

Directory of Services

Barrow-in-Furness

Active living in Cumbria



Choice



Independence

Community

Well-being



About this directory

Welcome to this new directory of services from Cumbria County Council's Adult Social Care. The aim of the directory is to support 'Active living in Cumbria' by providing people with information about the range of services and support available to them.

This part of the directory will tell you more about 'Active living in Cumbria' and how to use the directory. There is then a contents page followed by the list of services and organisations in your area.

Active living in Cumbria

Active living in Cumbria is about enabling people to be as independent as possible so they can live full, active and healthy lives in their own homes. People needing support should have choice and control over the services they receive. These services should support people to be independent and prevent unnecessary admissions to hospital or long term care.

This directory supports 'Active living in Cumbria' by providing people with information about the full range of services and support available to them. For people needing support, the directory can help them choose different ways of meeting their needs using their personal budgets.

We have published directories in the past and these have concentrated on the needs of vulnerable and disabled people and traditional social care services like residential homes, day centres and home carers. This new directory is for everyone and aims to include the full range of services and support available.

For example, you will find information about:

- **Keeping healthy and well:** health services, leisure activities, help with benefits and finance;
- **Getting involved in your community:** churches, community groups, learning, employment, volunteering, transport, information and advice;
- **Keeping safe at home:** housing, cleaners, handymen, equipment for the home;
- **Becoming a carer:** carers support, carers assessment; and
- **Managing long term conditions:** support groups, personal care, residential and nursing homes, extra care housing.

Personal budgets

Cumbria County Council's Adult Social Care is introducing personal budgets for people who are assessed as needing support. Personal budgets are part of what is called self directed support. They enable people to get more involved in arranging the support they need giving them greater choice and control.

Having carried out an assessment of need, Adult Social Care will tell people how much money could be made available to meet their needs. They can then, with help if needed, produce a support plan which says what kinds of support they would like to see to meet these needs.

To produce a support plan, people need to know what kinds of support are available. This directory of services can help people choose the services they would like to include in their support plan. The directory includes basic information about a wide range of services and organisations. People interested in any services can then contact them to find out more for example costs and availability.

Once we've agreed a support plan, we will make the money available to pay for the services included in the plan. This amount of money is called a personal budget. Following a financial assessment, people will also be told how much, if any, they will need to contribute towards their personal budget.

How to use this directory

The directory includes contact details and a brief description of organisations providing services and support in your area. The organisations are grouped under headings for the kinds of services and support they provide. Organisations providing a range of different services will be included under the heading of their main area of work. We have included cross references to other headings where useful organisations may be found.

The aim of the directory is to act as a signpost to sources of services and support. As only brief information is included, you may well need to contact organisations to find out more about what they do, who it is for, any costs and availability.

We have published six directories, one for each of the six district council areas of Cumbria: Carlisle, Eden, Allerdale, Copeland, South Lakeland and Barrow-in-Furness. Local organisations are included in the directory for the area in which they are based. You may find that organisations provide services to neighbouring districts too so you may wish to look at directories for those areas if you cannot find what you are looking for. We have also included some of the main national and regional organisations who provide services across the county.

For people who have used our previous directories, you will see we've made a lot of changes. We have included a wider range of organisations and changed the headings to make the directory easier to use and find information. We no longer publish a countywide directory. People needing information for the whole of Cumbria will need to refer to the six local directories. All of the directories are available for download from our website.

A checklist

- If you are not sure what you are looking for, try the contents list for an idea of what information is available.
- If you are looking for a specific kind of service, find the heading for the service in the contents list and refer to the relevant page.
- If you find a service you are interested in, use the contact details in the directory to contact the organisation to find out more. We have included website addresses where we have them.
- If you cannot find what you are looking for, try some of the websites listed in the directory or contacting organisations like Adult Social Care, Libraries, Age UK (formerly Age Concern), Citizen's Advice Bureau or Carers organisations.

Let us know what you think

We would welcome your comments and suggestions about these new directories. Are the right sorts of services and support included? Is the information easy to find? Please let us know.

While Cumbria County Council has taken care to ensure that the information published in this directory is correct, we cannot accept responsibility for omissions or inaccuracies or any consequences arising from these.

We have included services and organisations our Public Information staff have been made aware of and which we consider to be consistent with the aims of the directory.

Where we have included a service or organisation, this should not in any way be considered a recommendation or implied approval of that service or organisation and its work.

In the residential homes, nursing homes and personal care sections, our aim has been to include all providers registered with the Care Quality Commission. However, details change and for a current list of registered services, please check with the Care Quality Commission.

If you see an errors or organisations or services you think should be included, please let us know:

Peter Knock

Public Information Manager

Adult Social Care

Cumbria County Council

County Offices

Kendal Cumbria LA9 4RQ

Telephone: 01539 713379

Email: peter.knock@cumbriacc.gov.uk

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Benefits and finance

Benefits

Barrow Industrial Injuries

Disablement Benefit Centre,
Mr Clive Richardson,
DWP Mailroom, Royal Mail Preston,
Pitman Way, PRESTON,
Lancashire PR11 2BJ
01229 842700

Deals with claims for Income Support, Invalidation Benefits, Bereavement and Retirement benefits, as well as giving advice and information on all social security benefits for the Workington area.

Council Tax Helpline

Ms Lynne Thompson, Craven House,
3rd Floor, Michaelson Road,
BARROW-IN-FURNESS,
Cumbria LA14 1AF
01229 404242

www.jobcentreplus.gov.uk
Offers advice and information regarding Job Seekers allowance and any other benefits. Also offers advice on job seeking, interviewing skills, CVs, and has all the latest current vacancies.

Independent Living Fund

General Enquiries, PO Box 7525,
NOTTINGHAM NG2 4ZT
0845 6018815/0115 9450 700
funds@ilf.org.uk
www.ilf.org.uk

Provide funding to enable severely disabled people to employ care to enable them to live at home. Criteria: aged 16–65, receive high rate care DLA, £320 net pw care/ services from Adult Social Care and have savings of less than £22,250.

Jobcentre Plus

Mr Brian Shannahan, Craven House,
Michaelson Road,
BARROW-IN-FURNESS,
Cumbria LA14 1AE
0845 604 3719
www.jobcentreplus.gov.uk

Jobcentre Plus supports people of working age from welfare into work, and helps employers to fill their vacancies. They provide benefits including income support, job seeker's allowance and incapacity benefit. The Benefit Enquiry Line can offer advice on disability benefits and carer's allowance on 0800 88 22 00 or textphone: 0800 24 33 55. Pension Service can offer advice on the State Pension, Pension Credit, Winter Fuel Payment and related benefits on 08456 060 265 or textphone: 0800 731 7339.

Benefits advice

See 'Citizen's Advice Bureau'

Charities

AFTAID – Aid for the Aged in Distress

Josick Harel,
18 Hand Court, High Holborn,
LONDON WC1V 6JF
0870 803 1950
info@aftaid.org.uk
www.aftaid.org.uk
Support for elderly people in distress through grants for urgently needed items.

H.E.L.P. Organisation

Quate Zhelp,
Haven & British Holidays,
1 Park Lane, HEMEL HEMPSTEAD,
Herts HP2 4YL
0870 2424 300
enquiries@havenholidays.com
www.havenholidays.com
Registered charity offering holidays for one parent families. Please phone above number for brochure and price list. Offers high quality, low cost, self-catering accommodation.

Independent Age

Mr E Lowe, 15 Wellgate, Scotby,
CARLISLE, Cumbria CA4 8BA
01228 513030
charity@independentage.org.uk
www.independentage.org.uk

Permanent financial help to those who have held positions of responsibility for others and who have low incomes and savings. Must be over 70.

Merchant Seaman's War Memorial Society

Mr T Goacher,
Springbok-Radcliffe Alfold,
CRANLEIGH, Surrey GU6 8EX
01403 752555
deborah.burgess@mswmsociety.org.uk

www.mswmsociety.org.uk
Charity providing housing for single men over 40 years and married couples over 60 years who have served in the Merchant Navy, Royal Navy etc. Low cost accommodation available on Springbok Estate in Surrey. Supported living and holidays.

Royal British Legion – Cumbria & IOM

Ms. Karam Herrington-Howell,
Third Floor Station House,
Station Road, KENDAL,
Cumbria LA9 6RY
01539 734411
kherrington-howell@britishlegion.org.uk
Wide range of caring and support services for eligible ex-servicemen and dependents; support for carers and the people for whom they care; work with many charities and statutory agencies.

Association of Charity Officers (ACO)

Five Ways, 57–59 Hatfield Road,
POTTERS BAR, Herts. EN6 1HS
01707 651 777
info@aco.uk.net
www.aco.uk.net
Helping Charities (ACO is a voice for grant-giving charities), helping people (helpline for individuals in need, signposting service to grant-giving charities).

Veterans Welfare Service

John Maguire, Government Buildings,
Spur A, Cop Lane, PENWORTHAM,
Lancashire PR1 0SA
01772 405908

john.maguire@spva.gsi.gov.uk

The veterans' Welfare Service will provide help, advice and support to existing war pensioners and war widows. Advice can also be given to those expressing an interest in claiming for the first time.

Cold weather/ winter fuel payments

Energy Savings Trust Advice Centre

Suzanne Burgess,
12C Allanbrook Road,
Rosehill, CARLISLE,
Cumbria CA1 2UT
01228 538379

advice@est-northwest.org.uk

www.energysavingtrust.org.uk

Energy Savings Trust Advice Centre is hosted by Tadea and provides free, impartial energy efficiency advice to householders all over Cumbria.

Keep Warm Keep Well

www.keepwarmkeepwell.
direct.gov.uk

See also 'Age Concern/Age UK'

Concessions

See 'Leisure'

See 'Transport'

Direct payments (care)

See 'Adult Social Care'

Direct payments (benefits)

See 'Benefits'

Funeral costs

See 'District councils'

See 'Adult Social Care'

NHS costs

NHS Choices

www.nhs.uk

Retirement and pensions

The Pension Service

08456 060 265

www.direct.gov.uk

See **Financial Advisers** in the **Phone Book** or **Yellow Pages**

See also 'Age Concern/Age UK'

Welfare rights service

See 'Citizen's Advice Bureau'

Carers

Carers assessment

See 'Adult Social Care'

See 'Carers Support'

Carers support

Carers UK

20 Great Dover Street,
LONDON SE1 4LX
020 7378 4999

www.carersuk.org.uk

Carers UK is a national organisation which offers information and advice to carers. Membership costs and details are available from membership@carers.org.uk. The Helpline is open Wednesdays and Thursdays 10am–12pm & 2–4pm.

