE for eligible children due to funding from the Department for Education

Funded places are for young people who receive benefits-related Free School Meals and other eligible children in particular circumstances.

Useful information

- Eligible children can attend up to 4 sessions this winter.
- Some activity providers offer transport, contact them for more information.
- All children who attend will be provided with a meal each session.
- If you are not eligible for a funded place many providers offer paid places. Contact them for more information.

My child has additional needs.

Are there activities suitable for them?

Many of our providers support places for children with additional needs. Contact the provider to discuss your child's needs and suitability of the session. Discuss with them how your child can be best supported and how their needs might be met to ensure they can have the best possible experience.

For any enquiries, to check your eligibility status, or to request a code, please email: HAF@cumberland.gov.uk



SCAN ME

Funded by



Carlisle Community Help (Hammond's Pond Café, Buchanan Road, Carlisle)

Description: Christmas fun sessions in our community cafe at Hammond's Pond. Over four days parents can bring their children along to allocated time slots to take part in fun Christmas themed crafts, after they have finished then they can take away a Christmas food hamper. The hampers will also contain a newly designed cookbook with family friendly recipes so the children can have fun in the holidays learning new skills. Child friendly cooking equipment will also be provided.

Age range: 5 - 16

Dates: 21, 22, 23 and 28 December

Times: 10am - 4pm

Booking information:

Call **07394 546877** or email Info@carlislecommunityhelp.co.uk to book a time slot.



Carlisle Food Security Network (Botcherby Community Centre, Victoria Road, Carlisle)

Description: Remote Offer - Families can pick up and take away food and activities for the festive period. Bags will be packed and collected at a set time from Botcherby Community Centre. Eligible families will be identified through referrals. Priority will be given to families on means tested free school meals.

Age range: 5 - 16

Dates and times: To be arranged with referral partner.

Booking information: Referrals only.

Carlisle Mencap (The Grace Little Centre, Crindledyke Road, Carlisle)

Description: 23 December: Participants will have the opportunity to take part in a bear building workshop as well as completing winter themed craft activities. This will also include making their own Christmas buffet.

6 Jan: Children will have the opportunity to watch The Jungle Book at Theatre by the Lake. Meal and transport included.

Age range: 8 - 18
(SEN Children only)

Dates & Times:

23 December: 10am - 3pm

6 January: 12pm - 5pm

Booking information: Call **01228 674393** or email children@carlismencap.co.uk

Carlisle Youth Zone - Junior Offer (Victoria Place, Carlisle)

Description: Carlisle Youth Zone offers a wide range of activities including, games and challenges, sport, music, arts, and crafts, baking and cooking, book club and gym. Meals included.

Age range: 8 - 12

Dates: 23, 27, 30 December & 3 January

Times: 8.30am - 3.30pm

Booking information: Call 01228 516280 or email info@carlisleyouthzone.org

Carlisle Youth Zone - Senior Offer (Victoria Place, Carlisle)

Description: Participants will arrive at 10am, there will be a range of activities including Sport, arts and Crafts, Music Baking and Gym. As well as providing somewhere to chill out over the busy festive period. Meals included.

Age range: 12 - 16

Date: 23, 27, 30 December & 3 January

Time: 10am - 2pm

Booking information: Call 01228 516280 or email info@carlisleyouthzone.org



Currock Community Centre (Lediard Avenue, Carlisle)

Description: A fun day of sports, crafts, and games with the GLL Community Development Team with a tie dying workshop with Just Messin where you get to take your t-shirt home! Hot Homemade Meals and snack included. All children will receive an activity pack and food parcel to take home. Bookings close on 19 December.

Age range: 5 - 11

Date: 6 January

Time: 9am - 3pm

Booking information: Call 01228 591868 or email info@currockcc.co.uk

Funcation - Carlisle Matters (Brampton Community Centre, Union Lane, Brampton)

Description: Christmas party, including games, disco, seasonal crafts, and Christmas lunch. All children will receive an activity pack and food parcel to take home.

Age range: 5 - 11

Date: 21 December

Time: 10am - 3pm

Booking information: Visit <https://carlismatters.co.uk/events/>

Longtown Community Centre (Arthuret Road, Longtown)

Description: We will be spending the day taking part in Christmas crafts, games, activities, and baking Christmas goodies. Children will also enjoy a tasty home cooked lunch.

All participants will receive an activity pack and food parcel to take home.

Age range: 4 - 11

Date: 23 December

Time: 10am - 2pm

Booking information: Call 01228 791876, email steph.graham@longtowncc.co.uk or come to the centre to complete a booking form.

Oak Tree Animals' Charity (Oak Tree Farm, Wetheral Shields, Carlisle)

Description: Come along to Oak Tree Farm for a day learning about how we care for our animals, making sure they are all well looked after while they wait for a new home. We will have lots of fun and games, meeting some of our animals and getting a behind the scenes look at a working animal rescue centre. Lunch, drinks and snack included, plus participants will be given a pack to take away containing lunch and an activity pack all about animal welfare for the following day.

Age range: 5 - 10

Date: 3 January

Time: 10am - 2pm

Booking information: Call 01228 560082 or email info@oaktreanimals.org.uk



**Funcation - Carlisle Matters
(Botcherby Community Centre,
Victoria Road Carlisle)**

Description: Christmas party, including games, disco, seasonal crafts, and Christmas lunch. All children will receive an activity pack and food parcel to take home.

