

The Allerdale (Maryport) Child Contact Centre is held on alternate Saturday mornings at:

**West Allerdale Children's Centre
Ennerdale Road
Maryport
CA15 8HN**

If you have any further questions please do not hesitate to contact the Allerdale (Maryport) Child Contact Centre Co-Ordinator :

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Cumbria Family Support



Allerdale (Maryport) Child Contact Centre

Information for Children

Allerdale (Maryport) Child Contact Centre provides a safe and friendly place for children to enjoy seeing their parent who does not live with them.

This booklet will hopefully answer some of the questions you may have about coming to the Contact Centre.

Why am I going to a Contact Centre?

When parents do not live with their child they may still want to spend time with them but sometimes this can not happen at home as some parents do not get along.

If parents can not agree when a child can see the parent who does not live with them then sometimes a judge or a magistrate from Family Court might be asked to help.

A Family Court is very different to a Criminal Court. In the Family Court the judge will listen carefully to what everyone has to say and try to help everyone agree on what is the best thing for YOU.

How do you feel?

You might feel nervous or confused about seeing your parent at the centre.

It is normal to feel these things. If you are worried, sad or happy, sometimes it might help to talk to the parent/carer you live with.

Be honest about how you feel and do not be afraid to ask questions. Just say what you think and what you want, not what other people want.

This is about YOU!

What will happen at the Contact Centre?

Allerdale (Maryport) Child Contact Centre provides a safe and friendly place for you to enjoy seeing your parent who does not live with you.

There are toys and games available at the centre or you can bring your favourite toys or game with you.

Who will be at the Contact Centre?

There will be members of staff at the centre. Some members of staff at the centre are volunteers that will help the families who attend the centre if they need any help and support.

There will be other children and parents at the centre. Children of different ages attend the centre, most of the time children will spend time with their parent/s or carer/s, but sometimes children may want to play with other children for a little while.

What will happen if I decide I do not want to stay in the Contact Centre?

Your parent will have decided how long you can be at the centre for with the parent who does not live with you.

If you find you don't want to stay as long as they have decided, you can say at the beginning of the session when the parent you live with is present and then a member of staff will let your other parent/carer know.

However, if you part way through the session you feel you want to go home you can tell a member of staff and they will phone your mum or dad and ask them to come and collect you.