Furness Carers

Craig Backhouse,
Hindpool Community Centre
Nelson Street
BARROW-IN-FURNESS
Cumbria LA14 1NF
01229 822822

info@furnesscarers.co.uk

Furness Carers covers Barrow and Furness and offers: a listening ear; individual/group support; carers assessments; respite; personal care

etc. Open Mon–Fri 9am–5pm.
Including support for young carers aged 5–18 years.

MENCAP Carers Network

Sue Maguire, Office building,
Mardale Road, PENRITH,
Cumbria CA11 9EH

01768 868854

www.mencap.org.uk

Mencap Carers Network provides information, advice and signposting to all family carers supporting an adult relative with a learning disability throughout Cumbria.

Princess Royal Trust for Carers

Unit 14, Bourne Court,
Southend Road,
WOODFORD GREEN,
Essex IG8 8HD

0844 800 4361

info@carers.org

www.carers.org

The Princess Royal Trust for Carers is the UK's leading provider of carers services. Its network of carers centres offers locally emotional and practical support to carers and ensures the carers voice is able to influence local services.

Young Carers – Cumbria County Council

Katie Clarke, Children's Services,
Children's Centre, Moorclose Road,
WORKINGTON,
Cumbria CA14 5AP

07754 330135

katie.clarke@cumbriacc.gov.uk

Katie Clarke is Young Carers Officer working for Children's Services within Cumbria County Council.

Young Carers – youngcarers.com

www.youngcarers.com

Useful website listings for young carers to find information and advice on a range of subjects.

Carers Emergency Card Scheme

Carers Emergency Card Scheme

Carers Organisations in Cumbria Carers Emergency Card Scheme provides carers with contingency plans which can be put into place should they be unable to carry out their caring role in an emergency. Carers can ask for a card through their local Carers Organisation.

Respite care/breaks

See 'Respite care/breaks' under 'Social care'

Churches and religious organisations

Churches Together in Cumbria
www.churchestogethercumbria.co.uk

UK Church Directory
www.ukchurch.org

Community support

Befriending

See 'Age Concern/Age UK'

Churches and religious organisations

See 'Churches and religious organisations'

Volunteering

See 'Employment'

Emergency services

Police

Dial **999** for emergencies or **0845 33 00 247** for non-emergencies.

Fire Service

Dial **999** for emergencies or call local fire station for non-urgent matters.

Ambulance

Dial **999** for emergencies.

Mountain Rescue

Dial **999** for emergencies, ask for Police then Mountain Rescue

Employment & volunteering

Department of Work and Pensions

www.dwp.gov.uk
Benefit Enquiry Line (disability benefits) 0800 88 22 00 (textphone 0800 22 06 74). Carer's Allowance Unit 01253 856123 Tax Credits helpline 0845 300 3900.

Jobcentre Plus

Mr Brian Shannahan,
Craven House, Michaelson Road,
BARROW-IN-FURNESS,
Cumbria LA14 IAE
01229 893300

www.jobcentreplus.gov.uk

Offers advice and information regarding Job Seekers allowance and any other benefits. Also offers advice on job seeking, interviewing skills, CVs, and has all the latest current vacancies.

Making Space Employment

Development Barrow, Kath Towse,
College House, Howard Street,
BARROW-IN-FURNESS,
Cumbria LA14 INB
01229 823611
kath.towse@makingspace.co.uk
www.makingspace.co.uk

Employment development service finding employment, education, training, supported, permitted and voluntary work for service users. Office hours Mon–Wed 9am–5pm.

Voluntary Action Cumbria
Mrs A Scamans, The Old Stables,
Redhills, PENRITH,
Cumbria CA11 0DT
01768 242130

www.ruralcumbria.org.uk.

Voluntary Action Cumbria exists to promote the well being of rural communities and to encourage voluntary initiatives. It provides a broad range of advice, information and support services to rural communities, community groups and individuals.

Cumbria CVS – Barrow

72–74 Scott Street,
BARROW-IN-FURNESS,
Cumbria LA14 IQE
01229 823144

barrow@cumbriacvs.org.uk
www.thirdsectorcumbria.org.uk/support_cumbria

Cumbria CVS supports, informs and promotes the Third Sector (voluntary and community organisations) in Cumbria. We can provide contact details and a description of the services provided by their voluntary and community member organisations.

Equipment

Advice

For advice on disability equipment and adaptations, contact:

Advice Centres - you can discuss your equipment or minor adaptation needs with specially trained staff called 'trusted assessors'. For your local Advice centre, see the list on the Adult Social Care website: www.cumbria.gov.uk/adultsocialcare/services/ot/selfassess.asp or contact your local Adult Social Care office (see 'Adult Social Care')

Accredited retailers - these are equipment retailers accredited with Adult Social Care and the NHS. For your nearest accredited retailer see the list on the Adult Social Care website: www.cumbria.gov.uk/adultsocialcare/services/ot or contact your local Adult Social Care office (see **'Adult Social Care'**)

Retailers - listed in the 'Disability equipment and adaptations' section.

British Red Cross Medical Loans

British Red Cross

76 Warwick Street,
BARROW-IN-FURNESS,
Cumbria LA14 5HB
01229 835410

www.redcross.org.uk

Our services include medical loan, transport and escort, care in the home, therapeutic care and skim cam. Volunteers on duty Wednesday, 10am to 1pm.

Commodes

NHS Choices

www.nhs.uk

See also **'British Red Cross Medical Loans'**

Community alarms / telecare / assistive technology

Care-First

Furness Carers
Hindpool Community Centre
Nelson Street
BARROW-IN-FURNESS,
Cumbria LA14 INF
01229 822822

john@natterjacks.org.uk

Care-First is a project of Furness Carers Association providing a range of equipment tailored to individual needs and installed in the home. Includes alarm units with a pendant worn around the neck and fall detectors.

Homelink Service

Mrs C Cole, Cavendish House,
78 Duke Street
BARROW-IN-FURNESS,
Cumbria LA14 IRR
01229 876333

Homelink's alarm service connects individuals to a 24 hour monitoring service via a standard telephone line. The alarm is triggered by pressing a button on the alarm's unit or on a pendant worn about the person, which operates in and around the home.

For Telecare see **'Adult Social Care'**

Disability equipment and adaptations

Anchor Staying Put Barrow

Mrs H Webb, Lakeland Pennine Buildings, Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 IXL
01229 813330

stayingput.barrow@anchor.org.uk
www.anchorstayingput.org.uk

Anchor Staying Put works in partnership with the Local Authority, offering advice, support and assistance with home improvements and repairs for older or disabled owner-occupiers and private tenants in Barrow area.

Beejay Mobility Services

Mark Crowther,
The Mobility Centre,
85-87 Euston Road, MORECAMBE,
Lancashire LA4 5JY
0800 16 30 82

mail@bjmlimited.co.uk
www.bjmlimited.co.uk

Sales, service and repair of wheelchairs, scooters, stairlifts, walking frames, commodes, lifting, kitchen and bathroom aids. Adjustable Beds, Rise and Recline chairs, Bath lifts and home nursing equipment.

Diddys Mobility

David Hughes
01229 467811
david.diddys@googlemail.com
www.diddysmobility.co.uk

Retailer of mobility and disability equipment and adaptations.

Dolphin Stairlifts Cumbria

Mr J Clegg, Unit IE,
Tollbar Workshops, Station Road,
SEDBERGH, Cumbria LA10 5HA
015396 25444
dolphin@jjclegg.f9.co.uk

Friendly, professional installation and maintenance of a wide range of new and reconditioned stairlifts from all the UK's leading manufacturers. We also install home lifts, platform lifts, wheelchair lifts. Based in Cumbria to serve the whole county.

Easibathe

D Cook, Independence House,
Federation Way,
Lancaster Road, DUNSTON,
Tyne and Wear NE11 9JR
0191 4602777

info@easibathe.com
www.easibathe.com

Specialist bathroom equipment for the elderly and infirm. Half-height shower doors, flat floor shower trays etc.

Fox & Medcalfe (1980) Ltd.

Mike Sheard, 36 King Street,
LANCASTER, Lancashire LA1 1RE
01524 32933

foxmed@wyrenet.co.uk

Home necessities for the disabled. Free prescription collection/delivery service available for the disabled within the area. Monitored dosage system (subject to GP or weekly charge). Aids for disabled living.

Lift Able Ltd

Tina Bell, Easter Park,
Teesside Industrial Estate,
THORNABY, Cleveland TS17 9NT
01642 763646/768590
enquiries@liftable.co.uk
www.liftable.co.uk

Manufacture, supply, installation and service of new and reconditioned straight stairlifts. Also curved/spiral stairlifts, vertical and inclined platform lifts and through the floor lifts for wheelchair users who need access to different levels.

RDK Mobility

Nigel Leinweber
0800 1075 122
sales@rdkmobility.co.uk
www.rdkmobility.co.uk

We are committed to help you with Mobility Scooters, Wheelchairs, Disability Walking Aids, Walking Frames, Walking Sticks, Easy Access Mobility Ramp or Aids for leisure and easier living and general healthcare.

The Force Ten Co Ltd

6 Beckley Parade, Leatherhead Road,
GREAT BOOKHAM, Surrey KT23
4RQ
01372 450887

sales@forcetenco.co.uk
www.forcetenco.co.uk

Suppliers of a very wide range of products to assist the needs of those with sight loss and hearing impairments. Our aim is to discuss with you your specific needs and to supply the right equipment to assist in the home, education or employment.

Shopmobility

Shopmobility, Furness

Mrs L Wood, Oldham Street
carpark, School Street,
BARROW-IN-FURNESS,
Cumbria LA14 1EJ
01229 434039

Free hire of wheelchairs, electric wheelchairs and scooters to people with mobility impairments to enable access to the town centre shops and pedestrian areas. Ample disabled car parking next to the building.

Telephones

British Telecom (Age & Disability Unit)

Allison Billington (Age & Disability Advisor), Post Point 406, BT, Telephone Exchange,
3/5 Jubilee Street,
BLACKBURN, Lancs BBI IEP
0800 808 150
allison.billington@bt.com
www.btplc.com/age_disability

Provides telecommunication services & advice for elderly and disabled. When calling ask for Age & Disability.

