

Help is here this Christmas



Emergency Help

Ways to Welfare - Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, or if you are struggling to cope with your current situation for whatever reason.

Call the county council's Support Helpline on **0800 783 1966**

Supportive staff will talk to you and suggest ways to help. You can also email **COVID19support@cumbria.gov.uk** and you will receive a response within one working day.

Food Help

Free School Meals - Families of children who receive Free School Meals will continue to be provided with support over the Christmas period, your child's school will be in touch.

Barrow Food Bank - Our foodbank uses a voucher referral system. In order to provide the most appropriate help we work with number of different agencies, such as Citizens Advice, children's centres and health visitors. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. If you are already claiming benefits, contact Cumbria County Council's community support team **01228 221100** to request a voucher. If you can't afford food call Citizen's Advice **0808 2082138** Mon to Fri 10:00-4:00pm. For other enquiries contact the Foodbank for advice on **01229 343436** Mon to Thurs 11:00am-1:00pm, Fri 11:00am-3:00pm. Visit **www.facebook.com/BarrowFoodbank** for more information. Christmas opening hours – The Centre is open between 11am – 3pm on 18, 11am – 1pm on 22 and 10am – 12pm on 24. The Centre is closed on 21, 23 and from 25 Dec – Mon 4 Jan.

Age UK Barrow & District - Range of support services including free hot meals, hearing aid battery delivery, prescription collection, food parcel delivery, information and advice, and telephone befriending. Tel **01229 831425**, email **info@ageukbarrow.org.uk** or visit **www.ageuk.org.uk/barrow**.

Barrow Island & Central Resource Distribution Hub - Food distribution point. Call Dave Morrison on **07949 434076 / 01229 814900** or email **e_morrison1966@hotmail.com**. Christmas hours - between 21- 23 Dec all day, between 28 - 30 Dec 10am – 2pm.

Dalton & District Resource Distribution Hub - Food distribution point. Monday, Wednesday and Friday 11.00am – 4.00pm Rev. Call Ruth Crossley on **07796 366234** or email **vicar@daltonparish.co.uk**. Christmas hours – open 10.30am – 12pm on 21, 23, 24, 29, and 30 Dec.

Hindpool, Risedale, Parkside & Newbarns Resource Distribution Hub - (Hartington Street Methodist Church) - Food distribution point. Call Tim Jeffries on **07715221262** or email **timjeffries11@yahoo.co.uk**. Christmas hours - Emergency support - 25 December – 5 January 2021.

Schneider Road Community Hub - (covering Ormsgill & Hawcoat) - Food distribution point. The Hub will be open Monday, Wednesday and Friday, during the festive period, 10- 12 for the collection of pre ordered food parcels. Any food donations can be dropped off then too. For those unable to collect food parcels deliveries will be Monday, Wednesday and Friday 12:30 to 13:30.

Please note there will be no deliveries or Hub opening on Fri 25 December and Fri 1 of January.

Call Janine **07561 611499** or Keyleigh **07527 220843** or email **furnessmulticulturalforum@gmail.com** or **Keyleighd1@sky.com**



Walney & Roosecote Distribution Hub - (Spring Mount) - Food distribution point. Monday to Friday 11.00am – 4.00pm call Ros Harrison on 07824632136, email roshwalneyct@gmail.com or visit www.springmount.church/spring-mount-walney. Christmas hours - Closed from 19 December until 4 January. For emergency support call 07824632136.

Asda - Asda is offering children the chance to eat for free in its cafes throughout December. All supermarket's cafes are taking part and will provide children under the age of 16 with a meal completely free of any charge when accompanied by an adult. There are no minimum spend requirements or restrictions on the number of children in a family or group that can take advantage of this offer. The offer will run from December 1 to 31 December except Christmas Day when stores are closed.

Financial Help:

Citizens Advice Barrow - CAB provide free, confidential, impartial information and advice on benefits, housing, employment and debt. Advice line **03444 889 624** open Mon to Fri 9:00am-4:00pm or visit www.barrowcitizensadvice.org.uk. Christmas hours - Closed 12 noon 24 December, re-open 5 January 2021.

Age UK - We can help with benefits, managing your money, avoiding scams and dealing with legal issues. From helping people to discover the financial benefits they are entitled to claim, to discussing options that help make later life at home more manageable. Advice line **0800 678 1602** open 8:00am-7:00pm, 365 days a year, email info@ageukbarrow.org.uk or visit www.ageuk.org.uk/information-advice/money-legal.

Department for Work and Pensions - Universal Credit is a payment to help with your living costs which is paid monthly. You may be able to get it if you're on a low income, out of work or you cannot work. For more information call Universal Credit helpline **0800 328 5644** or visit www.gov.uk/universal-credit/contact-universal-credit.

Help for Families

Child & Adolescent Mental Health Services South (CAMHS) - Work with children and young people who have difficulties with their emotional or behavioural wellbeing. Tel **01229 402696** or email camhssouth@nhs.net.

Focus Families - The Focus Family team are available to support families experiencing hardship. For family benefits advice and family concerns contact Hazel Chambers and Nicola Jackson. Tel **07825011005** or email family@cumbria.gov.uk / nicola.jackson@cumbria.gov.uk.

Drop Zone Youth Projects - Youth provision, education support, transition support, LGBTQ+ support, family support, food packages for vulnerable families. Tel **01229 812888** or email Drop_Zone@btconnect.com.

