

HOW DO I FIND OUT MORE?

We have volunteering opportunities in Carlisle,
Eden and Allerdale

To find out more please contact one of our offices:

Cumbria Family Support
The Office
Mardale Road
Penrith CA11 9EH
Tel: 01768 593102

Or

Cumbria Family Support
at Carlisle West Children's Centre
Wigton Road
Carlisle CA2 6JP
Tel: 01768 593102

Visit our website at www.cumbriafamilysupport.org.uk



Find us on facebook: Cumbria Family Support



Follow us on twitter: @CumbriaFS

Cumbria Family Support

CONSIDERING VOLUNTEERING?



OUR WORK IS MADE POSSIBLE BY OUR FUNDERS



Supported by
© BBC 2007 Reg. charity England
& Wales no. 802052 and Scotland
no. SC039557

LOTTERY FUNDED

Cumbria Community
Foundation
Finn Family Fund
Buckland Trust



Garfield Weston
FOUNDATION

The
Henry Smith
Charity
founded in 1628

CFM Radio
Penrith Lions
Mothers' Union
Queen Elizabeth Grammar School
Individual donations



**We offer support for families with young children
in Eden, Carlisle and Allerdale**

**Would you like to make a difference?
Use your own experience and help support a young family
Learn, enjoy and contribute to our community**

Registered in England Number 4151545 - Registered Charity Number 1085861

WHO ARE CUMBRIA FAMILY SUPPORT?

We are an independent voluntary organisation which helps families with young children cope when life is difficult. We assist families with issues relating to emotional well being, living with disability and ill health and parenting, and offer support to access other services.

HOME SUPPORT

We offer support to families in their own homes. Our volunteers support families by providing practical and emotional help with parenting, respite, and offer kindness and understanding and a listening ear. The relationship that grows between a volunteer and a family builds confidence, self-esteem, trust and respect. This helps a family recognise what they do best and feel worthwhile. Volunteers usually visit their family once a week for a couple of hours. Some volunteers choose to visit two families, or visit one family and help with a group or the Contact Centre.

CHILD CONTACT CENTRES

We run Child Contact Centres in Eden, Carlisle and Kendal. The Centres offer supported contact between children and their non-resident parent or other members of their extended family, in a safe, neutral and welcoming environment. They are staffed by a Co-ordinator and volunteers. The centres are open on alternate Saturdays and volunteers help on a rota basis.

OTHER SERVICES WE OFFER

We offer individual Family Links Nurturing Programme, delivered in the family home and tailored to meet families needs.

We deliver the Best Buddies Group (5-8 year olds) and the Risk and Resilience Group (8-11 year olds) where children can learn about making positive relationships and dealing with conflict and bullying, with the aim of building confidence and improving self esteem.

We also offer individual work with children to give them the opportunity to talk about their worries and explore their wishes and feelings to make sense of their particular situation. The work with children can sometimes be delivered alongside work with the parents to ensure the child's voice is heard within the support and outcomes for the family.

TRAINING AND SUPPORT

Volunteers starting their volunteering with Cumbria Family Support attend an Initial Training Session which includes our policies and procedures, volunteer safety and lone working and briefly covers topics which are expanded on in our Volunteer Development Programme. Volunteers will also be required to complete an e-learning safeguarding session and can then be matched with a family as soon as their references and DBS check are completed.

There is an expectation that volunteers will then attend our six week Volunteer Development Programme which includes sessions on:

- ◆ Levels of support for families and confidentiality
- ◆ Mental health issues and barriers to engagement.
- ◆ Relationships within families and play
- ◆ How to support parents with their parenting
- ◆ Domestic abuse awareness
- ◆ Safeguarding Level II.

Volunteers are also provided with ongoing support from their Volunteer Support Coordinator on an individual basis and at group support meetings held regularly throughout the year. These support meetings are an opportunity for volunteers to share their experiences with and gain support from other volunteers. The meetings also ensure volunteers are kept up to date with developments and usually include a training element.