Toilets for disabled people

RADAR

12 City Forum, 250 City Road,
LONDON EC1V 8AF
020 7566 3222
radar@radar.org.uk
www.radar.org.uk

RADAR administers the National Key Scheme (NKS) which offers disabled people independent access to around 7,000 locked public toilets around the country.

Wheelchairs

NHS Choices

www.nhs.uk

Health care

Advice

For advice and information on health care matters:

Contact your GP or GP's surgery
NHS Direct on 0845 4647

In case of emergency dial 999 and ask for an ambulance

Internet: NHS Choices www.nhs.uk

Clinics

NHS Choices

www.nhs.uk

Doctors

NHS Choices

www.nhs.uk

Healthy living

Direct Gov –

Heath and well-being

www.direct.gov.uk/en/
HealthAndWellBeing

NHS Choices

www.nhs.uk

Hospitals

Furness General Hospital

Dalton Lane
BARROW-IN-FURNESS
Cumbria LA14 4LF
01229 870870

Opticians

NHS Choices

www.nhs.uk

Pharmacies

NHS Choices

www.nhs.uk

House and home

Domestic and cleaning agencies

Done 'n' Dusted

Debbie Paterson
01229 462294

Domestic and commercial cleaning service. Day time, evening and weekends available. Covers Barrow to Ulverston area. Please ring for details and a home visit for a quote.

GDSK

Mike Pedley, 27 Clarence Road,
BARROW-IN-FURNESS,
Cumbria LA14 5RN
01229 430505

gdsuk@aol.com

www.gdsk.co.uk

A service for people who are in receipt of or can claim direct payments to access activities in the community. Covers the whole of Cumbria.

Helping Hands

Mrs N Cameron,
13 Haverigg Gardens,
BARROW-IN-FURNESS,
Cumbria LA14 3TH
01229 471830

Cleaning and household duties, shopping and ironing, also spring cleaning. Covers Barrow to Ulverston. All age groups. Ring 01229 821800.

Gardening, handymen, trademen

See '**Age Concern/Age UK**' for details of local agencies.

Shopping

Ringtons Limited

Stephen Killinger, Algernon Road,
NEWCASTLE UPON TYNE
NE6 2YN
0191 209 7030

jim@ringtons.co.uk

Family business since 1907 delivering tea, coffee and biscuits throughout Cumbria. For delivery phone 0800 0522 440.

See **online shopping**

See **local shops with delivery services**

See also '**Domestic and cleaning agencies**'

Housing

District councils

Barrow Borough Council – Housing Department

Mr C Garnett,
Cavendish House, 78 Duke Street,
BARROW-IN-FURNESS,
Cumbria LA14 1RR
01229 876462

cgarnett@barrowbc.gov.uk

www.barrowbc.gov.uk

Housing department of Barrow Borough Council. Sheltered housing schemes with mobile warden service. Tenancy support officer to assist with tenancy sustainment via a floating support service.

Homelessness

Cumbria Housing

Mr R Guzelli, Profile House,
203 Duke Street,
BARROW-IN-FURNESS,
Cumbria LA14 1XT
01229 835710

Specialised in the provision of accommodation for those who may otherwise be homeless. Offers a support service for clients in dealing with Income Support queries etc.

Local Authority Homeless Persons Unit

Ms V Whittaker,
Cavendish House, 78 Duke Street,
BARROW-IN-FURNESS,
Cumbria LA14 1RR
01229 894767

Provides self contained flats for statutory homeless families/ individuals. Length of stay dependent on circumstances.

Single Persons Hostel

Miss N. Salehi,
Silverdale Street Hostel,
Accent Group, 1–3 Silverdale Street,
BARROW-IN-FURNESS,
Cumbria LA14 1AT 01229 431850
Single Persons Hostel with 12 bedrooms for people of both sexes and aged 16–25.

See also '**District Councils**'

Housing advice

Cumbria Rural Housing Trust

J M Derbyshire, Redhills House,
Redhills Business Park, Redhills,
PENRITH, Cumbria CA11 0DT
01768 210264

email@crht.org.uk

www.crht.org.uk

Information and guidance on all aspects of housing to residents of rural Cumbria.

Shelter Cumbria Advice Centre

John Thompson, 10 Kent Street,
KENDAL, Cumbria LA9 4AT
0844 515 1945

cumbria@shelter.org.uk

Countywide specialist housing advice service. Covers all housing problems including homelessness, rent and mortgage problems, disrepair, housing benefit. Provides advocacy and representation, surgeries across the county and represents people at court.

Shelter's Free Housing Advice

Helpline, Ms L Wragg, PO BOX 1477
SHEFFIELD S1 47Q
0844 515 1140

www.shelter.org.uk

Shelter is an organisation set up to help those who are homeless or have housing problems by way of better access to housing. Shelterline is open 16 hours from 8am to midnight. Housing problems helpline on 0808 800 4444 (freephone).

See also '**Homelessness**'

See also '**District councils**'

Housing Associations

Abbeyfield Barrow-in-Furness Society

Mr N Newsham, Abbeyfield
Millennium House, 237 Dalton Road,
BARROW IN FURNESS,
Cumbria LA14 1PQ
01229 833866

Sheltered housing. Low-cost ensuite bed sitting rooms (undurnished) for the elderly, providing three meals a day, all heating and lighting. Housekeeper on call but residents must be mobile, enabling them to live in a supported environment.

Abbeyfield Dalton-in-Furness Society

Mr. S. Walmsley,
Coronation House Society,
25 Coronation Drive,
DALTON-IN-FURNESS,
Cumbria LA15 8QR
01229 462219

Accommodation for ten older adults who wish to live in a supported environment, but retain independence, must be mobile. Unfurnished en-suite bed sitting rooms, with housekeeper on call. For Mr Walmsley call 889550.

Anchor Housing Association

Angela Butterworth, Anchor Court,
Rawlinson Street,
DALTON-IN-FURNESS,
Cumbria LA15 8DQ
01229 463812
andela.butterworth@anchor.org.uk
Sheltered housing for elderly people.
Daily morning calls.

Anchor Trust Barrow

Mrs S Hunt, Seymour Court,
Elizabethan Way,
BARROW-IN-FURNESS,
Cumbria LA14 5SG
01229 870797
Karen.Little@Anchor.org.uk
www.anchornet.org.uk
Sheltered housing for over 55's, with manager on-site.

Anchor Trust Cumbria

Mrs Karen Little, Milestone Place,
100 Bolton Road, BRADFORD,
West Yorkshire BD1 4DH
01274 381 600
Karen.Little@Anchor.org.uk
www.anchornet.org.uk
Largest provider of housing & care for older people in the country, we have a range of quality housing

to rent or purchase throughout Cumbria together with numerous complementary services.

Carr-Gomm

Janice Moore, St. George's House,
Salthouse Road,
BARROW-IN-FURNESS,
Cumbria LA14 2JJ
01229 870113

janice.moore@carr-gomm.org.uk
Accommodation with support services for single people with low care support needs. Provides community based floating support, resettlement, self contained accommodation, shared housing, and specialist schemes for particular client groups.

Home Group Limited

Mr David Fisher, Moor Park,
Crosby, MARYPORT,
Cumbria CA15 6SG
01900 815661
www.homegroup.

Housing Association, providing both homes to rent throughout Cumbria for all client groups, adapting properties for special needs where necessary and specialist support and care services through Stonham.

Home Group Limited

Margaret Miller, 2 Bounty Avenue,
Ewanrigg, MARYPORT,
Cumbria CA15 8HY
01900 811430
www.homehousing.org.uk
Local office of Housing Association providing homes to rent throughout Cumbria for all client groups, adapting properties for special needs where necessary.

Stonham Housing II Brewery Street

Dawn Sandham, II Brewery Street,
BARROW-IN-FURNESS,
Cumbria LA14 1AJ
01229 431366
www.stonham.org.uk

Stonham Housing Floating Support – South Cumbria

Dawn Sandham, II Brewery Street,
BARROW-IN-FURNESS,
Cumbria LA14 1AJ
01229 841288

www.stonham.org.uk

Floating support service for South Cumbria visiting people in their own homes.

Sheltered housing and extra care

For sheltered housing see 'Housing Associations'

For extra care see 'Extra care/very sheltered'

Supported living

See 'Housing Associations'

Supporting People

Cumbria Supporting People

01228 221549
supportingpeople@cumbriacc.gov.uk
http://www.cumbria.gov.uk/
supportingpeople

Supporting People enables vulnerable people to live independently in the community by providing housing related support for people who live in rented accommodation.

Information and advice

Advocacy

Cumbria Minds' Independent

Advocacy Scheme, Anne Dawson,
St Andrew's Place,
PENRITH, Cumbria CA11 7AU
01768 214334

anne@cmias.org.uk

Cumbria wide advocacy service for people with mental health problems run in partnership with the six Cumbria Mind organisations.

Domestic Violence Advocacy Service – South

01229 834532

Independent Domestic Violence Advocacy Services offer free confidential help and support to anyone living with domestic abuse.

Independent Complaints Advocacy Service (ICAS)

Anaize Love, 5A Clifford Court, Cooper Way, CARLISLE, Cumbria CA3 0JG

0300 456 8350

carlisleicas@carersfederation.co.uk

www.carersfederation.co.uk

If you are unhappy with the care or service you or others have received from the NHS, you can make a complaint and ICAS can help you do this. We are independent of the NHS, confidential and free.

People First Independent Advocacy

4–6 Oxford Street, WORKINGTON, Cumbria CA14 2AH

01900 607208

www.peoplefirst.me.uk

Advocacy group for people with learning disabilities covering the whole of Cumbria.

See also '[Citizens Advice Bureau](#)'

See also '[Victim Support](#)'

Bereavement

Careline

Cardinal Heenan Centre, 326 High Road, ILFORD IGI IQP

0845 122 8622

info@carelineuk.org

www.carelineuk.org

Confidential crisis telephone helpline.

Counselling for children, young people and adults on any issue.

The phones are manned by trained telephone counsellors. Mon–Fri, 10–1pm and 7–10pm.

Compassionate Friends

Ann Hollaway, Pastoral Administrator,

53 North Street, BRISTOL BS3 1EN

0845 1232304

info@tcf.org.uk

www.tcf.org.uk

A nationwide organisation of bereaved parents offering friendship and understanding to other bereaved parents, after the death of a child.

