

# Help and Support



## Finances

**Cumbria County Council** can provide access to food and essential items, as well as general support. Call its support line on **0800 783 1966** or email **COVID19support@cumbria.gov.uk**.

**Citizens Advice Copeland** can help with debt issues, benefit claims, legal issues and energy advice. Call **01946 693321** or email **advice.copeland@gmail.com**.

**Phoenix Enterprise Centre** can help with employment issues, skills and claiming Universal Credit. Call **07388 996202** or email **joanne@phoenixenterprisecentre.co.uk**.

**Whitehaven, Egremont and District Credit Union** can provide low cost loans, budgeting advice and small hardship grants. Call **01946 66755** or email **info@wedcu.co.uk**.

**Christians Against Poverty** provides free help to anyone in debt. You can book an appointment by calling **0800 328 0006**.

## Food

The **Thrift Hub Food Pantry** can provide fresh food and store cupboard essentials as well as personal care items. Call **07388 996202** or email **joanne@phoenixenterprisecentre.co.uk** for more information.

**North Lakes Foodbank** vouchers are provided through Copeland Citizens Advice on **01946 693321**.

**Millom Food Pantry** can provide food parcels for a small donation. Call **01229 774917** or **07514 098920**. For **Barrow Foodbank** in Millom call **01229 774601**.

If you think your child may be eligible to receive free school meals and school clothing vouchers, please contact the Cumbria County Council Service Centre on **01228 606060**.

## Heating your home

**Citizens Advice Copeland** can help with advice on available grants if you are struggling to pay utility bills. Call **01946 693321** or email **advice.copeland@gmail.com**.

## Families

**Family Action** can provide support to any family in Copeland that is struggling. Telephone **01946 64600** or email **Copeland@family-action.org.uk**.



## Mental health

There are a range of organisations that offer mental health support:

**Together We** call **0808 196 1773** or email [info@togetherwe.co.uk](mailto:info@togetherwe.co.uk)

**Mindline Cumbria** call **0300 561 0000** or text 'Mind' to **81066**

**Samaritans** call **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Every Life Matters** call **07908 537541** or email [info@every-life-matters.org.uk](mailto:info@every-life-matters.org.uk)

**Togetherall** visit [www.togetherall.com](http://www.togetherall.com)

**Kooth** visit [www.kooth.com](http://www.kooth.com) (for over 11 year olds)

For bereavement support visit [www.cumbria.gov.uk/publichealth/bereavement](http://www.cumbria.gov.uk/publichealth/bereavement)



## Domestic abuse

**Women Out West** provide support to all women in West Cumbria. Call **01946 550103**, text **07539 780431** or email [contactus@womenoutwest.co.uk](mailto:contactus@womenoutwest.co.uk).

**The Freedom Project** provides support for individuals and families. Call **07712 117986** or email [hope@freedom-project-west-cumbria.org.uk](mailto:hope@freedom-project-west-cumbria.org.uk).

**Copeland Borough Council's** Crisis and Prevention Officer offers help and support to victims who are homeless or threatened with homelessness. Call **01946 598300** or email [Housing.Options@copeland.gov.uk](mailto:Housing.Options@copeland.gov.uk).

**Victim Support** provides specialist help to victims of crime and traumatic incidents. Call **0300 303 0157** during office hours or **08 08 16 89 111** anytime, or visit [www.victimsupport.org.uk](http://www.victimsupport.org.uk).

## Over 55s

**Copeland Age and Advice Service (CAAS)** can provide help with grants for fuel bills, financial advice and guidance on matters such as Power of Attorney, claiming benefits, living independently and housing. Call **01946 552166** or email [referrals@caasteam.com](mailto:referrals@caasteam.com).

**Age UK West Cumbria** can be contacted on **01900 844670** or by email at [info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk).

## Housing and Homelessness

**Copeland Borough Council's** Housing Options team can help if you are homeless or threatened with homelessness. Call **01946 598300** and ask for housing options or email [Housing.Options@copeland.gov.uk](mailto:Housing.Options@copeland.gov.uk).

You can also get help and advice from **Shelter** on **0802 800 4444** (in an emergency call **0808 1644 6600**) or from **Citizens Advice** on **03444 111 444**.

If you are concerned about someone sleeping rough a referral can be made via [www.streetlink.org.uk](http://www.streetlink.org.uk).

## Further help

You can find full information on these and other types of support at [www.copeland.gov.uk/attachments/social-prescribing-directory-0](http://www.copeland.gov.uk/attachments/social-prescribing-directory-0)

