



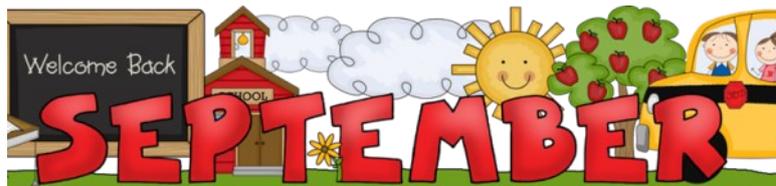
Whats On Guide September 2024



0 – 19 Child and Family Support Services - Copeland

Welcome to our **September What's On Guide**, where you can find lots of information about the sessions and activities running within your local community throughout the month.

We are working in partnership with the Whitehaven Family Hub running some of our universal drop in sessions from the New Hub in Whitehaven (*formerly Barclays Bank*) If you feel in need of support or would like further advice or information contact us at any of our centres below or by emailing us on Copeland@family-action.org.uk



South Whitehaven Family Centre

Whinlatter Road,
Whitehaven,
CA28 8BN

T :-01946 64600

Millom Family Centre

Lapstone Road,
Millom,
LA18 4LP

T :- 01229 777592

North Whitehaven Family Centre

Williamson Lane,
Hensingham,
CA28 8QZ

T :-01946 690067

Egremont Family Centre

Southey Avenue,
Egremont,
CA22 2HH

T :-01946 823896

You can also visit our webpage at: www.family-action.org.uk/what-we-do/children-familie/0-19/

Or
Visit our Facebook page at: <http://www.facebook.com/CopelandSupport>

Find out more at cumberland.gov.uk

Registered Charity Number: 264 713



0 – 19 Child and Family Support Services - Copeland

Our Pregnancy, Birth and Early Years drop in groups are all **free**,
no booking is needed, just pop along.

Infant Feeding Group

This is a group for those that are breastfeeding, or are thinking about breastfeeding, including mothers/carers who are feeding using formula.

The sessions will include

- Building a happy, healthy baby
 - The magic of the first 1001 days
 - Responsive feeding
 - Positioning & Attachment
- plus everything and anything in between.

Parents are offered support and advice both from the both from the trained Family Action Practitioner, and each other

Whitehaven Family Hub

Thursdays 10am–11am

Contact:

Stacey.Johnston@family-action.org.uk

Millom Family Centre

Fortnightly on Fridays 11am-12 noon

13 Sept & 27 Sept

Contact:

Michala.Tyson@family-action.org.uk



Weaning Information

Weaning information is included in our **Infant Feeding Groups, Bumps to Babies and Young Parents Groups**. We cover how to introduce your baby to a wide range of foods when they start eating solids. Exploring tastes and textures, encourages babies to grow up eating and enjoying healthy foods



Find out more at cumberland.gov.uk



services for Pregnancy, Birth and Early Years



0 – 19 Child and Family Support Services - Copeland

Baby Explorers

Join us for sensory play, songs and rhymes. A safe place to meet other parents and spend time with your baby.

Sensory play enhances your baby's learning, creativity and imagination. It's an opportunity to build a secure bond with your baby through engaging play. These sensory sessions are suitable for parents and babies **6 months +**. Due to the nature of the group we recommend bringing a towel and extra clothes - we do get messy! We use food products for some activities, please inform us of any allergies or intolerances.

Egremont Family Centre

Tuesdays 10:30am – 11:30am

Contact:

Katherine.Mann@family-action.org.uk

Millom Family Centre

Babies 6mths to 18mths

Mondays 1.00pm - 2.00pm

Contact:

Alice.Murphy@family-action.org.uk



Bumps to Babies

Bumps to Babies is a group suitable for parents/carers to be and those with babies **aged 0-6 months**. The group will provide parents/carers with the opportunity to share their experiences and help develop connections with other parents/carers in the local community.

Parents and carers can learn about baby's development in the womb and milestones they may reach during their first 6 months including physical development. We will also discuss crying (communication and language) and typical sleeping patterns. The sessions will be based on your interests, or needs of these topics.