Personal and group support – befriending rather than counselling. Office helpline open daily 10am–4pm

Cruse Bereavement

Care Cumbria

Richard Harris, c/o 35 Station Road, DALTON-IN-FURNESS,

Cumbria LA15 8PL

01229 463496

cumbria@cruse.org.uk

Cruse Cumbria provides one-to-one support and counselling in people's homes or local venues. Our volunteers have nationally-recognized training. The service is free to clients. We also provide training in bereavement issues.

Citizen's Advice Bureaux

Citizens Advice Bureau

Ramsden Hall, Abbey Road, BARROW-IN-FURNESS,

Cumbria LA14 5QW

01229 830367 or 0870 1264016

Offers advice on benefits, debt, housing, consumer affairs and maintenance, separation, divorce etc. Open Mon, Wed and Fri, 10am–4pm. Benefits and money advice. Housing and employment advice by appt.

Complaints

Care Quality Commission

Citygate, Gallowgate, NEWCASTLE-UPON-TYNE NE1 4PA

03000 616161

enquiries@cqc.org.uk

www.cqc.org.uk

The Care Quality Commission's aim

is to ensure better care for everyone in hospital, in a care home and at home. CQC regulate and inspect residential care homes, nursing homes, home care agencies and nursing agencies in Cumbria.

Counselling

NHS Choices

www.nhs.uk

See also '[Adult Social Care](#)'

Multicultural Advice and Advocacy

Cumbria Multi-Cultural Community Centre –

Barrow Outreach

Irene Troughton, 14–16 The Mall, Duke Street,

BARROW-IN-FURNESS,

Cumbria LA14 1HL

01229 833933

irene.troughton@cumbriacc.gov.uk

www.cumbria.gov.uk/

[communityinformation/cms](#)

Cumbria multi-cultural community centre working with ethnic minority people in Barrow and District.

Provides a wide range of advice and support. Drop-in session Mon, Wed, Fri, 10am–4pm, telephone contact Mon–Fri 9am–5pm.

Samaritans

Samaritans

16 Hartington Street, BARROW-IN-FURNESS, Cumbria LA14 5SL

01229 825656 or 08457909090

www.samaritans.org.uk

Confidential telephone line available 24 hours per day. Offers listening support to anyone in personal crisis. Centre is open part of each day. For those who wish to call, telephone to check if centre is open.

Support groups

See '[Support Groups](#)' main section.

Victim support

Domestic Violence Advocacy Service – South

01229 834532

Independent Domestic Violence Advocacy Services offer free confidential help and support to anyone living with domestic abuse.

Victim Support Cumbria Ltd

Mr Dermot O'Connor,
Cumbria Constabulary,
Market Street,
BARROW-IN-FURNESS,
Cumbria LA14 2LE

01229 839989

albd81@uk.uumail.com

Voluntary scheme offering support and advice to those who are a victim of or witness to a crime.

Welfare rights service

See 'Citizen's Advice Bureau'

Lunch and social clubs

Askam Pensioners Association

Mrs Tyson, 19 James Street,
ASKAM-IN-FURNESS,
Cumbria LA16 7AY

01229 467523

Day care services Monday, Tuesday and Wednesday 10am–3.30pm.

Civil Service Retirement Fellowship

Mr I H Bass, 11 Culgarth Avenue,
COCKERMOUTH,
Cumbria CA13 9PL

01900 823954

Advice, support and social activities for retired members of the Civil Service.

Cotswold Crescent Social Club

Mrs Lavender, 14 Dudley Street,
BARROW IN FURNESS,
Cumbria LA14 5DJ

01229 829773

Social Meeting on Tuesday afternoon at 1.45pm. Ballroom dancing Monday 1–3pm, Bingo Friday 7–9pm.

Furness Falcons Wheelchair Basketball Club

Mr David Bailey, 39 Ewan Close,
BARROW-IN-FURNESS,
Cumbria LA13 9HU

01229 877202

dave@hiscomputer17.fsnet.co.uk

Local wheelchair basketball team for anyone to take part, disabled or able bodied. Training takes place at Hoops Basketball Centre, Thorncliffe Road, Barrow-in-Furness Thursday 6.15–8pm and Saturday 1–3pm.

Furness Lions Club

Lion Jim Rhodes,
2 Hawthorn Drive,
BARROW-IN-FURNESS,
Cumbria LA13 0RF

01229 832168

Serve the less fortunate in the immediate locality in a variety of ways; fundraising; support of those in severe hardship.

Furness Stick'n Wheel Club

Mrs Jan Matthews, Rm. 37,
Staveley House, 80 Greystone Lane,
DALTON-IN-FURNESS,
Cumbria LA15 8QQ

01229 463380

jan-matthews@tiscali.co.uk

Support for disabled people and wheelchair users. A wheelchair accessible vehicle collects members from their home once a week (Wednesday lunchtime) and takes them to a restaurant in Barrow for a meal. £5 is charged for the coach.

Holbeck Senior Citizens Club

Mrs E Jeanes, St Perrans
Church Hall, Yarlside Road,
BARROW-IN-FURNESS,
Cumbria LA13 OES

01229 474694

Meets 2pm Mondays at St Perrans Hall, Yarlside Road, Barrow. Social activities, bingo, organized outings, speakers etc. All welcome.

Nelson Street Community Association

Mr S Finnie, Nelson Street Centre,
Nelson Street,

BARROW-IN-FURNESS,

Cumbria LA14 INF

01229 871971

NelsonStreet@compuserve.com

Jointly managed between youth service/community association. All wheelchair accessible. Provide a printing service with photocopier and produce BUZZ magazine a community magazine. Nelson St Centre is available to hire. Open Monday–Friday.

Silver Lynx Older

Peoples Forum

Mike Brockbank,
Age Concern Barrow & District,
Lakeland House, Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 1XL

01229 831424

A forum for older people to have their say. Monday 2–4pm.

St George's Lunch Club

Mrs I Cowsill, 49 Devon Street,
BARROW IN FURNESS,
Cumbria LA13 9PX

01229 832571

Lunch club for the elderly and people who live alone. Meet every Thursday at 12noon. Charge applies. Raffle.

St Mary's Hall Contact Club

Mrs E Price, St Mary's Hall,
Walney Island,
BARROW-IN-FURNESS, Cumbria
01229 471625

Luncheon Club open Wednesdays. Alternative contact Kath Wise on 0229 473367. Contact persons address 73 Powerful Street, Barrow.

Trinity Church Lunch Club

Mrs N Whittaker, 9 Westhills Drive,
ULVERSTON, Cumbria LA12 9NW
01229 584602

Lunch Club Wednesday fortnightly from 11.30am until 1pm, September to June, for local residents who are mobile. No transport is available.

Centre address is Trinity Church Centre, Warwick Street, Barrow-In-Furness, Cumbria, LA14 5HT.

Walney Action for Elderly People

Ms J Hartley, 43 Tay Court,
BARROW-IN-FURNESS,
Cumbria LA14 1YQ
01229 829218

Meet Mondays 1.30–3.30pm.
Come and join with friends to hear speakers, have quizzes and be entertained instead of sitting at home alone. Transport can be arranged. Queries should be sent to 43 Tay Court or call 829218.

See also '**Age Concern/Age UK**'

Learning and education

Age Concern Training

Cassley, Unit 43,
Trinity Enterprise Centre,
Ironworks Road,
BARROW-IN-FURNESS,
Cumbria LA14 2PN
01229 834175
nicola.cassley@ace.org.uk
www.ace.org.uk

The centre is in Barrow next to Furness College with free car park and disabled access. We also have access points in a number of central community locations and free ICT courses run from our mobile computer bus in the community.

British Institute of Learning Disabilities

Josie Edwards, Campion House,
Green Street, KIDDERMINSTER,
Worcestershire DY10 1JL
01562 723010
j.edwards@bild.org.uk
www.bild.org.uk

Information, training, conferences, publications, consultancy, membership.

Caring with Confidence

Carrwood Park, Selby Road,
LEEDS LS15 4LG
0800 849 2349
cwc.info@caringwithconfidence.net
www.caringwithconfidence.net

Sessions, designed by carers for carers, where they can learn skills, get advice and information, talk and share experiences. Fits around people's lives and caring responsibilities. Free of charge for people who look after someone.

Cumbria Adult Education Service

5 Portland Square,
CARLISLE, Cumbria CA1 1PU
01228 227304
adulteducation@cumbriacc.gov.uk
www.cumbriaadulteducation.org

A wide range of learning opportunities in all parts of the county. There are courses for people at all levels and interests, both qualification bearing and non-accredited, in a wide range of subjects.

Learn Direct c/o PHX Training

Phoenix Court, Phoenix Road,
BARROW-IN-FURNESS,
Cumbria LA14 2UA
01229 840333
info@phxtraining.co.uk
www.learndirect-skills.co.uk

PHX will give you the best combination of training, skills, experience and certifications to gain skills in computers, Maths and English. Whether you are aiming for career progression or building your skills to get the most out of your home PC.

U3A – University of the Third Age

The Third Age Trust,
The Old Municipal Buildings,
19 East Street,
BROMLEY, Kent BR1 1QE
020 8466 6139
www.u3a.org.uk

National body for the Universities of Third Age (U3As) in the UK. U3As are for older people no longer in full time work. Provides opportunities to share learning experiences and pursue learning not for qualifications, but for fun.

Leisure

Arts and theatres

D.ART – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571

office@prismarts.org.uk
www.prismarts.org.uk

D.ART develops disability arts in Cumbria. Prism Arts exists to support and enable excluded groups in Cumbria to realise their creative potential and celebrate their experience through active participation in and exploration of the arts.

Forum 28, Barrow

Forum 28, Duke Street,
BARROW-IN-FURNESS,
Cumbria LA14 1HH
01229 820000

forum28@barrowbc.gov.uk
www.forumtwentyeight.co.uk/

The Theatre at Forum 28 seats 529. The venue has a varied arts and entertainments programme and plays host to a large number of high quality amateur productions throughout the year.

Highlights North Touring Theatre

Highlights Rural Touring Scheme,
14 Kings Head Court, Bridge Street,
APPLEBY, Cumbria CA16 6QH
017683 53954

www.highlightsnorth.co.uk

Highlights works in partnership with over 60 voluntary groups in Cumbria, County Durham and Northumberland to bring high quality, professional theatre, music, dance and craft events to village halls, schools and community centres.

