Carlisle



**The Centre that will be open in the Carlisle area**

**over the Christmas period will be:**

**Carlisle West Morton**

**Wigton Road**

**Carlisle**

**CA2 6JP**

Our opening times will be:

Monday 21st – Wednesday 23rd December 9:00am – 5:00pm

Thursday 24th December 9:00am – 3:00pm

Tuesday 29th, Wednesday 30th December 9:00am – 5:00pm

Thursday 31st December 9:00am – 3:00pm

Please contact us on **01228 223417** or **07734003789**

for any advice and support for families with children aged 0-19 years.

**You can also contact Family Line during this time:**

[FamilyLine](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.family-action.org.uk%2Fwhat-we-do%2Fchildren-families%2Ffamilyline%2F&data=04%7C01%7C%7C26f9f1a5047e4bf719cb08d8985fef39%7C7c3c6b24370f462392f2ecf5e01521ac%7C0%7C0%7C637426885079543976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Z7Fm8ZhC53d%2BzkQdT77wRaQqhDe9OujQZwZ1Qb90tEQ%3D&reserved=0) is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it’s emotional support or practical advice on any aspect of parenting or broader family issues, call: 0808 802 6666, text: 07537 404282, email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk) or live web via our website [www.family-action.org.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.family-action.org.uk%2F&data=04%7C01%7C%7C26f9f1a5047e4bf719cb08d8985fef39%7C7c3c6b24370f462392f2ecf5e01521ac%7C0%7C0%7C637426885079553933%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6Vwg3TZ4pA%2F8wDe1TxZ3Ea0A9QeppfnptjCRxwLww7Y%3D&reserved=0).   
  
Monday to Friday: 9am –9pm. The helpline will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

**If you have immediate concerns about the safety of a child please contact:**

**the Safeguarding Hub on 0333 240 1727 or the police on 999.**

We wish you all a very Merry Christmas

and a Happy New Year