Millom Family Centre

Thursdays 1.00pm - 2.00pm

Contact:

Michala.Tyson@familyaction.org.uk



Find out more at cumberland.gov.uk



services for Pregnancy, Birth and Early Years



0 – 19 Child and Family Support Services - Copeland

Little Learners—Term Time Only

Within these sessions we will use sensory play, role play and exciting activities to help children develop school readiness skills.

The sessions will help support fine and gross motor skills, listening, and communication and language skills. We will engage in songs and rhymes, stories and fun sensory activities together. The sessions are suitable for **ages 0-5 years**.

All our Little Learners Groups restart w/c 9th September except **Millom** which restarts on 18th September.



South Whitehaven Family Centre

Mondays 11am- 12pm
Tuesdays 1.30pm-2:30pm

Contact:

Stacey.Johnston@family-action.org.uk

North Whitehaven Family Centre

Fridays 10am-11am

Contact:

Katherine.Mann@family-action.org.uk

Egremont Family Centre

Fridays 1:00pm- 2:00pm

Contact:

Katherine.Mann@family-action.org.uk

Millom Family Centre

Weds 1.00pm-2.00pm from 18 Sept
(suitable for walking – 5 years)

Contact:

Michala.Tyson@family-action.org.uk

Little Learners @ The Library— Term Time Only

These sessions are for children from **0-5 years old** and will include arts & crafts, sensory exploration, stories, rhymes, music and more for all ages to engage with.

Cleator Moor Library

Wednesdays 1.30pm-2.30pm

Contact:

Stacey.Johnston@family-action.org.uk

Frizington Library

Thursdays 1.30pm-2.30pm

Contact:

Katherine.Mann@family-action.org.uk



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

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Young Parents Group

Our Young Parents Group is for all parents and expectant parents **under the age of 25** and/or with children **aged 0-5**.

The Young Parents Group is a safe space for parents to chat with other young parents and the Family Action team. The group offers peer support, budgeting advice, breastfeeding and weaning support, keepsake making, relationship & attachment & much, much more.

Millom Family Centre

Fortnightly on Tuesdays starting
17 September
1:00pm-2:00pm

Contact:

Alice.Murphy@family-action.org.uk

Active Start

Our once a month Active Start Early Years group is aimed at children **aged 2-5 years** and it entails helping children be healthy, to learn and be active for life, through physical activity and active play. Movement is so important for children's cognitive, emotional and social development as well as their physical development.

The Group will be held outside.

South Whitehaven Family Centre

Friday 13 September
1.30pm to 2.30pm

Contact:

Katherine.Mann@family-action.org.uk



Find out more at cumberland.gov.uk

0 – 19 Child and Family support services - Copeland

Our Pregnancy, Birth and Early Years **referral only** groups and courses are all **FREE**. To access these courses please contact us to complete a self referral at **Copeland@family-action.org.uk**

You can also ask a professional to refer on your behalf.



Great Expectations

Our **5-week** antenatal group is suitable for **all expecting parents**. The course will cover the baby brain, birth expectations, safe sleep and routines, infant feeding, attachment and emotional wellbeing. This is a safe and confidential space to make friends, gain support and our facilitator will also be able to answer any questions throughout.



Infant Massage

Infant Massage is a **6 week course** and is suitable for babies who are **NOT yet mobile**. Infant Massage is the gentle, rhythmic stroking of your baby's body including ankles, wrists and fingers using your hands. There is widespread belief that infant massage can increase a parent/carer's awareness of their baby's needs, supporting an early bond, as well as improving their sense of wellbeing. It can also provide baby with relief from colic and constipation as well as promoting relaxation, and better sleep. Dad's Infant Massage courses promote dad time with baby and offer dads the opportunity for peer support.



Find out more at cumberland.gov.uk

0 – 19 Child and Family Support Services - Copeland



SEND Support Group

Our SEND Support Group is an opportunity for you and your child to access fun activities, whilst meeting parents and carers in the local community. This group is aimed at children aged **0-6 years, who have a diagnosed additional need (physical or educational)** or if you are worried about any of your children's needs and require advice and support from us and other parents or carers. The group will be full of fun activities, sensory play and opportunities for you to share your experiences, or to get advice or any support needed.