Spinning Yarns – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571
office@prismarts.org.uk
www.prismarts.org.uk
Spinning Yarns offers arts activities for people aged 55 and over throughout Cumbria.

Starfish Theatre Company – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571
office@prismarts.org.uk
www.prismarts.org.uk
The Starfish Theatre Company was established in June 2004 and creates arts projects for adults with learning disabilities. The members perform and exhibit art work, which demonstrates talent, creativity and commitment to provide work for all to enjoy.

U3A – University of the Third Age

The Third Age Trust,
The Old Municipal Buildings,
19 East Street, BROMLEY,
Kent BR1 1QE
020 8466 6139
www.u3a.org.uk
National body for the Universities of Third Age (U3As) in the UK. U3As are for older people no longer in full time work. Provides opportunities to share learning experiences and pursue learning not for qualifications, but for fun.

Cumbria Artefacts

www.cumbria-artefacts.org.uk

Cumbria See It Do It

www.seeitdoit.org.uk

See also 'Learning and Education'

Concessions

Cinema Exhibitors Association Card

CEA Card Department, CEA card,
PO BOX 199, DEESIDE CH5 9BW
0845 123 1292
info@ceacard.co.uk
www.ceacard.co.uk

National scheme to allow a person needing assistance one free ticket for their carer when visiting the cinema. The card is accepted in 90% of cinemas, including all of the large chains and a lot of the independents too.

See also 'Arts and theatres'

Holidays

Access Travel Lancs. Ltd.

6 The Hillock, ASTLEY,
Lancashire M29 7GW
01942 888844
office@access-travel.co.uk
www.access-travel.co.uk
Holidays for disabled people in Europe and Florida.

H.E.L.P. Organisation

Quate Zhelp, Haven & British
Holidays, 1 Park Lane,
HEMEL HEMPSTEAD,
Herts HP2 4YL
0870 2424 300
enquiries@havenholidays.com
www.havenholidays.com
Registered charity offering holidays for one parent families. Please phone above number for brochure and price list. Offers high quality, low cost, self-catering accommodation.

Merchant Seaman's War Memorial Society

Mr T Goacher,
Springbok-Radcliffe Alford,
CRANLEIGH, Surrey GU6 8EX
01403 752555
deborah.burgess@
mswmsociety.org.uk
www.mswmsociety.org.uk
Charity providing housing for single men over 40 years and married

couples over 60 years who have served in the Merchant Navy, Royal Navy etc. Low cost accommodation available on Springbok Estate in Surrey. Supported living and holidays.

RADAR

12 City Forum, 250 City Road,
LONDON EC1V 8AF
020 7566 3222
radar@radar.org.uk
www.radar.org.uk
Publishes books on a range of issues affecting disabled people including holidays, education and leisure for which there is a charge. Administers National Key Scheme.

The Bond Hotel

120 Bond Street, South Shore,
BLACKPOOL FY4 1HQ
01253 341218
sales@bondhotel.co.uk
www.thebondhotel.co.uk
The Bond Hotel provides holidays for carers of any age, older people aged 65 and over, under 65's with sensory impairments, learning and physical disabilities and mental illnesses.

Vitalise

Alistair Richards,
Shap Road Industrial Estate,
Shap Road, KENDAL,
Cumbria LA9 6NZ
01539 735080
arichards@vitalise.org.uk
www.vitalise.org.uk
Assisted holidays for disabled and visually impaired people. The Vitalise trust is a unique charity working in partnership with Social Services to provide an extensive programme of UK and overseas holidays for disabled and visually impaired people.

Leisure and activities

Bonus Swimming Club for the physically handicapped

Miss A J Otto, 42 Devon Street,
BARROW-IN-FURNESS,
Cumbria LA13 9PX
01229 825802

Meet each Sunday, 11am–12 noon at Park Leisure Centre. Swimming Club for physically handicapped persons of all ages.

Dalton Leisure Centre
Bernard McPeake, Chapel Street,
DALTON-IN-FURNESS,
Cumbria LA15 8DA
01229 463125

www.daltonleisure.co.uk

Leisure centre providing squash courts, gym facilities and swimming. Full programme of fitness classes including body training systems, sunshower, sunbed and sauna. Pool hired out to several groups including adults with learning disabilities.

Furness Falcons Wheelchair Basketball Club

Mr David Bailey, 39 Ewan Close,
BARROW-IN-FURNESS,
Cumbria LA13 9HU
01229 877202

dave@hiscomputer17.fsnet.co.uk

Local wheelchair basketball team for anyone to take part, disabled or able bodied. Training takes place at Hoops Basketball Centre, Thorncliffe Road, Barrow-in-Furness Thursday 6.15–8pm and Saturday 1–3pm.

Jubilee Sailing Trust

Paula Sixsmith, Jubilee Yard,
Hazel Road, Woolston,
SOUTHAMPTON,
Hampshire SO19 7GB
02380 449108

paula.sixsmith@jst.org.uk
www.jst.org.uk

Strengthening integration between physically disabled and able-bodied people through the adventure of tall ship sailing.

Lake District Calvert Trust

Mr Sean Day, Little Crosthwaite,
KESWICK, Cumbria CA12 4QD
017687 72255

[enquiries@](mailto:enquiries@lakedistrict.calvert-trust.org.uk)

lakedistrict.calvert-trust.org.uk
www.calvert-trust.org.uk/
visitlakedistrict

Residential outdoor activity courses for people with physical,

sensory, learning, mental and complex multiple disabilities. Self-catering activity breaks also available.

The Outward Bound Trust

Customer Services, Hackthorpe Hall,
Hackthorpe, PENRITH,
Cumbria CA10 2HX

01931 740000

enquiries@outwardbound-uk.org

www.outwardbound-uk.org

The longest standing and most experienced outdoor personal development training organisation in the UK.

Cumbria Sport

www.cumbriasport.com

Cumbria The Lake District

www.cumbria-the-lake-district.co.uk

Libraries

It's free to join the library and to borrow books and all libraries have a range of adult and children's titles. DVDs and CDs to borrow, public access computers, home delivery and mobile library service also available.

Askam Library

N. Kirkham, Lord Street,
ASKAM-IN-FURNESS,
Cumbria LA16 7AQ
01229 462869

Barrow Library

Bernadette Main, Ramsden Square,
BARROW-IN-FURNESS,
Cumbria LA14 1LL
01229 894370

barrow.library@cumbriacc.gov.uk
www.cumbria.gov.uk/libraries

Barrow Island Library

Mrs A Fullard, 19a Ramsden
Dock Road, Barrow Island,
BARROW-IN-FURNESS,
Cumbria LA14 2TP
01229 894380

Dalton-in-Furness Library

Miss Pat Wilson/Ms Jacky Bolton,
Nelson Street,

DALTON-IN-FURNESS,
Cumbria LA15 8AF
01229 897921

Ormsgill Library

Mrs L Jackson/Mr P Moore,
Middlefield, Ormsgill,
BARROW-IN-FURNESS,
Cumbria LA14 4AU
01229 894382

Roose Library

Roose Road,
BARROW-IN-FURNESS,
Cumbria LA13 9RJ
01229 894364

Walney Library

Diane Kershaw,
Central Drive, Walney Island,
BARROW-IN-FURNESS,
Cumbria LA14 3HY
01229 471742

**Local press for
What's on**

North West Evening Mail

Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 5QS
01229 821835

letters@nwemail.co.uk
news@nwemail.co.uk
www.nwemail.co.uk

BBC Cumbria

www.bbc.co.uk/cumbria

Sports

Cumbria Sport

www.cumbriasport.com

Cumbria The Lake District

www.cumbria-the-lake-district.co.uk

See also 'Leisure and activities'

Meals

Wiltshire Farm Foods

Sean Harvey, Unit J,
East lakeland Business Park,
Gilwilly Industrial Estate,
PENRITH, Cumbria CA11 9BB
01768 899601
penrith@wiltshirefarmfoods.co.uk
www.wiltshirefarmfoods.co.uk
Provision of frozen meals – delivered
direct to customer. Our brochure is
also available on CD.

See also ‘**Adult Social Care**’

Safety

Crime prevention

Police

Dial **999** for emergencies or
0845 33 00 247 for non-emergencies.

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Safety at home

Fire Service Home Safety Checks

Cumbria Fire and Rescue Service
0800 358 4777
www.cumbriafire.gov.uk
Every home in Cumbria is eligible to
apply for a free Home Safety Check
to help them deal with any potential
fire hazards in their homes. We can
help you design a fire plan so that
you and your family will know how
to react if you have a fire. We will
also fit, where applicable, a battery
powered smoke alarm free of charge.
This service for the residents of
Cumbria is completely free, normally
takes about 30 minutes.

Royal Society for the Prevention of Accidents (ROSPA)

RoSPA House, Edgbaston Park,
353 Bristol Road, Edgbaston,
BIRMINGHAM B5 7ST
0121 248 2000
help@rospa.co.uk
www.rospa.co.uk
By providing information, advice,
resources and training, RoSPA is
actively involved in the promotion
of safety and the prevention of
accidents in all areas of life – at work,
in the home, and on the roads, in
schools, at leisure and on (or near)
water.

See also ‘**Community Alarms**’

Social care

Adult placement

Avalon Family Living Service

Les Fornear, The Old Stables,
Redhill, PENRITH,
Cumbria CA11 0DT
01768 895634
lesliefornear@avalongroup.org.uk
www.avalongroup.org.uk
Avalon provides a family living service
across all of Cumbria for older
people and adults with learning and
physical disabilities or mental health
issues. The service is delivered by
approved providers in their own
homes and can be long or short-
term.

Adult Social Care/ assessment

Adult Social Care – Barrow

Customer Services, Market Street,
BARROW-IN-FURNESS,
Cumbria LA14 2LH
01229 407894
barrowssd@cumbriacc.gov.uk
www.cumbria.gov.uk/adultsocialcare
We work with adults (aged 18 and
over) living in Cumbria and can assess
for a wide range of social care and

support services which enable people
to be as independent as possible
including: home care, day services,
meals, residential and nursing homes.

