



Newsletter Friday 4th October 2024

Kingmoor Nursery and Infant School

Wear Yellow/Non-Uniform - Thursday 10th October

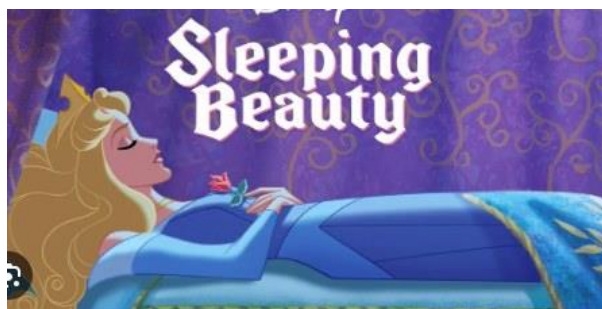
YOUNG MiNDS

We are asking children and staff to come dressed in non-uniform wearing something yellow on Thursday 10th October to support World Mental Health Day .

£1 donations if possible please as we are raising money for Young Minds Charity.

Thank you for your support to school.

Pantomime in School



On Wednesday 13th November M & M Productions will be in school performing the pantomime 'Sleeping Beauty' in school for the children!

We are asking parents to contribute £5.00 for this exciting show and this payment should be made through our online booking system Eduspot by Friday 8th November and you will receive a payment link.

It is essential that school is supported with the cost towards this production, thank you.

Feet First 5 Day Challenge 14th-18th October





Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 14 October** and finishing on **Friday 18 October 2024**. The challenge is for pupils and their families to choose an active way of getting to school as many times as possible over the 5-day period, supporting sustainable active journeys on the school run.

There are prizes for everybody who completes the challenge, as well as the chance to win a whole school prize, so we would love everyone to take part. The challenge is also open to school staff, and we will be making every effort to take part too. Walking, using a mobility aid such as a wheelchair, cycling, skating, scooting, and park & stride are all active ways of travelling, and we hope by taking part in the challenge it will:

- Improve health and wellbeing of our pupils and families
- Encourage pupils and families to be more active
- Reduce congestion and parking problems around our school
- Reduce our school community's collective carbon footprint
- Promote active travel for the school run and encourage families to continue to do this after the challenge ends.

During the challenge each child will receive their own card to record their active journeys. Those pupils with at least one sticker on the card at the end of the challenge will be awarded an individual prize.

There will also be a small number of prizes awarded to those children who have made an exceptional effort during the challenge.

We understand that it's not always possible for families to walk with their children to school for the entire journey, but if you live a long way from school, you can still take part by parking further away and walking the last part of your journey, (Park & Stride), or by car sharing with another family. Children who use school transport during the active challenge week will be able to collect stickers as this helps to reduce individual car use.

Many thanks,



We taking part in the country wide Feet First 5 day Active Travel Challenge 14th- 18th October and are encouraging children and families to choose an active way to travel to and from school over the 5 days.

Please see the letter for more information and all children will receive a prize!

Online Safety Newsletter - October 2024



Kingmoor Nursery and Infant School



Kewstley City Learning Centres

Online Safety Newsletter Oct 2024

iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

Vault (secret) Apps

Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/finding-hidden-apps/>
- <https://www.safes.co/blogs/vault-apps/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

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

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTr>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.24.

Instagram: new Teen account features

You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

Teen accounts – NEW feature

Instagram have introduced Teen Accounts to try and create a safer experience for them. With a Teen Account, who they can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. If a teen would like to override any of these settings, then they will need their parent's permission by setting up parental supervision. These changes will be in place for all new users straightaway so any users that sign up that are under 16 will automatically be given a Teen Account. Existing users will be moved over to Teen Accounts over the next couple of months (in the UK).

Supervision settings – new features

Instagram already offers a supervision facility, but they have added to the features to include:

- The ability to see who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.
- The ability to see what topics your child has chosen to see.

Read the press release from Instagram, which outlines all the upcoming changes: <https://about.fb.com/news/2024/09/instagram-teen-accounts/>

You may not be seeing everything!

Did you know that you can hide your stories and live videos from specific people so your child could be uploading content but restricting your account from viewing it?

