**Services Over Christmas**

Single point of contact for Tuesday 29th, Wednesday 30th and Thursday 31st December is Michelle Doherty, Child and Family Support Manager, via our SPA Line **07502149188.**

The Greengate Family Hub will be open over the Christmas and New Year period- **01229 821855**.

Breast Feeding Support – contact South Cumbria Breastfeeding support line **0300 100 0212**

**Festive Holiday Kitchen - Wednesday 23rd December- 13:00-15:00**

**A cooking session for the whole family to get involved in and have fun whist making a healthy meal, via Zoom.**

**Ingredients are provided, places are limited and booking is essential.**

**Contact Jane for more Information on 07815688894 or email**

[**jane.thatcher@family-action.org.uk**](mailto:jane.thatcher@family-action.org.uk)

**Christmas Kitchen - Wednesday 30th December 13:00-15:00**

**A Christmas themed cook-along enjoyable to every member of the family, via Zoom. Chosen Christmas dish to be confirmed.**

**Ingredients are provided, places are limited and booking is essential.**

**Contact Jane for more Information on 07815688894 or email**

[**jane.thatcher@family-action.org.uk**](mailto:jane.thatcher@family-action.org.uk)

**Zoom into 2021 – Thursday 31st December 11:00-12:00**

**A session filled with festive party games and quizzes the whole family will be able to enjoy, via Zoom. Booking is essential as places are limited. Contact Lucy for more information and book on call 07815 688 878 or email**

[**lucinda.belbin@family-action.org.uk**](mailto:lucinda.belbin@family-action.org.uk)

**The Well** – **Monday 21st and Tuesday 29th December 14:00-16:00**

**Come along and buy your Pot Luck bag, filled with a selection of food items to suit everybody, at the cost of just £3.00 per bag. For more information please contact The Well on 07367348986 or email** [**families@thewell2.co.uk**](mailto:families@thewell2.co.uk)

[FamilyLine](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.family-action.org.uk%2Fwhat-we-do%2Fchildren-families%2Ffamilyline%2F&data=02%7C01%7C%7C017f374ae2c144a17a4408d7a3e5afe3%7C7c3c6b24370f462392f2ecf5e01521ac%7C0%7C0%7C637158079194371189&sdata=qDGJyZI7DWZgZIYcjPWDDC1OZ7DgzG39i0JpiernnnI%3D&reserved=0) is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it’s emotional support or practical advice on any aspect of parenting or broader family issues, **call: 0808 802 6666, text: 07537 404282** or **email:** [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)   
Monday to Friday: 9am – 3pm and 6pm – 9pm. The helplines will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

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