

Help is here this Christmas



Emergency Help

Ways to Welfare - Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, or if you are struggling to cope with your current situation for whatever reason. Call the county council's Support Helpline on **0800 783 1966**. Supportive staff will talk to you and suggest ways to help. You can also email **COVID19support@cumbria.gov.uk** and you will receive a response within one working day.

Food Help

Free School Meals - Families of children who receive Free School Meals will continue to be provided with support over the Christmas period. Your child's school will be in touch.

Windermere & District Foodbank - Provides emergency food parcels to people in Windermere and surrounding areas at The Methodist Church Basement, Main Road, Windermere. Christmas opening hours: Mon 21, Wed 23, Mon 28 and Wed 30 December 12 to 3pm. If in crisis, you should ring the emergency telephone numbers. Toys and clothing giveaway at the church on the 23. Tel: **01539 422569** or **07789 728811**, email **info@windermere-district.foodbank.org.uk** or visit **windermere-district.foodbank.org.uk**.

Ambleside & District Foodbank - Open 11am to 1pm at the Ambleside Parish Centre Vicarage Road, Ambleside. Festive Food Share 23 December. Festive Food Share 30 December including Veggie Curry (1 meal per person) to take home, as well as children's toys and gifts, adult books and puzzles, essential items for the food cupboard. Tel: **015394 34172**, email **admin@amblesidepc.org.uk** or visit **www.amblesideparishcentre.org.uk**.

Kings Food Bank Kendal - Delivers emergency food parcels to people in Kendal and surrounding area. See website for list of partners/referral agencies. Christmas opening hours; Tues 22, Wed 23, Tues 29, Wed 30 December. From 4 January – opening hours back to normal – Tues. Wed. & Fri. 12 -3pm. Tel: **07534 609179** or visit **www.kingsfoodbank.org.uk**.

Milnthorpe Food Bank - Providing short term emergency food parcels to those living in and around the Milnthorpe area. This includes Milnthorpe, Heversham, Storth, Beetham, Crooklands, Burton, Holme and Arnside areas. Christmas opening hours: Last day for referrals before is Christmas 22 December. From the 4 January will be operating as normal. Tel: **07582 166564** or visit **www.milnthorpefoodbank.org**.

Barrow/Ulverston Food Bank - Ulverston food bank open Monday 11.am -1.pm and Thursday 11.am – 1.pm based at the Bethany Christian Church. They use a voucher referral system. For more information please phone or click on the weblink. Tel: **01229 343436** -Barrow, **01229 343410** -Ulverston or visit **barrow.foodbank.org.uk**.

Waste Not Want Not Cartmel Peninsula - Food will be available from the Cartmel Hub, 6 Pitt Garth, Haggs Lane, LA11 6PH at any time provided they have been able to collect food from the Co-op. Tel: **015395 35422**, email or **wnwncp@bitnet.com** or contact via FB Messenger.

Grange Community Foodshare - Community Food store open from 15 December until 10 January in the Summer House opposite Thornleigh Hotel for anyone in need of urgent food supplies over the Christmas period. Last days for food club: Mon 14 December 12.30pm – 1.30pm at the Catholic Church Hall, Sat 19 December 12 to 1pm at the Summer House. Tel: **015395 33022**, email **twbs2020@gmail.com** or visit our Facebook page.



SUPPORT EACH OTHER
#TogetherCumbria

Kirkby Lonsdale Community Cupboard and Food Club - Community Foodshare open 23 and 31 December. Community Cupboard deliveries and collections on 23 and 31 December or if in urgent need, as soon as can be arranged. Tel: **015242 36404** or visit **klcommunity.co.uk**.

Kendal - Kirkbarrow Residents Association Food share - Community food share - open to all - no charge - please phone or see KRA Facebook page for details. Fresh food and store cupboard basics can be collected from 2 Echo Barn Hill, LA9 5NA. Tel: **07765 773760** or visit Facebook page.

Kendal - Sandylands Residents Association Food share - Community food share – open to all - no charge – please phone or see SRA Facebook page for details. Fresh food and store cupboard basics can be collected on set days from 17 Drovers Drive, LA9 6FH. Last day before Christmas - Mon 21 December. Re-opens – Wed 30 December. Tel: **01539 730810** or visit Facebook page.

Sedbergh Food Club - Community Foodshare open 23 and 31 December. Anyone needing emergency help can contact at any time. Tel: **07833 534710** or email **foodclub@zerowastesedbergh.com**.

