

Support Directory West Cumbria



Contents

Food Support Services

- Food Banks
- Food Pantries
- Community Shops and Food Stores
- Additional Support
- Community Groups

Furniture Resources

- Charity Shops
- Charities
- Resources

Cost of Living Support

- Council Support
- Libraries
- Debt Support Services
- Community Groups and Organisations
- Fuel and Energy Support

Welcoming Spaces

- Community hubs

Digital Inclusion Support

- National Organisations
- Organisations and groups
- Libraries

Young People Services

- Children's Centres
- Youth Services
- Family Support

Older People Services

- Local Support Services
- Local Activity Groups

Mental Health and Wellbeing Support

- National Support
- Support Groups

Disability Support

- National Support
- Local Support

Domestic Abuse Services

- National Support
- Local Services

Migrant and Multi-Cultural Support

Additional Support Services

- LGBTQ Services
- Sexual Violence Support
- Hate Crime

Food Support Services in West Cumbria



Council Support

If you are struggling to feed yourself or your family, there are organisations that can help. They are used by hundreds of people every week in Cumbria and from all walks of life.

There are food banks and other food projects located across the county, find your nearest at

Ways to Welfare -

<https://legacy.cumberland.gov.uk/welfare>

Council's support line 0800 783 1966

Food Banks

Lorton St Methodist Church

Lorton St, Cockermouth, CA13 9RH

01900 823273

Open Tuesday to Thursday 10 am to 12 pm

The Hub Egremont

The Meeting Place, Egremont, CA22 2DR

07737 505387

Open Tuesday and Friday 1 pm to 3 pm

St Mary's Church

Netherhall Corner, Maryport, CA15 6LL

01900 66190

Open Tuesday and Thursday 12 pm to 2 pm

Friday 4 pm to 6 pm

New Life Church

24 Irish St, Whitehaven, CA28 7BY

01946 66556

Open Monday, Tuesday and Thursday 11.30 am to 1.30 pm

Cornerstone Methodist Church

50 High St, Wigton, CA7 9PG

016973 42468

Open Tuesday and Friday 10 am to 12 pm

The Bridge Centre

Central Square, Workington, CA14 3BG

01900 606989

Open Monday, Wednesday and Friday 12 pm to 2 pm

Whitehaven Foodbank - Referral only.

New Life Church, 24 Irish Street, Whitehaven, CA287BY. Referral only.

Call 7506 311452 for more information or email info@thefoodbank.org.uk

Open Monday, Tuesday and Thursday 11.30 am to 1.30 pm

Egremont Foodbank - Referral only.

The Hub, The Meeting Place, Egremont CA22 2DR. Call

7507 311452 for more information or email

info@thefoodbank.org.uk

Open Tuesday and Fridays 1 pm to 3 pm

Millom Foodbank - Referral only.

Crown Street Baptist Church Hall Millom.

Call 01229774601 for more information.

Open Tuesdays and Fridays 11am to 1pm

Pantries

The Oval Pantry

The Oval Centre, Salterbeck Drive, Salterbeck, Workington, CA14 5HA

01946 834713

Third Friday of every month at 11 am

Escapes Food Pantry

Moorclose Community Centre, Needham Drive

Workington CA14 3SE

07713 864850

Open Tuesday 10 am

Riverside

Food Support Services in West Cumbria



Harriston Community Food Pantry

Harriston Aspatria CA7 2ED

07795907985

Open Tuesday 12 pm to 2 pm and weekly food club each Thursday

Northside Community Centre

Trinity Drive, Northside, Workington, CA14 1AX

Call 01900 68739 for more information

Rainbow Pantry

King Street, Aspatria, CA7 3ES

016973 42468

Open Friday 11 am to 4 pm and 5 pm to 7 pm

Wigton Food Pantry

St Cuthbert's Church, Wigton, CA7 9HT

016973 42379

Wednesdays 9 am to 1 pm

Workington Derwent Rotary Community Food Pantry

Workington Legion

Call for more information 07505 243677

Open first Friday of each month 11 am

Distington Action Against Hunger

Distington Community Centre Church Road Distington. Self-referral service. Food pantry runs every Tuesday and delivers to Pica and Gilgarran.

Call 07742387797 for more information.

Highfield Community Centre Pantry

Highfield Road Cockermouth CA13 9JF

Open on the second and fourth Friday of every month.

Northside Community Centre

Community shop and food pantry Trinity Drive

Northside food pantry

Call 01900 68739 for more information.

Additional Support

Grow West, Allerby community gardens

Vegetables boxes

Call 01900 815003 for more information

Incredible Edibles, Rotary Club of Cockermouth

Community organisation coming together to plant trees, veg, salad and herbs which are all available to local residents.

secretary@cockermouth.rotary1190.org

Kings Church Meal Share

4 Market Street Cockermouth.

Open every Thursday: 1.30pm for food and prepared meals and every Sunday: lunch 12.30 £2 per person, places must be booked.

Call 01900 821100 for more information or email admin@kingscc.org

Helen's Herbs

St Mary's church hall, Mossbay. Workington. Self-referral service to those living in West Cumbria aimed at cooking seasonal food from scratch with a budget in mind and are free of charge for anybody in West Cumbria.

Booking essential.

Food Support Services in West Cumbria



Family Action Copeland 0 - 19

South Whitehaven Children's Centre, Whinlatter Road, Whitehaven CA28 8BN.

