

0 – 19 Child and Family Support Service – Allerdale

Register With
Us Today!!

Allerdale Autumn Activities

Welcome to our Autumn Newsletter which will give you details of all our services that we are providing between September and December 2021.

We would like to welcome and thank all the new families who registered with us over the past few months, we would like to say a warm hello to those who have joined us already. We all look forward to continuing deliver services to families of all ages.

For further details of our Autumn activities please contact any of our centres:

Aspatria, King Street, CA7 3ET, 016973 43870

Cockermouth, South Street, CA13 9RT, 01900 810869

Flimby, Sand Lane, CA15 8QS, 01900 810869

Keswick, Trinity Way, CA12 4HZ, 01900 810869

Maryport, Ennerdale Road, CA15 8HN 01900 810869

Silloth, Liddel Street, CA7 4DD, 016973 43870

Wigton, 10—12 Wampool Place, CA7 9SA, 016973 43870

Workington, Nilsson Drive, CA14 5BD, 01900 604822

Or call our single point of access number on 07815686871

Visit our website at <https://www.family-action.org.uk/cumbria>

or check out our Facebook page at: [Facebook.com/AllerdaleSupport](https://www.facebook.com/AllerdaleSupport)



Services For Pregnancy, Birth & Early Years

Let's Get Ready For Baby

The Antenatal course is a 5 week programme for pregnant Mums, fathers, partners, birth partners or grandparents providing information about the pregnancy, birth and preparation for developing a relationship with the baby in the womb to birth and after the birth.

The programme covers:

- Relaxing and Breathing
- Getting to know your Baby in the Womb
- You, Your Baby and the Stages of Labour
- Birth Position
- Feeding your Baby



Sessions will take place at:

Workington Children's Centre

Dates: Tuesdays 21st September to 19th October

Time: 10am to 12 noon

West Allerdale Children's Centre, Flimby

Date: Tuesdays 9th November to 7th December

Time: 10am to 12 noon

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

Marie Dixon on 07815686847 or by email at marie.dixon@family-action.org.uk or
Jannine Pigg on 07815 687248 or by email jannine.pigg@family-action.org.uk

Antenatal Drop-in Sessions

Come and join us every 2nd and 4th Friday in the month as we discuss various topics such as feeding, safe sleeping and antenatal health, we will also answer any questions you may have.

Sessions will take place at:

West Allerdale Children's Centre, Maryport

Date: 2nd & 4th Friday in the Month

Time: 10am to 11.30am



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

Marie Dixon on 07815686847 or by email at marie.dixon@family-action.org.uk or
Jannine Pigg on 07815687248 or by email jannine.pigg@family-action.org.uk

Let's Get to know your Baby

Come and join us as we talk about various topics after having your baby such as sleep patterns and routines, feeding issues, maternal health as well as answering any questions you may have.

Sessions will take place at:

Derwent Valley Children's Centre, Cockermouth

Date: Mondays 20th September to 11th November

Time: 1pm to 2.30pm

North Allerdale Children's Centre, Aspatria

Date: Mondays 15th November to 13th December

Time: 1pm to 2.30pm



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

Marie Dixon on 07815686847 or by email at marie.dixon@family-action.org.uk or
Jannine Pigg on 07815687248 or by email jannine.pigg@family-action.org.uk

Baby Massage

Baby massage has many additional benefits for your baby including aiding digestion, improving circulation along with helping to soothe your baby, helping to promote good sleep and ease teething pain. Massage is a great way for you and your partner to bond with your baby and you may find it relaxing for yourself too!

Sessions will take place:

Workington Children's Centre

Date: Thursdays 23rd September to 21st October

Time: 10am to 11am

Derwent Valley Children's Centre, Cockermouth

Date: Thursdays 18th November to 16th December

Time: 10am to 11am

North Allerdale Children's Centre, Aspatria

Date: Mondays 15th November to 13th December

Time: 1pm to 2.30pm



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

Marie Dixon on 07815686847 or by email at marie.dixon@family-action.org.uk

Breastfeeding Drop In

For anyone breastfeeding, thinking about breastfeeding or wanting to find out more! Come meet other parents and our UNICEF trained staff for 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:

North Allerdale Children's Centre, Wigton

Date: Wednesdays from 29th September

Time: 10.30am to 11.30am



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

Joanne Dixon on 07815686886 or by email at joanne.dixon@family-action.org.uk

Weaning 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.

