



0-19 Child and Family Support Service

Mums Minds Matter - 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. Suitable for mums and children under 2 years old.

Dalton - Drop-in every Tuesday 09:30 - 11:30
To book please email esme.docherty@family-action.org.uk

Greengate - Every Monday 13:00 - 15:00
To book please email jessica.harris@family-action.org.uk

Family Support Service - A member of our team can support children, young people and parents/carers in facing difficult challenges, whether it be advice and guidance around sleep, toileting, healthy eating, implementing boundaries, routines and behaviours, positive parenting and exploring other avenues of individual support.

Contact your local Family Hub for more information or email barrow@family-action.org.uk

Volunteering Opportunities - we have a number of different roles available, please email lisa.morrow@family-action.org.uk for more information - help us to make a difference!

Family Action - Barrow

0-19 Child and Family Support Service



What's On Guide - Jan - Mar 2022

For further details of our services please contact one of our Family Hubs:-

Bram Longstaffe, Farm Street, LA14 2RX	01229 821825
Dalton, Nelson Street, LA15 8AF	01229 821855
Greengate Family Hub, Greengate Street, LA14 1BG	01229 821855
Hindpool, Bath Street, LA14 5TS	01229 827300
Ormsgill Comm Hub, Millstone Avenue, LA14 4BP	01229 408190
Walney Family Hub, Mill Lane, LA14 3NT	01229 471655

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

Or find us on Facebook at

<https://www.facebook.com/BarrowSupport>

Our Universal Sessions:

Baby Time Themed sessions for babies from birth to walking, with a range of activities to support positive development and learning such as exploring and making new things, mark making, water play, sensory activities, sharing stories and enjoying nursery rhymes. Supports the Baby Friendly Initiative.

Ormsgill - Every Monday 13:00 - 14:30

To book please email rebecca.coward@family-action.org.uk

Walney - Every Tuesday 09:30 - 11:00

To book please email melissa.greaves@family-action.org.uk

Hindpool - Every Tuesday 13:00 - 14:30

To book please email kathleen.dalton@family-action.org.uk

Bram Longstaffe - Every Wednesday 09:30 - 11:00

To book please email melissa.greaves@family-action.org.uk

Dalton - Every Wednesday 10:00 - 11:30

To book please email claire.linton@family-action.org.uk

Greengate - Every Friday 10:30 - 12:00

To book please email claire.linton@family-action.org.uk

Infant Feeding Support Group - Join us for feeding support with our friendly, trained passionate team. We can offer support for those breastfeeding, combination feeding and can signpost other feeding services and support. Supports the Baby Friendly Initiative.

Greengate - Every Thursday 10:00 - 11:30

To book please email melissa.greaves@family-action.org.uk

Our Universal Sessions:

Little Learners This is a parent and child session suitable for children from walking to age 4 years, covering early years child development. Join us for fun activities, crafts and lots of active learning too.

Hindpool - Every Monday 09:30 - 11:00

To book please email sara.pearson@family-action.org.uk

Greengate - Every Monday 13:00 - 14:30

To book please email claire.linton@family-action.org.uk

Ormsgill - Every Tuesday 09:30 - 11:00

To book please email sara.pearson@family-action.org.uk

Dalton - Every Wednesday 13:00 - 14:30

To book please email claire.linton@family-action.org.uk

Bram Longstaffe - Every Thursday 13:00 - 14:30

To book please email michelle.walker@family-action.org.uk

Walney - Every Friday 09:30 - 11:00

To book please email michelle.walker@family-action.org.uk

Early Days Workshop - This is a 4 week programme covering various subjects around health and wellbeing, such as Weaning, Oral Health, First Aid, Sleep and Routine and Baby Massage tasters. Supports the Baby Friendly Initiative.

For more information please email: melissa.greaves@family-action.org.uk
