

Parent or Carer?

MyTime South Cumbria Primary Mental Health Worker Service

Are you worried about your child's mental health and not sure where to turn?

Join one of our drop-in sessions run by our Primary Mental Health Workers.

We'll point you in the right direction with friendly advice and guiding you to services that can help.

Our online sessions run twice a month no appointment needed, just a safe space to chat and get the right support.

**2nd & 4th Wednesday of every month
1pm – 3pm**

When joining the meeting you will enter a virtual waiting area where a worker will collect you

BARNARDOS



01539 742626



pmhw.mytime@barnardos.org.uk



Scan this QR code to join the drop-in

E-School Nurse Clinic

(By appointment only)

Twice weekly health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old.



Tuesday and Thursday

Telephone for an appointment

0300 304 9039

You will be able to talk to a school nurse, the contact will be private, secure and confidential. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.



Westmorland
& Furness
Council

School Term Dates

School year 2025/2026

Term	Start of term	Half term	End of term
Autumn	Wednesday 3 September 2025	Monday 27 October to Friday 31 October 2025	Friday 19 December 2025 2pm Finish
Spring	Wednesday 7 January 2026	Monday 16 February to Friday 20 February 2026	Friday 27 March 2026 2pm Finish
Summer	Monday 13 April 2026	Monday 25 May to Friday 29 May 2026	Friday 17 July 2026

School year 2026/2027

Term	Start of term	Half term	End of term
Autumn	Wednesday 2 September 2026	Monday 26 October to Friday 30 October 2026	Friday 18 December 2026
Spring	Tuesday 5 January 2027	Monday 15 February to Friday 19 February 2027	Thursday 25 March 2027
Summer	Monday 12 April 2027	Monday 31 May to Friday 4 June 2027	Friday 16 July 2027

You can find this information including future School Years on the following link to the [Westmorland & Furness Website](#)