Care Quality Commission

Care Quality Commission

Citygate, Gallowgate
NEWCASTLE-UPON-TYNE
NE1 4PA
03000 616161
enquiries@cqc.org.uk
www.cqc.org.uk
The Care Quality Commission's aim
is to ensure better care for everyone
in hospital, in a care home and at
home. CQC regulate and inspect
residential care homes, nursing
homes, home care agencies and
nursing agencies in Cumbria.

Children's Social Care

See ‘**Adult Social Care**’

Day services

Askam-in-Furness Day Centre

Ms Carole Hennesy,
Rankin Hall, Duke Street,
ASKAM-IN-FURNESS, Cumbria
01229 894320
carole.hennesy@cumbriacc.gov.uk
Day centre for Askam, Kirkby and
Broughton-in-Furness areas held at
Rankin Hall, Duke Street Mon, Tue
and Wed 10am–3pm. Day care,
activities, social interaction, lunch and
refreshments throughout the day.
Please apply through Adult Social Care.

Bevan House Day Centre

Carole Hennesy,
Stackwood Avenue,
BARROW-IN-FURNESS,
Cumbria LA13 9HQ
01229 894320
carole.hennesy@cumbriacc.gov.uk
Day centre for older people run in
residential home.

Centenary Day Centre

Stephanie Dawes,
Abbey Road,

BARROW-IN-FURNESS,
Cumbria LA14 IXH
01229 894320
stephanie.dawes@cumbriacc.gov.uk
Day Centre run by Cumbria Care.

**Croftlands Trust –
Barrow Day Opportunities**
Janet Morgan, Austwhim House,
52 Manchester Street,
BARROW-IN-FURNESS,
Cumbria LA14 IQR
01229 837177
jm@openingdoorscumbria.org
www.croftlands.org
Range of services including the
SHINE Project uses art and craft to
develop an individual's independence
and Community Bridge Building
Team to help people build links with
their local communities.

Dalton Day Centre
Carole Hennessy, Chapel Street,
DALTON-IN-FURNESS,
Cumbria LA15 8DA
01229 466139
carole.hennessy@cumbriacc.gov.uk
Day centre for older people who are
physically frail, open on Tues, Wed
and Thur and day centre for older
people with EMI open Mon and Fri.
Open 10am-3pm. Range of activities
available. Please apply through Adult
Social Care.

**George Basterfield House
Day Centre**
Carole Hennessy, Risedale Road,
BARROW-IN-FURNESS,
Cumbria LA13 9BZ
01229 894320
carole.hennessy@cumbriacc.gov.uk
Day centre for older people run in
George Basterfield House residential
home.

Jubilee House Day Service
C R McSorley, Jubilee House,
15 Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 5UD
01229 894232
jubilee.house@cumbriacc.gov.uk
Provides day care Mon to Fri,
9.30am-4pm for people with mental

health; physical disabilities and
mild learning disabilities. Social and
rehabilitation activities. Also intensive
outreach support services for people
with mental health problems.

Mill Lane Day Services
The Locality Manager,
Mill Lane, Walney,
BARROW-IN-FURNESS,
Cumbria LA14 3XX
01229 472748
mill.lane@cumbriacc.gov.uk
Mill Lane Day Services offer a wide
variety of activities to adults with
learning disabilities including those
with increased physical dependency,
mental health problems or
challenging behaviour. Apply through
Adult Social Care.

See also '**Care Quality
Commission**' for details of homes
providing day care

Extra Care / Very Sheltered

**Holker Street Extra Care
Housing**
Holker Street
BARROW-IN-FURNESS
Cumbria LA14 5RB
0845 678 0599
barrow@accentgroup.org
www.accentgroup.org
Extra care housing scheme with 33
self contained one bedroom flats and
8 two bedroom flats. Run by Accent
Foundation.

Home care/ personal care

Able Community Care
Angela Gifford,
The Old Parish Rooms,
Whitlingham Lane, Trowse
NORWICH, Norfolk NR14 8TZ
01603 764567 Ablemg@aol.com
www.uk-care.com
National provider of live-in care.
Carers can help with general
housework, all aspects of personal
care and provide companionship.

Active Assistance
Andrew Allan, 5a Brewery Lane,
Bligh's Meadow, SEVENOAKS,
Kent TN13 IDF
01732 779353
andrew.allan@activeassistance.com
www.activeassistance.com
Provision of fully trained live-in care
assistants for people with a spinal
chord injury. UK's leading specialist
provider.

Corporate Care Furness Ltd.
Jakki Kelly, 189a Oxford Street,
BARROW-IN-FURNESS,
Cumbria LA14 5QF
01229 871119
jakkikelly@tiscali.co.uk
Personal care, palliative care and
support at home services.

Country Cousins
Lynne Greene, Third Floor,
West Point, Springfield Road,
HORSHAM, West Sussex RH12 2PD
0845 601 4003
www.country-cousins.co.uk
A Nationwide Agency who introduce
temporary or long-term live-in care
and companionship for the elderly
and those convalescing in their own
homes. Pay rates and fees on a daily
basis. Cost depends on category. Full
board and lodging must be provided.

**Creative Support Cumbria –
Learning Disability Service**
Brian Barnes-Davies,
Trinity Enterprise Centre, Unit 30,
Furness Business Park,
BARROW-IN-FURNESS
Cumbria LA14 2PN
01229 825360
Person centred community support
services to people with Mental
Health needs or Learning disabilities.

Crossroads Care, Cumbria
Peter Holland, Crossroads House,
227 Blackwell Road,
CARLISLE, Cumbria CA2 4DN
01228 547518
office@cumbriacrossroads.org.uk
www.cumbriacrossroads.org.uk
Provides high quality respite breaks
to people caring for a relative or

friend, in their own homes. Carers can be of any age and may be looking after people with a very wide range of conditions and disabilities, whether physical, mental or sensory.

Cumbria Care Domiciliary Care Service – Furness

Angela Lewns,
Centenary Welfare Centre,
Abbey Road,
BARROW-IN-FURNESS
Cumbria LA14 IXH
01229 894569

District office for Cumbria Care's Home Care Service. Registered with Care Quality Commission. Manages home care in Furness district. People wishing to receive home care from Cumbria Care should enquire through Adult Social Care.

Deaf Vision – Carlisle

Peter Shaw, 3 Compton Street,
CARLISLE, Cumbria CA1 IHT
01228 606434

office@deafvision.co.uk
www.deafvision.co.uk

Support for people with hearing impairments.

Furness Carers

Kelsey Jane Whitehead,
Hindpool Community Centre
Nelson Street
BARROW-IN-FURNESS
Cumbria LA14 INF
01229 822822

info@furnesscarers.co.uk

Domiciliary care provider registered with Care Quality Commission.

Homecare Personnel

The Stables, Caerbourg Road,
EASTLEIGH, Hampshire SO50 5JY
02380 653017

care@homecare-personnel.co.uk
www.hcpersonnel.co.uk

Private independent Agency, who supply experienced residential live-in Carer/Housekeepers and Domestic Staff throughout the UK for continuous cover on a short or long term rota basis, as well as emergency cover.

Thera North

The West House, Alpha Court,
Swingbridge Road,
GRANTHAM NG31 7XT
0300 303 1283
theoffice@thera.co.uk
www.thera.co.uk

Thera supports people with a learning disability in their own home, in their local community and for short breaks. Thera supports people with a learning disability who have a range of needs.

Twilight Years

Mrs M E J Geldart,
114 Rawlinson Street,
BARROW-IN-FURNESS,
Cumbria LA14 2DG
01229 835200

twilightyear@btconnect.com

Domiciliary care and domestic services – 20 years experience, in all the areas we undertake, all staff trained.

See also '**Care Quality Commission**' for latest information on registered home care providers.

Occupational therapy

NHS Choices

www.nhs.uk

See also '**Adult Social Care**'

See also '**Equipment**'

Residential homes

See also '**Care Quality Commission**' for latest information on registered homes

Abbotsfield Residential Care Home

Mr. Jayendra Patel/Mrs Nichola Mullen, 373 Abbey Road,
BARROW-IN-FURNESS
Cumbria LA13 9JS
01229 829496

Elderly People's Residential Care Home registered with Care Quality Commission.

Bevan House

Miss June Fitzpatrick,
Stackwood Avenue,
BARROW-IN-FURNESS,
Cumbria LA13 9HQ
01229 894547

bevan.house@cumbriacc.gov.uk
Elderly People's Residential Home registered with Care Quality Commission. Managed by Cumbria Care, offering permanent care, respite care and day care.

Combe House

Mrs. Hazel Whiteoak,
Central Drive, Walney Island,
BARROW-IN-FURNESS
Cumbria LA14 3HY
01229 473617

Elderly People's Residential Home registered with Care Quality Commission and managed by Cumbria Care.

George Basterfield House

Julie Lowery, Risedale Road,
BARROW-IN-FURNESS,
Cumbria LA13 9BZ
01229 894549

george.basterfield@cumbriacc.gov.uk

Older Adults Residential home run by Cumbria Care and registered with and inspected by the Care Quality Commission.

Henshaws College Yorkshire

Bogs Lane, HARROGATE
Yorkshire HG1 4ED
01423 886 451

college@henshaws.ac.uk

www.henshaws.org.uk

Henshaws College is a specialist residential college based in Harrogate for students aged 16–23 years with visual impairment and a range of disabilities, including complex needs.

Kingsfield

Mrs Jacqueline Bryden,
252 Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA13 9JJ
01229 836000

jb-applehc@btconnect.com

Elderly People's Residential Home

registered with Care Quality Commission; Family run home with 27 beds, 24 hour care, stair lift and bath aids available, payphone for residents use, good home cooking. EMI registered.

Ostley House – Home for the Blind

Mrs Jeanette Rowland,
355 Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA13 9JY
01229 823566

ostley@barrowblindsociety.org.uk
For older people who have a visual impairment, old age, not falling within any other category and two persons aged 18–65 years of age who have a visual impairment.

Risedale Retirement and Residential Home

Mrs Pamela Harper,
Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 5LE
01229 839669
risedale.reception@risedale-carehomes.co.uk

Elderly People's Residential Home registered with Care Quality Commission. Run by Risedale Estates Ltd.

Rock Lea

Miss Rachel Martin, Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA13 9JS
01229 894546

Elderly People's Residential Home registered with the Care Quality Commission and run by Cumbria Care.

Shepherds Lodge

Mrs Adrienne Beattie, 4 West Mount,
BARROW-IN-FURNESS,
Cumbria LA14 5LQ
01229 431439

Residential Home for six people. Registered with Care Quality Commission.

