

# Cumbria

0 – 19 Child and Family Support Service –  
Allerdale, Barrow, Carlisle & Copeland



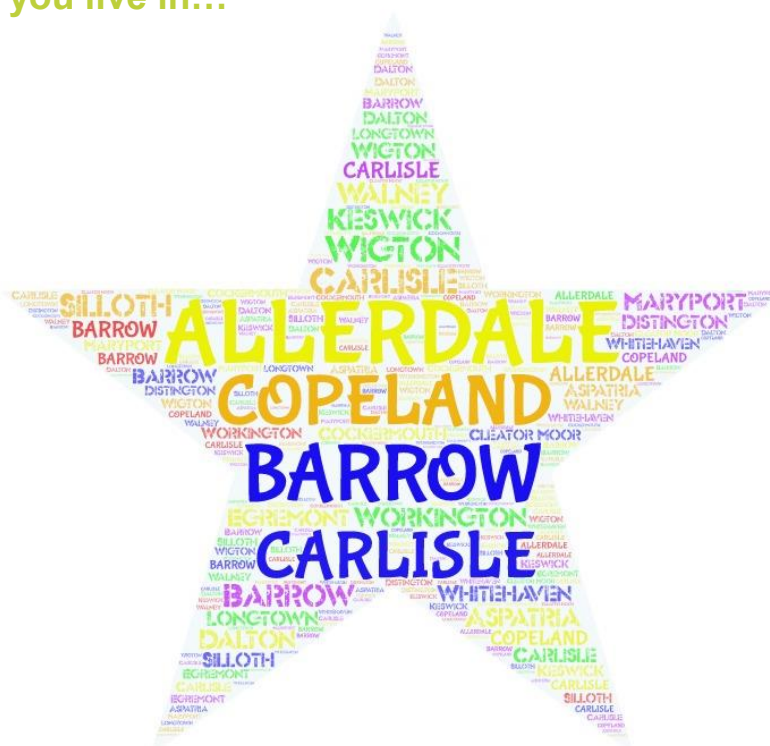
# Still Here For You!

Via



Your local Family Action Child & Family Support Service is still open, although we are working slightly different to usual. This newsletter will tell you what services your local Family Action centres are offering and how you can get in touch with us.

Whether you live in...



## Socially Distant Support

We feel it is important to be able to continue to provide families with support during these worrying and stressful times. Our teams are continuing to deliver support in a variety of new creative ways. We are still available to contact if you feel in need of support or have information you would like to share with us.



## What services are we offering?

We are currently delivering our services either over the phone or via Whatsapp. Where we are working 1 to 1 with a child, we will need to receive permission from a parent or carer before each session can start.

As and when government instructions change, we will update you with how this affects us and the changes we will be making.

## Solihull Parenting (Including Antenatal & Postnatal Support)

This course is now available online, funded by Cumbria County Council, which means you can access at home at any time of the day for FREE.

Solihull Parenting can help you to understand all children and young people's behaviour from pregnancy through to the teenage years.



If you feel that you would like a follow up call with some further advice or support, please contact your local Family Action centre.

## Would you like individual family support?

Family Action can offer support to children individually, or by working closely with other agencies. This can help children come to terms with key events and experiences in their lives, including those experienced with the current Covid pandemic.

We are available to support with understanding and managing their emotions as well as giving them the opportunity to have their voices heard. We will provide ideas that focus on their strengths, abilities and aspirations for the future and help them become more resilient.

### Decider Skills

This course helps you and your family to recognise your own thoughts, feelings and behaviours as well as monitor and how to manage your own emotions and mental health. Ideal for children, we can run Decider Skills with just 1 child or with a family. Please check with your local Family Action centre.



### Drawing & Talking

A therapeutic course for children aged approximately 4 – 10 years, this would depend on their level of maturity. Drawing & Talking allows children to show their thoughts and feelings safely visually. It can help them to explore worries and concerns they may not have felt or spoken about before.



