

Cumbria LSCB

Cumbria Local Safeguarding Children Board

Early Help Resource Directory

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Advice and Information

ChildLine

Tel No:	0800 1111
Email:	
Address:	
Web Link:	http://www.childline.org.uk/Pages/Home.aspx

You can contact ChildLine about anything. No problem is too big or too small. Whatever your worry it's better out than in. There are several different ways you can get in touch with us, which you can find out more about below.

Children and Families Information Service

Tel No:	08457 125 737
Email:	childrens.information@cumbria.gov.uk
Web Link:	http://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis/

The Children and Families Information Service (CFIS) provides information, advice, support and guidance about a wide range of services, activities and entitlements for families in Cumbria with children and young people aged between 0-19 years old.

CFIS hold a database on all childcare provided by the private, voluntary and independent sector within the County. They will support parents through a brokerage service to find suitable childcare and also give advice on where to access the 2,3 and 4 year old free nursery entitlement.

Citizens Advice

Address & Tel:	<p>Carlisle 5 & 6 Old Post Office Court Carlisle Cumbria CA3 8LE Tel: 01228 633900</p>	<p>Penrith 2 Sandgate Penrith Cumbria CA11 7TP Tel: 01768 891503</p>
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Web Link: <http://www.carlislecab.co.uk/>

Carlisle & Eden Districts Citizens Advice (CAB) is an independent charity, partly funded by the Local Authority to provide, free, impartial and confidential advice on almost any subject. If we don't know the answer - we know someone who does.

We help and advise most often on the subjects of debt, relationships, benefits, housing, employment, law, immigration and all forms of discrimination.

Carlisle & Eden Districts CAB is totally independent, completely confidential and non-judgemental.

Cumbria Advice Network

Web Link:	http://www.cumbriaadvicenetwork.org.uk/can/
Comprehensive directory of services within Cumbria	

East Cumbria Family Support (ECFSA)

Address & Tel:	Carlisle Carlisle West Children's Centre Wigton Road Carlisle Cumbria CA2 6JP Tel: 01228 227348	Penrith The Office Mardale Road Penrith Cumbria CA11 9EH Tel: 01768 593102 / 862917
Web Link:	http://www.eastcumbriafamilysupport.org.uk/	
Support vulnerable families in order to improve outcomes for children and young people aged 0-19 years living in the Children's Services District of Carlisle and Eden.		
Home based support and practical help to families who are experiencing difficulties, parenting programmes and support groups.		

Carers and Young Carers

Carlisle Carers and Young Carers Services

Tel No:	01228 542156
Email:	Admin@carlislecarers.co.uk
Address:	Carers Resource Centre, 1 st Floor, Fusehill Medical Centre, Fusehill Street, Carlisle, Cumbria. CA1 2HE
Web Link:	http://carlislecarers.com/
Free and confidential information and support to carers of all ages on all issues related to the caring role.	

Eden Carers

Tel No:	01768 890280
Email:	enquiries@edencarers.co.uk
Address:	The Office, Mardale Road, Penrith, Cumbria. CA11 9EH
Web Link:	http://www.edencarers.co.uk/
Free and confidential information and support to carers of all ages on all issues related to the caring role.	

Furness Carers and Young Carers Services

Tel No:	01229 822822
Email:	admin@furnesscarers.co.uk
Address:	Hindpool Community Centre, Nelson Street, Barrow-in-Furness, Cumbria. LA14 1NF
Web Link:	http://www.furnesscarers.co.uk/
Free and confidential information and support to carers of all ages on all issues related to the caring role.	

West Cumbria Carers

Tel No:	01900 821976
Email:	general@westcumbriacarers.co.uk
Address:	Suite 7F, Lakeland Business Park, Lamplugh Road, Cockermouth, Cumbria. CA13 0QT
Web Link:	https://www.westcumbriacarers.co.uk/

South Cumbria Carers

Tel No:	01539 815970
Email:	fayewaites@slcarers.org.uk or nickitomlinson@slcarers.org.uk
Address:	Eskdale House, Shap Road, Kendal, Cumbria, LA9 6DQ
Web Link:	http://slcarers.org.uk/
Free and confidential information and support to carers of all ages on all issues related to the caring role.	

Children Centres

Allerdale and Copeland

Children's Centre:	North Allerdale Sure Start Children's Centre
Tel No:	016973 43870
Email:	
Address:	The Family Place, 10/12 Wampool Place, Greenacres, Wigton, Cumbria. CA7 9SA
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centres offer a range of services to meet the needs of children from 0 - 19 years and their families. These include parenting support, activities, and groups, holiday fun days, courses and individual support.

- Quality advice and activities for you and your child on topics such as play, health, breastfeeding, money, benefits and getting back to work
- Group activities or one to ones sessions
- Access to information about quality childcare in your area

Children's Centre:	West Allerdale Sure Start Children's Centre
Tel No:	01900 819190
Address:	Ennerdale Road, Maryport, Cumbria, CA15 8HN
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centre:	Derwent Valley Sure Start Children's Centre - Keswick
Tel No:	01768 775048
Email:	rachel.head@barnardos.org.uk
Address:	Trinity Way, Keswick, Cumbria. CA12 4HZ
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centre:	Derwent Valley Sure Start Children's Centre - Cockermouth
Tel No:	01900 826782
Email:	carol.copley@actionforchildren.org.uk
Address:	2 The Dairy, South Street, Cockermouth, Cumbria. CA13 9RT
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centre:	Workington Sure Start Children's Centre
Tel No:	01900 66946
Email:	rachel.head@barnardos.org.uk
Address:	The Minto Centre, Nilsson Drive, Workington, Cumbria. CA14 5BD
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centre:	North Whitehaven Sure Start Children's Centre
Tel No:	01946 690067
Email:	Info@howgill-centre.co.uk
Address:	Hensingham Primary School, Hensingham, Whitehaven, Cumbria. CA28 8QZ
Web Link:	www.howgill-centre.co.uk

Children's Centre:	South Whitehaven Sure Start Children's Centre
Tel No:	01946 64600
Email:	Info@howgill-centre.co.uk
Address:	Whinlatter Road, Mirehouse, Whitehaven, CA28 8DA
Web Link:	www.howgill-centre.co.uk

Children's Centre:	North East Copeland Sure Start Children's Centre
Tel No:	01946 817900
Email:	Info@howgill-centre.co.uk
Address:	Frizington Children's Centre, Main Street, Frizington, Cumbria. CA26 3PF
Web Link:	www.howgill-centre.co.uk

Children's Centre:	North East Copeland Sure Start Children's Centre
Tel No:	01946 817900
Email:	Info@howgill-centre.co.uk
Address:	North East Copeland Children's Centre, Birks Road, Cleator Moor, Cumbria. CA25 5HR
Web Link:	www.howgill-centre.co.uk

Children's Centre:	Egremont Sure Start Children's Centre
Tel No:	01946 823896
Email:	Info@howgill-centre.co.uk
Address:	Southey Avenue, Egremont, Cumbria. CA22 2HH
Web Link:	www.howgill-centre.co.uk

Children's Centre:	Millom Sure Start Children's Centre
Tel No:	01229 777592
Email:	Info@howgill-centre.co.uk
Address:	Millom Infant School, Lapstone Road, Millom, Cumbria. LA18 4LP
Web Link:	

Barrow and South Lakeland

Children's Centre:	Lakes Children's Centre - Windermere
Tel No:	01539 442598 (Barnardo's)
Address:	Goodly Dale, Lake Road, Windermere, Cumbria. LA23 2JX
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenntres.asp