South Whitehaven Family Centre

Wednesdays 3:30pm–4:30pm

Contact:

Katherine.Mann@family-action.org.uk

Jennifer.Telfer@family-action.org.uk

Sensory Rooms

Our Sensory Rooms are specially designed rooms, which combine a range of stimuli including lights, colours, sounds and soft play equipment to help children develop and engage their senses. The rooms are suitable for babies **under 11 months** and **children with SEND needs**. Our Sensory rooms are available to book Monday– Friday 9.00am–4.00pm.



South Whitehaven Family Centre

T :- 01946 64600

contact:

Copeland@family-action.org.uk

Millom Family Centre

T :- 01229 777592

Contact:

Copeland@family-action.org.uk



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

0 – 19 Child and Family Support Services - Copeland

Our services for children are all **free**. To access any of these services please contact us to complete a self-referral at Copeland@family-action.org.uk. You can also ask a professional to refer on your behalf.



Drawing and Talking

Drawing and Talking is a therapeutic intervention for children **aged 5 +** and adults. It is designed as a short-term pro-active intervention intended to complement, rather than replace, the work of Specialist Mental Health Services. **Through a 12-week cycle** of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. Utilising drawing as a way to help them express their feelings differently in ordinary verbal language. The Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive based therapies and interventions.

Sand Play

Although they will not be 'drawing', Sand Play uses the same approach as 'Drawing and Talking' and the individual will be allowed to play with the sand tray and accompanying resources. They will then work with a Drawing and Talking Practitioner for **12 weeks** telling stories about the sand work that they have created. We know this helps to express and then process their inner world and feelings within. Sand Play is suitable for children **aged 4 +** who have experienced a trauma in their lives.



Find out more at cumberland.gov.uk

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Emotional Resilience

These are group based only sessions that run for **4-6 weeks** for children **aged 5 + years** which aim to support children to develop their own feelings of self-worth and confidence, building on their talents and skills enabling them to have an increased sense of belonging and develop aspirations for the future. The sessions look at building positive relationships with peers, and improving their emotional resilience and wellbeing. These sessions are delivered in small groups.



Adolescent Girl's Group

A six- week informative and supportive group for adolescent girls **aged between 11-13**. The group aims to boost self-confidence whilst being aware of a variety of relevant topics to this age group in a non-judgemental environment. The topics include:

- ⇒ **Online safety**
- ⇒ **Emotional resilience and anxiety**
- ⇒ **Puberty**
- ⇒ **Drugs, alcohol and peer pressure**
- ⇒ **Healthy eating and cooking**
- ⇒ **Arts and crafts / celebration of success**



Find out more at cumberland.gov.uk

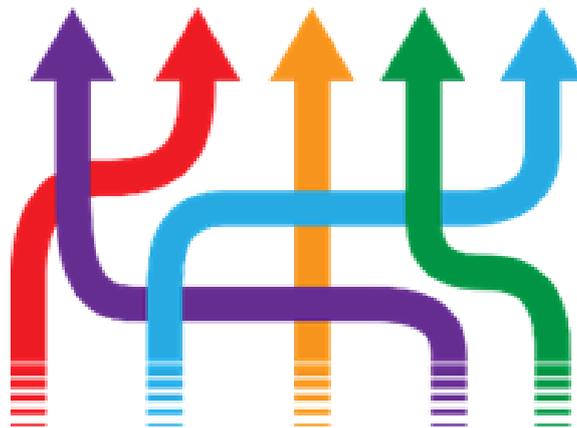
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Finding Your Way

Finding Your Way is aimed at supporting young people in **years 7-11** over a **6 week period** to improve school attendance and avoid exclusion. These sessions are delivered in a group situation and will include topics such as: behaviour regulation, communication and anger management, managing bullying and coping strategies.

