Westmorland & Furness Council

CUMBRIA COMMUNITY FOUNDATION

Barrow Rising

Free Work & Health Support in Barrow and Furness

Help to Stay Well, Stay in Work and Thrive



Help to Stay Well, Stay in Work and Thrive

This guide brings together free work, health and wellbeing support available across Barrow and Furness, helping people and organisations access local services, advice and opportunities.

The services included can help with:

- Improving wellbeing
- Supporting people into work
- Helping employees stay in work
- Building healthier workplaces

How to Use This Guide

The symbols below show who each service is designed for. Look for these icons throughout the brochure to quickly identify support that is relevant to you.

Employer Support

For organisations looking to improve workplace wellbeing and support employee health.

Employee or Jobseeker Support

For individuals seeking help with health, wellbeing, skills, employment or returning to work.

Both

Suitable for both employers and employees/jobseekers.

Quick Categories

Employers

- Workplace Health Champions
- Thrive at Work

Health & Wellbeing

- BEATS
- Guided Self Help
- Flippin' Pain Together
- Ability & Sleep Hub

Employment Support

- WorkWell
- Fresh Start
- Connect to Work
- IPS
- Jobcentre Plus
- Skills Bridge



Specialist Support

- Future Steps
- Forward Steps
- CADAS
- Barrow Pathways
- Work & Health HAWC





Support for Employers

Active Lancashire Workplace Health Champions

Workplace Health Champions supports both individuals and organisations in Barrow to improve health and wellbeing in the workplace. The programme offers accredited training, including a Level 2 Introduction to Workplace Health and Level 3 Workplace Health Champion qualification. Participants develop the knowledge, skills and confidence to improve their own wellbeing while promoting healthier workplace cultures, helping to create happier, healthier and more productive working environments.

Contact Details

- Email: learningzone@activelancashire.org.uk
- Website: **activelancashire.org.uk/learning-zone/barrow-rising/**

Thrive at Work

Thrive at Work is a partnership project supporting adults experiencing health-related barriers to employment. The programme combines employer training, community-based wellbeing sessions and specialist advice on employment rights, benefits and income maximisation. Delivered collaboratively by Citizens Advice Barrow, Carer Support Furness, Mind in Furness and St Mary's Hospice, the project helps individuals and organisations create healthier and more supportive work environments.

- Citizens Advice Barrow: advice@barrowcitizensadvice.org.uk | 01229 830367
- Carer Support Furness: admin@carersupportfurness.co.uk | 01229 822822
- Mind in Furness: thriveatwork@mindinfurness.org.uk | 01229 827094
- St Mary's Hospice: angela.mason@stmaryshospice.org.uk | 01229 444407



Health and Wellbeing Support

Barrow Exercise and Therapy Service (BEATS)

BEATS is a referral-based exercise programme delivered through Barrow Park Leisure Centre for adults living with long-term health conditions. The service provides individually tailored exercise support within a safe and supervised environment, helping participants improve physical health, wellbeing and independence. Referrals are accepted from GPs and allied health professionals who can confirm the programme is suitable for the individual. (also available through referral from WorkWell)

- Email: **healthandfitness@barrowleisure.co.uk**
- Telephone: **01229 871146**
- Website: **barrowleisure.co.uk/beats-gp/**

Mind in Furness – Flippin' Pain Together

Flippin' Pain Together is a six-week pain education programme delivered in partnership with local NHS services. The programme helps people understand the science of persistent pain and provides practical techniques to improve confidence, self-management and wellbeing for those living with pain lasting longer than three months.

- **barrow.icc@mbht.nhs.uk**
- Telephone: **01229 402578**

A Stitch Different CIC – Ability & Sleep Hub

The Ability & Sleep Hub provides inclusive community-based support for people of all ages across Furness. The project offers behavioural sleep support, wellbeing programmes, work experience, volunteering opportunities and social inclusion activities. Support is available for people experiencing disability, neurodiversity, loneliness, poor mental wellbeing or barriers to employment, helping them build confidence, improve their wellbeing and develop practical life skills.

- Email: **ahello@stitchdifferent.org.uk**
- Telephone: **07884 703954**
- Sleep Helpline: 01229 481214 (Fridays, 12pm to 4pm)
- Address: Walney Community Centre, Central Drive, Barrow-in-Furness, LA14 3HY
- Website: **furnessabilityandsleephub.org.uk**

Qwell

Qwell is an interactive digital mental health platform, where users can access free, anonymous and confidential mental health support at any time. This includes online support from qualified professionals via drop in and pre-booked sessions, forums to connect with others with similar experiences, articles and interactive tools.

The service is free to use with no waiting lists, no referrals and no thresholds, providing immediate access whenever it is needed.