Online Cook-a-long programme, where parents and children can join weekly for 6 weeks to learn how to prepare and cook healthy meals for the full family. All ingredients are supplied to the family and delivered a day or 2 prior to the group.

Call 01946 64600 for more information or email copeland@family-action.org.uk

PEC Phoenix Enterprise Centre

Thrift Hub Food Pantry, Phoenix House, Jacktrees Road, Cleator Moor. Self-referral service. Weekly shopping is delivered to those suffering financial distress. It will contain meat products, fruit, and veg, bread, milk, pasta, rice, tinned products and jars, baby milk and nappies if required. The organisation has a small number of large slow cookers available which are normally offered to large families.

Call 01946 813555/07388996202 for more information or email advice@phoenixenterprisecentre.co.uk

Millom Network Centre

Unit 3 Devonshire Road Industrial Estate Millom. Self-referral service. Weekly community food pantry/meals on wheels every Wednesday.

Call 01229 666025 for more information or email enquiries@m-n-c.co.uk

Cumbria County Council Adult Learning Self-referral service.

In partnership with the Copeland Wellness Team run free Healthy Cooking on a Budget courses and £1 Meals.

Call 01946 506416 for more information or email copelandadultlearning@cumbria.gov.uk

Thrift Food pantry

Phoenix House, Jacktrees Road, Cleator Moor. Self-referral service. Food pantry, works with FareShare and local business to provide free or low cost food to residents who engage with appropriate support, to make them more financially resilient.

Call 01946 813555/07388996202 for more information or email advice@phoenixenterprisecentre.co.uk

National Organisations

Too good to go - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses. **<https://www.toogoodtogo.com/en-gb>**

OLIO - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. **<https://olioapp.com/en/>**

Trussell Trust Helpline - 0800 915 4604
Open Monday to Friday, 9am – 5pm

Salvation Army

Run food banks year-round from many of their churches and community centres.

OddBox - Fighting food waste
<https://www.oddbox.co.uk/>

The Trussell Trust

Search the Trussell trust website to find your local centre.

<https://www.trusselltrust.org/>

Furniture Support in West Cumbria



Council Support

Cumberland Council

The Council's Ways to Welfare helpline offers help and emergency support with basics and essentials for people struggling to cope with their current situation. They can also advise on which other financial support you may be entitled to.

Call 0800 783 1966 for more information

Focus Family

As part of the Think Family approach, Focus Family can offer support in signposting professionals and families to other local service providers who would be able to offer them additional support. How they can help

- Employment Advisors who offer a full welfare benefit health check to make sure that the families are receiving all benefits that they are entitled to as well as other services
- Signposting to community food hubs / pantries and locally accessible grants and funding
- Project Linus - providing quilts for children and young people in need of comfort
- Families in need (including domestic abuse, poverty, SEND) - signposting to services
- Welfare assistance and guidance for professionals to share with service users
- Assist in getting white goods for households in need

Focus Family Community Navigator: Ann Crook
Ann.Crook@cumbria.gov.uk

For support regarding out of work benefits and barriers to employment:

focus.family@cumbria.gov.uk

Cumbria Recycling Workington

Specialise in the refurbishment and resale of electrical goods.

For more information contact 01900 65222

Charity Shops

Barnardo's Whitehaven

57/60 King Street, Whitehaven, CA28 7JH

Barnardo's Keswick

23 Station Street, Keswick, CA12 5HH

01768 771484

Small Household items

Age UK West Cumbria

Workington Superstore

50 Finkle Street, Workington, CA14 2AZ

01900 844670

Age UK West Cumbria

Workington Warehouse

The Bradbury Independent Living Centre

Oxford Street Workington CA14 2AL

01900 844670 *Mobility Specialists

Hospice at Home Wigton Shop

9 King Street, Wigton, CA7 9DT

016973 45656

Hospice at Home Workington Shop

54 Pow Street, Workington, CA14 3AB

01900 268045

Knoxwood Animal Charity - Wigton Shop

King Street, Wigton, CA7 9EJ

01697 343812

Knoxwood Animal Charity - Maryport Shop

Senhouse Street, Maryport, CA15 6BS

01900 816082

Furniture Support in West Cumbria



British Heart Foundation

Whitehaven - 55 King Street, CA28 7JH

01946 592594

Penrith - 53 King Street, Penrith, CA11 7AX

01768 890253

Workington - 50 Pow Street, CA14 3AG

01900 873177

Workington Home Store - 45-49 Pow Street,
Workington, CA14 3AB

01900 358 780

Oxfam

Wigton Shop, 47 High Street, Wigton, CA7 9NJ

016973 44444

Penrith Shop 23 Devonshire Street, CA11 7SU

01768 863064

One in Workington and whitehaven

Restore New Squares

11 Brewery Lane, New Squares, CA11 7BU

07988 780 663

Cumbria Cerebral Palsy - Wigton Shop

2A West Street, Wigton, CA7 9NP

016973 45066

Scope - Workington Shop

8 Murray Road, Workington, CA14 2AD

01900 63492

British Red Cross - Workington Shop

16A Murray Road, Workington, CA14 2AD

01900 65093

Cumbria Recycling - Workington showroom

Unit 2 Hallwood Road, Lillyhall Industrial Estate,
Workington, CA14 4JR

01900 604466/ 01900 605358

The Scout Shop - Wigton

1 High St, Wigton, CA7 9NJ

07517 128007

Cancer Research - Workington Shop

Unit 4 Ritz Shopping Centre, Murray Road,
Workington, CA14 2AG

01900 603581

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

**Free Things in Workington and around
Workington, Whitehaven and surrounding selling
and free items**

Free in Whitehaven, Egremont, Workington

Second Hand Furniture Websites

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Furniture Support in West Cumbria



Charities

Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

Cost of Living Support in West Cumbria



Council Support

Cumberland Council

The Council's Ways to Welfare helpline offers help and emergency support with basics and essentials for people struggling to cope with their current situation. They can also advise on which other financial support you may be entitled to.