Children's Centre:	Lakes Children's Centre
Tel No:	Refer to Windermere Children's Centre - 01539 442598 (Barnardo's)
Email:	
Address:	Ambleside Library, Keswick Road, Ambleside, Cumbria. LA22 0BZ
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	East South Lakeland - Kendal
Tel No:	01539 730555
Email:	jude@simms:barnardos.org.uk
Address:	42a Grasmere Crescent, Kendal, Cumbria. LA9 6LP
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	West South Lakeland - Kendal
Tel No:	01539 734456
Address:	Kendal West Children's Centre, Kendal Green, Cumbria. LA9 5PP
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	East South Lakeland Children's Centre
Tel No:	Refer to Kendal West - 01539 734456
Email:	
Address:	Settlebeck High School, Long Lane, Sedbergh, Cumbria. LA10 5AL
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	West South Lakeland Children's Centre - Milnthorpe
Tel No:	01539 562964 (Barnardo's)
Email:	rowan.ford@barnardos.org.uk
Address:	Milnthorpe Primary School, Firs Road, Milnthorpe, Cumbria. LA7 &QF
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	West South Lakeland Children's Centre - Flookburgh
Tel No:	01539 558755 (Barnardo's)
Email:	rowan.ford@barnardos.org.uk
Address:	Flookburgh C of E Primary School, Winder Lane, Flookburgh, Grange-Over-Sands, Cumbria. LA11 7LE
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	Ulverston Children's Centre
Tel No:	01229 580752 (Barnardo's)
Email:	Nicola.mcguckin@barnardos.org.uk
Address:	Lund Terrace, Ulverston, Cumbria. LA12 9BE
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	Bram Longstaffe Children's Centre
Tel No:	01229 821825 (Action for Children)
Email:	marie.hackett@actionforchildren.org.uk
Address:	Farm Street, Barrow-in-Furness, Cumbria. LA14 2RX
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	Walney Children's Centre
Tel No:	01229 471655 (Action for Children)
Email:	marie.hackett@actionforchildren.org.uk
Address:	Mill Lane, Walney, Barrow-in-Furness, Cumbria. LA14 3NT
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	Hindpool Children's Centre
Tel No:	01229 827300 (Action for Children)
Email:	michelle.doherty@actionforchildren.org.uk
Address:	Bath Street, Barrow-in-Furness, Cumbria. LA14 5TS
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscentres.asp

Children's Centre:	Hindpool Children's Centre
Tel No:	01229 827300 (Action for Children)
Email:	michelle.doherty@actionforchildren.org.uk
Address:	Bath Street, Barrow-in-Furness, Cumbria. LA14 5TS
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Ormsgill Children's Centre
Tel No:	01229 877220 (Action for Children)
Email:	michelle.doherty@actionforchildren.org.uk
Address:	Millstone Avenue, Barrow-in-Furness, Cumbria. LA14 4BP
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Greengate Children's Centre
Tel No:	01229 821855 (Action for Children)
Email:	deborah.wheeler@actionforchildren.org.uk
Address:	Greengate Street, Barrow-in-Furness, Cumbria. LA14 1BG
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Newbarns Children's Centre
Tel No:	01229 827323 (Action for Children)
Email:	deborah.wheeler@actionforchildren.org.uk
Address:	Rising Side, Barrow-in-Furness, Cumbria. LA13 9ET
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Dalton Children's Centre
Tel No:	01229 407790 (Action for Children)
Email:	heather.simpson@actionforchildren.org.uk
Address:	Dalton Health Centre, Dalton Clinic, Dowdales Grounds, Nelson Street, Dalton-in-Furness, Cumbria. LA15 8AQ
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Carlisle and Eden

Children's Centre:	Carlisle West - Newtown
Tel No:	01228 410042
Email:	Carlisle.urban@barnardos.org.uk
Address:	19-23 Shadygrove Road, Carlisle, Cumbria. CA2 7LE
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Carlisle West - Morton
Tel No:	01228 590307
Email:	Carlisle.urban@barnardos.org.uk
Address:	Morton Family Centre, Wigton Road, Carlisle, Cumbria. CA2 6JP
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Carlisle South - Petteril Bank
Tel No:	01228 596773
Email:	Carlisle.urban@barnardos.org.uk
Address:	Burnett Road, Carlisle, Cumbria. CA1 3BX
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Carlisle South - Botcherby
Tel No:	01228 590525
Email:	Carlisle.urban@barnardos.org.uk
Address:	Ennerdale Avenue, Carlisle, Cumbria. CA1 2TS
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	Carlisle North
Tel No:	01228 404935
Address:	The Belah Centre, St Anne's Hill, Carlisle, Cumbria. CA3 9SR
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscenres.asp

Children's Centre:	Carlisle Rural
Tel No:	01228 791775
Email:	carlisle.rural@barnardos.org.uk
Address:	Mary Street, Longtown, Carlisle, Cumbria. CA6 5UF
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	North Eden Children's Centre - Penrith
Tel No:	01768 899901
Email:	enquiries.eden@barnardos.org.uk
Address:	The Regent, Old London Road, Penrith, Cumbria. CA11 8ET
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	North Eden Children's Centre - Alston
Tel No:	01434 382790
Email:	enquiries.eden@barnardos.org.uk
Address:	Alston Primary School, Garrigill Road, Alston, Cumbria. CA9 3UF
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	South Eden - Appleby-in-Westmorland
Tel No:	017683 54068
Email:	enquiries.eden@barnardos.org.uk
Address:	Appleby Primary School, Station Road, Appleby-in-Westmorland, Cumbria. CA16 6TX
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	South Eden - Kirkby Thore
Tel No:	017683 62821
Email:	enquiries.eden@barnardos.org.uk
Address:	Kirkby Thore School, Kirkby Thore, Penrith, Cumbria. CA10 1UU
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Children's Centre:	South Eden - Kirkby Stephen
Tel No:	01768 899901
Email:	enquiries.eden@barnardos.org.uk
Address:	Kirkby Stephen Children's Centre, Kirkby Stephen Local Links, Vicarage Lane, Kirkby Stephen, Cumbria. CA17 4QX
Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lis/childrenscen

Child Contact Centres

Furness Child Contact Centre

Contact Centre:	Barrow-in-Furness Child Contact Centre
Tel No:	01229 821855
Email:	furness.childcontactcentre@actionforchildren.org.uk
Address:	Greengate Children's Centre, Greengate Street, Barrow-in-Furness, Cumbria. LA14 1BG
Web Link:	http://www.naccc.org.uk/center?id=1014997

Child contact centres and services are neutral places where children of separated families can enjoy contact with their non-resident parents and sometimes other family members, in a comfortable and safe environment. Over four thousand volunteers and staff work in these centres and over seventeen thousand children use them each year. They are run by a variety of independent organisations that form the membership of NACCC, along with affiliated members such as family lawyers, CAFCASS, CAFCASS CYMRU and the judiciary. Child contact services are classified into two distinct categories, supported and supervised, so that families can be referred to an appropriate environment and level of support.

Carlisle Child Contact Centre

Contact Centre:	Carlisle Child Contact Centre
Tel No:	07710 653962
Email:	carlislechildcontactcentre@yahoo.co.uk
Address:	Martin Cox, c/o Burnetts Solicitors, 6 Victoria Place, Carlisle, Cumbria. CA1 1ES
Web Link:	http://www.naccc.org.uk/center?id=136843

Contact Centre:	Core Assets Children's Services, Carlisle
Tel No:	01925 846190
Email:	carlislechildcontactcentre@yahoo.co.uk
Address:	Centre Co-ordinator, Unit 3, Olympic Park, Olympic Way, Warrington. WA2 0YL
Web Link:	http://www.naccc.org.uk/center?id=2877697

Penrith Child Contact Centre

Contact Centre:	Eden Child Contact Centre, Penrith
Tel No:	01768 862917 / 593102
Email:	pam@eastcumbriafamilysupport.org.uk
Address:	Centre Co-ordinator, Unit 3, Olympic Park, Olympic Way, Warrington. WA2 0YL
Web Link:	http://www.eastcumbriafamilysupport.org.uk/

Kendal Child Contact Centre

Contact Centre:	Kendal Child Contact Centre
Tel No:	07791 139338
Email:	margaretebarrow@hotmail.co.uk
Address:	Margaret Barrow, c/o Greenwood Solicitors, 8 & 10 Highgate, Kendal, Cumbria. LA9 4SX
Web Link:	http://www.naccc.org.uk/center?id=137119

Counselling

Bluebell Foundation

Tel No:	07516556081 / 07849400315
Email:	info@bluebell.org.uk
Address:	The Bluebell Foundation, PO Box 168, Barrow-in-Furness, Cumbria. LA14 9BA
Web Link:	http://www.bluebell.org.uk/#footer
Provides support for people experiencing grief associated with loss during pregnancy, life limiting or life threatening illness, death of a baby, infant or child. Support for children up to the age of 18 years who are grieving through the death or anticipated death of someone important to them.	

