

# Support Directory West Cumbria



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# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:advice@phoenixenterprisecentre.co.uk)**

# Riverside

## National Food Support Services



### Council Support

You may be able to get help with essential costs from your local council. This is sometimes known as ‘the Household Support Fund’. This could help if you’re struggling to afford things like:

- **energy and water bills**
- **food**
- **essential items**

Your council may also offer food vouchers to families during the school holidays.

### **Who the Household Support Fund is for**

Funding is aimed at anyone who’s vulnerable or cannot pay for essentials. You do not have to be getting benefits to get help from your local council.

If you get benefits, they will not be affected if you get a payment from a Household Support Fund scheme.

### **Find out about schemes in your area**

Councils decide how to run their schemes. There may be differences in:

- **If you can apply**
- **if or how you need to apply**
- **who money is given to**

For example, some councils share out money through local charities and community groups and some limit household applications to one per year.

Check with your local council to find out what support is available.

<https://www.gov.uk/find-local-council>

### **Trussel Trust**

Food banks in the Trussel Trust network welcome and support everyone who is referred to them,. Volunteers will give a minimum of three days’ emergency food.

### **How to get a food voucher**

In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs and advice agencies). Your local food bank can advise which agencies can help.

You can search food banks local to you by visiting: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

If you live in England or Wales please call Help through Hardship for free to talk confidentially to a trained Citizens Advice adviser on: **0808 208 2138** **Monday to Friday, 9 am to 5 pm. Closed on public holidays.)**

They can help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they’ll issue you with a voucher so you can get an emergency food parcel from your local food bank.

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

# National Food Support Services



## **Feeding Britian**

Feeding Britain supports a national network of 80 organisations – ranging from community centres and schools, to local authorities and social enterprises.

To find your local centre please visit

<https://feedingbritain.org/about-us/where-we-work/>

## **Your Local Pantry**

Pantries stock a wide range of food including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food. To find your local pantry visit

<https://www.yourlocalpantry.co.uk/pantry-listings/>

## **Independent Food Aid Network**

Across the UK there is a growing network of food banks, food distribution charities and local support hubs. To find one nearest to where you live, search the Independent Food Aid Network's interactive map.

## **Community Shops**

Community Shop membership is free and open to those who live locally to a Community Shop store and receive a means-tested benefit. If you think you may be eligible, find your nearest Community Shop and contact them directly about membership.

<https://www.companyshopgroup.co.uk/company-shop/store-locations/>

<https://communitygrocery.org.uk/our-locations/>

## **National Organisations**

### **Too good to go**

On the Too Good To Go app, restaurants, cafes and bakeries list leftover food that would otherwise be thrown away. Users can then browse the map for food near them and pick up a 'magic bag' for a fraction of the original retail cost. Registration to the app is free and users can specify their dietary requirements.

<https://www.toogoodtogo.com/en-gb>

### **Olio**

Olio provides a platform for neighbours to share unwanted food and other items, all for free. People are free to share or pick up anything from an unwanted gift, produce that's on its date from a local store, leftover event catering supplies or excess food that won't get eaten.

<https://olioapp.com/en/>

### **Karma**

The Karma app enables users to rescue fresh food from restaurants, bakeries, cafes and even wholesalers that would have otherwise been thrown away.

<https://save.karma.life/>

### **NoWaste**

NoWaste users can scan receipts and barcodes, log each weekly shop, make lists of what's in, plan meals more effectively and receive automatic expiration reminders.

### **NOSH**

Nosh is an app offering another option to track the food you have in your home. With nosh, users can view categorised expiry and use by dates all on one screen, so they can easily prioritise which foods to use up first.

# 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/>**

# 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](mailto:info@carlislecu.com)

**Open Monday to Friday 9.30 am to 4 pm**

### **Pennine Community Credit Union**

**01282 691333**

[enquires@pccu.co.uk](mailto:enquires@pccu.co.uk)

### **Whitehaven, Egremont and District**

24 James Street, Whitehaven, CA28 7HZ

**01946 66755** [info@wedcu.co.uk](mailto: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](http://www.adviceuk.org.uk)

**Jobcentre Plus** - [www.gov.uk/contact-jobcentre-plus/existing-benefit-claims](http://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](mailto: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](http://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](http://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**

### **Welcoming Spaces/Warm Hubs**

Many warm hubs are based in Churches, Community Venues and Libraries. They offer a safe space to access food and refreshments, advice and guidance on benefits and keeping your home warm, activities and the opportunity to make new friends.