Call 0800 783 1966 for more information

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

Cumbria County Council - Welfare - contact community support

01228 221100 (Monday - Thursday 9am to 4:30pm, Friday 9am - 4 pm)

communitysupport@cumbria.gov.uk - You will receive a response within one working day.

Heating Grants

If you:

- Are struggling to heat your home and have at least one child under the age of five
- Have a chronic underlying health condition (particularly respiratory or coronary), or
- Have a disability particularly affected by the cold weather

then you may be entitled to financial assistance. Contact the Cumbria Community Foundation to see if you qualify. **Telephone: 01768 891 414.**

Winter warmth fund

Grants to help older people in Cumbria stay warm and healthy. The normal grant is £150 or £250 in exceptional circumstances

If you would like to apply to this fund please contact one of the following:

Age UK Carlisle and Eden: Paul Grindley 01228 536673

Age UK West Cumbria (Allerdale and Copeland): Christine Timney 01946 66669 or 08443 843843

Citizens Advice Workington

Town Hall, Oxford Street, Workington CA14 2RS
01900 604735

advice@citizensadviceallerdale.org.uk

Call to book an appointment.

Phone lines open Monday, Wednesday, Thursday and Friday 9 am to 4 pm

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Christians Against Poverty

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

Money Advice service free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

Debt Support Charities

Cumbria Law Centre

Cumbria Law Centre is a community organisation offering free legal advice and representation to people who live or work in the county.

8 Spencer Street, Carlisle, Cumbria, CA1 1BG

01228 515129

reception@cumbria-law.org.uk

Credit Unions

Carlisle and District Credit Union

95 Lowther Street, Carlisle CA3 8ED
01228 594007

info@carlislecu.com

Open Monday to Friday 9.30 am to 4 pm

Pennine Community Credit Union

01282 691333

enquires@pccu.co.uk

Whitehaven, Egremont and District

24 James Street, Whitehaven, CA28 7HZ

01946 66755 info@wedcu.co.uk

Financial and employment support

Your financial situation may be affecting your health and there are a range of organisations which can provide advice and assistance. These include:

Advice UK

0300 777 0107 www.adviceuk.org.uk

Jobcentre Plus - www.gov.uk/contact-jobcentre-plus/existing-benefit-claims

Employment Support

Cumbria Jobs Fuse

helps to connect people looking for work to local employers looking for staff. If you're looking for work, call **0800 100 900**

Inspira

Inspira is a leading employability skills expert, providing FREE professional careers advice and guidance.

Gillan Way, Penrith 40 Business Park, Cumbria, CA11 9BP

0345 658 8647

Further Education / Training:

Lakes College

Lillyhall Business Park, Hallwood Rd,
Workington CA14 4JN

01946 839300

Energus Campus

Blackwood Road, Lillyhall, Workington, Cumbria, CA14 4JW

01900 605665

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

<https://www.epplus.org.uk/>

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

Cumbria Action for Sustainability

Helping Cumbrians to reduce their carbon footprint and prevent climate change.

01768 210276|office@cafs.org.uk

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.

0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

0808 808 4000 www.nationaldebtline.org

Welcoming Spaces in West Cumbria



Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

Whitehaven Library

Lowther Street, Whitehaven, CA28 7QZ
01946 506400

**Open Monday, Wednesday, Friday 9 am to 5 pm
Tuesday and Thursday 9 am to 6 pm Saturday
10 am to 2 pm**

Distington Library

Link Church Road, Distington, CA14 5TE
01946 506400

**Open Monday, Tuesday, Thursday and Friday
10 am to 2 pm**

Workington Library

Vulcan's Lane, Workington, CA14 2ND
01900 706170

**Open Monday, Wednesday 9 am to 6 pm Tuesday,
Thursday, Friday 9 am to 5 pm Saturday 9 am to
2 pm**

Seaton Library

Ling Beck Park, Seaton, CA14 1JD 01900 68441 Open
**Monday 1 pm to 5 pm Tuesday, Thursday 10 am to
5 pm Friday 9 am to 12 pm**

Aspatia Library

King Street, Aspatia, CA7 3ET
07557499129

Open Monday, Tuesday and Friday 1 pm to 5 pm

Maryport Library

Lawson Street, Maryport, CA15 6LY
01900 706135

**Open Monday to Friday 9.30 am to 5 pm
Saturday 9.30 am to 12.30 pm**

Riverside

Digital Inclusion Support in West Cumbria



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Riverside

Digital Inclusion Support in West Cumbria



Libraries

Libraries across North Lakes offer a range of different services and support including computer access, printing, group activities and wellbeing support.