Cruse Bereavement Care Cumbria Area

Tel No:	07071 780761
Email:	help@crusecumbria.org.uk
Address:	Cruse Bereavement Care Cumbria, PO Box 77, Cockermouth, Cumbria. CA13 3AJ
Web Link:	http://www.crusecumbria.org.uk/contact.php
Individual support to adults, family support, group support.	

Families Matter

Tel No:	07743163946
Email:	contact@families-matter.com or referrals@families-matter.com
Address:	60 Monument Way, Ulverston, Cumbria. LA12 9SY
Web Link:	http://www.families-matter.com/contact/contact.htm
Free counselling and support service for families who cannot afford to pay because they are on statutory benefits, low income or unwaged. There is a reasonable charge for families who feel that they can afford to pay. They offer 1:1 counselling for children and family members, group work, family counselling, couple and relationship counselling, personal development, parenting courses, training and consultancy. Self-referrals or via GP or other professional working with the family.	

First Steps

Tel No:	01228 602000 or 'Out of Hours' 03000 247 247
Email:	PET@cumbria.nhs.uk
Address:	Trust Headquarters, Voreda, Portland Place, Penrith, Cumbria. CA11 7QQ
Web Link:	https://www.cumbriapartnership.nhs.uk/contact
Our trained practitioners will listen to your experience to try and understand how you have been feeling. Together we will decide what sort of help might work best for you. We may simply guide you through self-help materials appropriate to your problems or introduce you to computerised therapy if that's what you'd prefer.	

Furness Children's Centres Counselling Service

Tel Nos:	Greengate (Barrow)	01229 821855
	Bram Longstaffe (Barrow)	01229 821825
	Walney (Barrow)	01229 471655
	Ormsgill (Barrow)	01229 877220
	Hindpool (Barrow)	01229 827300
	Newbarns (Barrow)	01229 827323
	Dalston	01229 407790
Action for Children - Free service for those 18 years and under, regularly attending Action for Children's learning sessions or being helped by Action for Children's Family Support Services.		

Tel No:	01228 515859
Email:	office@safetynetuk.org
Web Link:	http://www.safetynetuk.org/contact-us.html
Works with children, young people and families who have experience of rape, sexual abuse or domestic violence.	

Domestic Violence Support

Let Go

Tel Nos:	North Cumbria South Cumbria West Cumbria	01228 633640 01229 582386 01900 842991
Email:	letgo@impacthousing.org.uk	
Addresses:	47 Nelson Street, Carlisle, Cumbria. CA2 5NE Nook Street, Workington, Cumbria. CA14 4EH	
Web Link:	http://www.impacthousing.org.uk/let-go-domestic-violence-service	
Non-judgmental help and support to survivors of domestic violence. Crisis intervention, advocacy, safe accommodation and practical help.		

Safety Net

Tel No:	01228 515859	
Email:	office@safetynetuk.org	
Web Link:	http://www.safetynetuk.org/contact-us.html	
Works with children, young people and families who have experience of rape, sexual abuse or domestic violence.		

West Cumbria Domestic Violence Support Group - Freedom Project

Tel No:	07712117986 or 01900 67167	
Email:	hope@freedom-project-west-cumbria.org.uk	
Address:	Units 13 & 17 Lillyhall Business Park, Jubilee Road, Lillyhall, Workington, Cumbria. CA14 4HA	
Web Link:	http://www.freedom-project-west-cumbria.org.uk/	
<ul style="list-style-type: none"> • Confidential Telephone Helpline. • Professional Counselling & Support. • Awareness Raising. • Group Counselling / Support- Facilitated by Qualified therapist & trainers. • Signposting for clients to access services from other relevant organisations, if appropriate. • Provide training / workshops about the various issues that surround domestic abuse. • Provide training /workshops on relationships. • Provide counselling training up to certificate level. • Provides practical & emotional help & support to victims/survivors and perpetrators of domestic abuse, their families & friends. 		

West Cumbria Rape Crisis

Tel No:	01900 829729	
Web Link:	http://www.westcumbriarapecrisis.co.uk/	
West Cumbria Rape Crisis are a charity organisation which operates throughout Allerdale, Copeland, Eden and Carlisle areas of Cumbria. We offer free support to anyone over the age of 12 years who has been affected by sexual violence at any time in their life. This includes support for partners, carers, family members and friends amongst others.		

Women's Aid 24 Hour Helpline

Tel No:	01228 791973 or 0808 2000 247
Email:	helpline@womensaid.org.uk
Address:	PC1143 Barnes, Domestic Violence Police Officer, Longtown Police Station, Longtown, Carlisle, Cumbria.
Web Link:	http://www.womensaid.org.uk/azfora.asp?ref=213

Women's Aid is the national charity for women and children working to end domestic abuse. We provide expert training, qualifications and consultancy to a range of agencies and professionals working with survivors or commissioning domestic abuse services. The 24 Hour National Domestic Violence Helpline on 0808 2000 247 (run in partnership with Refuge) and our range of online services, which include the Survivors' Forum, help hundreds of thousands of women and children every year.

Women's Community Project Barrow

Tel No:	01229 311102
Email:	reception@womenscommunitymatters.org
Address:	Located next to Barrow Market - opposite the Town Hall, Duke Street.
Web Link:	http://www.womenscommunitymatters.org/contact/

One stop shop for issues relating to domestic violence, housing, drugs, alcohol, debt etc. Creche and Women's Café. Drop in and emotional support.

Springboard South Lakeland

Tel No:	01539 742624
Email:	Springboard@springfieldvoices.org
Web Link:	http://www.springfieldvoices.org

Ale affected by new project offering a unique recovery package, tailored to the individual needs of people affected by domestic abuse.

Independent Sexual Violence Advisor

Contact 1	Rebecca Todd Mobile: 07899 078303 Email: Rebecca.todd@wrcr.cjism.net
Contact 2	Karen Shaw Mobile: 07810 826026 Email: karen.shaw@wrcr.cjism.net
Web Link:	http://www.cumbria.gov.uk/communitysafety/DomesticViolence/independentsexualviolenceadvisors.asp

Specialist support services for victims of sexual violence provided by fully qualified staff. The ISVA's have been specially trained to have the tools, knowledge, skills, competence and confidence to respond effectively, professionally and safely to safeguard the welfare of children and adults affected by sexual violence, including the prevention and early intervention of those most at risk. The ISVA training meets the Skills for Justice National Occupational Standards.

Turning the Spotlight

Contact:	Laraine Carr
Tel No:	07919 393311
Email:	Laraine.carr@victimsupport.org.uk or dvpp.referrals@victimsupport.cjsm.net
<p><i>Turning the Spotlight</i> is a new package of tailored support for families experiencing low level domestic abuse. This holistic approach engages the whole family with the aim of reducing incidents of domestic abuse.</p> <p style="text-align: center;">This pilot project is being delivered in South Cumbria.</p>	

Drug and Alcohol Services

CADAS

Area:	North Cumbria - Carlisle
Tel No:	01228 544140 (Answerphone) or 0300 111 4002
Email:	info@cadass.co.uk
Address:	3-5 Victoria Place, Carlisle, Cumbria. CA1 1EJ
Web Link:	http://cadass.co.uk/our-centres/our-centres-carlisle/
Providing drug and alcohol services to individuals, family members and communities to support recovery.	

Area:	North Cumbria - Workington
Tel No:	01900 608498 (Answerphone) or 01228 544140
Email:	helend@cadass.co.uk or info@cadass.co.uk
Address:	4 Peter Street, Workington, Cumbria. CA14 3DA
Web Link:	http://cadass.co.uk/our-centres/our-centres-carlisle/

Area:	South Cumbria - Barrow
Tel No:	01229 811111 (Answerphone) or 01228 544140
Email:	natw@cadass.co.uk or info@cadass.co.uk
Address:	Stricklandgate House, 92 Stricklandgate, Kendal, Cumbria. LA9 4PU
Web Link:	http://cadass.co.uk/our-centres/our-centres-carlisle/

Area:	South Cumbria - Kendal
Tel No:	01539 742615 (Answerphone) or 01228 544140
Email:	natw@cadass.co.uk or info@cadass.co.uk
Address:	52 Paradise Street, Barrow-in-Furness, Cumbria. LA14 1JG
Web Link:	http://cadass.co.uk/our-centres/our-centres-carlisle/

CADAS STARS (Supporting Teenagers At Risk Service)

Area:	Kendal
Tel No:	Chris Anderson - 07738 419395
Email:	chrisa@cadass.co.uk
Web Link:	http://cadass.co.uk/our-centres/our-centres-kendal/
To reduce alcohol consumption by young people aged 11-25 years. Up to six 1:1 therapeutic support sessions.	

Area:	Workington
Tel No:	Pippa Sheather - 07714766658
Email:	pippas@cadass.co.uk
Web Link:	http://cadass.co.uk/our-centres/our-centres-workington/

Area:	Workington
Tel No:	Pippa Sheather - 07714766658
Email:	pippas@cadass.co.uk
Web Link:	http://cadass.co.uk/our-centres/our-centres-workington/

Unity

Area:	Workington
Tel No:	01900 873791
Email:	unity@gmw.nhs.uk
Address:	6 Finkle Street, Workington, Cumbria. CA14 2AY
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf
<p>Unity provides recovery services to individuals affected by a range of substances, including alcohol, illicit drugs and over the counter prescribed medication. We welcome self-referrals or referrals can be made through the GP, either call into the service, ring or complete the referral form and email to the above email address.</p>	

Area:	Carlisle
Tel No:	01228 212060
Email:	unity@gmw.nhs.uk
Address:	Stocklund House, First Floor, Castle Street, Carlisle, Cumbria, CA3 8SY
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf

Area:	Whitehaven
Tel No:	01946 590024
Email:	unity@gmw.nhs.uk
Address:	21b Lowther Street, Whitehaven, Cumbria. CA28 7DG
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf

Area:	Barrow
Tel No:	01229 615651
Email:	unity@gmw.nhs.uk
Address:	92-96 Duke Street, Barrow-in-Furness, Cumbria. LA14 1RD
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf

Area:	Kendal
Tel No:	01539 742780
Email:	unity@gmw.nhs.uk
Address:	39 Strickland Gate, Whitehorse Yard, Kendal, Cumbria. LA9 4LT
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf

Area:	HMP Haverigg
Tel No:	01229 713044
Email:	unity@gmw.nhs.uk
Website Link:	http://psnc.org.uk/cumbria-lpc/wp-content/uploads/sites/48/2013/10/Unity-Service-Leaflet.pdf

Children of Addicted Parents (COAP)

COAP is an online community for young people living with a family member's addiction to drugs, alcohol or behaviour such as gambling. Over 5,000 messages have been posted by young people from all over the UK and worldwide to the message boards. COAP offers a welcoming, safe, and supportive online community which continues to grow; letting young people know they are not alone in their experience.

Website Link: www.coap.org.uk

Adfam

Improving support for families affected by drugs and alcohol. An important national resource providing information for families and professionals. Want to find a support group? Enter your postcode or town in the search box on their homepage to find a support group near you.

Website Link: www.adfam.org.uk

Carer Support UK

Many family members and friends affected by another person's substance misuse do not consider themselves to be 'carers'. This is not the view that Carers Support takes. They can help you find support in various guises across the UK.

Website Link: <https://www.carersuk.org/help-and-advice/get-support>

Carers Space

An online community for family members and friends over 18. Set up and managed by the Carers Trust. Together with Network Partners, they provide access to desperately-needed breaks, information and advice, education, training and employment opportunities. Network Partners benefit from the provision of grants, advice documents and reports to improve carers' services. The Carers Trust gives carers and young carers avenues to speak to someone and make their voices heard, offline via their carers' services and young carers' schemes and online via their interactive websites.

Website Link: <https://www.carers.org/carers-space>

The National Association for Children of Alcoholics (Nacoa)

Set up "to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood".

Website Link: www.nacoa.org.uk

Al Anon

Family support groups in the UK.

Website Link: www.al-anonuk.org.uk

Alateen

Support groups in the UK and EIRE for 12-17 year olds. For meeting details please phone the General Service Office on 020 7593 2070.

Website Link: <http://www.al-anonuk.org.uk/public/what-alateen>

Babble

An online community for young people under 18. Set up and managed by the Carers Trust. Together with Network Partners, they provide access to desperately-needed breaks, information and advice, education, training and employment opportunities. Network Partners benefit from the provision of grants, advice documents and reports to improve carers' services. The Carers Trust gives carers and young carers avenues to speak to someone and make their voices heard, offline via their carers' services and young carers' schemes and online via their interactive websites.

Website Link: <https://babble.carers.org/>

Matter

An online community for young people under 16-25. Set up and managed by the Carers Trust. Together with Network Partners, they provide access to desperately-needed breaks, information and advice, education, training and employment opportunities. Network Partners benefit from the provision of grants, advice documents and reports to improve carers' services. The Carers Trust gives carers and young carers avenues to speak to someone and make their voices heard, offline via their carers' services and young carers' schemes and online via their interactive websites.

Website Link: <https://matter.carers.org/>

Mentor UK

Protecting children from alcohol and drugs. Mentor was founded in the UK in 1998 and is part of the group of charities affiliated with the Mentor International Foundation, a partnership that shares knowledge and best practice across the globe.

Website Link: www.mentoruk.org.uk

FRANK

Friendly, confidential drugs advice.

Website Link: www.talktofrank.com

Drug and Alcohol Resources and Information

Website Link: www.healthtalk.org/young-peoples-experiences/drugs-and-alcohol/topics

The Alcohol Education Trust

Providing alcohol education for pupils aged 11-18 and their parents. Supplying evidence based, evaluated lesson plans and resources for teachers and educators across the UK.

Website Link: www.alcoholeducationtrust.org or www.talkaboutalcohol.com

Addiction Helper

The UK's leading addiction treatment helpline. Free help for anyone affected by addiction with advice on both NHS and Private drug and alcohol treatment options.

Website Link: <http://www.addictionhelper.com/>

BEAD Project: Bereaved through Alcohol and Drugs

Website Link: www.cruse.org.uk/drugs-and-alcohol

Winston's Wish

Website Link: <http://www.winstonswish.org.uk/supporting-you/support-services/>

DrugFam

Website Link: www.drugfam.co.uk/how-we-help/bereavment/

Education and Schools

Newkes UK Ltd

Tel No:	01229 813989
Email:	enquiries@newkesuk.com
Address:	2-6 Derry Street, Barrow-in-Furness, Cumbria. LA14 2EF
Web Link:	www.newkesul.com/
Extended (alternative) Provision for primary and secondary schools.	

Rathbones

Tel No:	01229 823307
Email:	external.communication@rathboneuk.org
Address:	Abbey Road, Barrow-in-Furness, Cumbria. LA14 5QR
Web Link:	http://www.rathboneuk.org/Pages/home.aspx
Offers study programmes and apprenticeships.	
Study program	16-18 year olds
Future Plus	14-19 year olds not in education, employment or training (NEET)
Apprenticeships	16-24 year olds

Tel No:	01229 871155
Email:	external.communication@rathboneuk.org
Address:	Unit 1, Phoenix Court, Phoenix Road, Furness Business Park, Barrow-in-Furness, Cumbria. LA14 2UA
Web Link:	http://www.rathboneuk.org/Pages/home.aspx

Cumbria Schools List

Tel No:	01228 221582
Email:	School.admissions@cumbria.gov.uk
Address:	Children's Services, Cumbria County Council, The Lonsdale Building, The Courts, Carlisle, Cumbria. CA3 8NA
Web Link:	http://www.cumbria.gov.uk/schooldata/
You can find information on schools and centres in Cumbria. This website provides contact details, maps and links to related OFSTED/DfE information.	

Financial Services

Credit Unions

Area:	Allerdale
Tel No:	01900 816111 or 01900 63642
Email:	info@allderdaledcreditunion.org.uk or allderdaledcredit@btinternet.com
Address:	49 Wood Street, Maryport, Cumbria. CA15 6LD and 22-24 Moorbanks Road, Workington, Cumbria. CA14 3XP
Web Link:	www.allderdaledcreditunion.org.uk

Area:	Barrow
Tel No:	01229 870110
Address:	1-3 The Mall, Barrow-in-Furness, Cumbria. LA14 1HL
Web Link:	www.barrowdisgtrictcu.co.uk

Area:	Carlisle
Tel No:	01228 594007
Email:	cadcul@btinternet.com
Address:	95 Lowther Street, Carlisle, Cumbria. CA3 8ED
Web Link:	www.carlislecu.com

Area:	Cleator Moor
Tel No:	01946 817508
Email:	cmdcu@yahoo.co.uk
Address:	Cleator Moor Council Centre, The Square, Cleator Moor, Cumbria. CA25 5AP
Web Link:	www.cleatormoorcreditunion.org.uk

Area:	Eden
Tel No:	01768 890065
Email:	cmdcu@yahoo.co.uk
Address:	Eden Save Credit Union Ltd., 34 Devonshire Arcade, Penrith, Cumbria. CA11 7SX
Web Link:	www.edensave.com

Area:	Whitehaven and Egremont
Tel No:	01946 66755
Email:	cmdcu@yahoo.co.uk
Address:	24 James Street, Whitehaven, Cumbria. CA28 7HZ
Web Link:	www.wedcu.co.uk

Area:	South Lakeland
Tel No:	07586 513457
Email:	info@southlakelandcu.org.uk
Address:	South Lakeland Credit Union Study Group (this union is under development at the moment)
Web Link:	www.southlakelandcu.org.uk

Other Useful Websites

The Money Advice Service	
Web Link:	www.moneyadviceservice.org.uk
This is an independent service, set up by government to help people make the most of their money. It provides free, unbiased money advice to everyone across the UK - online, over the phone and face to face.	

Christians Against Poverty (CAP)	
Web Link:	www.capdebthelp.org/
Christians Against Poverty are passionate about releasing people in the nation from a life sentence of debt, poverty and their causes. Working with the Church they bring good news, hope and freedom. Free debt counselling in your community (CAP leaflet).	

Connect (Carlisle & Eden Mind)	
Web Link:	www.cemind.org/
Connect works with anyone who is suffering crisis, poverty or hardship and is worried about their mental health and wellbeing. (How Connect Works).	

Ways to Welfare in Cumbria

Way to Welfare	
Web Link:	http://www.cumbria.gov.uk/welfare/
From time to time anybody can find themselves in financial difficulty and in need of a helping hand. For some people, such support may have previously come in the form of a crisis loan or community care grant from the Department for Work and Pensions (DWP) - both of which ended on 31 March 2013 under the Government's welfare reforms. In their place, the DWP has introduced short-term advances for people moving between or onto benefits, and interest free budgeting advances/loans for people in receipt of benefits for six months who experience emergency and unforeseen expenses. To see whether you qualify for DWP support go to gov.uk	

Food Banks

Barrow Food Bank

Tel No:	01229 343436
Email:	info@barrowfoodbank.co.uk
Address:	Abbey Road Baptist Church (round the back), Abbey Road (corner of Park Drive), Barrow-in-Furness, Cumbria. LA13 9BD
Web Link:	http://barrow.foodbank.org.uk/

If, as a result of a crisis, you are unable to feed yourself or your family, you may be able to get some emergency food from a food bank. In order to do so, you will need first to obtain a voucher from one of the food bank's authorised voucher holders once they have established that this is appropriate in your particular circumstances. If you do not already have contact with a voucher holder, then please get in touch with Cumbria County Council's **Community Support Team** on: **01228 221100**.

Millom Food Bank

Email:	millom@barrowfoodbank.co.uk
Address:	Millom Baptist Church,
Web Link:	http://barrow.foodbank.org.uk/contact

Ulverston Food Bank

Tel No:	0754 211 2976
Address:	Bethany Church, Lightburn Road, Ulverston, Cumbria. LA12 0BX
Web Link:	http://barrow.foodbank.org.uk/

Kendal Food Bank

Tel No:	01539 464 464
Address:	South Lakes Citizens Advice Bureau, First Floor, Windermere Library, Ellerthwaite Road, Windermere, Cumbria. LA23 2AJ
Web Link:	http://www.kingsfoodbank.org.uk/contact-us/

Whitehaven Food Bank

Tel No:	01900 823854 or 0750 2311 452
Email:	info@thefoodbank.org.uk
Address:	New Life Church, Irish Street, Whitehaven, Cumbria. CA28 7BY
Web Link:	http://thefoodbank.org.uk/

Wigton Food Bank

Tel No:	01900 823854 or 0750 2311 452
Email:	info@thefoodbank.org.uk
Address:	The Methodist Church, High Street, Wigton, Cumbria.
Web Link:	http://thefoodbank.org.uk/

Maryport Food Bank

Tel No:	01900 823854 or 0750 2311 452
Email:	info@thefoodbank.org.uk
Address:	Church Street, Maryport, Cumbria. CA15 6HE
Web Link:	http://thefoodbank.org.uk/

Cockermouth Food Bank

Tel No:	01900 823854 or 0750 2311 452
Email:	info@thefoodbank.org.uk
Address:	Lorton Street Methodist Church, Cockermouth, Cumbria. CA13 9RH
Web Link:	http://thefoodbank.org.uk/

Egremont Food Bank

Tel No:	01900 823854 or 0750 2311 452
Email:	info@thefoodbank.org.uk
Address:	The Hub, The Meeting Place, Egremont, Cumbria.
Web Link:	http://thefoodbank.org.uk/

Health

Family Nurse Partnership

Tel No:	01229 484089
Web Link:	https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/family-nurse-partnership
<p>This team provides services for teenage parents and their babies. It is for teenage women in the second trimester of pregnancy and remains in place until her child is two years old. The Family Nurse Partnership (FNP) is a programme for young first time mothers under 19 offering intensive and structured home visiting, delivered by specially trained nurses.</p>	

Health Visiting

Tel No:	Please click on link below for contact details.
Web Link:	https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/health-visiting
<p>Health Visitors are qualified nurses who have undertaken specialist training in order to support families with young children. Their role is to work with families to identify their and their child's health needs and to help give them the best possible start in life through implementation of the 0-5 Healthy Child Programme</p> <p>Every family with a child under 5 will have a named Health Visitor who will be assigned during in the last trimester of pregnancy (6-9 months).</p> <p>Health Visitors offer tailored advice to parents on their child's growth and development, both emotional and physical, minor ailments, behaviour and nutrition. They also offer support on issues like post-natal depression. They provide families with advice on and access to immunisations, baby clinics and various parent support groups. They can also help families to connect with agencies outside health, where there is a need, e.g. housing, children's centres, debt advice etc.</p> <p>Health Visitors work in the community and visit every family, initially, in their home in the first 2 weeks of life. Other contact may be at the family home, a child development clinic or other venue such as a children's center which suits both the Health Visitor and the family. They work closely with other health professionals and can refer families to specialists when it is appropriate to do so.</p> <p>Health Visitors also work closely with other agencies such as education, voluntary services and children's services to ensure that every child is safe and has the opportunity to achieve their full potential.</p>	

Hospitals

Area:	Furness General Hospital
Tel No:	01229 870870
Email:	trustq@mbht.nhs.uk
Address:	Dalton Lane, Barrow-in-Furness, Cumbria. LA14 4LF
Web Link:	http://www.uhmb.nhs.uk/hospitals/furness-general-hospital/