So come along to our Weaning workshop and 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:

West Allerdale Children's Centre, Flimby

Date: Wednesday 15th September & Wednesday 15th December

Time: 10am-11am

Derwent Valley Children's Centre, Cockermouth

Date: Wednesday 20th October

Time: 10am-11am

Workington Children's Centre

Date: Wednesday 17th November

Time: 10am-11am



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

Michelle Dobinson on 07815686839 or email at michelle.dobinson@family-action.org.uk or
Gemma Conkey on 078215686865 or by email on gemma.conkey@family-action.org.uk

Healthy Habits

Come along and find out about how you can give your children the best possible start in life by making sure they have healthy habits as they grow. We will look at introducing your children to healthy foods and how to get them to try different foods, how to get them to enjoy and have more exercise and we will also look at portion sizes, recipe ideas and answer any questions or queries you may have.

Sessions will take place:

Workington Children's Centre

Date: Wednesday 22nd September

Time: 10.30am to 11.30am

North Allerdale Children's Centre, Wigton

Date: Wednesday 13th October

Time: 10.30am to 11.30am

Derwent Valley Children's Centre, Keswick

Date: Wednesday 10th November

Time: 10.30am to 11.30am

West Allerdale Children's Centre, Maryport

Date: Wednesday 8th December

Time: 10.30am to 11.30am



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

Michelle Dobinson on 07815686839 or email at michelle.dobinson@family-action.org.uk or
Gemma Conkey on 078215686865 or by email on gemma.conkey@family-axction.org

Smile 4 Life

Come along and find out the best way to help keep your family's teeth and mouth healthy. There will be lots of interesting and useful tips that you can put into place to encourage and promote good oral health for you and your children from an early age. We can also give you information on getting registered with a dentist and answer any questions you may have!

Sessions will take place:

Over Zoom

Date: 3rd Thursday in the Month

Time: 1pm to 2.30pm



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

Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk or
Sarah Metcalfe on 07815686871 or by email sarah.metcalfe@family-action.org.uk

Baby Explorers

Have you got a child/children up to the age of 12 months? If so, why not join our Baby Exploring sessions. These sessions are for mums, dads, grandparents and carers to enjoy meeting up with others and finding out about lots of fun activities to do with your baby to support their early learning and development.

Sessions will take place at:

West Allerdale Children's Centre, Flimby

Dates: Tuesdays 14th September to 19th October & 2nd November to 14th December

Time: 10am to 11am



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

Holly Stephenson on 07971951315 or by email holly.stephenson@family-action.org.uk or

Natalie Heskett on 07971951308 or by email Natalie.heskett@family-action.org.uk

Workington Children's Centre

Dates: Mondays 20th September to 18th October & 1st November to 13th December

Time: 1pm to 2pm

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

Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk or

Gemma Conkey on 07815686865 or by email gemma.conkey@family-action.org.uk

North Allerdale Children's Centre, Wigton

Date: Thursdays 7th October to 21st October & 4th November to 16th December

Time: 10am to 11am

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

Freya Bullock on 07815687400 or by email at freya.bullock@family-action.org.uk or

Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk

Derwent Valley Children's Centre, Keswick

Date: Wednesdays 15th September to 20th October & 3rd November to 15th December

Time: 1pm to 2pm

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

Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk or

Holly Maxwell on 07815687332 or by email holly.maxwell@family-action.org.uk



Little Explorers - SEND (Special Educational Needs and Disabilities)

Come and join in our fun and interactive sessions whilst enjoying the benefits of sensory play, songs and rhymes and crafts. We will also introduce Makaton signs and structured activities to support your child's learning and are on hand to offer parents any advice, information and guidance on their child's individual needs.

Sessions will take place at:

West Allerdale Children's Centre, Maryport

Dates: Mondays from 13th September (Term Time Only)

Time: 3.30pm to 5pm



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

Holly Stephenson on 07971951315 or email holly.stephenson@family-action.org.uk or
Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk

Workington Children's Centre

Dates: Tuesdays from 14th September (Term Time Only)

Time: 3.30pm to 5pm

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

Amy Ackerley on 07815687406 or email amy.ackerley@family-action.org.uk or
Jordan Huddart on 07815687366 or by email jordan.huddart@family-action.org.uk

Derwent Valley Children's Centre, Keswick

Dates: Mondays from 20th September (Term Time Only)

Time: 10am – 11.30am



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

Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk or
Jordan Huddart on 07815687366 or by email jordan.huddart@family-action.org.uk

North Allerdale Children's Centre, Wigton

Date: Thursdays from 16th September (Term Time Only)

Time: 3.30pm to 5pm

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

Freya Bullock on 07815687400 or by email at freya.bullock@family-action.org.uk or
Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk



Let's Get Talking

Come along and join in our fun session based around communication and language, which is delivered in partnership with the Speech and Language Team

This group is suitable for children aged 2-4 years who are using few or no single words.