Whitehaven Library

Lowther Street, Whitehaven, CA28 7QZ
01946 506400

**Open Monday, Wednesday, Friday 9 am to 5 pm
Tuesday and Thursday 9 am to 6 pm
Saturday 10 am to 2 pm**

Distington Library Link

Church Road, Distington, CA14 5TE
01946 506400

**Open Monday, Tuesday, Thursday and Friday
10 am to 2 pm**

Workington Library

Vulcan's Lane, Workington, CA14 2ND
01900 706170

**Open Monday, Wednesday 9 am to 6 pm
Tuesday, Thursday, Friday: 9 am to 5 pm
Saturday 9 am to 2 pm**

Seaton Library

Ling Beck Park, Seaton, CA14 1JD
01900 68441

**Open Monday 1 pm to 5 pm
Tuesday, Thursday 10 am to 5 pm
Friday 9 am to 12 pm**

Aspatria Library

King Street, Aspatria, CA7 3ET
07557499129

Open Monday, Tuesday and Friday 1 pm to 5 pm

Maryport Library

Lawson Street, Maryport, CA15 6LY
01900 706135

**Open Monday to Friday 9.30 am to 5 pm
Saturday 9.30 am to 12.30 pm**

Learning

Learn My Way

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

www.learnmyway.com

Barclays Digital Wings

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

FutureLearn

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

www.futurelearn.com

Adult Learning Workington

01900 706023

workingtonadultlearning@cumberland.gov.uk
whitehavenadultlearning@cumberland.gov.uk

CRL Recycle and Retail

Unit 2, Hallwood Road, Lillyhall Industrial Estate,
Workington, Cumbria, CA14 4JR

01900 604466

<https://cumbriarecycling.co.uk>



Riverside

Digital Inclusion Support in West Cumbria



Computer Club

Lamplugh Village Hall, Lamplugh

Improve your computing skills, whatever your current level, through a mixture of formal teaching and learning.

Fortnightly - Monday Evenings at 7.30pm

Contact Bob Marshall: 01946 861493

IT Drop In

The Bradbury Independent Living Centre, Oxford Street, Workington,

Monday 10 am to 12 pm

Contact Bradbury Independent Living Centre

01900 844670

Seaton Digipals

Need to book a session

Seaton Library, Main Road, Seaton, Workington

Alternate Thursdays 2 pm to 3.30 pm

Contact the Library: 01900 68441

Riverside

Youth Provision in West Cumbria



Children's Centres

Derwent Valley Children's Centre

South Street, Cockermouth, Cumbria, CA13 9RT
07815686871
Allerdale@family-action.org.uk

North Allerdale Children's Centre - Workington

Nilsson Drive, Workington, Cumbria, CA14 5BD
07815686871
Allerdale@family-action.org.uk

West Allerdale Children's Centre - Maryport

Ennerdale Road, Maryport, CA15 8HN
07815686871
Allerdale@family-action.org.uk

Focus Family

As part of the Think Family approach, Focus Family can offer support in signposting professionals and families to other local service providers who would be able to offer them additional support. How they can help:

- Employment Advisors who offer a full welfare benefit health check to make sure that the families are receiving all benefits that they are entitled to as well as other services
- Signposting to community food hubs / pantries and locally accessible grants and funding Project Linus - providing quilts for children and young people in need of comfort Families in need (including domestic abuse, poverty, SEND) - signposting to services
- Welfare assistance and guidance for professionals to share with service users Assist in getting white goods for households in need

Focus Family Community Navigator: Ann Crook Ann.Crook@cumbria.gov.uk

For support regarding out of work benefits and barriers to employment:
focus.family@cumbria.gov.uk

The Children and Families Information Service provides free information, advice and guidance about a wide range of services including: local childcare providers including brokerage service free early years entitlement support and advice groups parent and toddler groups

Local Services

Friday Night Projects

Working in partnership with the following agencies Cumbria Youth Alliance secured the funding for Friday Night Provision for young people 11+ across Allerdale. The services are delivered on the ground by the partners in various locations to meet identified needs and offers an environment where the young people can socialise safely, discuss worries, ask advice, and take part in sport and fun activities they would not normally have access to.

- North Allerdale Development Trust - Silloth/ Maryport
- Wigton Youth Station - Wigton
- Aspatria Dreamscheme - Aspartria
- Kings Church - Cockermouth
- South Workington Youth Partnership - Moorclose

If you want to know more about this project call the team on 01900 603131

Youth Provision in West Cumbria



MyTime - Barnardos

Team of therapeutically trained staff who work with children and young people that want support with their emotional health and wellbeing. The service offers different types of support including counselling, play therapy, creative therapy, solution focussed brief interventions and CBT based intervention.

01539 742626

mytimecumbria@barnardos.org.uk

Together We

Together We is a Community Interest Company in West Cumbria that aims to empower people to learn skills to better manage their own physical and mental health and their overall wellbeing.

To find out more Contact 0808 196 1773 or email referral@togetherwe.uk

Mental Health support

Young Minds Website and 24/7 text line

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

www.youngminds.org.uk

Young Minds Textline: Text YM to 85258

Kooth – Online Counselling and Support (11-25)

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Access through www.Kooth.com

0203 984 9337 contact@kooth.com

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK.

<https://wearencs.com/> 0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.

<https://www.dofe.org/>

Virtual KEEN

Inclusive online activities for young people

www.keenuk.org/virtualkeen

Local Services

Short Breaks - Tea Time Fun

A group for children with a disability or undergoing diagnosis. These sessions offer the opportunity for children to socialise with others of the same age giving them the opportunity to play and learn in a safe environment.

