

### How will the family benefit?

- *You will meet other families and make new friends*
- *something structured to do for all the family.*
- *the chance to try a new activity.*
- *visit places you may never have been to.*
- *develop or learn new skills*
- *we hope you will enjoy it and have fun.*
- *Child friendly Volunteer opportunities*
- *A listening, non-judgmental ear*
- *A friendly face*
- *Internet facilities*

### The Kendal Family Drop-In Centre

We try to be flexible and listen to what you would like and how we could help you achieve it.

Since 1985 the Kendal Family Drop-In Centre has developed its support service as a direct result of you asking us to help.

We have had a number of challenges, and the journey has not always been smooth but we feel we have made an impression along the way.

We look forward to meeting you and providing your family with support that you value.



### Organization

### The Kendal Family Drop-In Centre

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Kendal, Cumbria

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All families are  
welcome

**Why not join  
our family  
activities?**

**We would love  
to meet you!**



## Sign language

The Signalong Project has been helping children with communication over the last five years.

We have informal taster sessions, sing & sign weekly and themed days suitable from birth to adulthood.

We also run structured formal courses from baby sign to phase 1, 2, 3, and 4.

Signalong phase 1 is a good starting point for the development of communication. Phase 2, 3 and 4 extends the range of expression available as the child develops.

It is fun to learn and taught with passion!  
(picture: weeding in the allotment)



## Inclusive Family fun

\*weekend activities: join us on the 1st and 3rd Saturday of every month at Sandgate school 11am to 1pm

\* arts & crafts, story sacks, baking, cultural themed days and sewing projects

\* mini bus transport available

\* Gardening either small or in our community allotment.

\* sport & games, indoor & outdoor with the emphasis on participation and fun.

\*photographs, computer and camcorder skills

\* our walking challenge with nature trails, using a compass/GPS

## **ASD Autism ADHD support**

Training & support days for families with children with a diagnosis or perhaps just thinking you may need some extra help.

Regular drop-in on Thursday morning 10am

Please don't struggle on alone!