Sessions will take place:

West Allerdale Children's Centre, Maryport

Date: Mondays 20th September to 18th October

Time: 9.30am to 11.30am

Workington Children's Centre

Date: Fridays 24th September to 22nd October

Time: 9.30am to 11.30am

North Allerdale Children's Centre, Silloth

Date: Tuesdays 9th November to 7th December

Time: 9.30am to 11.30am



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

Amy Ackerley on 07815687406 or email amy.ackerley@family-action.org.uk or
Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk

Makaton Sing Along

Come along and join in the fun, singing some well known songs and learn to sign along!

Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

Sessions will take place:

West Allerdale Children's Centre, Maryport

Date: Fridays 1st October 2021 to 22nd October

Time: 1.30pm to 2.30pm

Workington Children's Centre, Workington

Date: Fridays 12th November to 3rd December

Time: 1.30pm to 2.30pm



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

Freya Bullock on 07815687400 or by email at freya.bullock@family-action.org.uk or
Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk

Bookstart Group

Come along and join in fun activities that will help your child develop a love of stories, songs books and rhymes.

This five week programme will help your child's developing language and communication skills. You can continue to develop these skills at home with the ideas and tips provided in the session.

Each week you will receive lots of FREE resources and ideas to take away to support your child's learning and development.

Sessions will take place at:

Maryport Library, Maryport

Dates: Tuesdays 28th September – 19th October

Time: 10am to 11am

Workington Library, Workington

Dates: Wednesday 10th November to 1st December

Time: 10am to 11am



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

Jordan Huddart on 07815687366 or by email jordan.huddart@family-action.org.uk

Stay and Play

Stay and play is a great way for you and your child to meet new people and make new friends in a gentle and relaxed atmosphere. All parents, grandparents and carers and their children under five are welcomed these sessions where you can access friendship, play and educational activities and support.

Sessions will include a range of free-play, messy play, arts and crafts, healthy snacks, outdoor play and story and song time. This will help enhance your child's learning and development by encouraging speech and language, sharing, turn-taking and exploring new and exciting activities.

Sessions will take place at:

North Allerdale Children's Centre, Wigton

Date: 1st & 3rd Friday in the Month

Time: 10am to 11.30am

North Allerdale Children's Centre, Silloth

Date: 2nd & 4th Friday in the Month

Time: 10am to 11.30am



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

Freya Bullock on 07815687400 or by email at freya.bullock@family-action.org.uk or
Rebecca Holmes on 07971951313 or by email rebecca.holmes@family-action.org.uk

Stay and Play

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Sessions will include a range of free-play, messy play, arts and crafts, healthy snacks, outdoor play and story and song time. This will help enhance your child's learning and development by encouraging speech and language, sharing, turn-taking and exploring new and exciting activities.

Sessions will take place at:

Derwent Valley Children's Centre, Keswick

Date: 1st & 3rd Wednesday in the Month

Time: 10am to 11.30am

Derwent Valley Children's Centre, Cockermouth

Date: 2nd & 4th Wednesday in the Month

Time: 10am to 11.30am



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

Amy Ackerley on 07815687406 or email amy.ackerley@family-action.org.uk or
Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk

West Allerdale Children's Centre – Maryport

Date: 1st & 3rd Monday in the Month

Time: 1pm to 2.30pm

West Allerdale Children's Centre - Flimby

Date: 2nd & 4th Monday in the Month

Time: 1pm to 2.30pm

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

Jordan Huddart on 07815687366 or by email jordan.huddart@family-action.org.uk or
Holly Stephenson on 07971951315 or email holly.stephenson@family-action.org.uk

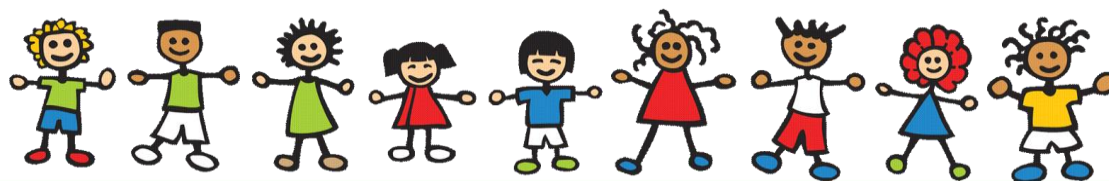
Workington Children's Centre

Date: 2nd & 4th Thursday in the Month

Time: 1pm to 2.30pm

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

Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk or
Sarah Metcalfe on 07815686871 or by email sarah.metcalfe@family-action.org.uk



