

Children and Families

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CHILDREN AND FAMILIES

Childcare - Childminders

Mrs Katherine Betteridge

Millom, Cumbria

☎ 01229 771939

No smoking policy: yes
Special needs: yes
Opening Times: Monday - Friday: 07:00 – 18:00

Mrs Ann-Marie Jump

Millom, Cumbria

☎ 01229 776750

No smoking policy: yes
Special needs: yes
Opening Times: Monday - Sunday: 06:00 – 22:00

Mrs Jeanette Teeley

Millom, Cumbria

☎ 01229 775169

No smoking policy: yes
Opening Times: Monday - Friday: 07:45 – 15:00

Out of School care

Children's Information Service (Carlisle)

☎ 08457 125737

Call us for instant access to information about: Childminders; day nurseries; parent & toddler groups; pre-school and nursery education; out of school clubs and holiday play schemes; support and advice groups; children's activities and financial help available

Haverigg Nursery Breakfast, Tea and Holiday Club

Community Centre Poolside, Haverigg, Cumbria. LA18 4HN

☎ 01229 771100

✉ haveriggnursery@tiscali.co.uk

Opening times: Monday - Friday: 07.00 - 09.00 (breakfast club)
Monday - Friday: 15.15/15.30 – 18.00 (tea club)
Monday - Friday: 07.00 – 18.00 (holiday club)

Wrap around care for 0 -11 year olds

Pre-School Playgroups

Broughton Pre-School Playgroup

Broughton CE School, Kepplewray, Broughton-in-Furness, Cumbria. LA20 6BJ

☎ 01229 716107

Opening times: Monday - Friday: 08:45 – 11:45
Tuesday and Thursday: 11:45 – 13:00 (lunch club)
Tuesday and Thursday: 13:00 – 15:30

Catering for children 2 years 9 months to school age.

Haverigg Pre-School Playgroup

Community Centre Poolside, Haverigg, Cumbria. LA18 4ET

☎ 01229 771100

✉ haveriggnursery@tiscali.co.uk

Opening Times: Monday - Friday: 07.00am - 18.00 pm

Millom Stepping Stones

St Georges Road, Millom, Cumbria. LA18 4LE

☎ 01229 775834

✉ stepstones@tiscali.co.uk

8am to 5pm (earlier by request)

Offers full day care for children aged 3 months upwards as well as Pre-school playgroup for children from 2 – 4 yrs. Nursery Grant places available. Preparing children for nursery and school and enabling them to learn and have fun in a safe caring environment.

Playgroup sessions: Monday – Friday: 09:00 – 11:30
Monday – Friday: 11:30 – 12:30 Lunch Club
Monday – Friday: 13:00 – 15:00

Baby Room: Monday – Friday: 08:00 – 1:00 (earlier by request)

Thwaites Pre-School Playgroup

Village Hall, The Green, Thwaites, Millom. LA18 5HY

Wednesday 09.00 – 11.30

Wellbank Pre-School Playgroup

The Pavilion, Mill Holm, Bootle. LA19 5TH

☎ 01229 718096 (Term time)

For children from 2 years to school age. Nursery vouchers accepted from term after 3 years
Opening times: Monday 9.30 – 12 noon; Tuesday – Friday 9:15am – 11:45am.

Pre-school Learning Alliance

Information on pre-school provision

☎ 20 7833 0991

🌐 www.pre-school.org.uk

Disabilities & Special Needs

Cumbria Deaf Association

3 Compton Street, Carlisle, Cumbria. CA1 1HT

☎ 01228 606434

☎ 01228 606433

✉ office@cumbriadeaf.co.uk

217 Duke Street, Barrow-in-Furness, Cumbria. LA14 1XT ☎ 01229 894646

Promoting the place of deaf and hard of hearing for services including social work, training, sign classes, communication, technical equipment, youth, community projects and care packages

Cystic Fibrosis Trust – Cumbria Branch

West croft, Eagles Field, Cockermouth, Cumbria. CA13 0SF

☎ 01900 823864

✉ jha.knox@btinternet.com

Provides support for patients and parents. Can offer a signposting service. Also fund raises to support research into cystic fibrosis and to support specialist treatment centres

Disability and Additional Needs Drop In

Millom Children's Centre, c/o Millom Infant School, Lapstone Road, Millom, Cumbria. LA18 4LP

☎ 01229 776374

☎ 01229 776638

✉ millomchildrenscentre@nch.org.uk

This drop in runs on the second Monday of every month from 12-2pm. Parents of children with a disability are welcome to drop in for a chat with Joan Duckett (Social Worker with the Disability Team) and Chris Smith (Community Nurse with the Disability Team)

MENCAP

Office Building, Mardale Road, Penrith, Cumbria. CA11 9AH

☎ 01768 868854

☎ 01768 895353

🌐 www.mencap.org.uk

Citizen and advocacy service for adults with a learning disability throughout Cumbria

Parent Partnership Service

Union Hall, Scotch Street, Whitehaven, Cumbria. CA28 7BG

☎ 01946 852890 Confidential Helpline

Contact: Phyllis Bowler

The main aim of the Parent Partnership Service is to ensure that parents of children with additional needs – including the very young – have access to information, advice and guidance in relation to the special educational needs of their children so they can make appropriate, informed decisions.

The service provides information, advice and guidance to the parents of all children in Copeland and Allerdale with special educational needs, not only those with statements.

Social Services Children With Disability Team

The Old School, Main Street, Distington, Workington, Cumbria. CA14 5UJ

☎ 01946 839856

☎ 01946 839841

✉ bev.jones@cumbriacc.gov.uk (Team Manager)

Family Support

Childhood Bereavement Network

☎ 020 7843 6309

✉ cbn@ncb.org.uk

The Childhood Bereavement Network is a national, multi-professional federation of organisations and individuals working with bereaved children and young people. We believe that all children have the right to information, guidance and support to enable them to manage the impact of death on their lives.

