

CANDOFM COMMUNITY SERVICES DIRECTORY

23-Dec-22

| Organisation | Details | Website |
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| Action Service (Adults and Young People) | 30th onwards at Homeless Action Centre, Edward Street, Lancaster (9.30am-1.15pm) 1 January — only open 12-1.30pm | https://www.ldhas.org.uk/ |
| AgeUK Barrow & District | Call 01229 831425 for more info. Lakeland House Barrow-in-Furness LA14 1XL | http://www.ageuk.org.uk/barrow |
| Armed Forces Breakfast Clubs | Saturday Morning 0900-1230 furnesspenisulaveteransbreakfastclub@gmail.com 01229 820818 | https://www.afvbc.net/ |
| Barrow and District Disability Association | 71-77 School St in Barrow 01229 432599 reception.dabs@gmail.com | https://www.bdda.org.uk/ |
| Barrow Borough Council • Housing Department | Town Hall Duke Street Barrow-in-Furness Cumbria LA14 2LD Tel: (01229) 876599 | https://www.barrowbc.gov.uk/ |
| Barrow Community Kitchen | Roosegate Community Centre, Barrow-in-Furness LA13 0DR communitykitchen1@outlook.com | https://www.facebook.com/groups/920670234636088 |
| Barrow Foodbank | 01229 343436 | http://barrow.foodbank.org.uk/ |
| Beat (eating disorders help) | Youthline on 0808 801 0711 (for anyone under 18) Studentline on 0808 801 0811 (for students) | https://www.beateatingdisorders.org.uk/ |
| Birchall Trust - Counselling & Supporting Survivors of Rape and Sexual Abuse We offer support to anyone aged 4 and above affected by rape, sexual abuse or sexualised violence in Cumbria and Lancashire. | Get In Touch! Email: enquiries@birchalltrust.org.uk Phone: 01229 820828 60 Hartington St, Barrow-in-Furness LA14 5SR Phone: 01524 239595 1 Townley Street, Morecambe LA4 5JQ | https://www.birchalltrust.org.uk/ |
| Calm (suicide helpline for men) | 0800 585 858 | www.thecalmzone.net |
| CancerCare North Lancashire and South Cumbria | Cancer and Bereavement Support - Centres in the key towns of Lancaster, Barrow, Kendal and Morecambe to ensure that help is never too far away. Call: 03330 150 628 Text: 07860 018 278 Email: info@cancercare.org.uk | https://cancercare.org.uk/ |
| Childline | 0800 1111, open 24/7. | https://www.childline.org.uk/ |
| DropZone Youth Projects | Contact Us 01229 812888 Lakeland House Barrow-in-Furness, LA14 1XL | https://dzyp.co.uk/ |
| Emergency Services - Police Fire, Ambulance, HM Coastguard | 999 | |
| Frank (drugs and substance misuse inc. alcohol) | 0300 123 6600 | https://www.talktofrank.com/ |
| Furness Homeless Support Group | 27 Bath Street, Barrow-in-Furness LA14 1NL : 01229 821134 furnesshomeless@yahoo.co.uk | https://homeless.org.uk/homeless-england/service/furness-homeless-support-group-day-centre/ |
| Homelessness - Barrow Borough Council | Emergencies 01229 833311 Office Hours 01229 876599 | https://www.barrowbc.gov.uk/ |
| Hope Again (support for young people when someone dies) | Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. 0808 808 1677 | https://www.hopeagain.org.uk/ |
| Job Centre Plus | 0800 169 0310 | https://www.gov.uk/contact-jobcentre-plus |
| Kooth | Online counselling and emotional wellbeing platform for children and young people | www.kooth.com |
| Lancaster and District Homeless | 24-29 December: St Thomas' Church hall, Martin Street, Lancaster 24/7 facility. | https://www.ldhas.org.uk/ |
| Mencap (advice for those with learning disabilities, their families and carers) | 0808 808 1111 hello@mencap.org.uk | www.mencap.org.uk |
| Mind | 0300 123 3393 | www.mind.org.uk |
| Mind in Furness | schoolstreet@mindinfurness.org.uk 01229 827094 | www.mindinfurness.org |
| Muslim Youth Helpline | 0808 808 2008 4-10pm | https://myh.org.uk/ |
| National Domestic Violence | 0808 2000247 | https://www.nationaldahelpline.org.uk/ |
| NHS 111 | NHS 111 is a triage and signposting service for "urgent" problems - if it is urgent call 999 | https://111.nhs.uk/ |
| NHS Direct | NHS Direct offered a nurse led advice line 0845 4547 - if it is urgent call 999 | https://www.nhs.uk/ |
| NSPCC (adults concerned about a child) | If you're worried about a child or young person, you can contact the NSPCC Helpline for support and advice for free - call us on 0808 800 5000 or contact us online. | https://www.nspcc.org.uk/keeping-children-safe/ |
| Papyrus HopelineUK (under 35 Helpline) | Hopeline service 9am – 12am.Text 07860039967; Call 0800 068 4141; email: pay@papyrus-uk.org | https://www.papyrus-uk.org/ |
| Police - Emergency | 999 is for emergencies only – an emergency is something that needs an immediate response. Using the 999 line unnecessarily could prevent somebody who is in danger from getting through to us. | |
| Police - Non emergency | 101 | https://www.cumbria.police.uk/report-it |
| RE:VISTA - Café attached to Emmanuel Christian Centre offering support to those in most need | Wednesday to Saturday 10am - 3pm Victoria Concert Hall, Mill Street, Ulverston LA12 7EB 01229 586 136 | http://www.emmanuelcc.org.uk/ |
| Refuge (help for those affected by domestic violence) | 0808 200 0247 | https://refuge.org.uk/ |
| Salvation Army | Abbey Rd, Barrow-in-Furness LA14 5UD 01229 433 550 | https://www.salvationarmy.org.uk/barrow-in-furness |
| Samaritans | 116 123. This is a free, 24/7 service. At Furness General Hospital Foyer last Friday of every month | www.samaritans.org |
| Shout | Just text YM to 85258 for free to start a chat. | www.giveusashout.org |
| St Marks Clothes Bank Community | Bucleuch Street, Barrow-in-Furness LA14 07544 557 880 | https://www.salvationarmy.org.uk/barrow-in-furness |
| St Mary's Hospice | Ford Park Crescent LA12 7JP 01229 580305 marketingstmaryshospice@outlook.com | www.stmaryshospice.org.uk |
| St Mary's Living Well Centre | 299 - 301 Duke Street, Barrow in Furness 01229 444407 LivingWellCentre@stmaryshospice.org.uk | www.stmaryshospice.org.uk |