The course will:

- ⇒ **Encourage children and young people to express any challenges they face and that make school attendance difficult**
- ⇒ **Raise children and young people's awareness of help available to them**
- ⇒ **Equip children and young people with a range of coping strategies and behaviour regulation techniques**
- ⇒ **Support children and young people to develop a positive and resilient mind set**
- ⇒ **Empower and motivate children and young people to make the most of the opportunities available to them**



Find out more at cumberland.gov.uk

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Let's Get Talking

Let's Get Talking is a **six-week programme** which supports communication and language development in partnership with the Speech and Language Team. This group is suitable for children **aged 2 to 4 years** with few or no single words, and no other concerns regarding special educational or developmental needs.



The Decider Skills is Cognitive Behavioural Therapy offered as a group model. It aims to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health. There are 12 skills, taught over **six weeks**, in small groups for peer support and learning. The sessions are to help participants manage their feelings and emotions using a workbook to make their own as a supportive tool. Decider Skills is suitable for **ages 5 +**.



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

Parent/Carer Services

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Our parent/carer and family support services are all **free**. To access these services please contact us on Copeland@family-action.org.uk to complete a self referral or you can ask a professional to complete one on your behalf.



Solihull and SEND Solihull Parenting Course

The Solihull Parenting Group is for parents/carers who want to know more about sensitive and effective parenting. The course is run **over 10 weeks** and It aims to develop a framework of thinking about child/parenting relationships to:

- ⇒ Promote understanding of children's behaviour within the context of developmental issues
- ⇒ Promote the development of parent/child reciprocity (being in tune with your child's needs)
- ⇒ Increase confidence and self-esteem in both parents/child relationships
- ⇒ Give parents a strategy for repair when things go wrong
- ⇒ Develop a framework of thinking about parent/child relationships which can develop into a lifelong skill
- ⇒ Promote reflective, sensitive and effective parenting

Solihull Online Parenting Course

The online course can be completed in your own time, with various topics from pregnancy to 19 years, to help you understand your child's development and behaviour.



Find out more at cumberland.gov.uk



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Family Support/Early Help.

Family Action aims to support families at the earliest opportunity, this may be when families notice a change in their family situations and realise they need some support from external agencies. With our support we hope to stop problems from escalating, working together to reach the best possible outcomes for families.

We can offer Family Support through the Early Help process which is also known as Early Intervention. Early Help pulls everyone involved with the family together and looks at what support is needed and who is best to do this work. Every 4-6 weeks we all come back together and look at what has gone really well, what actions still need to be looked at and are there any other actions that may have come up during the support. This is all done with the family, not to. We want to make sure the family own this plan and the work that is done is what they need.

Here at Family Action we can offer bespoke, one to one support to families in their own homes at this early stage. This practical support will improve parent capacity and could focus on topics such as boundaries, routine, home conditions, environmental factors, behaviour management, safety, relationships and attachment.

Portage

Portage is a targeted intervention aimed at children aged **0-4 years** of age with additional needs and their **families**.

In collaboration with parents, support will be given to develop child's play, communication, relationships and learning. Goals will be planned with the family using a small step approach for learning and participation. The child's successes will be celebrated.

The child has to have a recognised syndrome or condition that is evidenced to be significantly impacting their learning and development.

or

The child is working towards a diagnosis of a recognised syndrome or condition that is evidenced to be significantly impacting their learning and development.

or

The child is evidenced to have a significant delay in 2 or more areas of their learning and development.



Find out more at cumberland.gov.uk

0 – 19 Child and Family Support Services - Copeland

Domestic Abuse Recovery Tool Kit

The Domestic Abuse Recovery Toolkit is a **12 week course** to support women who have experienced a domestic abuse relationship. If you have left your abusive partner but find that you continue to be personally/emotionally impacted then the Domestic Abuse Recovery Toolkit can help. It will support you to develop a toolkit of positive strategies that will aid your road to recovery.

Women who have completed the course in the past have provided very positive feedback and would strongly encourage others to attend –

'I have overcome fears, developed an understanding of behaviours to prevent me being in the same situation and my confidence has boomed. I am now looking forward to a positive future with my little ones.'