Contact Claire on 01900 604822

West Coast Youth Club at the Carnegie Theatre

Finkle Street, Workington, Cumbria, CA14 2BD

01900 602122

Harrington Youth Club

26 Church Rd, Harrington, Workington CA14 5PT

Workington Sea Cadets

Stanley Street Workington

01900 871381

Cumbria Army Cadets

Army Reserve Centre Harrington Road

WORKINGTON Cumbria CA14 3XD

Family Support in West Cumbria



Focus Family

As part of the Think Family approach, Focus Family can offer support in signposting professionals and families to other local service providers who would be able to offer them additional support. How they can help

- Employment Advisors who offer a full welfare benefit health check to make sure that the families are receiving all benefits that they are entitled to as well as other services
- Signposting to community food hubs / pantries and locally accessible grants and funding
- Project Linus - providing quilts for children and young people in need of comfort
- Families in need (including domestic abuse, poverty, SEND) - signposting to services
- Welfare assistance and guidance for professionals to share with service users
- Assist in getting white goods for households in need

Focus Family Community Navigator: Ann Crook
Ann.Crook@cumbria.gov.uk

For support regarding out of work benefits and barriers to employment:

focus.family@cumbria.gov.uk

The Children and Families Information Service provides free information, advice and guidance about a wide range of services including:

- local childcare providers including brokerage service
- free early years entitlement
- support and advice groups
- parent and toddler groups

- activities for children and young people
- services, a helpline, publications and websites
- financial help
- maternity and paternity rights and benefits
- parental rights

Children and Families Information Service
Tel: **03457 125 737**

Email:

childrens.information@cumbria.gov.uk

Baby Basics West Cumbria

Howgill Family Centre, Birks Road, Cleator Moor, CA25 5HR

babybasicswestcumbria@gmail.com
07856 496631

Happy Mums

Activities delivered across Cumbria and online
For more information go visit
www.happymums.org.uk or email
info@happymums.org.uk

Active Cumbria

Active Cumbria have published a list of half term activity clubs that support young people and their families during the school holidays.
www.activecumbria.org

The Oval Breakfast club and STAR Half Term Activities

The Oval Centre, Salterbeck Drive, Salterbeck, Workington, CA14 5HA
01946 834713

Contact for more information

Family Support in West Cumbria



Family Action Copeland 0 - 19,

South Whitehaven Children's Centre, Whinlatter Road, Whitehaven CA28 8BN

Self-referral service or via partners.

Online Cook-a-long programme, where parents and children can join weekly for 6 weeks to learn how to prepare and cook healthy meals for the full family.

All ingredients are supplied to the family and delivered a day or 2 prior to the group.

Call 01946 64600 for more information or email copeland@family-action.org.uk

South Workington youth partnership

Needham Drive, Workington, Cumbria, CA14 3SE work with children, young people, children and people with disabilities and the local communities to provide activities, support and learning to enable them to improve their own lives and develop the local community.

01900 871789

moorclosecommunitycentre@gmail.com

The Holiday Activity and Food (HAF)

Provides free, fun activities during the Easter, summer and winter holidays funded by the Department for Education.

Children of families supported by benefits-related free school meals can access up to four days of free activities during Easter and winter and sixteen days during the summer. The activities will help to:

- increase self-esteem
- improve wellbeing
- provide information and advice on healthy eating and nutrition

www.cumberland.gov.uk/schools-and-education/holiday-activities-and-food-haf-programme

Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

Bloody Good Period - Give period products to those who can't afford them and provide reproductive health education to those less likely to access it. **hello@bloodygoodperiod.com**

Morrisons - Package for Sandy

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

Freedom4Girls - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

Older People Support in West Cumbria



National Support

Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088 aletterfromlouise@omega.uk.net

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Local Support

Age UK Cumbria

08443 843 843 info@agewestcumbria.org.uk

Lamplugh Village Hall

Weekly activities for older people

Lamplugh, Workington, Cumbria, CA14 4SF

Contact Mark -

Harrington Youth Club

Weekly activities for older people

9 Church Rd, Harrington, Cumbria CA14 5PT

Contact Shelia Fielder - 01946 831 199

Distington Community Centre

Weekly activities for older people

Church Road, Distington, Cumbria, CA14 5TE

Contact 01946 834297

Moorclose Library

Weekly activities for older people

Needham Drive, Workington, Cumbria, CA14 3SE

Contact 01900 325190

Helena Thompson Museum

Weekly activities for older people

Park End Road, Workington, Cumbria, CA14 4DE

Contact 01900 64040

St Marys Church Rooms

Weekly Activities for older people

Salisbury St, Workington, CA14 3TR

Contact Robin Woodbury - 01900 871 853



Older People Support in West Cumbria



Carnegie Arts Centre

Weekly activities for older people
Finkle Street, Workington, Cumbria CA14 2BD
Contact Mind 01900 66518

Crooklands Community Centre

Weekly activities for older people
High Harrington, Workington, CA14 4NJ
Contact Muriel Johnstone 01946 831 509

Workington Leisure Centre

Weekly activities for older people
Griffin St, Workington CA14 2DX
Contact 01900 878718

John Parish Rooms

Weekly activities for older people
Washington Street, Workington, CA14 3BS
Contact Jean Gordon - 01900 267305