YouthAbility Leonard Cheshire - Provide youth services for young people (8+ years) with disabilities and their families. Contact Leslie McLeese, Team Leader (Youth Club) tel **01229 472605** or **07734 209095**, email leesie.mcleese@leonardcheshire.org. Christmas hours - Closed from 18 December until 5 January.

Family Action - Free Family Line service supports adult family members, providing a listening ear and answering parenting questions. All support takes place via telephone, text message or email. Call **0808 802 6666** Mon to Fri 9:00am-3:00pm and 6:00pm-9:00pm, text **07537404282** or email familyline@family-action.org.uk. Christmas hours - The Greengate Family Hub will be open over the Christmas and New Year period- **01229 821855**. Breast Feeding Support – contact South Cumbria Breastfeeding support line **0300 100 0212**. Festive Holiday Kitchen - Wednesday 23 December- 13:00-15:00. Christmas Kitchen - Wednesday Zoom into 2021 – Thursday 31 December 2020 30 December 13:00-15:00. The Well – Monday 21st and Tuesday 29th December 14:00-16:00.

Inspira - Careers support, guidance and transition support for Year 11 and 13 students. Help is available digitally and for 1:1 appointments. We are live on Facebook and our Barrow centre will be open Monday-Thursday 10.00am to 3.00pm. Tel **0345 658 864**, email info@inspira.org.uk or visit www.inspira.org.uk.

Project John Hub - Project John offers young people 16-24 a one stop service, offering housing advice, advocacy, sign posting, girls well-being group, independent life skills training, lads group, activities and job search club. Project John is commissioned by Cumbria County Council to offer young people supported accommodation. Tel **01229 832127**, email Nicola@projectjohn.co.uk or visit www.facebook.com/projectjohnbarrow. Christmas hours - 23 December 9am – 4pm. 29 – 31 December 11am – 3pm.

Help for the over 55's

Age UK Barrow & District - Contact 01229 831425 for services that help support older people to make the most of later life.

Housing and Homelessness

Barrow Borough Council - We will provide advice and assistance to eligible homeless people free of charge and attempt to prevent homelessness whenever possible. Call us on **01229 876599** or email **housing@barrowbc.gov.uk**.

Wellbeing

NHS Care Coordination Team - We can offer you an assessment in your own home to look at your current needs and see how you can be best supported. We can also help you to access local services and resources - to help improve your quality of life and reduce social isolation. Additionally, we can help avoid hospital admissions by arranging for aides or equipment, and we can refer you to other services that can help you stay independent. Call **01229 402578** Mon to Fri 9:00am-5:00pm.

Adult Social Care - Assessment and support for adults to maintain and regain independence with a personal support plan. SPA (Single Point of Access) contact number **0300 3032704** or email **customerservicesouth@cumbria.gov.uk**.

Age UK Barrow & District - We have a team of dedicated staff and volunteers who are there to call people who live alone or feel isolated. We will provide a friendly, listening ear two to three times each week and will call for a light-hearted chat to help combat loneliness. Call **01229 831425**, email **info@ageukbarrow.org.uk** or visit **www.ageuk.org.uk/barrow**.

Mind In Furness - Support and advice for people who have or are experiencing mental health problems. Call **01229 827094** or email **schoolstreet@mindinfurness.org.uk**.

Samaritans (Furness & South Lakes) - Offer listening and support to people and communities in times of need without judgement or pressure. Phone: **116 123** free from any phone, or call **0330 0945717** and local call charges apply. Visit **www.samaritans.org/branches/barrow** for more information.

SAFA Cumbria - Offer a safe environment, help and support to individuals, families and friends affected by the impact self-harm has on their lives. Tel **01229 832269** Mon to Thurs 9:00am-5:00pm, Fri 9:00am-12:00pm. Text: **07508035048**. Email **info@safa-selfharm.com**.

Alzheimer's Society - Dementia support, information, and advice by telephone for anyone living with or affected by dementia; and telephone calls from volunteers to help provide more social contact. Tel **01228 819299** (leave message for local team) or email **cumbria@alzheimers.org.uk**.

Barrow & District Disability Association - Provides advice, advocacy, support and information for people with disabilities, their carers and families. Tel **01229 432599**.

Furness Carers - Information and support for unpaid adult and young carers. Tel **01229 822822** (please leave a message) or email **admin@furnesscarers.co.uk**. Christmas hours – closed between 22 Dec – 4 Jan.

Women's Community Matters - Provide support including benefits, housing, domestic or sexual abuse, mental wellbeing, employment, education and social activities. Call **01229 311102** or email **reception@womenscommunitymatters.org**. Closed on 24, 25 and 28 December.

CADAS - Cumbria Alcohol & Drug Advisory Service. Addiction helpline, 1-1 support and online groups for adults and young people with substance use issues. Call **0300 1114002** or email **contact@cadass.co.uk**.

The Well Communities - Provide support to people recovering from drug and alcohol addiction through therapy, counselling, peer mentoring, employment training and social activities. Family support also available for family members or friends who are suffering as a result. Call **01229 829832**. Closed on 24, 25 and 28 December.

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone 01228 606060

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে 01228 606060 নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，请致电 01228 606060

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu 01228 606060

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 01228 606060

Se quiser aceder a esta informação na sua língua, telefone para o 01228 606060

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen 01228 606060 numaralı telefonu arayınız