Contact: Johanna Smith
Johanna.Smith@family-action.org.uk

Children and Young Person Recovery Toolkit

An 8-week course for **Children & Young People** who have experienced/been exposed to domestic abuse, and who are no longer living with the abusive parent/carer.

The aims of the program, are to help children and young people come to terms with their experiences and to develop a positive lifestyle and coping strategies.

Contact: Rachel Sheard
Racheal.Sheard@family-action.org.uk



0 – 19 Child and Family Support Services - Copeland

Family Action Referrals

Anyone can make a referral for our Targeted Services - Family Support, DART, Solihull, Let's Get Talking, Drawing & Talking, Emotional Resilience Groups & Sand Play.

Who can Refer

Self Referrals: Parents/carers or family members can self refer for themselves or their child/children

Referrals from a Professional: We accept referrals from schools, health and social services, voluntary organisations and any professionals who think a family or child/children would benefit from our targeted support



Making A Referral Is Easy

Contact us by **telephone** on **01946 64600**
Speak to a member of staff at one of the centres
Email **CopelandReferrals@family-action.org.uk**
for a Referral Form



Completing The Referral Form

It's important to include as much information as possible and to answer **all** the questions on the form so that our team is able to understand the needs of the child/family and offer the most appropriate support.

What Happens Next

Referrals are processed and discussed by our Allocation Team.

A member of staff will ask you for further information if needed.

The child/family will be offered support and may be placed on a waiting list.

Family Action staff will keep in touch to check the support is still required and make a note of any significant changes in circumstances.

The family/referrer will be contacted when the support becomes available with details of times/places etc.



Find out more at cumberland.gov.uk



0-19 Child and Family Support Service



REQUEST FOR SERVICE

0 – 19 Child and Family support services - Copeland

Please email this form to CopelandReferrals@family-action.org.uk If you are requesting a single agency service, complete Part A and C. If your request is part of a multiagency package, complete Parts A, B and C.

PART A

Child or Young Person Name(s)	Date of Birth	Gender	Disability Yes/No	Ethnicity

Health Visitor:		GP:	
School:			
Other agencies involved:			

Parent/Carer(s) Name(s)	DOB	Address and Post Code	Disability Yes/No	Ethnicity	Parental Responsibility Yes/No
Email:		Mobile:			
Preferred contact method		Spoken Language:			

Reason for request for service (Complete with family):



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

What are you worried/concerned about?	What is working well?	What will wellbeing look like? (What outcomes do you want for the child or young person?)
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Tick to confirm that the parent/carer has been given a copy of the Council's Privacy Notice to read to make them aware and understand that information on this form will be kept on a secure County Council database and will be accessed by a number of authorised people providing the 0 – 19 Child Family Support Service on behalf of Cumberland County Council.

PART B – To be completed if this is a request for support as part of a multi-agency package.

Briefly describe support provided to the family by other agencies:

Are any of the assessments below in place for the Child or Young Person?

- Early Help Assessment Education, Health and Care Plan
 CIN CP CLA Other:

If any of the above are ticked, a copy should be included with this request for service if the parent/carer consents.

Is this a request for a step down? Yes/No. If Yes CSCP step down procedure must be followed

[Early Help Step Down](#)

Please provide information on any risks that you are aware of (attach existing risk assessment):

PART C – To be completed by the person making this request

Referrer Name:	Date of request:	
Organisation:	Position:	
Address:	Contact number:	
	Email:	
	Signature	

Received by:		Date received:	
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Get Involved



0 – 19 Child and Family Support Services - Copeland



Family Action needs YOU!! Could you be a volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869, run solely by volunteers. As a volunteer you will gain valuable skills and experience working as part of a team making a real difference to the lives of children and young people in your area. With access to a comprehensive learning package, we can help you achieve this with continued support and training. Looking to gain experience whilst studying or to gain full-time employment? We have lots of flexible options with both short and long-term positions available.

Contact: *Michaela.Walker@family-action.org.uk*



FamilyLine

Family Action's FamilyLine is a **FREE** helpline for all members of the family over the age of 18. FamilyLine volunteers provide support on all aspects of family life, from befriending to counselling services.