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

More information

- Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>



Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/feature/FAMILY>

Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdo-youshare/>

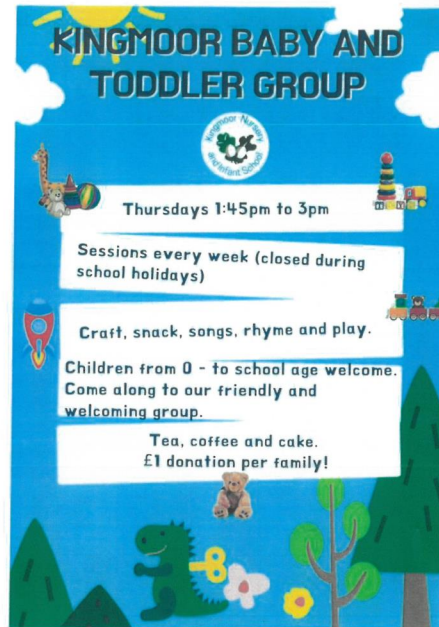
Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>

Kingmoor Toddlers

Every Thursday here at Kingmoor we have a Toddlers Group from 1.45pm to 3pm, all welcome so please pass on to anyone you know with young children that would like to come and join in.



Open Evening



Excellent academic achievements, we focus on every child's well-being and individual development

Excellent transition to Kingmoor Juniors

A wide range of opportunities throughout children's primary school journey eg music, sport, outdoor learning

We work with the English Hub and deliver the highly effective Read Write Inc phonics and early reading approach.

Spacious buildings and amazing outdoor spaces

Our teachers are trained in Maths Mastery teaching and we work with the Maths Hub




Reception 2025 applications

If your child is due to start Reception in September 2025 please see the poster for more information and make applications following this link: <https://www.gov.uk/schools-admissions>




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

At Kingmoor Nursery and infant school we use Makaton as a way of supporting children develop their communication skills. Makaton is a sign and symbol language, adults and children use signs along with spoken words to aid communication.

Every week we focus on 2 signs and share these with the children throughout the week.



1 - Hello - circle hand with fingers closed



2 - Goodbye - wave hand with palm open

Talents & Achievements

Well done to these children this week, thank you for sharing your achievements!





Quinn - Class 7
Dancer of the Week



Quinn - Class 7
Level 3 swimming



Attendance

The attendance has been a bit lower this week and is 96.1%!

Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars: Santino Marie Alfie Indie

Lunchtime Award: Casey C Frankie P Isla K Brandie B

Class 1 Star: Jaxon

Lunchtime Award: Joshua H

Class 2 Star: Amiya

Lunchtime Award: Rory S

Class 3 Star: Maya

Lunchtime Award:Hudson G-G

Class 4 Star: Joseph

Lunchtime Award: Edie B

Class 5 Star: Felicity

Lunchtime Award: Emma F

Class 6 Star: Meela

Lunchtime Award: Myles G

Class 7 Star: Eleanor

Lunchtime Award: Scarlet H

Class 8 Star: Talaia

Lunchtime Award: Rocco F

Class 9 Star: Lilly

Lunchtime Award: Charley B

Calendar Dates

Monday 7 th October	HARVEST SING recorded on Tapestry	
Thursday 10 th October	World mental Health day Young Minds - wear yellow Donations to young minds	
Thursday 17 th October	Open Reading Session NURSERY – 9am & 2.30pm	9am & 2.30pm
Thursday 17 th October	Open Reading Session RECEPTION, YEAR 1 & YEAR 2	3pm
Monday – Friday 14 th – 18 th October	5 Day Active Challenge – walk/scoot/cycle to school	
Monday 14 th October	Flu Vaccinations in school for Reception, Year 1 & Year 2	
Wednesday 23 rd October	Parent’s evening – more information to follow	
Thursday 24 th October	Parent’s evening - more information to follow	
Friday 25 th October	Last day of term	
Monday 4 th November	First day of term	
Wednesday 6 th November	OPEN EVENING for new to Reception & Nursery – September 2025	6pm

Menu for week commencing 7th October 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 Yoghurt
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

Spark
CARLISLE LOCAL CULTURAL EDUCATION PARTNERSHIP
sparkling imagination and creativity
for children and young people

OPEN Day
- FREE -

SUNDAY 6TH OCTOBER
2-4pm
at Stanwix Primary School & Stanwix Community Centre
Church Road CA3 9DJ

Discover and explore hidden treasures!
Uncover creative activities for the whole family...

