

Contact List for Black Minority Ethnic Groups Arriving in Cumbria

The purpose of this guidance document is to help direct support for Black, Minority Ethnic groups in Cumbria and was developed following recommendations from a Serious Case Review which highlighted the lack of support for minority groups arriving in Cumbria. The information provided is for various support groups locally and nationally and the purpose to guide clients towards if appropriate to do so, there are many others organisations that could be considered and this list is only a snap shot of some organisations that are available to help.

Best Life Independent Advocacy

For anyone arriving in Cumbria seeking advocacy People First Best Life Advocacy offers a county wide advocacy service. The service is free and provides drop in sessions in Barrow, Carlisle, Penrith and Windermere. For more information the contact details are as follows:

Best Life Independent Advocacy
03003 038 037 (Triage Team)

Email: bestlife@peoplefirstcumbria.org.uk

Web: www.bestlife.org.uk

Services they offer include:

- Support to have views heard and make sure rights are upheld
- Put your views and feelings across when decisions are being made about your life
- Give support which enable your to make choices and inform you of your rights
- Support to speak up for yourself, or, in some situations, speak on your behalf
- Advocates are independent, and are not connected to the services which provide support
- A free advocacy scheme to work in partnership with you to help you sort out difficult problems
- A webchat facility

The Drop-In sessions are as follows:

- Windermere Outreach is based in Windermere Library, Ellerthwaite Road, Windermere and is open every Monday from 10am – 3pm;
- Barrow drop-in sessions are held in the Best Life Building, 12 Duke Street, Barrow every Monday and Wednesday from 10 am to 4 pm
- Workington Drop-in session is in the Best Life Building, 4-8 Oxford Street, Workington, every Tuesday from 10 am – 1 pm
- Carlisle drop-in is held in the Best Life Building, 123-127 Botchergate, Carlisle, every Tuesday from 10 am to 1 pm

- Penrith Outreach is located at Eden Rural Foyer, Old London Road, Penrith and is open every Thursday from 10am – 1 pm

Other Agencies and Organisations that may provide advice and support include:

Age Concern

Old Customs House
West Strand
Whitehaven
Cumbria
CA28 7LR
Tel: 08443 843 843

Email: information@ageukwestcumbria.org.uk

Age Concern seeks to promote the contributions older people make to society and to promote their interests, by working with and for older people in Carlisle and Eden to help make later life a fulfilling and enjoyable experience.

Age Concern

St Michael's Active Living Centre
Station Road
Workington
Cumbria
CA14 2UY
Tel: 08443 843 843

Email: information@ageukwestcumbria.org.uk

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AWAZ

P O Box 282, Carlisle CA2 6WZ

Email: info@awaz.info

Website: www.equalitycumbria.org

Awaz facilitates the provision of advice and support, for individuals or groups; they can also facilitate training for BME people to help to build their capacity in Cumbria, contact details:

Bangladeshi Community Association (Cumbria)

Contact details

By post only to:

Abdul Harid
Dhaka Restaurant
London Road
Carleton
Carlisle

Barnardo's South Lakeland Family Support Service

St. Andrews
Ecclerigg
Ambleside Road

Children's Services

Partnership and Development and Participation Team

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Windermere
Cumbria
LA23 1LJ
Tel: 015394 43500

sue.underwood@barnardos.org.uk

Whatever the issue from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; child poverty to homelessness, Barnardo's can provide help and support.

Child Line

0800 1111 24hour service

Website: www.childline.org.uk

Get help and advise on a wide range of issues

Chinese Association (Cumbria)

c/o Kim Lee Foods
Scott Business Park
Rome Street
Carlisle

Cumbria Alcohol and Drug Advisory Service

17A West Tower Street

Carlisle

Cumbria

CA3 8QT

01228 544140

CADAS provide non-judgemental, confidential quality support and help throughout Cumbria to those affected by the use and/or the misuse of alcohol, drugs and other mind affecting substances and those who are leading unhealthy lifestyles.

Cumbria Disability Network

Mark Tennant - Co-ordinator

10 Orchard Close

Cartmel

Grange Over Sands

LA11 6ST

0870 7664125

mark.tennant@tiscali.co.uk

CDN represent people with disabilities across Cumbria.

DeafVision (Cumbrian Deaf Association)

3 Compton Street

Carlisle CA1 1HT

Tel 01228 606 434

Fax 01228 606433

Website: www.deafvision.co.uk

Work with and on behalf of Deaf Sign Language users, deafened, Deaf blind and hard of hearing people, their families, carers, communities and the professionals who work with them.

Family Lives**Tel: 0808 800 2222**Email: parentsupport@familylives.org.uk

Call Parentline free anytime of the day with your family problems

Language Support Project

Lynne Metcalf

Cumbria County Council

The Educational Settlement Centre

Castle Hill

High Street

Maryport

CA15 6BQ

Email: lynne.metcalf@cumbriacc.gov.uk

Tel: 01718 588481

The project offers one to one support and group support to learn English.

Mencap

123 Golden Lane

London EC1Y 0RT

Telephone: 020 7454 0454

Fax: 020 7608 3254

Website: www.mencap.org.ukEmail: information@mencap.org.uk

Call Mencap direct to find a service in your area: 0300 333 1111

Mencap provide support and opportunities for people with a learning disability living in the Eden Valley, enabling them to lead full and valued lives.

Men's Advice Line and EnquiriesEmail: info@adviceline.ork.ukWebsite: www.mensadviceline.org.uk

Offers advice and support for men in abusive relationships, both those experiencing violence and abuse from partners, and concerned about their own violence.

MIND

3 Chatsworth Square

Carlisle

Cumbria

CA1 1HB

Tel: 01228 543111

Mind is the leading mental health charity for England and Wales. It provides information to help promote understanding around mental health issues.

Multi Cultural Women's ForumEmail: donika.begaj@cumbriacc.gov.uk

Tel: 07962104231

A network for migrant women.

NSPCC - Help for Adults concerned about a child

24hour help and advice line

0808 800 5000

Website: www.nspcc.org.uk

The NSPCC protects children across the UK. They run a wide range of services for both children and adults, including national help lines and local projects.

Outreach Cumbria

outreach@btinternet.com

07896250662

Represent lesbian, gay, bi-sexual and transgender (LGBT) people across Cumbria.

Postnatal Wellbeing (Cumbria)

Stricklandgate House

92 Stricklandgate

Kendal

Tel: 01539 733893/742624

Email: psisupport@stricklandgate-house.ork.uk

Shelter (The housing and homeless charity)

Free helpline: 08080800 4444

Shelter offers advice on homelessness, mortgage or rent problems, disrepair, security of tenure, landlord/tenant disputes, illegal evictions, housing benefit, tenancy problems.

Vistula

Polish Community Association in Cumbria

Greystone Community Centre

Close Street

Carlisle

CA1 2HA

Tel: 01228 558602

Email: vistulassociation@gmail.com

Website: www.vistula.org.uk

Provides support to Polish Communities in Cumbria.

Women's Aid

Website: www.womensaid.org.uk

Women's Aid is the key national charity working to end domestic violence against women and children. We support a network of over 500 domestic and sexual violence services across the UK.