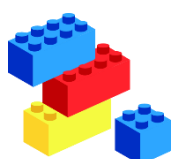
Services For Children



Happy to be Me

The aim of this programme is to develop children's self-esteem through a 5 week programme called 'Happy to Be me'. It increases interaction, communication skills, awareness of own feelings and how these affect other people, working together in a group, showing empathy to others, explore why everyone is different, learn new skills, celebrate achievements, make new friends, play games and have fun.

We deliver our Happy to be Me sessions in local schools across Allerdale so for further information or if you would like this delivered in your school please contact us on 07815687287 to find out more,



Busy Builders

Our Brick Club is based on LEGO® therapy and is around collaborative play in which children work together to build LEGO® models. The aim of the group is to help children to 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 ages 6-10 years.

Sessions will take place at:

West Allerdale Children's Centre, Maryport

Dates: Fridays 24th September to 3rd December

Time: 3.30pm to 5pm

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

Marie Dixon on 07815686847 or by email at marie.dixon@family-action.org.uk or

Amy Ackerley on 07815687406 or email amy.ackerley@family-action.org.uk



Workington Children's Centre

Dates: Mondays 27th September to 6th December

Time: 3.30pm to 5pm

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

Joanne Dixon on 07815686886 or by email at joanne.dixon@family-action.org.uk or

Kim Broatch on 07815687434 or by email at Kimberley.broatch@family-action.org.uk

Choose to Cope

Choose to Cope is an 8 week programme which is aimed at children aged 8 - 11 years who may be experiencing a number of different issues at school and home and who tend to worry about issues that are out of his/her control. They may be feeling sad and upset but are not sure why and tend to find it hard to concentrate and can easily become distracted, fidgety or restless. It is also a valuable programme for children who already have positive levels of anxiety skills to learn essential 'personal power' tools that they will be able to draw upon for their lifetime.

Sessions will take place at:

Workington Children's Centre

Dates: Thursdays 23rd September to 11th November

Time: 3.30pm to 5pm



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

Sarah Scott on 07815687389 or by email on sarah.scott@family-action.org.uk or
Gemma Bradburn on 07815687295 or by email on gemma.bradburn@family-action.org.uk

Time For Me

A group for children aged 11 to 16 years which aims to develop their own feelings of self-worth and confidence, building on their talents and skills enabling them to have an increased sense of belonging and develop aspirations for the future.

These sessions look at building positive relationships with peers, improving emotional resilience and becoming more socially confident through activities young people will enjoy after school. So come along and have some time for yourself at the end of the school day in our relaxed environment. If you're uncertain about booking on why not come and have a look at our centre and meet the staff who will happily answer any questions you may have.

Sessions will take place at:

West Allerdale Children's Centre, Maryport

Dates: Wednesdays 6th October to 17th November

Time: 3.45pm to 5pm

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

Freya Bullock on 07815687400 or email at freya.Bullock@family-action.org.uk or
Katrina Heggie on 07815687416 or by email at Katrina.keggie@family-action.org.uk



Recovery Toolkit for Children



The Children and Young People Domestic Abuse Recovery Toolkit is an 8 week programme for any young person that has witnessed or experienced domestic abuse and feel able to take part in a group.

The aim of the Children and Young People Domestic Abuse Recovery Toolkit is to help children and young people to become experts in their own recovery, allowing them to understand that they are not responsible for what has happened to them and for them to understand that they are not blamed for actions or decisions taken at the time of domestic abuse and to help them come to terms with their experiences

This programme is specifically for children who are no longer living with the abusive parent and is suitable for children aged 8 years and over.

For further information, please contact us on: 07815687287



The Decider Skills sessions, through teaching a variety of skills, will help you to:

- Recognise your own thoughts, feelings and behaviours
- Recognise how to monitor and manage your own emotions and mental health.

The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family. Sessions are suitable for children aged 7-11 years.