Area:	Ulverston Outpatients
Tel No:	01229 484045
Email:	trustq@mbht.nhs.uk
Address:	Stanley Street, Ulverston, Cumbria. LA12 7BT
Web Link:	http://www.uhmb.nhs.uk/hospitals/ulverston-community-health-centre/

Area:	Westmorland General Hospital
Tel No:	01539 732288
Email:	trustq@mbht.nhs.uk
Address:	Burton Road, Kendal, Cumbria. LA9 7RG
Web Link:	http://www.uhmb.nhs.uk/hospitals/westmorland-general-hospital/

Area:	Cumberland Infirmary
Tel No:	01228 523444
Email:	web@ncuh.nhs.uk
Address:	Newtown Road, Carlisle, Cumbria. CA2 7HY
Web Link:	http://www.ncuh.nhs.uk/about-us/contact-us.aspx

Area:	West Cumberland Hospital
Tel No:	01946 693181
Email:	web@ncuh.nhs.uk
Address:	Hensingham, Whitehaven, West Cumbria. CA28 8JG
Web Link:	http://www.ncuh.nhs.uk/about-us/contact-us.aspx

Area:	Brampton War Memorial Hospital
Tel No:	01228 608345
Address:	6 Tree Road, Brampton, Cumbria. CA8 1TY
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/brampton-war-memorial-hospital

Area:	The Carleton Clinic
Tel No:	01228 602000
Address:	Cumwhinton Drive, Carlisle, Cumbria. CA1 3SX
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/carleton-clinic

Area:	Penrith Community Hospital
Tel No:	01768 245555
Address:	Penrith, Cumbria. CA11 8HX
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/penrith-community-hospital

Area:	Alston (Ruth Lancaster James) Community Hospital
Tel No:	01434 381218
Address:	Alston, Cumbria. CA9
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/ruth-lancaster-james-community-hospital

Area:	Cockermouth Community Hospital
Tel No:	01900 705776
Address:	1 Isel Road, Cockermouth, Cumbria. CA13 9HT
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/cockermouth-community-hospital

Area:	Keswick Community Hospital
Tel No:	01768 245678
Address:	Lake District National Park, Brundholme Road, Keswick, Cumbria. CA12
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/keswick-community-hospital

Area:	Wigton Community Hospital
Tel No:	016973 66600
Address:	Wigton, Cumbria. CA7 9DD
Web Link:	https://www.cumbriapartnership.nhs.uk/where-we-work/wigton-community-hospital

Further information on health services can be found at <http://www.doscumbria.nhs.uk/>

Housing

Housing Departments

Area:	Allerdale
Tel No:	01900 702702
Web Link:	http://www.allerdale.gov.uk/housing.aspx

Area:	Barrow
Tel No:	01229 876543
Web Link:	http://www.barrowbc.gov.uk/housing/

Area:	Carlisle
Tel No:	01228 817000
Web Link:	http://www.carlisle.gov.uk/housing.aspx

Area:	Copeland
Tel No:	0845 0548600
Web Link:	http://www.copeland.gov.uk/?page=1961

Area:	Eden
Tel No:	01768 817817
Web Link:	http://www.eden.gov.uk/housing/

Area:	South Lakeland
Tel No:	0845 0504434
Web Link:	http://www.southlakeland.gov.uk/housing/

Home Group

Area:	Kendal
Tel No:	01539 735382
Address:	Orchard House, Castle Garth, Kendal, Cumbria. LA9 7AT
Web Link:	http://www.homegroup.org.uk/contactus/officelocationsandtelephonenumber/Pages/northwest.aspx

Support and Communities Team

Work across the county offering a wide range of service that benefit our customers and their communities. Those services included Development, Social Enterprise, Supported Accommodation, Community Hubs, Foyers, Domestic Violence Services, Youth Work and a countywide furniture recycling service.

Area:	Whitehaven
Tel No:	0845 155 0980 text message to 07710 725 224. Direct Dial: 01946 517650
Address:	The Copeland Centre, Catherine Street, Whitehaven, Cumbria. CA28 7SJ
Web Link:	http://www.homegroup.org.uk/contactus/officelocationsandtelephonenumber/Pages/northwest.aspx

Area:	Wigton
Tel No:	016973 44816
Address:	50-52 King Street, Wigton, Cumbria. CA7 9EJ
Web Link:	http://www.homegroup.org.uk/contactus/officelocationsandtelephonenumber/Pages/northwest.aspx

Area:	Millom
Tel No:	01229 773200
Address:	6 Newton Street, Millom, Cumbria. LA18 4DR
Web Link:	http://www.homegroup.org.uk/contactus/officelocationsandtelephonenumber/Pages/northwest.aspx

Area:	Maryport
Address:	1 Irish Street, Maryport, Cumbria. CA15 8BY
Web Link:	http://www.homegroup.org.uk/contactus/officelocationsandtelephonenumber/Pages/northwest.aspx

Impact

Area:	Workington
Tel No:	03448 736 290
Address:	Nook Street, Workington, Cumbria. CA14 4EH
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Salterbeck
Tel No:	01946 833100
Address:	The Oval, Salterbeck Drive, Salterbeck, Cumbria. CA14 5HA
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Carlisle
Tel No:	01228 633600
Address:	47 Nelson Street, Carlisle, Cumbria. CA2 5NE
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Abbots Bank, Penrith
Tel No:	01768 899623
Address:	Friargate, Penrith, Cumbria. CA11 7XR
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Aglionby Street, Carlisle
Tel No:	01228 548906
Address:	2 Aglionby Street, Carlisle, Cumbria. CA1 1JP
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Close Street, Carlisle
Tel No:	01228 549966
Address:	3 Close Street, Carlisle, Cumbria. CA1 2HA
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Hart Street, Ulverston
Tel No:	01229 580727
Address:	26 Hart Street, Ulverston, Cumbria. LA12 7HY
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Jenkins Crag Court, Kendal
Tel No:	01539 729591
Address:	Jenkins Rise, Kendal, Cumbria. LA9 6LH
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Miller Court, Kendal
Tel No:	01539 735093
Address:	Old Fire Station & Miller Court, Aynam Road, Kendal, Cumbria. LA9 7DE
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Lindisfarne Street, Carlisle
Tel No:	01228 592040
Address:	64 Lindisfarne Street, Carlisle, Cumbria. CA1 2NB
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Old Brewery Residences, Carlisle
Tel No:	01228 597352
Address:	Bridge Lane, Caldewgate, Carlisle, Cumbria. CA2 5SR
Web Link:	http://www.impacthousing.org.uk/contact-details

Area:	Rowan Court, Ambleside
Tel No:	01539 432557
Address:	Rothay Road, Ambleside, Cumbria. LA22 0EE
Web Link:	http://www.impacthousing.org.uk/contact-details

Local Area Co-ordinator/Central Access Point

Tel No:	07899 741693 or 01228 221548
Email:	Paula.Warriner@cumbria.gov.uk
Address:	Craven House, Top Floor, Barrow-in-Furness, Cumbria, LA14 1FD
Web Link:	http://www.cumbria.gov.uk/healthandsocialcare/adultsocialcare/shortterm/prevention/lacs.asp
Referrals for people requiring short term accommodation due to homelessness, 16-25 year olds looking for supported accommodation, signposting, floating support.	

Oaklea Trust

Tel No:	01539 738924
Email:	enquiries@oakleatrust.co.uk
Address:	48 Stramongate, Kendal, Cumbria, LA9 4BD
Web Link:	http://www.oakleatrust.co.uk/contact.php
The Oaklea Trust supports people to gain or maintain their independence. By supporting people in their own home we assist in individuals maintaining their personal dignity and independence.	

