



Newsletter Friday 8th November 2024

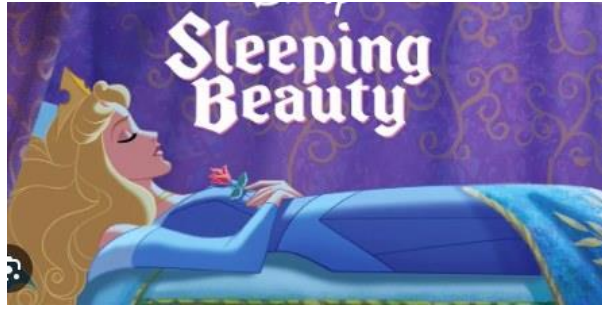
[Kingmoor Nursery and Infant School](#)

[Pantomime in School](#)

Please can parents make payment for the Pantomime by this Monday 11th November on Eduspot at the latest.

School relies on families to support with the cost of the production and other activities in school otherwise we would not be able to provide all children with these fantastic opportunities.

Please contact the school office if you are unable to make payment, thank you.



IMPORTANT - Road Closure

Parents and carers please be aware that the road into Lowry Hill from the traffic lights will be closed for a week **from MONDAY 18th NOVEMBER.**

The only way on and off the estate will be via Moorville Drive and there will be traffic lights in place on Kingstown Road to help with the traffic flow.

Please ensure you allow extra time for your journeys to and from school.





Highways & Transport
Place, Sustainable Growth and Transport
Cumbria House · 117 Botchergate · Carlisle · Cumbria
CA1 1RD
T: 0300 373 3736
cumberland.gov.uk

07 November 2024
Our reference: 24-3109
IMPORTANT HIGHWAY INFORMATION

Dear neighbour,

**A7 Kingstown Road
Carriageway Resurfacing Works**

Carriageway resurfacing works are scheduled to be carried out on the A7 Kingstown Road, between Moorville Drive and Lowry Hill Road.

To carry out the improvements safely it will be necessary to install two-way temporary traffic lights on Kingstown Road and implement a road closure on Lowry Hill Road (please see reverse).

The work will commence on Monday 18 November for five days, weather permitting and is scheduled to be completed on Friday 22 November. Access and egress will be disrupted at times throughout the works and delays are to be expected. All traffic management will be removed outside of working hours to try and minimise disruption.

Works on site will begin at approximately 8.00am each day and will be completed by 5.00pm. If you require access to your property or businesses within the traffic management extents or have any deliveries or special access arrangements, they can be arranged by contacting us beforehand or speaking to the marshals on site, the more notice you give us the easier it will be to make access arrangements. However, delays could still be expected. We apologise in advance for any inconvenience this may cause.

I would ask that you liaise with site staff, if you have any concerns on the day and we can. Alternatively, if you would like to discuss this matter or have issues about this work, please don't hesitate to voice your concern www.cumberland.gov.uk or alternatively contact me on the highway's hotline 0300 373 3736.

Your patience and co-operation with this matter is very much appreciated.

Yours faithfully

Mark Wilson
Highways Network Engineer

Information for Year 2 parents



KINGMOOR JUNIOR SCHOOL
Liddle Close
Carlisle
Cumbria CA3 0DU
Telephone: 01228 409715
Email: admin@kingmoor-jun.cumbria.sch.uk
www.kingmoor-jun.cumbria.sch.uk
Headteacher: Miss H Robertson

9th October, 2024

Dear Year 2 Parents

Firstly, a warm welcome indeed from all associated with Kingmoor Junior School. I very much hope that you see transition to Kingmoor Junior School as the next step in your child's educational journey.

Links between Kingmoor Nursery and Infant School and Kingmoor Junior School are very well established. Both schools promote collaborative, positive relationships and have a child centered emphasis at all times.