### **Warm Welcome**

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. You can search spaces near you by visiting <https://www.warmwelcome.uk/>

# 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](http://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](http://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](http://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](http://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](http://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**

#### **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**

### 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](http://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](http://www.futurelearn.com)

#### **Adult Learning Workington**

01900 706023

[workingtonadultlearning@cumberland.gov.uk](mailto:workingtonadultlearning@cumberland.gov.uk)  
[whitehavenadultlearning@cumberland.gov.uk](mailto: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](mailto:Allerdale@family-action.org.uk)

#### **North Allerdale Children's Centre - Workington**

Nilsson Drive, Workington, Cumbria, CA14 5BD  
**07815686871**  
[Allerdale@family-action.org.uk](mailto:Allerdale@family-action.org.uk)

#### **West Allerdale Children's Centre - Maryport**

Ennerdale Road, Maryport, CA15 8HN  
**07815686871**  
[Allerdale@family-action.org.uk](mailto: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](mailto:Ann.Crook@cumbria.gov.uk)

For support regarding out of work benefits and barriers to employment:  
[focus.family@cumbria.gov.uk](mailto: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 - Aspatria
- 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](mailto: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](mailto: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](http://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](http://www.Kooth.com)**

**0203 984 9337 [contact@kooth.com](mailto:contact@kooth.com)**

## **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

# National Support for Young People



## **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](http://www.Kooth.com)**

**0203 984 9337 [contact@kooth.com](mailto:contact@kooth.com)**

## **PAPYRUS**

PAPYRUS is the national charity dedicated to the prevention of young suicide.

**HOPELINE247** advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- For children and young people under the age of 35 who are experiencing thoughts of suicide
- For anyone concerned that a young person could be thinking about suicide

**Call: 0800 068 4141**

**Text: 07860039967**

**Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

Line are open 24 hours every day of the year (Weekends and Bank Holidays included)

\*If you are not able or prefer not to speak English, please request Language Line when calling for support.

## **Safe4Me**

The Safe4me website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe.

**<https://www.safe4me.co.uk/support-services/>**

## **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](http://www.keenuk.org/virtualkeen)**

### **Support for different identities and communities**

**Bayo** - An online search tool to find mental health and wellbeing support or services, run by and for the Black community.

**[bayo.uk](http://bayo.uk)**

**Being Gay is OK** - Provides advice and information for LGBTQIA+ people under 25.

**Kids of Colour** - Online platform for young people to learn about race, identity and culture, and to challenge racism. Offers a YouTube channel, summer school and workshops.

**[kidsofcolour.com](http://kidsofcolour.com)**

**Mermaids UK** - Support for transgender, nonbinary and gender-diverse people up to 18. Runs events, local groups, online courses and a webchat.

**0808 801 0400**

**[mermaidsuk.org.uk](http://mermaidsuk.org.uk)**

# 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](mailto:Ann.Crook@cumbria.gov.uk)

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

[focus.family@cumbria.gov.uk](mailto: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](mailto:childrens.information@cumbria.gov.uk)

## Baby Basics West Cumbria

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

[babybasicswestcumbria@gmail.com](mailto:babybasicswestcumbria@gmail.com)  
**07856 496631**

## Happy Mums

Activities delivered across Cumbria and online  
For more information go visit  
[www.happymums.org.uk](http://www.happymums.org.uk) or email  
[info@happymums.org.uk](mailto: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](http://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](mailto: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](mailto: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](http://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](mailto: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



## **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**



# Older People Support in West Cumbria

## Local Support

### **Age UK Cumbria**

08443 843 843 [info@agewestcumbria.org.uk](mailto: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**

# 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](mailto:workingtonssd@cumbria.gov.uk)**

# Mental Health and Wellbeing Support in West Cumbria



## **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>**

# Domestic Abuse Services in West Cumbria



## 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](mailto: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](mailto: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](mailto:Cumbria.Admin@victimsupport.org.uk)

**Safety Net** - for women and men affected by Domestic Abuse. County Wide Service contact  
**01228 515859** [office@safetynet.org](mailto:office@safetynet.org)

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

## **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.

## **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](mailto:info@mwnhelpline.co.uk)

# Disability Support in West Cumbria



## 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](http://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](mailto: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://multiculturalcumbria.org.uk/>