Sessions will take place:

Workington Children's Centre

Dates: Wednesday 15th September to 20th October

Time: 3.30pm to 4.30pm



IT WILL PASS

West Allerdale Children's Centre, Maryport

Dates: Thursday 4th November to 9th December

Time: 3.30pm to 4.30pm

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

Lynne Douglas on 07815686863 or by email lynne.douglas@family-action.org.uk



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 so that they can respond differently. 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, exploring feelings, parenting styles, communication and what behaviour is telling us, temper tantrums and what they might mean, sleep patterns and behavioural difficulties

Sessions will take place:

West Allerdale Children's Centre, Maryport

Date: Fridays 17th September to 26th November

Time: 9.30am to 11.30am

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

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

Sarah Scott on 07815687389 or by email on sarah.scott@family-action.org.uk or
Rob Notman on 07815686695 or by email on Robert.notman@family-action.org.uk

Sessions will take place:

Workington Children's Centre

Date: Wednesdays 15th September to 20th November

Time: 1pm to 3pm

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

Kim Broatch on 07815687434 or by email at Kimberley.broatch@family-action.org.uk or
Lynne Douglas on 07815686863 or by email at lynne.douglas@family-action.org.uk

Solihull - Understanding your Brain

A programme especially for Teenagers

Sessions will take place at:

Workington Children's Centre

Dates: Mondays 20th September to 29th November

Time: 10am to 12 noon

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

Joanne Dixon on 07815686886 or by email joanne.dixon@family-action.org.uk or
Freya Bullock on 07815687400 or email at freya.Bullock@family-action.org.uk



Domestic Abuse Recovery Toolkit

The Domestic Abuse Recovery Toolkit is a 12 week programme for women who have experienced and are recovering from domestic abuse. Your own strengths, resources and coping skills and resilience are reinforced throughout the programme, contributing to your own health and wellness on a long-term basis.

For further information, please contact Linzi Hall on 07815686894 - due to start in September

Kinship Carers Support

This Support Group aims to offer support, information and advice to Kinship Carers so that each carer is better equipped to undertake the many aspects of their caring role, best meet the needs of the children in their care, along with the opportunity to meet, discuss and learn from other Kinship Carers in a similar situation.

Sessions will take place at:

Workington Children's Centre

Date: 1st Thursday in the month

Time: 1pm to 2.30pm



For further information or to book your place, please contact:
Alison Cain on 07815 686911 or email alison.cain@family-action.org.uk

Bargain Bites

Bargain bites aims to provide low cost healthy snack and meal ideas for yourself and your family to enjoy together. During the sessions we will provide quick, easy and creative snacks/meals for you and your children to enjoy and we will look at Blooming Breakfasts, Lovely Lunches, Fakeaways, Delicious Desserts and Scrumptious Snacks.

Sessions will take place:

North Allerdale Children's Centre, Silloth

Dates: Tuesdays 22nd September to 13th October

Time: 1.30pm to 3pm

Derwent Valley Children's Centre, Keswick

Dates: Tuesdays 23rd November to 14th December

Time: 1.30pm to 3pm



For further information or to book your place, please contact:
Freya Bullock on 07815687400 or email at freya.Bullock@family-action.org.uk

Money Matters Workshop

Managing your money and making the most of it throughout your life is an invaluable life skill and one that it is never too early or too late to develop. Being on top of your money can set you up for a happier, more fulfilled life. It can help you achieve your goals and aspirations, and it can help you feel more in control and more confident towards whatever life throws at you.

Our face-to-face workshops are available for people of all ages and at all stages of life. They focus on helping people to develop the skills, knowledge, attitudes and behaviours they need to manage their money well. We make learning about money engaging, interactive, and fun!

Sessions will take place:

Workington Children's Centre

Date: Thursday 16th September

Time: 1pm to 2pm

North Allerdale Children's Centre, Aspatria

Date: Thursday 21st October

Time: 1pm to 2pm

West Allerdale Children's Centre, Maryport

Date: Thursday 18th November

Time: 1pm to 2pm



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

Lewis Oldfield on 07971951312 or by email lewis.oldfield@family-action.org.uk or
Natalie Heskett on 07971951308 or by email Natalie.heskett@family-action.org.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:

Fay Cardigan, Volunteer & Engagement Worker on 07815686909 or by
email at fay.cardigan@family-action.org.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 correct time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with Shout.



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. <https://cadas.co.uk/> 03001114002



Are you worried about a family members alcohol or drug use?
Would you like to support them to make positive changes?

We can help.
CADAS has a range of support options to support you or a member of your family.
Contact us on 0800 254 5658 or visit cadas.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.citizensadviceallerdale.org.uk> 01900 604735

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/>

Mind offers support with mental health. <https://cemind.org/> or 0300 123 3393

North Lakes Foodbank 01900 823854 or 07502311452

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