Ulverston Food Waste Project - Community Food share drop in at the Parish Centre: Mon – Sat from 9 to 11am, Sun from 5 to 6pm. Food bag collections from the Baptist Church on Tuesdays. Please check Christmas opening times and availability before turning up. Tel: **07494 074822** or visit Facebook page.

Waste into Wellbeing (Kendal People's Café) - Food larder style where people can help themselves to fresh food and store cupboard basics – free of charge. Bring your own bag and wear face covering. Festive Food Shares: Thursdays 10 & 17 December. Open 1pm at Stricklandgate House (opposite Main Post Office) - rear entrance in car park off Library Rd. Open 4pm at Hallgarth Community Centre. On Thursday 24 December - open 11am at Stricklandgate House and 11am at Hallgarth Community Centre. For week beg. 28 December, please see Facebook page. Visit **slacc.org.uk/wiw** or Facebook page.

Ulverston Carelink - The Emmanuel Centre will deliver Christmas lunch on Christmas Day to vulnerable members of the community and those experiencing a short-term crisis through illness or financial hardship. Please phone to check availability and cost. Tel: **01229 584562**.

Financial Help:

South Lakes Citizens Advice - Citizens Advice provide free, confidential, impartial information and advice on benefits, housing, employment and debt. Information and advice available on website. Office will be closed from 23 December to 4 January. Tel: **03444 111 444** or visit **www.southlakescab.org.uk**.

Help for Families

Action for Children - 0-19 - Child and Family Support Service - South Lakeland. Parent Support Line. It's #Ok2Ask for help if you are struggling over the Christmas holidays. Action for Children staff are available to give information, advice, support and signposting to other services as needed. Phone and request a call back via phone or MS TEAMS. Lines open 21 – 24 and 29 – 31 December 10:00am - 5:00pm (until 7:30pm on Wednesdays). Tel: **01539 734456** or visit **south.lakeland@actionforchildren.org.uk**.

Help for the over 55's

Age UK South Lakeland - A range of support and services for older people and their families. Helpline and Resource Centre provide advice, information and can arrange support or signpost to other providers. Helpline will be closed from 25 to 28 December and from 1 to 3 January. Contact number **030 300 30003** from 9am to 4.30pm.

Housing and Homelessness

South Lakeland District Council - Homelessness team, Office will be closed from 25 to 28 December and from 1 to 3 January. Office contact **01539 733333**. Out of hours emergency numbers: Kendal and Eastern Area: **0870 428 6905**. Lakes, Ulverston and Western Area: **0870 428 6906**.

Wellbeing

Samaritans (Furness & South Lakes) - Offer listening and support to people and communities in times of need without judgement or pressure. The free helpline will be operating as usual 24/7 as is the email service. Call free day or night on **116 123** or email: jo@samaritans.org.

Lancashire & South Cumbria NHS Foundation Trust - Mental Health Crisis Line available 24/7 and staffed by trained mental health professionals who provide assessment and referrals to appropriate services. The Wellbeing and Mental Health helpline, offering advice and emotional support, is now available 24/7 to help people across Lancashire and South Cumbria deal with the implications of the coronavirus pandemic on their mental health. For the Mental Health Crisis Line tel: **0800 953 0110** or visit www.lscft.nhs.uk/crisis For the Wellbeing & Mental Health Helpline tel: **0800 915 4640**, Text 'Hello' to **07862 022846**, or visit www.lscft.nhs.uk/help.

Springfield Domestic Abuse Support in South Lakeland - Support for people experiencing or recovering from domestic abuse. Call, text or email – leave a message and, if you say it's safe to do so, you will get a call back. Over the Christmas period telephone support is available; Monday 21 & Tuesday 22 9-5pm, Wednesday 23 9-3pm, Thursday 24 9-1pm. Closed 25 – 28 December. Tuesday 29 – Thursday 31 9-1pm. Re-opens Monday 4 January. Tel: **01539 726171** or **07415 432357** or email cs@springfieldsupport.org. If you need support out of these hours you can call the National Domestic Abuse Helpline **0808 2000 24** (24 hours a day.) If you're in immediate danger, and need urgent support to be safe, please call **999**.

Bereavement

NHS Bereavement Helpline - Covid bereavement helpline for guidance and support. Helpline: **0800 2600 400**

Cruse Bereavement Care - Confidential and free helpline available 24/7. See website for advice and support for those who have suffered a recent loss. National Helpline **0808 808 1677**. Visit www.crusecumbria.org.uk or email cumbria@cruse.org.uk.

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, 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 norėtumėte 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