We, like KNIS, have an excellent curriculum offer, supported by visits outside of school and visitors into school. Outwith the classroom, we also host a variety of clubs and activities to engage and encourage children to participate in. This and further information can be found on our school web site.

www.kingmoor-jun.cumbria.sch.uk

We would like to offer you the opportunity to have a look around the school building on Tuesday 19th November from 3.35pm until around 4.30pm. I look forward to meeting you all in due course, but in the meantime, if you have any queries, do not hesitate to get in touch.

Yours sincerely

Miss H Robertson
Headteacher



Open Evening

It was lovely to have so many families coming to look round school on Wednesday with a view to start Reception or Nursery in the future, we welcomed lots of existing families as well as many new ones!

Thank you to our kitchen staff who provided delicious food for families to try which went down a treat and school looked very welcoming with many of the staff showing the families around.

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>

A promotional poster for Cumberland Council regarding school admissions for September 2025. The poster features a photograph of four children in school uniforms standing in front of a brick building. The Cumberland Council logo, which includes a stylized flower and waves, is in the top left corner. A white speech bubble on the right contains the text: "Parents/carers are responsible for applying for a school place by 15 January 2025". The main text on a dark background reads: "Starting School Children born between 1 September 2020 and 31 August 2021 can start school in September 2025". At the bottom, it provides contact information: "You can apply online at: www.cumberland.gov.uk or contact: 01228 221582 or email school.admissions@cumberland.gov.uk". A green button at the bottom right contains the website address "cumberland.gov.uk".


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

Online Safety Newsletter November 2024



Kingmoor Nursery and Infant School



Online Safety Newsletter Nov 2024

How can I find age-appropriate games?

Do you need suggestions on age-appropriate games? You could use either of the following websites to search suitable games.

Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check if it has a communication feature as this might mean you decide a game is not suitable for your child.

- <https://www.askaboutgames.com/find-the-right-game>
- <https://www.familygamingdatabase.com/home>



How to Remove Social Media Access After Granting It

Have you given your child access to social media but are now regretting that decision? Bark have published this article to help you take back control by removing social media:

<https://www.bark.us/blog/removing-social-media/>

WhatsApp

Users should be at least 13 years old to use WhatsApp. We frequently receive reports of children not using WhatsApp appropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out.



Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on harmful behaviour?

If your child is using WhatsApp, it is crucial to have regular conversations with them. Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

What should I be aware of if my child is using WhatsApp?

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat. If your child is using WhatsApp, check their group privacy settings to see who can add them to groups. Ensure your child understands that they can leave a chat at any time, and they know how to report users. Find out more here: <https://faq.whatsapp.com/424124173736394>
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about when this would be appropriate to use and the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Blocking/Reporting:** Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>

Further information
Internet Matters have produced a how to guide available here: <https://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.11.24.

YouTube

YouTube is intended for users over the age of 13, however, younger children can still access YouTube with consent from a parent/legal guardian. When giving your child access to YouTube, there are different options you could choose depending on your child's age:



- **YouTube Kids** – this is a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).
- **Supervised accounts** – this is a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:
 - **Explore** – Generally for viewers aged 9+.
 - **Explore more** – Generally for viewers aged 13+.
 - **Most of YouTube** – This setting includes almost everything on YouTube except for videos marked as 18+ and other videos that may not be appropriate for viewers using supervised experiences.

Google have created a guide to show the differences between YouTube Kids and a Supervised account to help in your decision: <https://support.google.com/youtube/answer/10315420>

My child wants to be a YouTuber

Many children want to start their own YouTube channel, but it is important to be aware of the potential risks and ensure that your child understands what information they should keep private and what to do if they receive negative comments. YouTube have produced these safety tips for teens when posting content: <https://support.google.com/youtube/answer/2802244>

You should be aware that there are different settings available when posting videos:

1. Public: anyone can view the video.
2. Private: video can only be viewed by users that you select.
3. Unlisted: only people who have the link to the video can view it.