We ask that children are given their own private space at home to do these sessions with a trained member of our team, either over the phone or via WhatsApp.

### Risk & Resilience

This course can help and encourage children aged 8 – 12 years improve their emotional wellbeing and resilience through building positive relationships, developing their awareness of personal safety as well as improving and developing their self-confidence and self-esteem.



### 1 to 1 Family Support

A member of our team will support you and your family in times of facing difficult challenges, whether it be advice and guidance around implementing boundaries, routines and behaviour, positive parenting and exploring other avenues of individual support.



## Early Years Support

The way we run our sessions has changed, however we are still able to provide some sessions to children aged 0 – 5 years. We can get in touch with socially distanced visits and video calls.

## Portage

The service helps the development of children with additional needs, aged up to 3 years and have a significant delay, or a diagnosis that may result in a delay, in 2 or more areas of their development. A trained member of our team will support you and your little one with some fun, easy activities to help with their play and communication skills as well as their day to day life.



## Bookstart

The Bookstart service supports the development of children's communication and language development through using fun activities to do with your child or children, along with some home based activities and learning for parents and carers. Fun activities include exploring and making new things, sharing books and stories and enjoying some nursery rhymes.



## Home Based Play Support

A home based support for families with children aged 0 – 3 years. Using fun play activities and ideas in and around the home can help with home learning and building confidence to make good developmental progress towards being ready for school.



## Time for Talking

This speech and language service is ran in conjunction with the Speech and Language team and is ideal for children aged 2 – 4 years, who have an identified speech and language need and using few or no words. Using trained ways of learning, you will learn and new use fun activities to do at home with your little one.



## Domestic Abuse Recovery Toolkit

Our DART sessions are aimed at those who have experienced and recovering from Domestic Abuse. The sessions will help you to grow stronger, build your self-esteem and confidence as well as look at building healthy positive relationships.



If you or someone you know is in immediate danger, please call 999.

## NEED A SAFE SPACE?

If you're experiencing domestic abuse, support is available.

You can use the consultation room in your local Boots pharmacy to call a support service.



[UKSAYSNOMORE.ORG/SAFESPACES](https://uksaysnomore.org/safespaces)

## FamilyLine

Family Action's Family Line is a FREE helpline, befriending and counselling services for all members of the family over the age of 18.

Family pressures can sometimes be difficult, especially without emotional support and guidance in times of need. FamilyLine provides this support on all aspects of family life.

**Available:** Monday – Friday, 9am – 9pm

**Contact our helpline by:**

**Telephone:** 0808 802 6666

**Text:** 07537 404 282

**Email:** [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

**Visit** [www.family-action.org.uk/familyline](http://www.family-action.org.uk/familyline)

A live chat is also available on our website.





# Breastfeeding Support

Our Breastfeeding Support is still continuing but just in a different way. Please see below what Breastfeeding Support is currently on offer in your area.

**Where Can I Access Breastfeeding/Chestfeeding Support During the Covid-19 Outbreak?**  
North Cumbria

**Telephone support from trained volunteers**  
Trustworthy online information

**National Support Services**  
National Breastfeeding Helpline  
0300 100 0212 from 9:30am to 9:30pm, 7 days a week. Live online support via web chat.  
The Breastfeeding Network  
Diagn in breastmilk fact sheets  
Breastfeeding information  
[breastfeedingnetwork.org.uk](http://breastfeedingnetwork.org.uk)  
The Breastfeeding Network

**Community & chat with other parents**  
Basic breastfeeding support from volunteers

**Virtual Peer and Group Support**  
Family Action  
Carlisle: 07734 003789  
Family Action Carlisle 0-19 Child and Family Support Service  
Barntonias  
Eden: 07740 515 210  
Eden 0-19 Child and Family Support Services  
South Cumbria Breastfeeding Support (available throughout Cumbria)  
<http://www.southcumbria-breastfeeding.org.uk>  
South Cumbria Breastfeeding Support