Available: **Monday – Friday, 9am – 9pm**

Telephone: **0808 802 6666**

Find out more at cumberland.gov.uk

0 – 19 Child and Family Support Services - Copeland

School Uniforms

Families in receipt of certain benefits or on low incomes may be eligible for clothing grants for school uniforms

Apply online through the Citizen Portal on Cumberland Council's website or telephone 0300 373 3730



Preloved School Uniforms available at:

Whitehaven Foyer, Irish Street, Whitehaven 01946 67350
Millom and Around the Combe Community Group,
St George's Terrace, Millom

October Half Term!!

Our Family Fun Days are back in October Half Term packed with Halloween and Bonfire Night themed activities

South Whitehaven Family Centre

Tuesday 29th October 10.30am-12.00pm

Millom Family Centre

Wednesday 30th October 10.30am-12.00pm

Whitehaven Family Hub

Friday 1st November 1.00pm-2.30pm



Find out more at cumberland.gov.uk



We Need Your Feedback



0 – 19 Child and Family Support Services - Copeland

Your Feedback is Important

We use it to develop our services to ensure they meet your needs. To make it easy for you to tell us about the services you have used, we have a form and a QR code. Just complete the form and give it to a member of staff or scan the QR code and answer the questions that way.

Feedback for Universal Services in
Copeland



Thank you for your feedback



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

We Need Your Feedback

0 – 19 Child and Family Support Services - Copeland

Name of the group attended?

- ◇ Baby Explorers
- ◇ Little Learners
- ◇ Bumps to Babies
- ◇ Infant Massage
- ◇ Young Parents Group
- ◇ Infant Feeding Group and Weaning Group

Which area did you access this service?

- ◇ South Whitehaven (Valley)
- ◇ Egremont
- ◇ Hensingham
- ◇ Millom
- ◇ Cleator Moor Library
- ◇ Frizington
- ◇ Whitehaven Family Hub

Have you noticed a positive development in your child from attending this group?

- ◇ Yes
- ◇ No
- ◇ Not sure

Do you feel less isolated as a result of attending this group?

- ◇ Yes
- ◇ No
- ◇ Not sure

Would you recommend this group to a friend?

- ◇ Yes
- ◇ No
- ◇ Not sure

Any Comments ?



Find out more at cumberland.gov.uk



Family Action Team



0 – 19 Child and Family Support Services - Copeland

Working For Families in Copeland

Our diverse and skilled team of staff work together to deliver a range of universal and targeted services to families and communities across Copeland.

Service Manager

Manages the delivery of all our services including staff, buildings, strategic planning and future delivery

Child & Family Co-ordinators

Co-ordinate the day to day delivery of services, work with children and families, manage staff and attend multi agency meetings

Child & Family Support Workers

Deliver our targeted services with children and families in groups and 1:1

Child & Family Play & Learning Workers

Deliver our universal services and groups with children and families

Information, Advice and Administration Officers

First point of contact in our centres for families and referrers supporting the team to deliver our services and providing advice/signposting for families



Useful Contacts



Here are some other services you may find useful. This is not an exhaustive list.
Please contact us if you need some support and our Information, Advice and Administration Officers will be happy to help

Domestic Violence Support

Cumberland Council

Crisis support, emergency housing and prevention services. Cumberland Council offers specialist advice and support to residents who are homeless or at risk of homelessness, and at risk of abuse or sexual exploitation. They offer confidential, one-to-one support and prevention services, alongside emergency accommodation and housing advice.

Tel: 01946 598300 or email:
homelessness3@cumberland.gov.uk

National Domestic Violence Helpline

24 hour free phone service for women provided by Refuge and Women's Aid

Tel: 0808 2000 247

Broken Rainbow Helpline

National helpline for lesbian, gay, bisexual and transgender people.

Tel: 0300 999 5428

Freedom Project/West Cumbria Domestic Violence Support

Registered charity providing help and support with the effects of Domestic and Sexual Abuse. They provide free confidential and professional counselling to Victims, Children and Perpetrators of abuse, weekly group support for victims and children and a confidential helpline.