Link up and Laugh

Social afternoon with chat and activities.
The Bradbury Independent Living Centre
Oxford Street, Workington.
Thursday 1 pm to 3 pm
Contact 01900 706170 for more information

Friendship Group Social get-together

Ullock Village Hall, Ullock,
Monthly 2nd Thursday 2 pm to 4 pm (summer
months) and 12.30 pm to 2.30pm (winter
months).
**Contact Claire Chittenden: 01946 861089 or
Eleanor Gate: 01900 872568**

Morning Coffees and Lunch Clubs

Coffee Morning

Lamplugh Village Hall
Join for a chat with coffee, tea and cake,
3rd Monday of the month 10 am to 11.30 am
Contact Sandra Cooper 01946 861416

Coffee Morning Social Group

Little Clifton Village Hall, Workington,
Fortnightly alternate Thursdays 10.30 am.
Contact Simon Thompson: 07544487161

Coffee, Cake and Chat

Moorclose Library, Needham Drive, Workington,
Every 6 weeks Thursdays 3 pm to 4 pm
**Contact the library for more details on the next
meeting: 01900 602736**

Lunch Club

The Bridge Centre (Christ Central), Central
Square, Workington. £4.00 for 2 courses.
Transport can be provided within the Workington
area.
Last Thursday of month 12 pm to 2 pm,
**For further details contact Karen Carbert:
01900 873042, 07951132586**

Lunch Club

St Marys Church Rooms, Westfield, Workington
Lunch and social, including Bingo and occasionally
entertainment £5.00 for 2 course lunch. Trips out
once a year.
1st Wednesday of the month 10.30am to 3 pm
Contact Mr Roper: 01946 832457

Mental Health and Wellbeing Support in West Cumbria



National Support - Anxiety and Depression Support

Calm

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year
0800 58 58 58

Samaritans

Contact us if you're having a difficult time or if you're worried about someone else.
jo@samaritans.org or call 116 123

Shout free 24-hour text help

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.

SANEline

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on
0300 304 7000 www.sane.org.uk/home

Mental Health Matters - National Support
0191 516 3500 info@mh.org.uk

Depression UK

<https://www.depressionuk.org/>

Hub of Hope

<https://hubofhope.co.uk/>

NHS Talking Therapies – North Cumbria

0300 123 9122 Currently offering telephone based and online CBT therapy

NHS Talking Therapies – South Cumbria

0300 555 0345 Currently offering telephone based and online CBT therapy

Addiction

Gambling Support

GamCare - **0808 8020 133**

Alcoholic's Anonymous

Further information about the local meetings or A.A. group can be obtained by contacting

National Helpline 0800 9177 650

help@aamail.org

Narcotics Anonymous

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

Frank - Advice, information and support for anyone concerned about drugs and substance misuse.

Helpline: 0300 123 6600 24/7 Text 82111

Online Support

Side by Side - Minds online support community. A place to be heard, listen and share.

<https://sidebyside.mind.org.uk>

Togetherall - A safe community to support your mental health, 24/7. Get support. Take control. Feel better.

<https://togetherall.com/en-gb>

Mental Health and Wellbeing Support in West Cumbria



Local Services

Crisis Support

If you, or someone you know needs immediate support then call

North Cumbria NHS Universal Mental Health Crisis Line - **0800 652 2865**

South Cumbria NHS Urgent Mental Health Support Line - **0800 953 0110**

These are open 24 hrs a day/7 days a week and are for all ages.

MindLine Cumbria

0300 561 0000 text Mind to **81066** for Information, guidance and support.

Open Monday to Friday 12 pm to 11 pm

Saturday and Sunday 5 pm to 11 pm

Papyrus Hopeline

0800 068 4141 – Support and advice for Young People under 35. open 24/7

Young Minds Parent Line 0808 802 5544

Advice for parents and carers worried about a young person

Lines Open Monday to Friday 9.30 am to 4 pm

The Mix

Advice and support for under 25s

0808 808 4994 4 pm to 11 pm

People First

Provide advocacy, representation and Health watch across Cumbria **03003 038037**

The Oval

The Oval Centre, Salterbeck Drive, Salterbeck, Workington, CA14 5HA

The Oval deliver several Mental Health Support Groups including the Well Group, Support for families struggling with addictions and NHS Drop Ins.

For more information contact Caroline on 01946 834713

Recovery Steps Cumbria

Commissioned Drug and Alcohol Recovery Service across Cumbria, local offices within Carlisle, Barrow-in-Furness, Workington, Whitehaven, Kendal and Penrith.

referrals@recoverystepscumbria.org.uk

CADAS

Countywide confidential support and help with drug and alcohol issues from aged 10+

0300 114002

The Well

Provides support to people in South Cumbria recovering from drug and alcohol addiction through therapy, counselling, peer mentoring, employment training and social activities

01229 829832

Health & Wellbeing Officers for young people under the age of 18 who show substance misuse needs including alcohol.

North Cumbria 0782 5340514

West Cumbria 0788 7947621

South Cumbria 0790 0060645

Adult Social Care

New Oxford Street, Workington, CA14 2LW

01900 706301 workingtonssd@cumbria.gov.uk

Domestic Abuse Services in West Cumbria



National Support - Domestic Abuse

The Police on 101 or in an emergency call 999

The National Domestic Abuse Helpline – 0808 2000 247

Choices – 0800 917 9948

The Mankind

male victims of domestic violence

01823 334244 or <https://mankind.org.uk/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Refuge Helpline - 0808 808 9999

Rise

Freedom from Abuse and Violence

<https://www.riseuk.org.uk/>

Ask for ANI

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Bright Sky If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skinner's Benevolent Trust -

www.skinner.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Domestic Abuse Services in West Cumbria



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

Support line 08 08 16 89 111

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786

info@mwnhelpline.co.uk

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366

da@signhealth.org.uk

ManKind Initiative helpline for male victims of domestic abuse - 01823 334244

Local Support

Independent Domestic and Sexual Violence Advisers IDSVAs in Cumbria

If you need help after domestic abuse, please call **0300 303 0157**

Allerdale Borough Council

Homeless and Domestic Abuse Team

03031231702

homelessness@allerdale.gov.uk

Cumbria Constabulary

Call **999** if a crime is occurring or **101** for a non-emergency

If calling from a mobile press **55** to make yourself heard. This will transfer your call to the Police.

Gateway 4 Women (Carlisle)

01228 212090

admin@cumbriagateway.co.uk

Cumbria Victim Support 0300 3030 157 (local)

Monday to Friday 9 am to 6 pm and

24/7 Support Line 0808 1689 111

Cumbria.Admin@victimsupport.org.uk

Safety Net - for women and men affected by Domestic Abuse. County Wide Service contact **01228 515859** office@safetynet.org

The Birchall Trust for women and men affected by Domestic Abuse - County Wide Service

Disability Support in West Cumbria



Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

Local Support

Support for people living with hearing loss

United Reformed Church, South William Street
Workington

Contact Caritas Care - 01228 595937

Workington Stroke Support Group

Helena Thompson Museum, Park End Road,
Workington, Cumbria, CA14 4DE

Every alternate Tuesday 1.30 pm to 3.30 pm

For more information contact Claire 07739746095

Visually Impaired Club

The Bradbury Independent Living Centre, Oxford
Street, Workington.

First Thursday of the month 10 am to 12 pm

Contact the centre on 01900 844670

Dementia Café Workington Alzheimer's Society,

Oxford Street, Workington

Last Wednesday of month 10.30 am to 12.30pm

Contact Alzheimer's Society: 01900 607280

Jubilee Club Activities & lunch for people living with memory loss

Bradbury Independent Living Centre, Oxford Street
Fridays 10.30 am to 1.30pm

**Please contact Age UK if you are interested in
attending: 08443 843 843 or 01900 84467**

RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

0303 123 9999

Cumbria Autism Family Support Project

The Project covers the five district council areas of Carlisle, Eden, Allerdale, Copeland and Barrow. The Family Support Workers will work with families of children under the age of 18 who have a diagnosis of autism.

07900 923900

juliet.buchanan@carlisle Mencap.co.uk

Allerdale Disability Association

Allerdale Disability Association is a user-led organisation providing a range of quality services to people with disabilities across Allerdale and the West Coast.

Moorclose Community Centre, Needham Drive
Moorclose, Workington, CA14 3SE

01900 61912

SHINE

Shining a light on the 'superpowers' of adults living with disabilities and/or long term conditions. SHINE is a peer support community for adults in the workplace with lived experience of disabilities and long term conditions.

SHINE@cumberland.gov.uk

Migrant and Multi-Cultural Support in West Cumbria



AWAZ Cumbria CiC,

282, Carlisle, Cumbria, CA2 6WZ

To find out more www.awazcumbria.org

Carlisle One World Centre

COWC is a local charity based in Carlisle city centre supporting people from all backgrounds.

2 Lowthian's Lane, Carlisle, CA3 8JR

contact@cowc.org.uk

Multicultural Cumbria

Multicultural Cumbria has been set up to empower minority groups & the wider community. We aim to improve communication on grass roots level.

Building confidence, self esteem, social opportunities and community cohesion.

For support or advice please visit.

<https://multiculturalscumbria.org.uk/>

Multicultural Cumbria

UofC, Homeacres, Brampton Road, CA3 9AW

03003020924 saj@mcc1.org.uk

Useful Links

British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -

rachelsutton.parnishnurse@mail.com

Refugee Women Connect

info@refugeewomenconnect.org.uk

Migrant Help

IAadminliverpool@migranthelpuk.org

Cafe Laziz - cafelaziz@hotmail.com

Boloh Helpline

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.

To find out more contact 0800 151 2605



Riverside Women and Men's Groups West Cumbria



Women's groups

Gateway 4 Women

Gateway 4 Women is a not-for-profit organisation offering support to all women in a safe, welcoming and women-only space.

Lorne Street, Denton Holme, Carlisle CA2 5DU

Open Monday to Friday by appointment only

You can call on **01228 212090**

admin@cumbriagateway.co.uk

WOW - Welcome to Women out West

Welcome to Women out West have a range of events each month, go along and chat at one of their drop in sessions.