**Child health advice**  
Skilled infant feeding support

**Health Visitor or Midwife**  
Eden Health Visitors  
Appleby: 017683 54964  
Penrith: 01768 245263  
Carlisle Health Visitors  
West: 01228 608045  
South: 01228 608953  
North: 01228 792712  
Penrith Community Midwives  
01768 245558  
Carlisle Community Midwives  
01229 814872  
Barntonias Community Midwives  
018977 41365

**Specialist infant feeding support**

**Infant Feeding Coordinator/Lactation Consultant**  
For specialist infant feeding support and more complex feeding problems  
Infant Feeding Coordinators  
Beth Rengers 07920 247502  
Laura Rodgers 07867 462031  
South Cumbria Breastfeeding Support  
Ann Bruce, Lactation Consultant  
<http://www.southcumbria-breastfeeding.org.uk>  
South Cumbria Breastfeeding Support

## North Cumbria

Here are all the ways you can get Breastfeeding support if you live in Carlisle.



**Where Can I Access Breastfeeding/Chestfeeding Support During the Covid-19 Outbreak?**  
South Cumbria

**Telephone support from trained volunteers**  
Trustworthy online information

**National Support Services**  
National Breastfeeding Helpline  
0300 100 0212 from 9:30am to 9:30pm, 7 days a week. Live online support via web chat.  
The Breastfeeding Network  
Diagn in breastmilk fact sheets  
Breastfeeding information  
[breastfeedingnetwork.org.uk](http://breastfeedingnetwork.org.uk)  
The Breastfeeding Network

**Community & chat with other parents**  
Basic breastfeeding support from Unicef-trained supporters

**Virtual Peer and Group Support**  
Family Action  
Barrow: 07915 688922 (Breastfeeding support available Mon-Fri 10pm)  
Barrow Child and Family Support Service  
Acton East Childica  
07768 628169  
South Lakeland Child and Family Support Service  
South Cumbria Breastfeeding Support (available throughout Cumbria)  
<http://www.southcumbria-breastfeeding.org.uk>  
South Cumbria Breastfeeding Support

**Child health advice**  
Skilled infant feeding support

**Health Visitor or Midwife**  
South Lakes Health Visitors  
01539 718155  
Farness Health Visitors  
Consett: 01229 404595  
Hexham: 01229 471655  
Dalton: 01229 407770  
Milton: 01229 777592  
Kendal Community Midwives  
01539 795375  
Farness Community Midwives  
01229 403803

**Specialist infant feeding support**

**Infant Feeding Coordinator/Lactation Consultant**  
For specialist infant feeding support and more complex feeding problems  
Infant Feeding Coordinators  
Beth Rengers 07830 247502  
Laura Rodgers 07867 462031  
South Cumbria Breastfeeding Support  
Ann Bruce, Lactation Consultant  
<http://www.southcumbria-breastfeeding.org.uk>  
South Cumbria Breastfeeding Support

## South Cumbria

Here are all the ways you can get Breastfeeding support if you live in Barrow.



**Where Can I Access Breastfeeding/Chestfeeding Support During the Covid-19 Outbreak?**  
West Cumbria

**Telephone support from trained volunteers**  
Trustworthy online information

**National Support Services**  
National Breastfeeding Helpline  
0300 100 0212 from 9:30am to 9:30pm, 7 days a week. Live online support via web chat.  
The Breastfeeding Network  
Diagn in breastmilk fact sheets  
Breastfeeding information  
[breastfeedingnetwork.org.uk](http://breastfeedingnetwork.org.uk)  
The Breastfeeding Network

**Community & chat with other parents**  
Basic breastfeeding support from volunteers

**Virtual Peer and Group Support**  
Family Action  
Copeland: 07815 688387  
Copeland 0-19 Child and Family Support Service  
Allerdale: 07815 887287  
Allerdale 0-19 Child and Family Support Service  
BAES  
BAES Breastfeeding Lactation Support Allerdale  
@baes\_allerdale  
South Cumbria Breastfeeding Support (available throughout Cumbria)  
South Cumbria Breastfeeding Support