Staveley House Residential Care Home

Janice Howson, Greystone Lane,
DALTON-IN-FURNESS,
Cumbria LA15 8QQ
01229 468210

abbeyfield@dsl.pipex.com

Residential Home for older people registered with Care Quality Commission and run by Abbeyfield Furness Extra Care Society Ltd.

Tarn House

Mrs Bernadette Eileen Calldine,
Tarn House Hostel, Mill Lane,
Walney, BARROW-IN-FURNESS,
Cumbria LA14 3XX
01229 471798

berni.callidine@cumbriacc.gov.uk
Barrow Accommodation Services offer permanent/long stay and short term/respite residential and domiciliary care services to adults with learning disabilities. Apply via Adult Social Care.

The Croft Village

Mrs Wendy Mae Coward,
Hawcoat Lane,
BARROW-IN-FURNESS,
Cumbria LA14 4HE
01229 840064

Residential Home for adults with Physical and Learning Disabilities registered with Care Quality Commission. Run by Barrow and District Spastic Handicapped Society.

The Old Vicarage Rest Home

Carl Terence Raine, Ireleth,
ASKAM-IN-FURNESS,
Cumbria LA16 7JD
01229 465189

A family run residential home for older people. Registered with Care Quality Commission. Set in large grounds close to bus and train station. Weekly courtesy transport for visitors.

West Point House

Steve Atwell, Solway Drive,
Walney Island,
BARROW-IN-FURNESS
Cumbria LA14 3XN
01229 472356

Elderly People's Residential Home registered with Care Quality Commission. Run by Cumbria Care. We care for 30 older adults including physically frail and dementia clients.

Residential homes with nursing

See '**Care Quality Commission**' for latest information on registered homes.

Registered Nursing Home Association

Frank Ursell C.E.O.,
15 Highfield Road, EDGBASTON,
Birmingham B15 3DU
0121 454 2511
info@rnha.co.uk

Advice and support provided to owners of nursing homes and to patients and relatives seeking nursing home care.

Risedale at Abbey Meadow

Alison Knagg, Flass Lane,
Duchy Court,
BARROW-IN-FURNESS
Cumbria LA13 0BF
01229 814650

Nursing home registered with Care Quality Commission.

Risedale at Lonsdale

Mr Graeme Redshaw,
Albert Street,
BARROW-IN-FURNESS,
Cumbria LA14 2JB
01229 870050

Nursing Home registered with Care Quality Commission. 45 medical beds for people over 65 yrs old.

Risedale at St Cuthberts

Mrs Jane Harper, Aldingham,
ULVERSTON, Cumbria LA12 9RT
01229 869203

Nursing home registered with Care Quality Commission with 43 EMI beds.

Risedale at St. George's

Ms Joanne Robinson,
Albert Street,
BARROW-IN-FURNESS,
Cumbria LA14 2JB
01229 870050
joanne.robinson@
risedale-carehomes.co.uk

Nursing Home registered with Care Quality Commission for elderly people (minimum age 60) people with physical disabilities (minimum age 40) and those who are terminally ill.

The Croft Nursing Home

The Manager, The Croft,
Hawcoat Lane,
BARROW-IN-FURNESS,
Cumbria LA14 4HE
01229 820090

Provides long term residential care and nursing home care for people with physical disabilities and people with learning difficulties aged over 18.

Respite care/breaks

See 'Adult Social Care'
See 'Carers organisations'
See 'Residential homes'
See 'Residential homes with nursing'
See 'Day services'

Support groups

Alcohol and drug related problems

Al-Anon Family Groups UK and Eire

61 Great Dover Street,
LONDON SE1 4YF
020 7403 0888
enquiries@al-anonuk.org.uk
www.al-anonuk.org.uk

Al-Anon offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not. Alateen, a part of Al-Anon, is for young people aged 12–20. Call helpline 0207 4030888 10am–10pm daily.

Alcohol Concern

64 Leman Street, LONDON E1 8EU
0207 264 0510
contact@alcoholconcern.org.uk
Alcohol Concern is the national agency on alcohol misuse. We work to reduce the incidence and costs of alcohol related harm and increase the range and quality of services available to people with alcohol related problems.

Cumbria Alcohol & Drug Advisory Service – Addictive Behaviours

Billy Harvey, 52 Paradise Street,
BARROW-IN-FURNESS,
Cumbria LA14 1JG
01229 811111
billyh@cadass.co.uk
www.cadass.co.uk

Information, training, structured one to one counselling, Black Box Treatment, Thought Field Therapy, family support and Nutrition and Lifestyle service. Working in the areas of alcohol, drug related problems. Open Mon–Thurs 9am–5pm, Fri 9am–4.30pm.

Narcotics Anonymous

202 City Road,
LONDON EC1V 2PH
0845 373 33 66/020 7730 0009
ukso@ukna.org
www.ukna.org

Narcotics Anonymous is for people for whom drugs have become a major problem – recovering addicts who meet regularly to help each other to stay clean. Membership is open to anyone – the only requirement to membership is a desire to stop using drugs.

Turning Point (national)

Ron Alexander, Standon House,
21 Mansell Atreet,
LONDON E1 3LP
020 7481 7600
tpmail@turning-point.co.uk

Turning Point is a national charity for alcohol, drug abuse, mental health problems, and learning disabilities. It offers residential & drop-in advice through its network of over 120 services nationwide.

Arthritis

Arthritis Care

18 Stephenson Way,
LONDON NW1 2HD
0808 800 4050
helpline@arthritiscare.org.uk
www.arthritiscare.co.uk

Arthritis Care North England

Belle Vue Business Centre,
Elm Tree Street, Belle Vue,
WAKEFIELD, Yorkshire WF1 5EQ
01924 882150 (Regional Office)
www.arthritiscare.org.uk
Supports & develops Arthritis Care Groups through Cumbria. Also provides information. Campaigning issues for people with arthritis.

Cancer

Breast Cancer Support Group

Margaret Watkins,
St Mary's Social Centre,
Hartington Street,
BARROW-IN-FURNESS, Cumbria
01229 822470

Support Group which meets on the first Monday of each month – have guest speakers with plenty of opportunity for informal chats. All welcome.

Gentle Approach to Cancer Association

Mr C Sutherland, 16 Sedbergh Drive,
KENDAL, Cumbria LA9 6BJ
01539 725394

www.gentleapproach.org.uk
Physical, emotional and spiritual support to diagnosed cancer patients of all ages, and their families & supporters. Carers have the same free access to therapies as the cancer patients.

Macmillan & Age UK Community Support

Sue Naylor
01229 831425
sue.naylor@acbarrow.org.uk
Supporting people over 50 affected by cancer. We work with organisations and individuals to explore the services available and

find out if more are needed. If you would like to volunteer or share your cancer experience to help develop services or build on existing ones, then please contact us.

Macmillan Cancer Support

3 Bath Place, Rivington Street,
LONDON EC2A 3JR
0808 800 1234

contactus@macmillan.org.uk
www.cancerup.org.uk

Leading national charity providing information, advice & support for people with cancer, their families & friends. Also provides services for health professionals. Information service open Mon–Fri, 9–7.

Cerebral palsy

Cumbria Cerebral Palsy Society

Miss L Culley, 22 Spencer Street,
CARLISLE, Cumbria CA1 1BG
01228 527796

info@cumbriacerebralpalsy.net
www.cumbriacerebralpalsy.net

Countywide social work service offering support and advice for children and adults with cerebral palsy and their carers. Information service. Toy and equipment libraries. Residential, and day care.

Scope

Cerebral Palsy Helpline,
PO Box 833, MILTON KEYNES,
Bucks MK12 5NY
0808 800 3333

response@scope.org.uk
www.scope.org.uk

Scope is a national disability organisation whose focus is people with cerebral palsy a physical condition that affects movement. Provides information, support, advice and referral to appropriate services within Scope and/or externally.

Dementia

Alzheimer's Society

Janet Baylis, Devon House,
58 St Katharine's Way,
LONDON E1W 1JX

020 7432 3500

www.alzheimers.org.uk

Information, advice and support for people diagnosed with dementia and their carers. We also campaign for rights of people with dementia and their carers, fundraise and can provide opportunities for volunteering.

Alzheimer's Society Furness Branch

Lesley Thompson, Robin House,
24 Nelson Street,
BARROW-IN-FURNESS,
Cumbria LA14 1DS
01229 832004

For information and support ask for a home visit or drop in Mon–Thurs. We run courses for carers, Saturday day care for people with dementia, support groups, groups for people with dementia, a befriending service and quarterly newsletter.

HIV/AIDS

Terrence Higgins Trust

314–320 Grays Inn Road,
LONDON WC1X 8DP
020 7831 0330

Helpline 0845 122 1200
info@ttht.org.uk

www.ttht.org.uk

Offers information and advice on HIV and sexual health, assessment and referral, buddies, care services, community support and complementary therapies. Also offers counselling, HIV testing and information to people living with or affected by HIV.

NHS Choices

www.nhs.uk

Learning disabilities

MENCAP Carers Network

Sue Maguire,
Office building, Mardale Road,
PENRITH, Cumbria CA11 9EH
01768 868854

www.mencap.org.uk

Mencap Carers Network provides

information, advice and signposting to all family carers supporting an adult relative with a learning disability throughout Cumbria.

See also 'People First' under 'Advocacy'

Mental health problems

Making Space

Tracey Bracewell,
Duddon House, Fairfield Lane,
BARROW-IN-FURNESS
Cumbria LA13 9AH
01229 871233

tracey.bracewell@
makingspace.co.uk

www.makingspace.co.uk

Tracey is a Family Support Worker who offers support and advice to the carers and relatives of people suffering from schizophrenia or a long term Mental Illness. Carers group held monthly.

MIND in Furness

Karen Dobson/Leanne Sanderson,
64 School Street,
BARROW-IN-FURNESS,
Cumbria. LA14 1EW
01229 827094

schoolstreet@mindinfurness.org.uk

We provide a supportive environment for people with mental health problems. Open Mon–Fri, 10am–4pm. We provide support, advocacy and a range of social and educational activities. We also provide a 24-hour supported housing scheme.