Oaklea Regional Telephone Numbers:	
Kendal & South Lakeland	01539 735025
Workington & West Cumbria	01900 730000
Penrith and East Cumbria	01768 211001
Carlisle & North Cumbria	01228 820009
Barrow & Furness	01229 750007

Nightstop

Tel No:	07958 447477
Email:	sharon.jackson@depauluk.org
Web Link:	http://www.depauluk.org/about/mission-values/
Nightstop Cumbria works to provide emergency accommodation for people who are in immediate housing crisis. The project works with homeless and vulnerable people over the age of 16 and provides overnight accommodation in the homes of volunteer 'hosts' who will provide a clean and safe environment along with an evening meal, breakfast and a 'listening ear' if required.	

Project John

Tel No:	01229 832127
Email:	admin@projectjohn.co.uk
Address:	20 Bath Street, Barrow-in-Furness, Cumbria, LA14 1NE
Web Link:	http://www.projectjohn.co.uk
Supported housing for 16-25 year olds.	

Silverdale Street Hostel

Tel No:	01229 431850
Address:	1-3 Silverdale Street, Barrow-in-Furness, Cumbria, LA14 1AT
Supported housing for 16-25 year olds. Young mums. Referrals via Central Access Point. Barrow and South Lakes: 07899 741693 paula.warriner@cumbria.gov.uk	

Stoneham

Tel No:	01900 65616
Email:	gill.james@homegroup.org.uk
Address:	Sandstones, 156 Harrington Road, Workington, Cumbria. CA14 3UL
Web Link:	http://www.homegroup.org.uk

Two Castles

Area:	Carlisle - Head Office
Tel No:	01228 541161
Email:	mailbox@twocastles.org.uk
Address:	3 Paternoster Row, Carlisle, Cumbria, CA3 8TT
Web Link:	http://www.twocastles.org.uk/contact/head-office

Area:	Carlisle - Head Office
Tel No:	01228 541161
Email:	mailbox@twocastles.org.uk
Address:	3 Paternoster Row, Carlisle, Cumbria, CA3 8TT
Web Link:	http://www.twocastles.org.uk/contact/head-office

Area:	Regional Office (North West)
Tel No:	01228 547463
Email:	mailbox@twocastles.org.uk
Address:	3 Castle Street, Carlisle, Cumbria, CA3 8SY
Web Link:	http://www.twocastles.org.uk/contact/north-west-regional-office

Area:	Whitehaven Office
Tel No:	01946 591848
Email:	mailbox@twocastles.org.uk
Address:	Catherine Mill, Catherine Street, Whitehaven, Cumbria, CA28 7QT
Web Link:	http://www.twocastles.org.uk/contact/whitehaven-area-office

Whitehaven Community Trust

Area:	Whitehaven Community Trust
Tel No:	01946 590590
Address:	Market Hall, Market Place, Whitehaven, Cumbria. CA28 7JB
Web Link:	http://www.twocastles.org.uk/contact/whitehaven-area-office

Area:	The Senhouse Centre
Tel No:	01946 590122
Email:	senhouse@hotmail.co.uk
Address:	3 Senhouse Street, Whitehaven, Cumbria, CA28 7ES
Web Link:	http://www.whitehavencommunitytrust.co.uk/Contact%20Us.htm
The Trust provides two supported accommodation projects for 16-24 year olds and the Senhouse Centre - Mental Health projects and alternative therapies.	

Learning and Disability Support

Carlisle Mencap Limited

Tel No:	01228 674393
Email:	enquiries@carlisle Mencap.co.uk
Address:	Suite 2, Regent's Court, Kingmoor Park, Carlisle, Cumbria, CA6 4SJ
Web Link:	http://www.carlisle Mencap.co.uk/get-touch
Carlisle MENCAP provides life long, person centered support for people with learning disabilities and their families in North Cumbria.	

Cumbria-Deaf Vision

Area:	Carlisle Centre
Tel No:	01228 210205
Address:	Ground Floor, Civic Centre, Carlisle, Cumbria, CA3 8QG
Web Link:	http://www.deafvision.co.uk/How_to_Find_Us-i-25.html

Area:	Kendal Centre
Tel No:	01228 210205
Address:	5 Castle Street, Kendal, Cumbria, LA9 7AD
Web Link:	http://www.deafvision.co.uk/How_to_Find_Us-i-25.html

Area:	Barrow-in-Furness Centre
Tel No:	01229 2102058
Address:	217 Duke Street, Barrow-in-Furness, Cumbria, la14 1XT
Web Link:	http://www.deafvision.co.uk/How_to_Find_Us-i-25.html

Guide Dogs for the Blind

Tel No:	0118 983 5555
Email:	guidedogs@guidedogs.org.uk
Web Link:	http://www.guidedogs.org.uk/toolbox/telephone#.VYwM72d0ydl
Provider for "Mobility and Independence Services for Children and Young People with a Visual Impairment" in Cumbria. This service will identify CYP with a visual impairment and support them to learn effective mobility and independence skills at home, in school, and in the community.	

Shortbreaks for Children with Disabilities

Group activities for children aged 9-19 with a disability and individual support service for children aged 0-8 years. This service is to provide parents with a disabled child/children with a break. There are a number of providers across the county: Carlisle Mencap Limited Cumbria Deaf Vision The Oaklea Trust (See Details with the Directory for Contact Information)
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Legal Services: Mediation

Mediation Cumbria

Tel No:	0845 052 3667
Email:	info@mediationcumbria.com
Address:	22 Portland Place, Carlisle, Cumbria, CA1 1PE
Web Link:	http://www.mediationcumbria.com/contact
For details of how to book and charges, please see above details.	

Mental Health

Assertive Alcohol Outreach Service

Area:	Barrow
Tel No:	01229 407777
Email:	unity@gmw.nhs.uk
Address:	Duddon House, Barrow-in-Furness, Cumbria. LA18 4BY
Website Link:	http://www.cumbriapartnership.nhs.uk/
<p>Our assertive outreach teams' work with other agencies to locate people with severe mental health problems thought to be at risk. Once the issues have been resolved, the person's treatment can be transferred to a community mental health team to provide the individual with ongoing care and support.</p>	

Area:	South Lakeland
Tel No:	01539 732059
Email:	unity@gmw.nhs.uk
Address:	Kinta House, Kendal, Cumbria. LA9 7HY
Website Link:	http://www.cumbriapartnership.nhs.uk/

Area:	Allerdale & Copeland
Tel No:	01946 523522
Email:	unity@gmw.nhs.uk
Address:	Yewdale Ward Annex, West Cumberland Hospital, Whitehaven. CA28 8JG
Website Link:	http://www.cumbriapartnership.nhs.uk/

CAMHS

Area:	Carlisle & Eden
Tel No:	01228 603017
Email:	camhseast@nhs.net
Address:	Fairfield Centre, Carleton Clinic, Cumwhinton Road, Carlisle, Cumbria, CA1 3SX
Web Link:	https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/child-adolescent-mental-health-services
<p>Tier 3 CAMHS is a service for children, young people and families with significant, severe, complex or persistent emotional, mental health, psychological and/or relationship difficulties.</p>	

Area:	Copeland & Allerdale - including Millom
Tel No:	01900 705800
Email:	camhswest@nhs.net
Address:	Hopegill Centre, 25 Banklands, Workington, Cumbria, CA14 3EU
Web Link:	https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/child-adolescent-mental-health-services

Area:	South Lakes & Furness
Tel No:	01229 402696
Email:	icamhssouth@nhs.net
Address:	Fairfield Centre, Fairfield Lane, Barrow-in-Furness, Cumbria, LA13 9AJ
Web Link:	https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/child-adolescent-mental-health-services

Croftlands Trust

Tel No:	01228 592 325
Address:	Logic House, Allenbrooke Road, Carlisle, Cumbria. CA1 2UT
Web Link:	http://www.croftlandstrust.uk/
<p>Providing a range of services for adults with mental health issues, complex needs, substance misuse and age related difficulties.</p> <ul style="list-style-type: none"> • Experiencing Mental Health problems. • Feeling isolated or lonely. • Want to become involved in the local community. • Need support. • Open to Over 18's with a mental health issue, support up to 6 months 	

Tel No:	01229 837 177
Address:	Austwhim House, 52 Manchester Street, Barrow, Cumbria. LA14 1QR
Web Link:	http://www.cumbriaadvicenetwork.org.uk/can/index.php?option=com_content&view=article&id=226&Itemid=234

Tel No:	01946 691 234
Address:	81 Lowther Street, Whitehaven, Cumbria.
Web Link:	http://www.carehome.co.uk/carehome.cfm/searchazref/10004515LOWA

Carlisle and Eden Mind

Tel No:	01228 543 354
Web Link:	http://www.cemind.org/
Support for experiencing a range of mental health issues.	