**Child health advice**  
Skilled infant feeding support

**Health Visitor or Midwife**  
Copeland Community Midwives  
01946 523209  
Allerdale Community Midwives  
Cockermouth: 01900 705790  
Workington: 01900 705033  
Maryport: 01900 811940  
Kareek: 01792 245258  
Copeland Health Visitors  
01946 514434  
Allerdale Health Visitors  
Cockermouth: 01900 705787  
Workington: 01900 705173  
Maryport: 01900 811844  
Wigton: 01228 602066

**Specialist infant feeding support**

**Infant Feeding Coordinator/Lactation Consultant**  
For specialist infant feeding support and more complex feeding problems  
NHS Infant Feeding Coordinators  
Beth Rengers 07920 247502  
Laura Rodgers 07867 462031  
South Cumbria Breastfeeding Support  
Ann Bruce, Lactation Consultant  
South Cumbria Breastfeeding Support

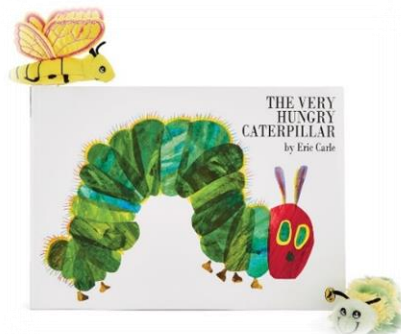
## West Cumbria

Here are all the ways you can get Breastfeeding support if you live in Allerdale or Copeland.



## Here's what else we've been getting up to...

In Allerdale, our Stories and Songs Facebook posts have been very popular, with over 1,000 views in just 1 week. We've shared our favourite stories and nursery rhymes, as well as our favourite crafts and activity ideas.



In Carlisle, our Volunteer and Engagement Officer has successfully pulled together 100 packs to teach children and families how to plant and grow their own food including tomatoes, peas, lettuce, carrot, potatoes and onions. Yum!

In Barrow, our team have been very busy getting fun activity packs to 100 families in partnership with Love Barrow Families and Barrow Women's Community Matters as well as 50 Home Learning packs to do fun activities together.



In Copeland, we've shared some ideas of fun healthy snacks on our Facebook page, such as fruit kebabs, chocolate lollies and crustless quiche. You can make them at home with all the family, including the Little Chefs.

## Here's the ways you can get in touch with us...

Our way of working has had to change, but we are more digitally accessible than ever before! Our contact numbers have changed temporarily as we work away from the offices, please find here how you can get in touch with us.

### ALLERDALE

Workington | Maryport | Cockermouth | Keswick | Wigton | Silloth | Aspatria

Phone Us	07815687287
Facebook Us	<a href="http://www.facebook.com/AllerdaleSupport">www.facebook.com/AllerdaleSupport</a>
Email Us	<a href="mailto:allerdale@family-action.org.uk">allerdale@family-action.org.uk</a>



### BARROW

Barrow | Dalton-in-Furness | Walney



Phone Us	07502149188
Facebook Us	<a href="http://www.facebook.com/BarrowSupport">www.facebook.com/BarrowSupport</a>
Email Us	<a href="mailto:barrow@family-action.org.uk">barrow@family-action.org.uk</a>

### CARLISLE

Carlisle | Longtown | Brampton

Phone Us	07734003789
Facebook Us	<a href="http://www.facebook.com/CarlisleSupport">www.facebook.com/CarlisleSupport</a>
Email Us	<a href="mailto:carlisle@family-action.org.uk">carlisle@family-action.org.uk</a>



### COPELAND

Whitehaven | Egremont | Hensingham | Millom | Distington | Cleator Moor



Phone Us	07815688397
Facebook Us	<a href="http://www.facebook.com/CopelandSupport">www.facebook.com/CopelandSupport</a>
Email Us	<a href="mailto:copeland@family-action.org.uk">copeland@family-action.org.uk</a>