**Multicultural Cumbria**  
UofC, Homeacres, Brampton Road, CA3 9AW  
03003020924 [saj@mcc1.org.uk](mailto:saj@mcc1.org.uk)

## Useful Links

**British Red Cross** - [RAMP@redcross.org.uk](mailto:RAMP@redcross.org.uk)

**SHAP** - [cdw@shap.org.uk](mailto:cdw@shap.org.uk)

**Oneworld Parish Nurse** -  
[rachelsutton.parnurse@mail.com](mailto:rachelsutton.parnurse@mail.com)

**Refugee Women Connect**  
[info@refugeewomenconnect.org.uk](mailto:info@refugeewomenconnect.org.uk)

**Cafe Laziz** - [cafelaziz@hotmail.com](mailto: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**

**BME Youth**  
BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.  
<https://www.bmeyouth.org.uk/about/>

**Muslim Women's Network UK**  
MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.  
<https://www.mwnuk.co.uk/>

**Migrants Rights Network**  
The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.  
<https://migrantsrights.org.uk/>

**The Muslim Community Helpline**  
The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.  
**0208 908 6715 / 0208 904 8193**  
[ess4m@btinternet.com](mailto:ess4m@btinternet.com)



Riverside

# Women's Groups in 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**

### **Young Women's Trust**

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job

applications and information to help them get where they want to be. To find out more visit

**[https://www.youngwomenstrust.org/get-](https://www.youngwomenstrust.org/get-support/)**

**support/**

### **The National Women's register**

The website has a map of activities running across the UK, you can search groups by visiting

**<https://nwr.org.uk/network/groups/>**

### **Ladies Circle**

Ladies Circle provides the opportunity for women to connect across the UK.

**<https://www.ladiescircle.co.uk/>**

# Riverside Men's Groups in West Cumbria



## 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](mailto: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](mailto: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**

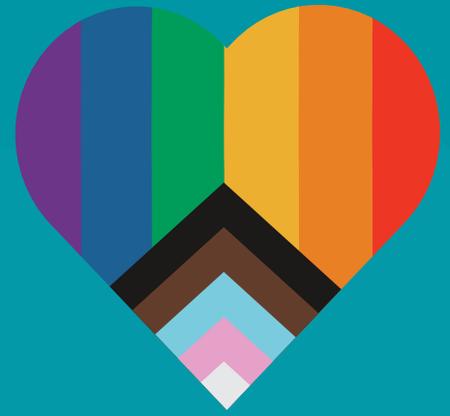
### Men's Shed Groups

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

There are a number of groups across the UK, to find the one closest to you visit

**<https://menssheds.org.uk/find-a-shed/>**

# LGBTQ+ Support in West Cumbria



## 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](mailto: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/>**

# National Support Services



## 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.

### **Rape Crisis**

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened. **0808 500 2222** open 24 hours a day  
<https://rapecrisis.org.uk/get-help/>

### **Galop**

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

**Victims can contact the Helpline by phone 0800 999 5428 or via email [help@galop.org.uk](mailto:help@galop.org.uk).**

### **The 24/7 Rape and Sexual Abuse Support Line**

247 offers Free, specialist and confidential support delivered by Rape Crisis England & **0808 500 2222**

**To chat online or find out more visit**

<https://247sexualabusesupport.org.uk>

### **National Online Helpline for Male Survivors**

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

### **Safeline**

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

**0808 800 5005** or visit

<https://www.safeline.org.uk/contact-us/> to chat online

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

### **The Survivors Trust**

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

**08088 010818**

[info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

More information can be found at

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

### **Victim Support**

If you've been affected by sexual violence and would like information or support, you can get in touch by:

contacting your local Victim Support team

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/>

Calling the Supportline on **08 08 16 89 111**

using the free 24/7 live chat service

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

If English is not your first language and you would like support, call supportline and let us know which language you speak. They will call you back with an interpreter as soon as possible. They also welcome calls via Relay UK and SignLive (BSL).

# Additional Support in West Cumbria



## **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](http://www.stophateuk.org/talk-to-us)**

## **Victim Support: (24/7 support)**

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

**0808 16 89 111**

Live chat available by visiting

**<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>**

## **Hate Crime Campaign**

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

**<https://hatecrime.campaign.gov.uk/>**

# 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](mailto: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](mailto: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](mailto: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](mailto: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