What are the benefits and negatives of a YouTube channel?
Before allowing your child to start a YouTube channel, review the benefits and risks. This article discusses the pros and cons as well as provides recommendations to help minimise any risks: <https://www.brightcanary.io/should-your-kid-become-a-youtuber-weighing-the-pros-and-cons/>

Further information

- <https://support.google.com/youtube/answer/2802272?hl=en-GB>
- <https://parentzone.org.uk/article/youtube>

Among Us

This game has been rated as PEGI 7, meaning it is not suitable for those under the age of 7. **However,** whilst the gameplay may be suitable, there are communication features available, where issues such as inappropriate language and bullying may arise.

Additionally, it is important to note that Among Us does have the option for in-app purchases so please ensure that a password (that your child does not know) is required for all purchases.

Find out more about Among Us from Parent Zone:

<https://parentzone.org.uk/article/among-us>

The NSPCC discuss online games in more detail here:

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

Screen time and your family

Vodafone discuss screentime and what you should consider when setting your own rules in this useful article:

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/screen-time-and-your-family-a-guide-to-what-works-and-what-doesnt/>

Band Runner Game

Band Runner is a fun interactive game created by CEOP to help 8-10 year olds learn how to stay safer online. Your child can play it here:

<https://www.ceop.education.co.uk/parents/articles/band-runner/>

Makaton



1 - Food - pinch fingers together in corner of mouth



2 - Drink - cup shape to mouth

Talents & Achievements

Thank you for sharing your achievement with us this week!



Attendance

This week the attendance in school has improved and was 96.6%



IF YOUR CHILD IS FEELING UNDER THE WEATHER,
IT CAN BE HARD TO KNOW IF YOU SHOULD SEND THEM TO SCHOOL OR NOT.

UNLESS THEY HAVE A TEMPERATURE OF 38 DEGREES OR ABOVE, THEY'RE USUALLY GOOD TO GO.

SEARCH NHS SCHOOL ILLNESS GUIDANCE.

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government NHS

The poster features a young girl in a school uniform sitting on a chair, adjusting her tie. Below this is a close-up of hands holding a digital thermometer. The background is a light purple color with white and blue text boxes.

Stars of the Week!

This half term our Learning power is 'Imagining'



Nursery Stars: Lara Charles Ferne Isla

Lunchtime Award: Olivia H Piper I James G Arthur R

Class 1 Star: Joshua

Lunchtime Award: Sebastian D

Class 2 Star: Aiden

Lunchtime Award: Aiden B

Class 3 Star: Roman

Lunchtime Award: Rosalie D

Class 4 Star: Finn

Lunchtime Award: Charlie W

Class 5 Star: Rosie

Lunchtime Award: Dexter L

Class 6 Star: Myles

Lunchtime Award: James L

Class 7 Star: Josh

Lunchtime Award: Jack H

Class 8 Star: Jenson

Lunchtime Award: Taylor B

Class 9 Star: Maria

Lunchtime Award: Jacob J

Calendar Dates

Wednesday 13 th November	PANTOMIME – in school	
11 th – 15 th November	Anti bullying week	
Friday 15 th November	CHILDREN IN NEED – non-uniform/wear spots £1 donations welcomed	
Tuesday 3 rd December	Open Reading Session – Nursery	9.00am & 2.30pm
Tuesday 3 rd December	Open Reading Session – Reception, Year 1 & Year 2	3pm
Wednesday 11 th December	Christmas Performance (PM) - Reception	2.30pm
Thursday 12 th December	Christmas Performance (AM) - Reception	9.30am
Thursday 12 th December	Christmas Window Wander	From 3.30pm
Friday 13 th December	Christmas Performance (AM) - Year 1	9.30am
Friday 13 th December	Christmas Performance (PM) – Year 1	2.30pm
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 11th November 2024

	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	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage Baguette or Vegetable Sausage served with baked beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Tomato Pasta 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 peas	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or Yoghurt

Information

NHS
North Cumbria
Integrated Care
NHS Foundation Trust

Bedwetting Online session'

**Public Health
5-19**

Monday 18th Nov 24 12.30-1.30pm

Is your child still wet at night? – if so don't worry
This is quite normal, some children are dry at night
soon after they achieve the success in the daytime- for
others it is much later.