Website: **Qwell.io**

Employment and Return to Work Support

Inspira – Fresh Start

Fresh Start provides specialist employment support for people experiencing health-related barriers to work. Through personalised one-to-one support from progression coaches, participants receive guidance to build confidence, overcome challenges, develop employability skills and identify pathways towards employment, training or other positive outcomes. Email: **info@inspira.org.uk** Tel: **0345 658 8647**

WorkWell South Cumbria

WorkWell provides free personalised support for people with health conditions or disabilities who are struggling to stay in work, return to work, or find employment. The service offers tailored action plans, wellbeing support, advice on workplace adjustments and connections to local health, employment and community services. **cumbriahealth.co.uk/workwell/**

Barrow Jobcentre Plus

Barrow Jobcentre Plus provides support for people who are unemployed, out of work due to health conditions, or looking to progress in employment. Services include job searching, benefit advice, work-focused support, access to training opportunities and referrals to specialist employment programmes. Craven House, Michaelson Road, Barrow-in-Furness, Cumbria, LA14 1AE

IPS Supported Employment Service (IPS)

IPS provides employment support for people with severe mental health conditions from both primary and secondary care networks as well as self referrals The service combines employment support with health care provision, offering personalised job searching, employer engagement and ongoing support once in work.

Contact Details Sidonie Hale Telephone: 07385 687127 Email: Sidonie.hale@blackpool.gov.uk
Website: **Individual placement and support | IPS service**

Skills Bridge

Support for adults who want to improve their employability, develop new skills or progress into work, education or training. The programme provides access to careers advice, confidence-building activities, accredited learning opportunities and personalised guidance to help people achieve their goals.

adultlearningcumbria.org/skills-bridge

Connect To Work

Connect to Work is a voluntary, person-centred supported employment programme that helps people with disabilities, health conditions, or complex barriers to find and sustain paid employment. It provides tailored one-to-one support through dedicated Employment Specialists, using evidence-based IPS and SEQF approaches. The programme is delivered through a county-wide partnership of specialist organisations, ensuring local support is available across Cumbria.

Expression of Interest form: **www.inspira.org.uk/connect-to-work-enquiry**

Contact: 03456 588647 Website: **www.inspira.org.uk**

Specialist Support

Cowran Care – Forward Steps

A farm-based employability programme supporting young people aged 18 to 26+ who face health-related barriers to employment. Participants engage in meaningful activities on a working farm, including land management and animal care, whilst developing vocational skills, communication skills, confidence, resilience and teamwork. The project helps individuals build their ability to manage health-related challenges and prepare for future employment opportunities.

- Contacts: Anne Diss or Cari Taylor
- Telephone: **07872 300940**
- Email: **Anne@cowranestate.com**

Vision Support Barrow & District – Barrow Pathways

Barrow Pathways supports people with visual impairments to prepare for and access meaningful employment. The project offers specialist benefits advice, peer mentoring, technology support and opportunities to develop employment-related skills. Additional support is available for children, young people and families through dedicated groups and peer support activities. Volunteering opportunities are also available to help people gain experience and develop skills that support future employment.

- Email: **info@vsbd.org.uk**
- Telephone: **01229 440556**
- Address: Cavendish Street Centre, Barrow-in-Furness

CADAS – Work & Health

CADAS Work & Health is a recovery-focused employment support programme for people whose substance use is affecting their ability to remain in work. Participants receive up to 12 personalised one-to-one recovery sessions alongside employer liaison support where appropriate. The programme uses a trauma-informed approach to help individuals improve their wellbeing, build confidence and resilience, and maintain sustainable employment.

Email: **contact@cadas.co.uk**
Helpline: **0800 254 5658**
Website: **www.cadas.co.uk**
Referral Form: **Request For Service Form**

Inspira – Future Steps

Future Steps provides personalised support for young people aged 18 to 24 who are looking to improve their wellbeing and progress towards employment, education, training or volunteering opportunities. Through individual support and group activities, participants can develop confidence, independent living skills, social connections and resilience, helping them overcome barriers and achieve sustainable positive outcomes.

- Email: **gemma.mckell@inspira.org.uk**
- Telephone: **07812 224449**
- Website: **www.inspira.org.uk**

Health & Wellbeing Team (Work & Health HAWC)

Health and Wellbeing Coaching provides personalised, one to one coaching and guidance to help people identify and overcome barriers affecting their ability to work. Using a strengths-based, person-centred approach, coaches work alongside individuals to improve confidence, motivation, self-management, and overall wellbeing. Coaching is tailored to individual goals and can help people build healthy routines, reduce isolation, develop resilience, and take positive steps towards employment, training, volunteering, or remaining in work.

Referral & contact options

Health and wellbeing service | Westmorland and Furness Council

Email Karli at **ContactHealthandWellbeing.WAF@cumbria.gov.uk**



Westmorland & Furness Council

Translation Services

If you require this document in another format (e.g. CD, Braille or large type) or in another language, please telephone: **0300 373 3300**.

للوصول إلى هذه المعلومات بلغتك، يرجى الاتصال **0300 373 3300**

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে 0300 373 3300 নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，请致电 0300 373 3300

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu 0300 373 3300

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 0300 373 3300

Se quiser aceder a esta informação na sua língua, telefone para o 0300 373 3300

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen 0300 373 3300 numaralı telefonu arayınız