Mind in West Cumbria

Tel No:	01900 66518
Web Link:	http://www.mindinwestcumbria.org.uk/contact-us/
Support for experiencing a range of mental health issues.	

PAC Therapy Service

Tel No:	01228 533 874
Address:	14 Lowther Street, Carlisle, Cumria. CA3 8DA
Web Link:	http://www.pactherapy.org/
One to one counselling and art therapy sessions to young people who display emotional, inter-personal and or mental health problems (eg anxious, low self-esteem, displays of anger, self-harming or poor attendance).	

Police

Tel No:	101 or 999 for Emergencies
For all enquiries and to report an incident, other than emergencies.	

Self-Harm

Hopelineuk

Tel No:	0800 068 4141or TEXT 07786 209697
Email:	admin@papyrus-uk.org
Address:	67 Bewsey Street, Warrington, Cheshire. WA2 7JQ
Web Link:	http://hopelineuk.org.uk/more/hopelineuk
Provides a telephone service to support anyone concerned that a young person they know may be at risk of suicide.	

SAFA

Area:	Barrow & South Lakes
Tel No:	01229 832269
Email:	info@safa-selfharm.com
Address:	114 Duke Street, Barrow-in-Furness, Cumbria. LA14 1LW
Web Link:	http://www.safa-selfharm.com/contact.html
SAFA is committed to making a positive difference to the lives of individuals aged 13+ who self-harm and to those who support them. Our primary goal is to empower the individual to take responsibility for their own lives by offering counselling and trusting support. Also we seek to eliminate the stigma and discrimination associated with self-harm by creating greater awareness through training and education.	

Area:	Carlisle & North
Tel No:	01228 319711
Email:	north@safa-selfharm.com
Address:	Best Life Building, 123 Botchergate, Carlisle, Cumbria. CA1 1RZ
Web Link:	http://www.safa-selfharm.com/contact.html

Short Stay and Outreach Services

Sedbergh Drive, Kendal

Web Link:	http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/ils/shortbreaks/default.asp
<p>Cumbria County Council are reviewing their short breaks services and have drafted a service statement that is currently in draft form in order to allow for thorough consultation from stakeholders, parents carers and young people. This statement will assist the commissioning plans for the delivery of short breaks services in the county.</p>	

Special Educational Needs and Disabilities

Cumbria Information Advice & Support Service (formerly Parent Partnership)

Area:	Allerdale & Copeland	
Name:	Janette Baines	
Tel No:	07795 110 940	
Web Link:	http://search3.openobjects.com/kb5/cumbria/fsd/site.page?id=O1FfqBQdtOY	
SEN and Disabilities - Impartial Advice for Parents		
If your child (0-19 years) has a disability or medical condition which affects the way they can access education we can also offer you the same confidential service - impartial information		

Area:	Carlisle & Eden	
Name:	Deborah Turner	Emma Stephenson
Tel No:	07827 308 469	07769 935 446
Web Link:	http://search3.openobjects.com/kb5/cumbria/fsd/site.page?id=O1FfqBQdtOY	

Area:	Furness & South Lakes	
Name:	Celia Jones	Karen Hull
Tel No:	01229 407 439	01229 407 559
Web Link:	http://search3.openobjects.com/kb5/cumbria/fsd/site.page?id=O1FfqBQdtOY	

Cumbria's Local Offer

Area:	County Wide	
Name:	Julie Jones	
Tel No:	01228 221252 or 07824 541 499	
Email:	localoffer@cumbria.gov.uk	
Web Link:	http://localoffer.cumbria.gov.uk	
<p>The Local Offer aims to pull information about available services into one place and make it clear and accessible for you and your family. A Local Offer gives children and young people with special educational needs or disabilities and their families information about what support services the local authority thinks will be available in their local area. Every local authority is responsible for writing a Local Offer and making sure it is available for everyone to see.</p>		

Youth Services

TARGETED YOUTH SERVICES

Area:	North (Carlisle and Eden) South (Barrow and South Lakeland) West (Allerdale and Copeland)
Tel No:	North - 01228 226939 or 07919544280 South - 01229 407558 or 01539 713602 West - 07768904884 or 07795252055
Email:	beverly.morgan@cumbria.gov.uk caroline.ledward@cumbria.gov.uk
Address:	Cumbria County Council, Children's Services 2 nd Floor, Lower Gaol Yard, The Courts, Carlisle CA3 8NA
Web Link:	http://www.cumbria.gov.uk/childrensservices/aboutus.asp
Early Help Front Door (drop-in); Team Around the Community; Focused Early Help and Prevention; Youth Work in Schools, Family Support, Youth Participation; Equality and Diversity; Fire Cadets and Young Firefighters.	

INSPIRA

Area:	Carlisle
Tel No:	01228 596272
Email:	info@inspira.org.uk
Address:	28 Lowther Street, Carlisle, Cumbria. CA3 8DH
Web Link:	http://www.inspira.org.uk/contact-us
Careers Information Advice and Guidance and Tracking National Citizen Service	

Area:	Barrow
Tel No:	01229 824052
Email:	info@inspira.org.uk
Address:	237 - 241 Dalton Road, Barrow-in-Furness, Cumbria. LA14 1PQ
Web Link:	http://www.inspira.org.uk/contact-us

Area:	Kendal
Tel No:	01539 730045
Email:	info@inspira.org.uk
Address:	Unit 1, Meadowbank Business Park, Shap Road, Kendal, Cumbria. LA9 6NY
Web Link:	http://www.inspira.org.uk/contact-us

Area:	Maryport
Tel No:	01900 815928
Email:	info@inspira.org.uk
Address:	12a Selby Terrace, Maryport, Cumbria. CA15 6NF
Web Link:	http://www.inspira.org.uk/contact-us

Area:	Whitehaven
Tel No:	01946 695541
Email:	info@inspira.org.uk
Address:	1 st Floor, Whitehaven Market Hall, Market Place, Whitehaven, Cumbria. CA28 7JG
Web Link:	http://www.inspira.org.uk/contact-us

Area:	Workington
Tel No:	01900 604674
Email:	info@inspira.org.uk
Address:	213 Vulcans Lane, Workington, Cumbria. CA14 2BT
Web Link:	http://www.inspira.org.uk/contact-us

Living Well Trust

Tel No:	01228 808818
Email:	226-228 Raffles Avenue, Carlisle, Cumbria. CA2 7EG
Address:	Shady Grove Road, Carlisle, Cumbria. CA2
Supports, accepts and empowers vulnerable young people and adults. Community outreach, life coaching, sports and art coaching and youth work.	

Nacro

Area:	Carlisle
Tel No:	01228 513 859
Email:	http://www.nacro.org.uk/contact-service.html?Etype=com.othermedia.nacro.model.ServiceEnquiryType-S-OTHER&Pservice=com.othermedia.nacro.model.Service-L-473
Address:	Carlisle Youth Zone, Victoria Place, Carlisle, Cumbria. CA1 1LR
Web Link:	http://www.nacro.org.uk/services/cumbria/carlisle-centre/
Help for young people to gain skills and opportunities working alongside or instead of mainstream education, young people who may experience difficulties at both home and school.	

Area:	Barrow
Tel No:	01229 838 697 or Text 07900 220 362
Email:	http://www.nacro.org.uk/contact-service.html?Etype=com.othermedia.nacro.model.ServiceEnquiryType-S-OTHER&Pservice=com.othermedia.nacro.model.Service-L-605
Address:	College House, Howard Street, Barrow-in-Furness, Cumbria, LA14 1NB
Web Link:	http://www.nacro.org.uk/services/cumbria/barrow-centre/