Including:
Roman Relics
Arts and Crafts
Music
Stories and Dressing Up
Upcycling
Fantastic Food
Meet the Alpacas

TULLIE
act:ed
Cumbria County Council
Cumbria Chamber of Commerce
CDEC
Cumbria University
Cumbria University of Applied Sciences

You can Foster with us
BLACKBURN WITH DARWEN, BLACKPOOL, CUMBERLAND
 LANCASHIRE, WESTMORLAND & FURNESS

Funded by UK Government

Share your home. Shape their future.

We are the friendly, dedicated support hub for fostering with your local council.

Westmorland & Furness Council Cumberland Council

f fosterwithus i fosterwithushub 0300 019 0200

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

NHS

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

HERE TO HELP

To all local parents and schools in North Cumbria

Most pharmacies can help you with **minor medical conditions** without needing a GP appointment.



Visit your Pharmacy First!

Did you know that pharmacies can now offer clinical appointments with medication available if required for four clinical conditions particularly relevant to school age children?

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)

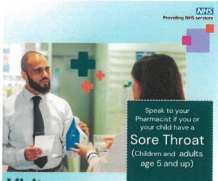
GP practices are busy and it can be difficult to get a same-day GP appointment. When your child is off sick from school with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained clinical professional and receive advice and even medication if it is needed, meaning they could be on the road to recovery and back at school as soon as possible.



Visit your Pharmacy First!

All North Cumbria community based pharmacies offer the Pharmacy First service. Remember – if your child has an ear ache, sore throat, impetigo symptoms or suspected infected insect bite think

Pharmacy First!



Visit your Pharmacy First!

NHS

flu: 5 reasons to vaccinate your child



- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit www.nhs.uk/child-flu

Flu Immunisation
Helping to protect children, every winter

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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 – 8th October 2024 15.00 – 17.30pm
 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 22nd October 2024 15.00 – 17.30pm
 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**



FOR OUR FUTURE GREAT CUMBRIAN RUNNERS!

Family Fun Run: 1 mile
 Fully accessible to all. £8 including a medal.
10+ run (time chipped): 3.4 miles
 £10 including a medal

Date: Sunday 6th October, 9am
Location: The Sands Centre



It isn't about Olympic level athletes aiming for a record time. It's about Mums with prams, Dads with toddlers, groups running together, fancy dress, kid's getting active or even raising money for a well-deserved local cause. All runners get a free photo in the kids and adults run included in the price.

Sign up online at better.org.uk/gcr

Charity partners:



Better is a registered trademark and trading name of GGL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793K Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Island Revenue Charity no. XN43378

The **40th**
Great Cumbrian Run

Running through the city centre and beautiful local villages is what we love most - and we can't wait to welcome you back!

Half Marathon
13.1 miles

10K
6.2 miles

Date: Sunday 6th October, 9am

Start: at The Sands Centre

Finish: at the Sheepmount Stadium
Finishers medal & t-shirt included!

Sign up online at
better.org.uk/gcr

Scan to enter

Cumberland Council SPORT IN ACTION BETTER

Family Action Information

Cumberland Council

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.

Drop in group:

All groups will be running at
Belah Community Centre
CA3 9SR

Monday 7th October
1:30pm – 2:30pm

Monday 4th November
1:30pm – 2:30pm

Monday 2nd December
1:30pm – 2:30pm

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: carlisleroombooking@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: carlisleroombooking@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: carlisleroombooking@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

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



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



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



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, Harrabby Community Centre
Day: Every Tuesday (Term Time Only)
Time: 11:00am – 12:00pm

Sensory Rooms

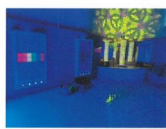
We have Sensory Rooms in our Children's Centres at Morlon, Harrabby and Longtown. The rooms have a range of sensory equipment to support your child with their learning and development in a safe and comfortable environment where staff are on hand to offer advice & support if needed. The rooms are suitable 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**
Harrabby: Available every Thursday- please call **01228 596 773**
Morlon: 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](http://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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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



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.



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://www.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

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



0 – 19 Child and Family support services - Carlisle

Sensory Processing Workshop

Would you like some 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 difficulties in our online Introduction to Sensory Processing workshop!

Join us on Zoom on one of the dates below:

Tuesday 1st October 1.30-2.30pm

Thursday 17th October 7.30-8.30pm



Sensory processing is the system that our bodies use to understand the world using our senses.

- ✓ Sight
- ✓ Sound
- ✓ Touch
- ✓ Taste
- ✓ Smell
- ✓ Proprioception
- ✓ Vestibular
- ✓ Interoception

To book a place or to find out more
Please contact us by phone or email.

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

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk