

East Cumbria Family Support Association

CONSIDERING VOLUNTEERING?



We offer support for families with young children

Would you like to make a difference?

Use your own experience and help support a young family

Learn, enjoy and contribute to our community

WHO ARE EAST 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 befriend families and offer valuable practical and emotional support to reduce stress. 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.

EDEN CHILD CONTACT CENTRE

The Centre offers supported contact between children and their non-resident parent or other members of their extended family, in a safe, neutral and welcoming environment. It is staffed by a Co-ordinator and volunteers. The centre is open on alternate Saturdays from 9am–1pm, and volunteers help on a rota basis.

OTHER SERVICES WE OFFER

We offer a range of parenting programmes—Triple P, Family Links Nurture Group and Buttercups—to help parents who are at different stages of their parenting and relationship with their child.

We deliver the Best Buddies Group for 5-8 year olds and the Monday Club for 8-11 year olds who may have low self esteem, experience difficulties making relationships and have issues dealing with conflict.

We also offer individual work with children to explore their wishes and feelings.

TRAINING AND SUPPORT

Volunteers attend an initial training session (Level 1) which equips them to begin visiting a family. Our Level 2 course runs for six sessions and enables volunteers to support a family with a more complex need. The course takes a more detailed look at topics such as being a volunteer, confidentiality, making relationships, being safe and being healthy, relationships within families and play, safeguarding children in need of protection, domestic abuse awareness and also includes an accredited first aid session.

Volunteers are carefully matched to support a family according to their experience and some families are visited by our Family Support Workers.

We undertake a DBS check and references and ask that volunteers actively participate with us for at least one year after training. Regular individual and group support and additional training is provided, and travel and telephone expenses paid.



HOW DO I FIND OUT MORE?

Please contact:

East Cumbria Family Support
The Office
Mardale Road
Penrith CA11 9EH

Tel: 01768 593102

Or

East Cumbria Family Support
at Carlisle West Children's Centre
Wigton Road
Carlisle CA2 6JP

Tel: 01228 227348

Visit our website at
www.eastcumbriafamilysupport.org.uk

OUR WORK IS MADE POSSIBLE BY OUR FUNDERS



LOTTERY FUNDED

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