Age range: 5 - 11
Date: 23 December
Time: 10am - 3pm
Booking information: Visit <https://carlislematters.co.uk/events/>

**Game On
(9 Englishgate Plaza, Carlisle)**

Description: Over the Christmas holidays children and adults will have the opportunity to take part in one game of Bowling and 9 holes of mini golf. Children will also receive a meal. Places are limited to 10 families per day so please book early. One free adult space per booking.

Age range: 4 - 12
Dates: 20 December - 4 January
Times: 12pm - 5pm
Booking information: Call 01228 470023 or email gameoncarlisle@gcl-leisure.com

**GLL The Sands Centre
(Newmarket Road, Carlisle)**

Description: Our wonderful camp is designed for children who love the water, who can swim to take part in a range of water activities each day like water polo, lifesaving skills, pool games and additionally dry sports like gymnastics, trampolining, pickleball, rounders, badminton, tag rugby and many more. Meals included.

Age range: 8 - 16
Dates: 2, 3 and 6 January
Times: 9am - 3pm
Booking information: Email chloe.nixon@gll.org

**GLL Trinity Leisure Centre
(Strand Road, Carlisle)**

Description: Fun filled day of Multi Sports, Arts & Crafts, Games, and swimming. Meals included.

Age range: 5 - 11
Dates: 30 December, 2, 3 and 6 January
Times: 9am - 3pm
Booking information: Email Michael.barnes@GLL.org



**Pyjama Drama North Cumbria
(Holme Head House Community
Atelier, Denton Holme, Carlisle)**

Description: Immersive sessions of high-energy games, dynamic drama techniques, a delicious lunch, and engaging craft activities, fostering friendships and confidence building for a memorable experience filled with laughter and joy.

Age range: 5 - 8
Dates: 23, 30 and 31 December and 2 January
Time: 10am - 2pm
Booking information: Visit <https://www.ticketsource.co.uk/pyjama-drama-cumbria/e-dmaevx>

**St Barnabas and St Luke's
Churches with The Lookout
Community Hub**

Description: Days will include inflatables, games, sports, crafts, trampolining, and food:

23 December: Christmas dinner and disco (St Barnabas) 3pm - 7pm
30 December: Treasure trail, games, and crafts (St Barnabas) 11am - 2pm
2 January: Inflatables (St Lukes) 11am - 2pm
6 January: Trampolining at Fusion 4:30pm - 7:30pm
Age range: 4 - 16
Dates: 23 and 30 December, 2 and 6 January
Times: See description
Booking information: Message us through Facebook at The Lookout Community Hub or message 07436 005238

cumberland.gov.uk





Online Safety Newsletter

Dec 2024

Talkie AI App

This app is rated as 17+ by the App store and 12+ by Google Play.

Talkie is an AI chatbot app. Users can use the app to create and interact with AI characters.

You should also be aware that this app includes in app purchases ranging from £4.99 - £49.99.

Talkie does offer a Teenager Mode; however, the content still may not be appropriate for your child. Bark reviews this app here, and recommend that your child should not be using this app:

<https://www.bark.us/app-reviews/apps/talkie-app-review>

Tips to help you talk about cyberbullying

Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help

<https://www.internetmatters.org/issue/cyberbullying/cyberbullying-conversation-starter-guide>

New Technology

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.
- Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.

- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:

Xbox: <https://www.xbox.com/en-Gb/family-hub>

PS5: <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

Nintendo Switch: <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

IPhones/iPad: <https://support.apple.com/en-gb/105121>

Android Device: <https://support.google.com/googleplay/answer/1075738>

Why is it important?

Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.

Further information

You can find out more about parental controls here:

<https://www.childnet.com/help-and-advice/parental-controls/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.12.24.



Roblox

You may have seen the recent investigation about Roblox by Hindenburg, which highlights very worrying concerns about the content that can be seen on Roblox, even when users have listed their age as under 13. You can read the full report here: <https://hindenburgresearch.com/roblox/>

What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls.

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content.

What should I be aware of?

Game content – as mentioned, users create games so the content/themes may not be appropriate for your child.

Chat Facility - Players can chat to each other. You can turn communication off completely or add restrictions, such as only communicate with friends.

Virtual Currency - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories.

Age Categories

This article discusses the difference in accounts based on age (under age 13 and aged 13 – 17): <https://en.help.roblox.com/hc/en-us/articles/30428367965460-What-happens-as-i-get-older-on-Roblox>

Roblox accounts with Parental privileges - NEW

Roblox have just launched a new system to manage your child's experience on Roblox through 'Roblox accounts with parent privileges'. The new format allows you to view and update parental controls from your own device. Controls include setting content restrictions, managing screen time and setting a spending limit. You can find out more here:

<https://en.help.roblox.com/hc/en-us/articles/30428248050068-Parental-Controls-FAQ>

Content Labels - NEW

Roblox have begun labeling experiences based on the type of content rather than by age. You can set limits on which content labels are accessible in parental controls. The labels are Minimal, Mild, Moderate and Restricted. You can find descriptions of each here:

<https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>

How do I report abuse and block users?

This article outlines the different reporting facilities: <https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

What else can I do?

Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them then they should talk to you or another trusted adult.

Positively online

The NSPCC have published six tips to help you improve your family's online wellbeing. They also provide you with a guide on how to talk to your child about what they are doing online as well as a quiz that you can play together. You can find out more here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/>

The 'Add Everyone' Explicit WhatsApp Group

The INEEG Safeguarding group have issued an alert regarding a WhatsApp group known as 'Add Everyone'. Find out more here:

<https://ineeg.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/>