See also 'Dementia'

Motor Neurone Disease

Motor Neurone Disease Association

PO Box 246,
NORTHAMPTON NN1 2PR
01604 250505

www.mndassociation.org

Helpline 08457 626262. Support, information, fund raising for local support groups. Regional Adviser:

Anna Conlan 0845 375 1841 for clients, carers and professionals.

Multiple Sclerosis

MS National Centre

372 Edgware Road,
LONDON NW2 6ND
020 8438 0700

info@mssociety.org.uk
www.mssociety.org.uk

All calls to the MS Society National Helpline 080 800 8000 are free and completely confidential. Our specialist staff and trained volunteers are available 9am to 9pm, Monday to Friday, to support you, whatever the worry.

Multiple Sclerosis Society

Carole Andrades,
Richard Cave Centre,
Schneider Road,
BARROW-IN-FURNESS, Cumbria
01229 824212

Provides support and understanding when a diagnosis of MS has been made by providing up to date information on MS and offering assistance on the general management of MS. National helpline 0808 800 8000 (9am–9pm).

Older People/ Age Concern/Age UK

Age Concern

Barrow and District

Paul Smith, The Lakeland Building,
Abbey Road,
BARROW-IN-FURNESS,
Cumbria LA14 IXL
01229 831425

paul.smith@acbarrow.org.uk
Provides support, advice and information to the Over 50's. Promote Independent living & Integrational work. Befriending service, benefit checks and advice, support, employment advice, and volunteering projects.

Age Concern Barrow and District Benefit Advice and Advocacy Service

Mr M Brockbank,
Age Concern Lakeland House,
Abbey Road,
BARROW-IN-FURNESS
Cumbria LA14 IXL
01229 831425

Advice for elderly people on welfare benefits. Also advocacy service available.

Parkinson's

Parkinson's UK

0808 800 0303

www.parkinsons.org.uk

We are the leading UK charity dedicated to supporting all people with Parkinson's, their families, friends and carers.

Physical disabilities

Barrow & District Disability Association

Mrs M Burrow MBE, 71–77 School Street, BARROW-IN-FURNESS, Cumbria LA14 IEJ
01229 432599

honsec.bdda@btconnect.com

www.barrowdisabilityassociation.org.uk

Provides a wide range of services: cafe, disability facilities, education courses, minibus hire, social activities and trips out. Open Tues– Fri, 10am–3pm disability information and advice shop, room hires, computer training.

Disabled Parents Network

Sam Marshall, Registered Office,
81 Melton Road,
WEST BRIDGFORD,
Nottingham NG2 6EN
0300 3300 639

[information@](mailto:information@disabledparentsnetwork.org.uk)

disabledparentsnetwork.org.uk
www.disabledparentsnetwork.org.uk

Disabled Parents Network is a national organisation of and for disabled people who are parents or who hope to become parents, and their families,

friends and supporters. We offer information, advice and advocacy.

RADAR

12 City Forum, 250 City Road,
LONDON EC1V 8AF

020 7566 3222

radar@radar.org.uk

www.radar.org.uk

Publishes books on a range of issues affecting disabled people including holidays, education and leisure for which there is a charge. Adminstrates National Key Scheme.

Sensory impairments

Action for Blind People

Head Office, 14/16 Verney Road,
LONDON SE16 3DZ

0800 915 4666

info@actionforblindpeople.org

www.actionforblindpeople.org.uk

Support for people with sight loss including: advice and guidance on assistive technology; employment advice and support; welfare rights; housing support; grants; loan equipment; holidays for visually impaired people; and Actionnaires sports club.

Barrow & District Society for the Blind Ltd

Mr W Proctor, 69 Cavendish Street,
BARROW-IN-FURNESS,
Cumbria LA14 IQD

01229 820698

info@barrowblindsociety.org.uk

www.barrowblindsociety.org.uk

Information and advice; practical support; talking books, talking newspaper, social work support, provision of apparatus. Social clubs and craft classes. Day care/residential care/respite care available in our residential home, Ostley House.

Bridging the Gap

Hugh Stirling, 2 Rodney Street,
BARROW-IN-FURNESS,
Cumbria LA14 IND

01229 870349

hughstirling@btconnect.com

www.catholiccaringservices.org.uk

The “Bridging the Gap” project for hard-of-hearing. Provides services for elderly people with acquired hearing loss including amplified phones, equipment, ear mould cleaning and re-tubing, a lip-reading class and advice with hearing related difficulties.

Deaf Vision – Barrow

**Lynne Wilkes, 217 Duke street,
BARROW-IN-FURNESS,
Cumbria LA14 1XT
01229 894646
lynnel@barrow.deafvision.co.uk
www.deafvision.co.uk**

Deaf Vision offers encouragement, practical support, learning opportunities, health and social care, technical equipment assistance as well as access to a wide range of individual and community activities.

Deaf Vision – Carlisle

**Peter Shaw, 3 Compton Street,
CARLISLE, Cumbria CA1 1HT
01228 606434
office@deafvision.co.uk
www.deafvision.co.uk**
Social work and other services for all Deaf & Hearing impaired people in Cumbria, from centres in Carlisle, Kendal, Whitehaven & Barrow. Equipment to help with hearing impairment. Daytime tel./minicom 01228 606434.

Royal National Institute for the Blind (RNIB)

**Trudy Salandiak,
RNIB Talking Book Service,
PO Box 173, PETERBOROUGH,
Cambridgeshire PE2 6WS
0845 762 6843
t.salandiak@rnib.org.uk
www.rnib.org.uk**
Information, advice, equipment and services for blind and partially sighted people, including Talking Books and library resources.

Royal National Institute for the deaf (RNID)

**Mohammed Ahmed,
19–23 Featherstone Street,
LONDON EC1Y 8SL
0808 808 0123 (free phone)
informationline@rnid.org.uk
www.rnid.org.uk**
RNID is the largest charity representing the 9 million deaf and hard of hearing people in the UK. We offer services for deaf and hard of hearing people, and information on all aspects of deafness, hearing loss and tinnitus.

SENSE – National Deafblind & Rubella Association

**SENSE Head Office,
101 Pentonville Road,
LONDON N1 9LG
0845 127 0060
info@sense.org.uk
www.sense.org.uk**
Sense is the leading national charity that supports and campaigns for children and adults who are deafblind. We provide expert advice and information as well as specialist services to deafblind people, their families, carers and professionals.

SENSE North Regional Office

**The Rodney Clark Resource Centre,
Leeds Road, WAKEFIELD,
West Yorkshire WF3 3BG
0113 205 9500
northenquiries@sense.org.uk
www.sense.org.uk**
Sense is the leading national charity that supports and campaigns for children and adults who are deafblind. We provide expert advice and information as well as specialist services to deafblind people, their families, carers and professionals.

Transport

Blue Badges

Disabled Car Badge Service

**01228 606060
blue.badge@cumbriacc.gov.uk
www.cumbria.gov.uk**

The Blue Badge Scheme provides national parking concessions to enable disabled people, as either a driver or passenger, to park close to their destination. To apply for a badge ring 01228 606060 or apply online at www.cumbria.gov.uk.

Blue Badge Network

**Mrs J Russell,
198 Wolverhampton Street,
DUDLEY, West Midlands DY1 1DZ
01384 257001
headoffice@bluebadgenetwork.org
www.bluebadgenetwork.org**

Keeps Blue Badge holders abreast of UK parking schemes and updated with national parking and disability legislation. Annual subscription charge applies.

See also ‘**Adult Social Care**’

Local transport schemes

Community Transport

**Caroline Watson,
Passenger Transport Officer,
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 226725
caroline.watson@cumbriacc.gov.uk
www.cumbria.gov.uk**

A wide variety of community transport schemes are supported by Cumbria County Council, for groups and individuals who cannot access conventional transport.

Cumbria Voluntary Social Car Schemes

**Gillian McGuiggan,
Cumbria County Council,
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 221427
publictransport@cumbriacc.gov.uk**

Voluntary car schemes help people in the community who cannot access private or public transport. The service provides transport to collect you from your home and take you to your destination. To find the nearest scheme to you, contact Gillian McGuiggan.

Motability

Customer Helpline,
Warwick House, Roydon Road,
HARLOW, Essex CM19 5PX
0845 456 4566

www.motability.co.uk

Charity that can help people with disabilities receiving higher rate mobility component of DLA or War Pensioners Mobility Supplement to turn their allowance into a car or powered wheelchair or scooter through contract hire or hire purchase schemes.

Ring and Ride

Jeannie Reynolds,
Barrow Borough Council,
Town Hall, Duke Street,
BARROW-IN-FURNESS, Cumbria
01229 876425

jreynolds@barrowbc.gov.uk

This scheme provides wheelchair accessible transport for people living in the Barrow area, who cannot use conventional services. Transport is available weekdays, 9am to 5pm.

Rural Wheels

Katy Wood, Passenger Transport
Development Officer,
Cumbria County Council,
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 226721

publictransport@cumbriacc.gov.uk

Rural Wheels is a demand responsive transport service for people in rural areas who either do not have access to or are unable to use a local bus service. For appointments, access to shops or to link with bus and train services.

Public transport

National Rail Enquiry Line

08457 484950

www.nationalrail.co.uk

Enquiries about all rail services.

National Railcards

www.nationalrail.co.uk/times_fares/railcard

National Railcards offer 1/3 discount on train travel. Railcards are available for 16–25 (or full-time student aged 26 or over), family & friends, senior citizens, disabled people and HM Forces. Available to purchase for 1 year and 3 years.

NoWcard concessionary bus travel

NowCard,
Lancashire County Council,
PO Box 9, PRESTON PRI 8RD
0845 058 1096

www.nowcard.org

Bus passes for Over 60s and Disabled people allowing concessions on national bus travel.

Stagecoach North West

2nd Floor, Broadacre House,
16–20 Lowther Street,
CARLISLE, Cumbria CA3 8DA
0871 200 22 33

northwest.enquiries@stagecoachbus.com

www.stagecoachbus.com/northwest

Stagecoach is one of the largest bus operators in the UK. Stagecoach North West carries over 34 million passengers a year and operates over 26 million miles. With up to 1,300 employees and a fleet size of 550, operating throughout Lancashire and Cumbria.

Traveline

0871 200 22 33

www.traveline.org.uk

Local and National travel information for bus and rail services.

Taxis and private hire

See **Yellow Pages**

See **The Phone Book**

See **'District councils'**

If you need this document in another language or another format such as large print, Braille or audio 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 norétumète 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