Tel: 01900 67167, 07712117986
Email: admin@freedom-project-west-cumbria.org.uk

Mental Health Services

Mindline Cumbria

The mental health charity that believes no one should have to face a mental health problem alone. They're here for you. Today. Now. They're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. They'll listen, give you support and advice, and fight your corner.

Tel: 0300 561 0000
Text mind to 81066

TogetherWe

Provides a range of services in Allerdale and Copeland. There are 3 parts to the service; Talk, Fitness and Carry, which aim to combine mental and physical health interventions. Aiming to provide a service that is flexible, individual and portable to the community.

Tel: 08081 961 773
Email info@togetherwe.co.uk

Every Life Matters

Suicide prevention, mental health training and suicide bereavement support.

Email: info@every-life-matters.org.uk

Andy's Mans Club

Brings men together who have been in similar situations, to help each other on a peer to peer basis, sharing advice on how they dealt with difficult situations.

Email: Info@andysmanclub.co.uk

Financial support

Whitehaven, Egremont & District Credit Union

Access to savings accounts, low cost loans, budgeting sessions and hardship funds

Tel: 01946 66755

Phoenix Enterprise Centre

Help with Housing/Council Tax reduction forms, UC50 medical questionnaire forms, PIP forms, DHP forms.

Tel: 01946 813555/07388 996202
Email:

advice@phoenixenterprisecentre.co.uk

Citizens Advice Copeland

Free, confidential and impartial advice for all problems you may face We are here to help with a range of issues such as money, debt, benefits, energy and/or housing issues.

Tel: 0808 278 7959

Food Provision

Thrift Hub Food Pantry

Can provide fresh food parcels and store cupboard essentials as well as personal care items.

Email: joanne@phoenixenterprisecentre.co.uk
Tel:07388 996202

North Lakes Food Bank

Can help get food vouchers for the food bank

Tel: 0808 278 7959



Find out more at cumberland.gov.uk

Useful Contacts



Here are some other services you may find useful. This is not an exhaustive list.
Please contact us if you need some support and our Information, Advice and Administration

Autism, ADHD and Special Needs

AUTUS Cumbria

Social opportunities, support, training and advocacy for families and children
Email:
info@autuscumbria.co.uk

Bee Unique

Support and activities for those with Autism and their families
Find them on Facebook



OWL Blue

Support and advice for people with hidden disabilities
Tel: 0800 755 5432

SHINE For Autism

Information, support, activities for children and families—based in Barrow and covering Millom
Find them on Facebook

Sleep Ability Barrow

Sleep and sensory solutions for children and adults.
Find them on Facebook



Emotional Wellbeing for Children & Young People

MyTime Cumbria (Barnardo's)

Emotional health and wellbeing support for children
Tel: 01539 742626

TogetherWe

Provides a range of services in Allerdale and Copeland. There are 4 parts to the service; Talk, Fitness, Carry and Recovery/Discovery. These aim to combine mental and physical health interventions. Aiming to provide a service that is flexible, individual and portable to the community.
Tel: 08081 961 773
Email info@togetherwe.co.uk

Time to Share Bereavement Services

Therapeutic bereavement support for children and families in Copeland
Tel: 07926 385262
Email:
timetoshareberservice@gmail.com

West Cumbria Young Carers

Support, information and activities for young carers
Tel: 01900 821976

Health & Wellbeing

Cumbria Addiction, Advice and Solutions (CADAS)

Support for individuals, family members and carers experiencing addiction promoting recovery in the community.
Tel: 0300 111 4002

Choices Cumbria

1:1 support to makes choices and changes in your life
Tel: 07860 850 227

Social Prescribing Team

For access to community and support services
Tel: 0300 373 3730

Cost of Living

Cumberland Cost of Living Support Line
Tel: 0800 783 1966

Green Doctor Cumbria

Energy saving information, debt advice and grants
Tel: 01229 486430

Millom Food Bank

Food Bank Vouchers and Emergency Food Boxes
Tues & Fri 11am to 1pm
Tel: 01229 774601



Find out more at cumberland.gov.uk