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| Support Bubble - Facebook Group | Support Bubble is an online group to support each other through addiction, life issues, covid 19, & many more topics, a respectful safe way to connect in difficult situations & provide suggestions for each other. Remember no one is ever alone | https://www.facebook.com/groups/3148839425148281 |
| The Mix Essential support for under 25s | 0800 808 4994 | https://www.themix.org.uk/ |
| To Report a Person Sleeping Rough in Allerdale | 01900 702 660 01900 871 080 | https://www.allerdale.gov.uk/en/housing/homelessness/ |
| To Report a Person Sleeping Rough in Carlisle | 01228 817 079 01228 817 373-single men 01228 817 386-women and families | https://www.carlisle.gov.uk/Residents/Housing-and-Homeless/Information-for-the-homeless |
| To Report a Person Sleeping Rough in Copeland | Copeland 0300 500 0914 0300 500 0914 | https://www.copeland.gov.uk/homelessness |
| To Report a Person Sleeping Rough in Eden | Eden 01768 861 428 08003 581 401 | https://www.eden.gov.uk/housing/homeless/ |
| To Report a Person Sleeping Rough in Lancaster/Morecambe | During office hours call 01524 582257 At weekends and when the office is closed call 01524 67099 | https://www.lancaster.gov.uk/housing/homeless-or-at-risk |
| To Report a Person Sleeping Rough in South Cumbria | South Lakeland 01539 793 199 0870 4286 905 | https://www.southlakeland.gov.uk/housing/homeless/our-commitment-to-no-second-night-out/ |
| To Report a Person Sleeping Rough in the Barrow Borough area | 01229 876599 Out of Hours 01229 833311 | https://www.barrowbc.gov.uk/ |
| Veterans Gateway | 0808 802 1212 24/7 Text 81212 | https://www.veteransgateway.org.uk/ |
| Vision Support Centre | Vision Support Centre, 67/69 Cavendish Street, Barrow in Furness, Cumbria LA14 1QD Contact 01229 440556 | https://vsbd.org.uk/ |
| Warm Spots | A Warm Spot offers a warm, welcoming space for people to visit this winter if they need it. They are run by a range of different organisations including churches, village halls, local councils and libraries. | https://new.cumbria.gov.uk/warm-spots?fbclid=IwAR0yQAUHWXcHcYq0tMsGaTQIv4ry2DdU-BOh5Of5R_Czo8w5d_vzznxPvi0 |
| Women's Community Matters | 01229 311102 | https://www.womenscommunitymatters.org/services/ |
| Young Minds— Children's mental health services | text YM to 85258 (parent helpline: 0808 802 5544) | https://www.youngminds.org.uk/ |