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



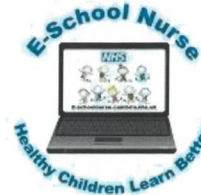
[Join the meeting now](#)
Meeting ID: 326 575 824 093
Passcode: 9p2n5z

Scan the QR code to access the session.

If you would like to have an appointment to discuss your child please
book into our E-School Nurse clinic.

To book an appointment ring

01228 603973
Mon-Fri 8-4pm



If you would like more information or be
emailed the meeting link please email:
ESchoolNurse@ncic.nhs.uk

Safe, high quality care every time

NHS
North Cumbria
Integrated Care
NHS Foundation Trust
Autumn/Winter 2024

NHS
North Cumbria
Integrated Care
NHS Foundation Trust

Vaccination Clinics

The School Aged immunisation team are commissioned to deliver the national
immunisation programme of
Nasal Flu, Diphtheria Tetanus, Polio, and Men ACWY and HPV and MMR in school

If your child missed the vaccination in school, there is the opportunity to get the vaccine at
one of our catch-up clinics as detailed below:

BY APPOINTMENT ONLY

Penrith Area

Penrith Hospital Tuesday – 19th November 2024 15.00 – 17.30pm
Appleby Children's Centre Wednesday – 27th November 2024 15.00 – 17.30pm
Penrith Hospital Monday – 9th December 2024 15:00 - 17:30pm

Carlisle

London Community Centre – Tuesday 12th November 2024 15.00 – 17.30pm
London Community Centre – Tuesday 3rd December 2024 15.00 – 17.30pm

To make an appointment or for further information, please contact the
Immunisation Team: 01228 608046
Email ncm-tr.northschoolagedimmunisationteam@nhs.net

There is an answerphone in operation if we are unable to take your call.
Please leave your name, contact number and child's school details.
We will return your call as soon as possible.

Safe, high quality care every time Safe, high quality care every time

Bedwetting Online session'

Public
Health
5-19

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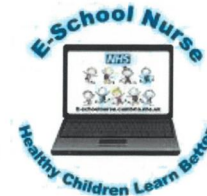
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ESchoolNurse@ncic.nhs.uk



Safe, high quality care every time

£25.00pp

Ages: 5-13

Carlisle Gym & Dance Camps

Carlisle United Football Club
Community Sports Trust
Helping People To Progress, Succeed And
Achieve Their Goals Through Sports

Harraby 3G Sports Hall,
Edgehill Road, Carlisle,
CA1 3SL

Tuesday 29/10/2024 -
Wednesday 30/10/2024
9:00am-2:00pm

£25.00pp

Ages: 5-7

Family Action Information



0 – 19 Child and Family support services - Carlisle

Mums' Minds Matter

Monthly advice and signposting group for maternal mental health
Join us on the second Monday of the month!

Are you pregnant or do you have a young baby up to the age of 1? Are you struggling with your mental health and not sure where to turn? Join us for a relaxed group supporting mums, babies and their wellbeing. Group sessions will include sensory play, keep sake crafts alongside advice and signposting to promote good mental health for both mums and babies.

	<p>Drop in group:</p> <p>All groups will be running at Belah Community Centre CA3 9SR</p> <p>Monday 7th October 1:30pm – 2:30pm</p> <p>Monday 4th November 1:30pm – 2:30pm</p> <p>Monday 2nd December 1:30pm – 2:30pm</p>	
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To find out more contact Fay or Fiona on:
07815 686 909 or fay.cardigan@family-action.org.uk
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.

Registered Charity Number:264713

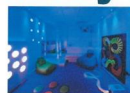
www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk



0 – 19 Child and Family support services - Carlisle

Our Sensory Rooms



The sensory room is available for children
0 - 5 years living in Carlisle and surrounding areas.
(0 - 8 years for children with special needs and disabilities)

The room can be booked for a 45-minute session by parents or practitioners.
Inductions can be completed on the day of your first booking!
A special environment to support your child's interaction, discovery and communication.
Encourages stimulation of the senses – sight, sound, touch, and smell.