Unit B4, Haig Enterprise Park, Kells, CA28 9AN

For further details on events please contact

01946 550103

Women's Institute

12A Clifford Court, Parkhouse Business Park

Carlisle, Cumbria, CA3 0JP

01228 521774 secretary@ccfwi.org.uk

Men's Groups

Wigton Men in Sheds

West Street, Wigton CA7 9NP

For more information or to join please Contact:

Hazel Stewart on **016973 42279**

hazel.stewart@ageukwestcumbria.org.uk

Houghton Men's Shed

Houghton Road, Houghton, Carlisle, CA3 0LD

For more information or to join please Contact:

Adam or Gemma on **01228 829573** or **01228**

829576

BroRoom Kendal

Bro Room is a men's mental health and wellbeing support group based in Kendal that provides face to face and online meetings for men to discuss

their mental health and wellbeing in a safe space

broroomkendal@gmail.com

Andy Man's Club

James Walker & Co. Cockermouth CA13 0NH

Gus Risman Suite, Derwent Park, Workington,

Cumbria CA14 2HG

https://andysmanclub.co.uk

Search Andy Man's Club on Facebook

LGBTQ+ Support in West Cumbria



LGBTQ+ National Support

Corner House: Range of support opportunities for LGBTQ+ ages 11 to 17

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

leahfewlass@wearecornerhouse.org

Mermaid: Support for gender diverse young people and their families

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

www.mermaidsuk.org.uk

0808 801 0400 Monday to Friday 9 am –to 9 pm

Stonewall - www.stonewall.org.uk

LGBT Foundation - <https://lgbt.foundation>

0345 3 30 30 30 helpline@lgbt.foundation

Mind - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

Mindout - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat

01273 234839 info@mindout.org.uk

Families and Friends of Lesbians and Gays (FFLAG) - **0300 688 0368 info@fflag.org.uk**

Galop - Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Local Support

OutREACH Cumbria

The county's main service provider for Lesbian, Gay, Bisexual and Transgender support, advice and engagement in Cumbria.

9 Brunswick Street, Carlisle, CA1 1PB

07369 228836 info@outreachcumbria.co.uk

Change - Outspoken Project

The Outspoken Project offer opportunities for people with a learning disability and autistic people to be supported and social together through peer support activities

info@changepeople.org

LGBT Plus Spectrum

A group for those who identify as neurodiverse and/or pan-disabled. Although they are based in Stockport, they accept members from anywhere in the UK.

07562 269 558

<https://www.stockportplus.org/>

Additional Support in West Cumbria



Sexual Violence Support

Silent Solution

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

The Birchall Trust

Offers support to those affected by rape and sexual abuse in South Cumbria and North Lancashire
01229 820828

Bridgeway Sexual Assault Support Service

Providing support for anyone in Cumbria who have been raped or sexually assaulted **0808 118 6432 (24hrs)**

The Freedom Project

Providing support in West Cumbria Helpline
07712 117986

Safety Net

Supporting those affected by rape, exploitation sexual abuse or domestic violence in North & West Cumbria **01228 515859**

Hate Crime

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at www.stophateuk.org/talk-to-us

Victim Support

Victim Support in Cumbria. If you've been affected by crime, call your local victim care team in Cumbria on **0300 303 0157**.

Open Monday to Friday 8 am to 6 pm

If you need support outside of our open hours, call the Support line for free on **08 08 16 89 111** or request support via their website.

The Oval Centre - Riverside



The Oval Centre

The Oval Centre is a community centre and conferencing facility in the heart of the Salterbeck estate. It offers comprehensive, spacious, and multi-functional conferencing facilities and services. A great location for anyone looking to run a conference, exhibition or sales event, run training courses, charity or club events.

Salterbeck Drive, Workington, CA14 5HA
01946 834 713
theoval@riverside.org.uk

Open Monday to Friday 9 am to 5 pm

Activities currently running:

The Oval Pantry

The Oval Food Pantry is held the 3rd Friday of every month from 11 am

The Well Group

Addiction support group for carers and loved ones of addicts and alcoholics.

Monday 6.30 pm to 7.30 pm

**For more information contact Janice -
07529297175/ families@thewell2.co.uk**

Creative Collection - Sound Wave

Youth Music Group delivering music and vocal group sessions and the opportunity to write and record your own music.

Monday 5.30 pm to 7.30 pm

**To find out more contact 01946663971
info@soundwave.org.uk**

Community Wellbeing Hub - NHS Cumbria, Northumberland, Tyne and Wear

Drop in sessions in a safe space with on the support and intervention.

The Oval - Wednesday 10 am to 3 pm

***No booking needed.**

Also delivered at

Botcherby Community Centre

Victoria Road, Carlisle CA1 2UE

Wednesday 10 am to 1 pm

Grief Support Cafe

Dealing with grief and loss can trigger many different and unexpected emotions and you may find it hard to speak to friends, family and loved ones. The group provides a safe space for people to come together to chat.

***No booking needed**

For more information email

referral@togetherwe.uk or call 0808 176 1773

The group meet on the second Monday of the month from 4 pm to 6 pm.

Soup and Social

The Oval Centre has teamed up with The Carnegie Theatre and STAR (Salterbeck Tenants and Residents) to bring you Soup and Social every Friday from 12 pm.

Free soup and roll will be provided for lunch followed by a trivia quiz at 1.30 pm.

All welcome, bring your family and friends for a bit of healthy competition and community spirit.



2024 DATES



16th February
15th March
19th April
17th May
21st June
19th July
16th August
20th September
18th October
15th November
20th December

***THE OVAL FOOD PANTRY IS HELD THE 3RD FRIDAY
OF EVERY MONTH FROM 11AM.
NO REFERRAL NECESSARY.***



Club of Workington Derwent