Home Start – Copeland

155 Albert Street, Millom, Cumbria. LA18 4AB

☎ 01229 773638

☎ 01229 773638

A voluntary organisation in which volunteers support and empower those caring for children (with at least one child under the age of 5) in their own home, to prevent crisis and potential family breakdown. Helping families under stress by starting in the home.

Home Start also run a number of groups including Mucky Pups, a Toy Library open to anyone with a child under 5 years old that is free of charge and a parent support group for families with disabled child/ren.

Fathers Direct

National Information Centre on Fatherhood

☎ www.fathersdirect.com

Gingerbread


Freephone advice for single parents

☎ 0800 018 4318

☎ www.gingerbread.org.uk


HomeDad


Support for fathers who are staying at home to raise their children

 www.homedad.org.uk

Kidscape


Provides information for parents on bullying and keeping children safe.


 08451 205204


 www.kidscape.org.uk

NCH Cumbria Family Mediation

Meadow Bank, Shap Road, Kendal, Cumbria. LA9 6NY

 01539 733705

 01539 741013

 cumbriamediation@nch.org.uk


 www.nch.org.uk

Help parents who are divorcing/separating to reduce their own conflict so that they are able to come to decisions about finance, property and most importantly their children. This avoids costly and bitter legal battles and enables the children to have a voice

N.S.P.C.C.

Wedgwood Centre, 14 Hollins Close, Whitehaven, Cumbria. CA28 8EX

 01946 595300


 01946 595316

 www.nspcc.org.uk

Therapeutic services to children & young people who have experienced abuse/trauma. Also offers consultation and training.
24hr helpline offering support and advice 0808 800 500

Making Space

Duddon House, Fairfield Lane, Barrow-in-Furness

 01229 871233

The Family Support Service is designed to help families deal and cope with severe and enduring Mental Health Problems within the family unit. Family Support workers (FSW's) aim to provide an easily accessible service, practical and emotional help to carer's and their families.

Millom Children's Centre

c/o Millom Infant School, Lapstone Road, Millom, Cumbria. LA18 4LP

☎ 01229 776374

☎ 01229 776638

✉ millomchildrenscentre@nch.org.uk

An NCH project in partnership with Cumbria County Council (Children's Services), Cumbria Children's Fund and other local agencies. We offer a number of services to children aged 0-13 years old and their parents/carers in and around the Millom area.

Services and activities include family support for children and adults, support groups for parents/carers, Baby Massage classes, adult learning opportunities and family fun activities. The centre also runs a number of after school clubs to support children in building confidence and raising self-esteem.

Parentline Plus

24 hour freephone helpline, offering support for anyone caring for a child.

☎ 0808 800 2222

🌐 www.parentlineplus.org.uk

West Cumbria Carers

12A Selby Terrace, Maryport, Cumbria. CA15 6NF

☎ 01900810101

☎ 01900810101

✉ general@westcumbriacarers.co.uk

Providing support to carers of all ages including adults, families and young carers aged from 4 – 18 years old. West Cumbria Carers offer a number of services including counselling, access to social events and benefit information and advice.

Social Services

Somerset House, Duke Street, Whitehaven, Cumbria. CA28 7SQ

☎ 01946 852852

🌐 www.cumbria.gov.uk

✉ whitehavenssd@cumbriacc.gov.uk

Parent & Toddler Groups

Bootle Magic Moments.

Tuesday 1-3pm at Wellbank.

It is a family group for parents and children up to school age. Art activities encouraging messy and creative play are provided each week. It is the only toddler group in the Bootle area.

Jack and Jill club

☎ 01229 773154

Tuesday 10am – 11.15am at Holy Trinity Institute. Age 0 – 3years old. Singing, play and refreshments.

Millom Methodist Toddlers

Methodist Church, Queen Street, Millom

☎ 01229 774183

Thursday 10am – 11.15am

Mucky Pups

Homestart, 155 Albert Street, Millom, Cumbria. LA18 4AB

☎ 01229 773638

Friday 9.45 and 11.15am.

A family group held in the homestart premises. Mucky pup's aims are to provide children and their carers with the opportunity to experience lot of messy activities such as painting, gluing, and play dough to help encourage creative play.

St. James' C P School

Lonsdale Road, Millom. LA18 4AS

☎ 01229 772731

Parents and toddlers group meets in the school hall on a Friday morning 09:15 – 11:15

Tiny Tots

The Salvation Army HQ, Nelson Street, Millom. LA18 5DH

☎ 01229 772775

Monday 09:45 – 11:30

Top Tots

Baptist Church, Crown Street, Millom

Wednesday 9.45am – 11.45am

Structured activity sessions including craft, sing songs and play.

EDUCATION

Education Services

Millom Adult Education Centre

Millom Network Centre, Salthouse Road, Millom, Cumbria. LA18 5AB

☎ 01229 719650

🌐 www.millomnetworkcentre.co.uk

☎ 01229 777697

✉ enquiries@millomnetworkcentre.co.uk

Millom Adult Education Centre offers a wide range of courses to meet a range of qualification and interest needs. Classes take place at various venues in and around the Millom area including the new Millom Network Centre on Salthouse Road. Millom Network Centre also has small office units for short or long term let, meeting and conference facilities including video/telephone conferencing, an IT suite, interview rooms seminar rooms and a large fully equipped conference room.

Dyslexia Association (South Cumbria)

The Basement, Alfred Barrow School Duke Street, Barrow in Furness, Cumbria. LA14 2LB

☎ 01229 820998

☎ 01229 820998

Assist anyone who seeks, help, information, advice, support, exchange problems/strategies, befriender services, training courses and also assessment.

Education Welfare Service

Melbreak House, Main Street, Hensingham, Whitehaven. CA28 5TH

☎ 01946 595339

✉ angela.thornborrow@cumbriacc.gov.uk

Hospital & Home Tuition Service

West Cumbria Learning Centre, Tollbar, Distington. CA14 4JP

☎ 01946 834848

Teach children who are in hospital and those who have been off school for more than 3 weeks. In order to be taught a child needs to be referred to the service and will need medical note confirming they are not fit enough to attend school. Parents who are concerned about their children should contact the number above.

Schools

Black Combe Junior School

Moor Road, Millom, Cumbria. LA18

☎ 01229 772862

Head: Mrs E Overton

Broughton in Furness C of E School

Keppleway, Broughton in Furness, Cumbria. LA20 6BJ

☎ 01229 716206

☎ 01229 716240

Head:

Captain Shaw's C of E School

Main Street, Bootle, Millom, Cumbria. LA19 5TG

☎ 01229 718279

☎ 01229 718386

Head: Mrs H Webber

Haverigg Primary School

Atkinson Street, Haverigg, Millom, Cumbria. LA18 4AH

☎ 01229 772502

Head: Mrs J Brockbank

Millom School – A DfES Technology & Arts College

Salthouse Road, Millom, Cumbria. LA18 5AB

☎ 01229 772300

☎ 01229 772883

✉ genenquiries@millom.cumbria.sch.uk

🌐 www.millom.cumbria.sch.uk

Head: Mr I Smith

Millom School is a fully comprehensive 11 - 18 community school for boys and girls. It has a well-established and very successful Sixth Form and serves the town of Millom and a wide rural catchment area. We are proud of our achievements and of our reputation both locally and nationally. We aim to provide an inclusive community of learners in which young people can flourish.

Millom Infants School

Lapstone Road, Millom, Cumbria. LA18 4LP

☎ 01229 772679

Head:

Parkview Nursery School

St Georges Road, Millom, Cumbria. LA18 4LE

☎ 01229 772840

✉ admin@parkview-nur.cumbria.sch.uk

☎ 01229 773909

🌐 www.parkviewnurseryschool.co.uk

Head: Mrs D Earley

'An outstanding school' Ofsted 2006

St James Catholic Primary School

Lonsdale Road, Millom, Cumbria. LA18 4AS

☎ 01229 772731

☎ 01229 770237

Head: Mrs N Nicholas

Thwaites School

Hallthwaites, Millom, Cumbria. LA18 5HP

☎ 01229 772554

☎ 01229 772554

Head: Mrs J Patton

Waberthwaite C of E Primary School

Waberthwaite, Millom, Cumbria. LA19 5YJ

☎ 01229 717664

☎ 01229 717150

Head: Mrs W Sharples

HEALTH & COMMUNITY SUPPORT & ADVICE

Doctors Surgeries

Duddon Valley Medical Practice

Kirkby Surgery Askew Gate, Kirkby-in-Furness, Cumbria. LA17 7TE

A branch surgery runs at:

Broughton Surgery, The Victory Hall, Broughton-in-Furness, Cumbria. LA20 6HN

☎ 01229 889247

☎ 01229 889097

General Practitioners: Dr NL Hall & Dr LA Wilson

Please phone to make an appointment or for Surgery opening times

Millom

Black Combe Health Services

Waterloo House Surgery, 42-44 Wellington Street, Millom, Cumbria. LA18 4DE

☎ 01229 772123

☎ 01229 771300

Opening hours: Monday – Friday 08:30 – 18:30

Practice Manager: Mrs D Cloudsdale

General Practitioners: Dr F A K Adebayo, Dr E A Johnson, Dr G P Pogrel, Dr R C M Walker and Dr P J Walters

Surgeries and Clinics are held throughout the day, for an appointment please phone 01229 772123 or call in at the surgery. Weekend and evening GP services for urgent advice and treatment are provided by Cumbria Emergency Doctors on Call (CueDoc) on 01229 772123 or you can telephone CueDoc direct on 01228 401999

Seascale Surgery

The Health Centre, Gosforth Road, Seascale, Cumbria. CA20 1PN

☎ 019467 28101

Seascale Surgery (Bootle Branch)

The Surgery, Chapel Lane, Bootle, Millom, Cumbria. LA19 5UE

☎ 01229 718711

Monday – Friday: 09:00 – 11.30

Hospitals

Millom Community Hospital

Lapstone Road, Millom, Cumbria. LA18 4LP

☎ 01229 772631

Health Visitors: Anne Todd and Karen Seward

Midwives: Maggie Opie, Julie Church, Gwen Gould and Karen Grist

The Health Visitors offer services which include child health advice, treatments for minor illnesses, developmental checks, delivery of immunisation programmes and prescription of contraceptives. If you think you might be suffering from post natal depression speak to your health visitor or G.P. If you would like to book a home visit please contact Millom Hospital.

Furness General Hospital – Accident & Emergency

Dalton Lane, Barrow in Furness, Cumbria. LA14 4LF

☎ 01229 870870

West Cumberland Hospital

Hensingham, Whitehaven. CA28 7EU

☎ 01946 693181

Teenage Pregnancy Liaison Midwife

West Cumberland Hospital, Homewood, Hensingham, Whitehaven, Cumbria. CA28 8JG

☎ 01946 693181

Ask for Teenage Pregnancy Coordinator at Antenatal Department

NHS Direct

☎ 0845 4647

- 24 hour service

🌐 www.nhsdirect.nhs.uk

Confidential health advice and information for you and your family

Chemist – Boots

48/52 Wellington Street, Millom, Cumbria. LA18 4DE

☎ 01229 772259

☎ 01229 776840

Normal Opening Hours

Monday – Friday: 09:00 – 18:30

Saturday: 09:00 – 12:30

Sunday: Closed

It is advisable to call the Pharmacy before your visit to check the opening times

Chemist – Numark

43 Wellington Street, Millom, Cumbria. LA18 4DG

☎ 01229 772262

🌐 01229 771424

Normal Opening Hours

Monday – Saturday: 09:00 – 18:30

Saturday: 09:00 – 12:30

Sunday: Closed

It is advisable to call the Pharmacy before your visit to check the opening times

Health

Asthma UK Adviceline

☎ 08457 01 02 03

🌐 www.asthma.org.uk

Alzheimer's Society

46 Crellin Street, Barrow-in-Furness, Cumbria. LA14 1DS

☎ 01229 832004

🌐 01229 832005

✉ furnessbranch@btconnect.com

The office is open for members of the public seeking help, support and information regarding Alzheimer's disease and other related dementia. Resource and information centre, providing the most up to date information available, and carers information courses.
Drop in sessions for carers and sufferers – please phone for more information

Action for Blind People Cumbria

Suite 2, Second Floor English Gate Plaza, Botchergate, Carlisle, Cumbria. CA1 1RP

☎ 01228 595121

🌐 01228 595089

✉ carlisle@actionforblindpeople.org

🌐 www.actionforblindpeople.org

Provides information, advice, guidance and support service for all visually impaired people, as well as our existing employment services. Also provides housing, employment, benefits and assistive technology information, advice and support.

Association for Spina Bifida & Hydrocephalus

Lowry Hill, 1 Troon Close, Carlisle, Cumbria. CA3 0EL

☎ 01228 536880

🌐 01228 536880

✉ moiraf@asbah.org

🌐 www.asbah.org

The association offers home visits to people to give advice, support, and advocacy on Spina Bifida & Hydrocephalus. Please ring up if you would like help, advice, information related to Spina Bifida & Hydrocephalus

Cancer Information & Support Centre

Henderson Suite, West Cumberland Hospital, Hensingham, Whitehaven. CA28 8JG

☎ 01946 523313

🌐 www.cancernorth.nhs.uk

Monday-Thursday 8.30am-5pm, Friday 8.30am-2pm.

Services we provide: Information Service, Complementary Therapies, Benefits Advice, Volunteers

Centre for Complementary Care

Ms G Stevens, Muncaster Chase, Muncaster, Raveglass, Cumbria. CA18 1RD

☎ 01229 717355

🌐 www.cccare.org

Place for peace and healing in beautiful natural surroundings. A meeting place for those seeking support and healing. Provides information and treatment to all that seek it, regardless of their financial circumstances.

Cumbria Cerebral Palsy

22 Spencer Street, Carlisle, Cumbria. CA1 1BG

☎ 01228 527796

✉ info@cumbriacerebralpalsy.net

☎ 01228 592126

🌐 www.cumbriacerebralpalsy.net

Cumbria Cerebral Palsy's main areas of work include: Provision of residential care for adults who have cerebral palsy, day care, support work service in the community throughout Cumbria and information services.

Cry-sis

☎ 020 7404 5011

🌐 www.cry-sis.org.uk

Provides emotional support and advice to parents dealing with excessive crying, demanding behaviour or sleep problems.

Diabetes UK North West

First Floor, The Boultings, Winwick Street, Warrington, Cheshire. WA2 7TT

☎ 01925 653281

✉ n.west@diabetes.org.uk

☎ 01925 653288

☎ Careline 0845 120 2960

Adjusting to the knowledge that you or a member of your family has diabetes takes time and it is often helpful to meet other people who live with diabetes and have been through a similar situation. They can offer understanding, help and support at an important time. A good way of finding this help is to join a local Diabetes UK voluntary group. Barrow-in-Furness has a parents support group contact the regional number for details.

Education and Resources for Improving Childhood Continence ERIC

☎ 0845 370 8008

🌐 www.eric.org.uk

Advice, support and resources to help children and young people who bed wet or who wet or soil during the day.

Epilepsy helpline

☎ 0808 800 5050

✉ helpline@epilepsy.org.uk

🌐 www.epilepsy.org.uk

Headway Cumbria

Millstone, Nethertown, Egremont, Cumbria

☎ 019468 20065

Aim to give support and provide social and other activities for Head Injured and their families. Meet on the 2nd Thursday of the month, 7pm, at Allerdale Disability Association, Kerwin Centre, Kerwin Park, Workington. CA14 3SJ

Macmillan CancerLine

If you and your family need information or emotional support you can contact the Macmillan

CancerLine: ☎ Freephone 0808 808 2020, 9am to 10pm Monday to Friday

✉ cancerline@macmillan.org.uk

Opticians – Conlon and sons

17 Wellington Street, Millom, Cumbria. LA18 4DF

☎ 01229 773464

☎ 01229 770501

Normal Opening Hours

Monday- Friday: 09:00 – 16:45

Saturday: 09:00 – 12:30

Mental Health

Community Mental Health Centre

Newlands Unit, West Cumberland Hospital, Whitehaven, Cumbria. CA28 8JG

☎ 01946 66628


Young Minds

☎ 020 7336 8445

🌐 www.youngminds.org.uk

Promotes the mental health of children and young people.


The Parent's Information Service


 0800 018 8445

Offers help and advice regarding concerns about a child's mental health or well-being.

Children's Support Services

Early Support Programme

 0845 60 222 60

 www.earlysupport.org.uk

Support for disabled children and their families, particularly with children under three years of age.


N.S.P.C.C.

 0800 800 5000 (24 Hours)

Helpline for children and young people or anyone concerned about a child or young person at risk of abuse

Counselling

Child Death Helpline

 0800 282 986

Telephone helpline for anyone affected by the death of a child. Whenever you feel the need to talk, however soon or long after your bereavement.

The helpline is open 365 days a year.


Every evening 7.00 p.m. to 10.00 p.m.


Monday to Friday mornings 10.00 a.m. to 1.00 p.m.


and Wednesday afternoons 1.00 - 4.00 p.m.


Couple & Family Counselling

 01946 729667

 www.counsellingbycathy.co.uk

 www.diamondtraining.org.uk

 07885 367489

 cifsmall@aol.com

Counsellor: Cathy Furnival-Small (Accred MBACP, PGC, Couns Dip, Accred)

Specialising in Relationship issues, Sexual Problems, Anger Management, Trauma Abuse, PTSD, Parenting Concerns, Stress and Bereavement. Sessions available individually or as a couple. Group work undertaken. Reduced rates may be considered for those claiming benefits.

Cruse Bereavement Care

Cumbria Branch, PO Box 51, Cockermouth, Cumbria. CA13 0WU

☎ 0707 178 0761

Mon, Wed, Fri: 14:00 – 16:00

☎ 0870 167 1677

& Wed: 19:00 – 21:00

Cruse Bereavement Care is here to promote the well-being of bereaved people, and to enable anyone bereaved by death to understand their grief and cope with their loss, regardless of age (counselling is only available for adults), race, religion, disability, gender or sexual preference, by providing: someone to talk to. Provides FREE bereavement counselling.

It's not your fault

🌐 www.itsnotyourfault.org

Practical information for children, young people and parents going through a family break-up

Rape Crisis

☎ 01900 829729

Helpline: open Monday 1pm - 3pm, Tuesday 10am – 12pm and Thursday 7pm – 9pm
Ansaphone at all other times (if requested, your call will be returned)

Rape Crisis offers a range of supportive, safe and confidential services, these include: Telephone helpline, face to face support and counselling. Rape Crisis also offer a range of training courses including, Personal Safety Awareness and The Effects of Rape and sexual Assault/Abuse. If you think your staff or community group could benefit from these courses please contact the number above.

Relate

21 Church Street, Whitehaven, Cumbria. CA28 7EB

☎ 01946 693035

🌐 www.relate.org.uk

Three self employed counsellors offering couples and individuals relationship counselling and some workshops. Relate will consider helping people with costs under the bursary scheme for 6 sessions on grounds of them being on a low income or in receipt of means tested benefits.

Samaritans

Confidential emotional support helpline for anyone in a crisis

☎ 08457 909090 - 24 hour service

🌐 www.samaritans.org.uk

Steps

Joy Porter – Bereavement Counselling

☎ 01229 468209

Survivors of Bereavement by Suicide

☎ 0870 241 3337 – lines open 9am to 9pm every day

Victim Support West Cumbria

c/o Whitehaven Magistrates' Court, Catherine Street, Whitehaven. CA287PA

☎ 01946 66207

☎ 0845 30 30 900 (National support line)

☎ 01946 62607

✉ supportline@victimsupport.org.uk

Victim Support Cumbria helps residents cope with the effects of crime. We do this by providing confidential support and information to victims of crime and to witnesses attending local courts. Our services are free, independent of the police and courts, and available to everyone, whether or not the crime has been reported and regardless of when it happened.

If you have hearing difficulties, please call using our Text Direct access number: 18001 0845 30 30 90, or you can call our minicom (or text telephone) number on 020 7896 3776.

West Cumbria Carers

Young Carers Project, 12a Selby Terrace, Maryport, Cumbria CA15 6NF

☎ 01900810101

✉ general@westcumbriacarers.co.uk

Providing support to young carers aged from 4-18 years old, offering a number of services including counselling, social events and benefit information and advice

Drug & Alcohol Support Services

Addaction

Market Hall, Market Place, Whitehaven, Cumbria. CA28 7JG

☎ 01946 599413

☎ 01946 592858

✉ whitehaven@addaction.org.uk

Structured day care service for people with substance misuse problems. Acupuncture, group work, individual care plans, one to one sessions and progress to work service including progress and employment support and help with CV's.

Alcoholics Anonymous

☎ 0845 769 7555 Confidential helpline available for all of Cumbria.

CADAS (Cumbria Alcohol & Drug Advisory Service)

52 Paradise Street, Barrow-in-Furness, Cumbria. LA14 1JG

☎ 01229 811111

☎ 01229 811133

✉ info@cadass.co.uk

☎ www.cadass.co.uk

Free non-judgemental counselling, information and training service

Drinkline - The National Alcohol Helpline

☎ 0800 917 8282

09:00 – 23:00 Monday to Friday

Drinkline is confidential and no names need be given.

Drinkline offers the following services: Information and self-help materials; Help to callers worried about their own drinking; Support to the family and friends of people who are drinking; Advice to callers on where to go for help.

Callers to the above number have the option of listening to recorded information about alcohol or talking to an adviser.

FRANK

☎ 0800 776600 – 24 hour service

🌐 www.talktofrank.com

Information about drugs and solvents for those who use them, their friends, families and colleagues

NCABS (North Cumbria Addictive Behaviour Service)

Market Hall, Market Place, Whitehaven, Cumbria. CA28 7JG

☎ 01946 599413

☎ 01946 592858

Works one to one with people with substance misuse problems. Access to a consultant specialising in addictive behaviour.

SIGNPOST

☎ 0800 0838 449

Free, confidential, 24hr help line for friends and family of young substance users

South Cumbria Community Drug & Alcohol Team

The Old Fire Station, 1 Abbey Road, Barrow-in-Furness

☎ 01229 814514

☎ 01229 814517

Straightline

Connexions, 237-241 Dalton Road, Barrow in Furness, Cumbria. LA14 1PQ

☎ 01229 615314

🌐 www.straightline.info

☎ 07739 198152 – Becky Woodhead

☎ 07879 624295 – Sonya Levene

Straightline is a confidential young person's drug and alcohol service (up to 19 years old) offering a wide range of interventions, dependant on the young persons needs. They offer counselling, advice and information, harm reduction and access into other appropriate services.

COMMUNITY

Emergency

Utilities – Emergency

Transco **Gas**: ☎ 0800 111 999 (local rate)

United Utilities **Water**: ☎ 0845 746 2200 (free call)

United Utilities **Electricity**: ☎ 0800 195 4141 (free call)

Community Groups

Age Concern Millom & District

29 King Street, Millom, Cumbria. LA18 4BB

☎ 01229 774573

☎ 01229 774573

🌐 www.ageconcern.org.uk

Support for older people and their carers, inclusive of day care provision, outreach services, transport help and general information. Also volunteering opportunities.

Community Police

To report an incident or contact your community police officer 0845 33 00 247

Community Police Officers are - Millom Town Centre PC Mitch Franks - Holborn Hill/Blackcombe area PC Sue Addyman - Rural villages PC Matt Knott

Crimestoppers

☎ 0800 555 111

Call the free, anonymous Crimestoppers line if you have information about a crime.

Millom Council Centre

20 St George's Road, Millom, Cumbria. LA18 4DD

☎ 01229 772666

🌐 www.copelandbc.gov.uk

Millom Council Centre offers advice and information on most aspects of local government, Town, Borough and County Councils.

Millom Library

St Georges Road, Millom, Cumbria. LA18 4DD

☎ 01229 772445

✉ millom.library@cumbriacc.gov.uk

Adult Reading Group meets on the second Thursday of every month from 17:30 – 18:30

Chatterbooks Junior Reading Group meets on 3rd Thursday every month from 16:00 – 17:00

Teen talk meets once per month (phone or email for dates and times)

Millom Register Office

The Council Centre, St. Georges Road, Millom. LA18 4DD

☎ 01229 772357

☎ 01229 773412

Superintendent Registrar: Mrs Victoria Powell

Deputy Officer: Mrs Debbie Hall

Opening Times: Monday - 10.30am to 1.00pm

Tuesday - 12.00noon to 2.30pm

Friday - 10.30am to 1.00pm

To register births, marriages and deaths

RECYCLING:

Haverigg Foreshore (glass, cans, paper and textiles).

Millom - Somerfield (glass, cans and paper).

Millom - Redhills civic site (cans and paper)

For general recycling enquiries call Copeland Council (01946) 852964

Voluntary Action Cumbria

The Old Stables, Redhills, Penrith, Cumbria, CA11 0DT

☎ 01768 840827

☎ 01768 242134

✉ vac@ruralcumbria.org.uk

VAC is the Rural Community Council for Cumbria, and works with people and communities to improve the quality of life in rural Cumbria. Responsible for the delivery of a wide range of advice, information and support services to rural communities across Cumbria by: Providing access to information and advisory networks; Advocating the needs of rural Cumbria to decision makers in the public and private sectors, within Regional, National and European Forums; Enhancing community confidence and ability to explore and bring about change; Enabling communities to access resources with which to realise their ambitions.

Housing

Copeland Homes

☎ 0800 7836807

✉ info@copelandhomes.org.uk

🌐 www.copelandhomes.com

Provides a range of housing services including sheltered housing

Cumbria Action for Social Support Ltd

Unit 8, Windermere Building, Lakes Road, Derwent Howe, Workington, Cumbria. CA143Y

☎ 01900 872772

☎ 01900 872261

✉ workington@cass-cumbria.co.uk

Provides temporary supported accommodation to single homeless, offenders, ex-offenders and other vulnerable groups in the West Cumbria and Carlisle area. accommodation advice service to probation clients.

DIGS (CUMBRIA)

DiGS, Tangier Building, Greggs Lane, Whitehaven. CA28 7UH

☎ 01946 694166

Helps people into private rented accommodation by underwriting deposits required by private landlords. May be accessed by a network of referral agencies comprising of CAB, connexions and Probation Service

Home Housing

6 Newton Street, Millom, Cumbria. LA18 6DR

☎ 01229 773200

☎ 01229 770281

☎ 0845 606 3033 (all enquiries)

🌐 www.homehousing.org.uk

Local office, providing homes to rent throughout the Millom area. For all client groups, adapting properties for special needs where necessary

Housing Benefits Queries

Benefits Office, PO Box 91, The Copeland Centre, Catherine Street, Whitehaven, Cumbria. CA28 7SJ

☎ 01946 852585

☎ 01946 598309

✉ info@copelandbc.gov.uk

🌐 www.copelandbc.gov.uk

Can answer queries on housing benefit and council tax

Impact Housing Association – West Cumbria Floating Support

Nook Street, Workington, Cumbria. CA14 4EH

☎ 01900 842100

✉ enquiry@impacthousing.org.uk

🌐 www.impacthousing.org.uk

This service is to provide tenants both new and existing, to people of all ages with a variety of needs, across a range of landlords with the support they need to establish and/or sustain their tenancy and improve their quality of life. The scheme is available to both male and females regardless of age, who have a need for a support in order to sustain their tenancy. Can offer advice on Benefits advice, Pre Tenancy planning, Debt management, Rent arrears advice, Access to other agencies /services, Help in finding alternative housing. Also offers supported accommodation for 16-21 year olds.

Impact: Women's Refuge

☎ 01228 591995

Shelter

☎ 0844 5151945Free

☎ Emergency Helpline 0808 800 4444 available 08:00–midnight

Free confidential advice for people with housing problems.

Finance & Benefits

Citizens Advice Bureau – Millom & District

Advice Building, St George's Road, Millom. Cumbria. LA18 5BA

☎ 01229 772395


☎ 01229 774817


Opening hours: Monday, Tuesday, Thursday 10:00 – 15:00


Free confidential and impartial advice on any subject including - debt, benefits, housing, employment, health, consumer problems, education, taxes, legal issues etc. We can provide representation at Social Security appeal tribunals and some County Court hearings. Available to any member of the public. Home visits and out of hours appointments made on request. Exercises responsible influence on social policy.


Jobcentreplus


Government Buildings, St Georges Road, Millom, Cumbria. LA18 5DN


 01229 753700 Millom Job Centre


 www.jobcentreplus.gov.uk


 0845 6009512
To make a claim new benefit claim
Parents


 0800 868868
Information and advice for Lone


 0845 6088545
Income Support Section


 0845 6088545
JSA Section


 0845 6088545
Incapacity Benefit


 01524 598136
Budgeting Loans Enquiries


 0845 6060234
Information about Job vacancies
New Deals


 0845 6062626
Information & advice about all


 0845 3003900
Working & Child Tax Credits


 0845 3021444
Child Benefit


 08457 123456
Disability Living Allowance


 01253 856123
Invalid Care Allowance


 0845 6060265
Retirement Pension & Pension Credit


 0845 6088526
Bereavement Benefits


 0800 882200
Benefit Enquiry line for Disabled People


 0845 9151515
Winter Fuel Helpline


 0845 6000678
National Minimum Wage Helpline

 08457 133133
CSA Enquiry Line

 01524 598098
Community Care Grant


 01524 598048
SureStart Maternity Grant


 01524 598055
Funeral Payments

 01524 598138
Crisis Loan

Millom & District Credit Union

3 Market Square, Millom, Cumbria. LA18 4HZ

 01229 775877

 01229 775877

A community bases savings and borrowing organisation that is owned, run and controlled by its members. Loans can be obtained by members against shares at very low interest and easy terms.

Sports - Leisure - Recreation

Badminton Club – Millom

 www.activeincumbria.co.uk

Practice 8pm-10pm Monday, matches Wednesday. Thwaites Village Hall (during season only)

Beavers, Cubs, Scouts

Beavers 6 to 8 yrs - Mrs D Tyson 01229 772033 - www.scouts.org.uk/beavers

Cubs 8 to 10 yrs – Mrs D Vernon 01229 773232 - www.scouts.org.uk/cubs

Scouts 10 to 14 yrs – Mr J Bell 01229 773154 - www.scouts.org.uk/scouts

Black Combe Casuals Junior Football Club

Mike Hathaway

 01229 716334


 www.activeincumbria.co.uk

 mike.hathaway@tinyworld.co.uk

Mixed ability football coaching for under U8 – U16 age groups. Training takes place on various evenings at different venues, phone for more details. Cost £1 per session for indoor training only (training outside is free)

Match Venues: Wilson Park (MRUFC) and Haverigg Prison Football Pitch. Match fees £1.50

Black Combe Runners


 www.bcrunners.org.uk

 www.activeincumbria.co.uk

Mixed ability. Meet Tuesday evenings 6.30-8.00 at various local venues. See website for details

Duddon Villa Football Club

Paul Brumby

 01229 775005

Under 11s. Training takes place at Bootle AFC, although days and times vary. Yearly membership £10.

Cumberland & Westmorland Wrestling

Waberthwaite Village Hall

Tuesday: 19:00

Haverigg Cricket Club

Haverigg Cricket Club, The Square, Haverigg, Cumbria. LA18 4EW

☎ 01229 771162 (Simon Bremmer)

✉ simonbremer@aol.com

☎ 01229 770759 (Graeme Bickerstaffe)

✉ gratan@fsmail.net

🌐 www.haverigg-play-cricket.com

A registered charity established to promote participation in health recreation for the benefit of inhabitants of Haverigg and the surrounding areas by the provision of facilities and services for sport. Junior U11, U13, U15 and U17. Membership £1 per year. Training 6pm Wednesday

Holborn Hill Youth Brass Band

Band Room Holborn Hill

Tuesday 17:45 – 19:15

Saturday 09:45 – 11:15

Karen's School of Dancing

☎ 01229 77466

Tap, ballet, modern and hip hop dancing classes for children from 3 years upwards. Contact Karen Carter on the number above for details.

Millom Cricket Club

Pavilion, St Georges' Road, Millom, Cumbria. LA18 4AJ

☎ 01229 772839

Millom & District Sports for the Disabled

Vivien Birkett

☎ 01229 775135

Monthly sports/activities; outings and social events as arranged. Meets monthly on the 2nd Friday of the month 7-9pm, Millom Guide Hall. Raffle, cards, bingo and dominoes. Transport arranged, tea, coffee, sandwiches and cakes. Annual membership £2 - trips, dinners etc

Millom Amateur Football Club

Shaun Hannah

☎ 01229 771486

Football coaching and training for over 16's. Monday 6pm at Millom Rugby League ground, Devonshire Road. Yearly membership £6, plus £1 per week.

Millom Judo Club

Roger Bradley. Unit 7B, Devonshire Road Industrial Estate, Millom

☎ 01229 773070

🌐 www.activeincumbria.co.uk

Wed 18.00 - 20.00 (beginners and junior), Thurs 18:30 – 20:30 (more advanced juniors and seniors). Junior membership £2.50 per year plus £2 per training session. Mixed Ability. Juniors: 5 years old to 16 years old. Senior 16+ years old.

Millom Mini Rugby League

Ian Wright

☎ 01229 772995

🌐 www.activeincumbria.co.uk

Training days and time vary. Mixed ability for age groups 7-11 years and 11-16 years. Annual membership £5.00, no charge for training sessions. Venue: Millom Rugby League, Devonshire Road, Millom. LA18 4PG

Millom Recreation Centre

Lancashire Road, Millom, Cumbria. LA18 4BX

☎ 01229 774985

☎ 01229 774985

Various activities for mixed age groups and abilities. A range of equipment is available for hire. Concessions.

Millom Rugby Union Football Club Ltd

Wilson Park, St Lukes Road, Haverigg, Millom, Cumbria. LA18 4LU

☎ 01229 770401

🌐 www.mrufc.co.uk/Junior

Mini Rugby for age 4 years upwards, training days and time vary

Millom Railway & Scale Modellers

St Georges Hall, Lapstone Road, Millom

☎ Keith Clarke: 01229 775509

Tuesday & Thursday 19:00

Millom School Swimming Pool

Salthouse Road, Millom, Cumbria. LA18 4AB

☎ 01229 719650

Phone the pool manager, Janette Yates, to book the pool for private sessions, Swimming Instructors: Paul Simons, Ros Simpson
Lifeguards: Glenn Chesher, Richard Holmes, Connor Mitchell, Ben Yates and Alex Morris

Moore Arts: Millom

Director: Jakki Moore

☎ 01229 776389

✉ jakki@jakkimoore.com

Funded by Copeland Borough Council and Arts Council of Great Britain. Jakki is a local Theatre Practitioner working with various groups and schools to promote and develop young talent working on acting skills and theatre skills such as lighting design, costume, front of house etc working closely with new Directions and Theatre by the Lake, Keswick.

Rainbows, Brownies, Guides & Rangers

☎ 01229 772834 Mrs A Eland, District Commissioner
Rainbows: 5 to 7 yrs - www.girlguiding.org.uk/rainbows
Brownies: 7 to 10 yrs - www.girlguiding.org.uk/brownies
Guides 10 to 14 yrs - www.girlguiding.org.uk/guides
Rangers 14+ - www.girlguiding.org.uk/seniorsection

Rural Edge Actors – Theatre for young people

St George's Hall, Lapstone Road, Millom
For 11-18 yrs - for more information, contact Jakki on: 01229 776389

South Cumbria Sea Sports Association

Phil Driver 774777; Steve Hicks 774122; Brian Crawford 01229 777648

Open to members of all ages ☎ scssa@tiscali.co.uk

Young Farmers Club

UCLAN, Newton Rigg, Penrith, Cumbria, CA11 0AH

☎ 01768 866550 ☎ countyoffice@cumbriayfc.co.uk
🌐 www.cumbriayfc.co.uk


A range of activities including competitions, sports, charity work, travel & quizzes for 10 - 26 year olds

Broughton YFC: 8pm Wednesday Broughton Methodist Church

Drigg YFC: 7.30pm Tuesday, Gosforth Methodist Hall

Children & Young People

Care to Learn


 0845 6002809

 caretolearn@manchester.gov.uk
 www.dfes.gov.uk/caretolearn

For young parents: If you are under 20 and want to start or return to learning, Care to learn may be able to pay for your childcare and extra costs.

For providers: Find out how Care to Learn can fund childcare for young parents who want to continue their learning.

Childline

 0800 1111


www.childline.org.uk

Helpline for children and young people at age 18, in danger, distress or with any problem
Childline is the free helpline for children and young people in the UK. Children and young people can call us on 0800 1111 to talk about any problem – our counsellors are always here to help you sort it out.

Connexions

Millom Network Centre, Salthouse Road, Millom Cumbria. LA18
Monday 13:00 – 16:00

 01229 719650

 Connexions Cumbria - Freephone 0800 435709

 info@connexionscumbria.co.uk

 www.connexionscumbria.co.uk

Connexions is the Government's support service for all young people aged 13 to 19 in England. It also provides support up to the age of 25 for young people who have learning difficulties or disabilities (or both). Through multi-agency working, Connexions provides information, advice, guidance and access to personal development opportunities for young people. It aims to remove barriers to learning and progression, and ensure young people make a smooth transition to adulthood and working life.

Millennium Volunteers

4-6 Oxford Street, Workington, Cumbria. CA14 2AH

☎ 01900 607304

✉ mv-west-cumbria@btcv.org.uk

🌐 www.mv-cumbria.org.uk

Encourage, support and recognise 16-24 year olds who want to volunteer. MV gives young people a chance to build on what they're into, to develop themselves and really help their community at the same time. There are other rewards too: a 100 hour Award signed by the Minister for Young People and Learning and an Award of Excellence signed by the Secretary of State for Education and Skills when they reach the 200 hour target. These are both nationally recognised and a valuable asset on any young persons' CV.

Millom Youth Centre

Horn Hill, Cumbria. LA18 5DP (behind the Job Centre)

☎ 01229 777500

🌐 www.millomyouthcentre.co.uk

Monday 18:00 – 20:00 Boys Night

Tuesday 17:00 – 18:00 Dance

18:00 – 20:00 Girls Night

Wednesday 15:00 – 17:00 Positive Activities for Young People (PAYP)

17:00 – 19:00 Haverigg Youth Club, St Luke's, Haverigg – everyone

welcome

Thursday 18:00 – 20:00 Duke of Edinburgh

Prince's Trust

Unit 37, Phoenix Court, Cleator Moor, Cumbria, CA25 5PT

☎ Free Phone 0800 842842

☎ 01946 817940

☎ 01946 814932

🌐 www.princes-trust.org.uk

Are you aged 14 to 30 years old? Maybe it's training or education, or your dream of starting a business, or maybe you just want a break out of a rut. Whatever you want and where ever you are, The Prince's Trust can help you go forward in many different ways. For more information visit their website or call the free phone number above.