Morton – available on Wednesday afternoons and Friday afternoons
Contact: carlislebooking@family-action.org.uk or call 01228 223 417
Location: Morton Child and Family Centre, Wigton road, Carlisle, CA2 6JP

Harraby – available on Thursdays
Contact: carlislebooking@family-action.org.uk or call 01228 596 773
Location: Harraby Community Centre, Edgehill road, Carlisle, CA1 3SN

Longtown – available Monday-Friday (slot availability will vary each day)
Contact: carlislebooking@family-action.org.uk or call 01228 791 775
Location: Longtown Child and Family Centre, Mary Street, Longtown, Carlisle CA6 5UF

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk

0 – 19 Child and Family Support Services - Carlisle

Autumn Newsletter

Welcome to our Autumn Newsletter which will give you details of all our services that we are providing between October & December.

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

(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 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

Starting 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. Find out further information on:

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



Sessions will take place at:

Morton Child and Family Centre

Date: Wednesday 2nd October

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

<https://www.nhs.uk/start-for-life/baby/weaning/>

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 take place (term time only) at:

Petteril Bank Child and Family Centre

Day: Every Monday

Time: 1.00pm – 2.30pm

Longtown Child and Family Centre

Day: Every Tuesday

Time: 10.00am – 11.30am

Morton Child and Family Centre

Day: Every Thursday

Time: 1.00pm - 2.30pm

Newtown Children's Centre

Day: Every Friday

Time: 10.00am – 11.30am



Registered Charity Number: 264 713

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

Services For Pregnancy, Birth & Early Years

Breastfeeding Support Group

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

[Sessions will take place at:](#)

Newtown Children's Centre
Day: Every Tuesday (Term Time Only)
Time: 10:00am - 11:30am



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.

[Sessions will take place at:](#)

Morton Child and Family Centre
Day: Every other Thursday (Term Time Only) Starting on October 3rd.
Time: 10:00am-11:00am

Belah Community Centre
Day: Every other Thursday (Term Time Only) Starting on October 10th.
Time: 10:00am-11:00am



Registered Charity Number: 264 713

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

[Sessions will take place at:](#)

Whole of a time soft play, Haraby Community Centre
Day: Every Tuesday (Term Time Only)
Time: 11:00am – 12:00pm

Sensory Rooms

We have Sensory Rooms in our Children's Centres at Morton, Haraby 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.

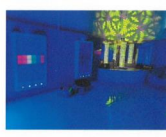
[Availability](#)

Longtown: Available every day but slots may vary- please call **01228 791 775**
Haraby: Available every Thursday- please call **01228 596 773**
Morton: Contact us to discuss available slots- please call **01228 223 417**

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

Soft Play

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. To Book please call: **01228 791 775** or email carisleroombooking@family-action.org.uk



Registered Charity Number: 264 713

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

Referral Services Suitable For Children Aged 4-10

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 four-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 & 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.



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Find out more at cumberland.gov.uk

Referral Services For Children Aged 0-4

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 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 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.



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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.

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



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

Perinatal Peer Support Service

Perinatal Peer Support Volunteer

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



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Referral/Bookable Services for Parents/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.

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:
Tuesday October 1st: 1.30pm-2.30pm
Tuesday October 17th: 7.30pm-8.30pm

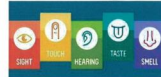
To book your place please email Jen: jennifer.moffat@family-action.org.uk

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.

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.



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

FamilyLine

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 18 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 to Friday 9.00am – 9.00pm

call: 0808 802 6666,
text: 07537 404282,
email: familyline@family-action.org.uk or live web via our 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.



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

Other agencies that may help you

CADAS provides confidential quality support, training and 1-1 counselling sessions for those interested in and/or affected by the use of Alcohol and Drugs. <http://cadas.co.uk/>

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

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

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

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