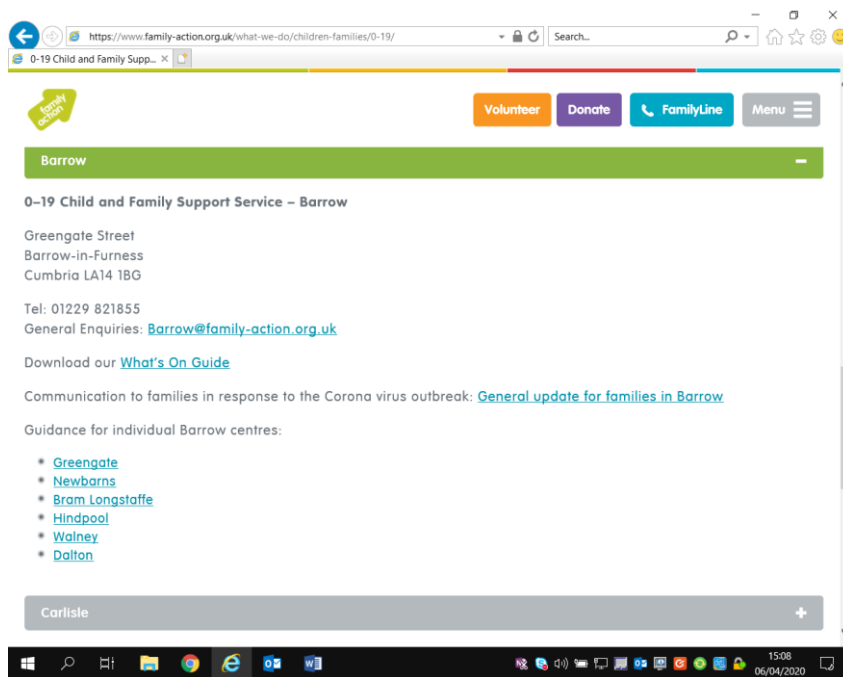


Useful links for families and providers

Go to webpage below

<https://www.family-action.org.uk/what-we-do/children-families/0-19/>



Click on the **relevant children's centre for link name and phone number**. There is a different named person for each centre. Please note the phone number is also different for each centre. However the **Family Line** number is the same for each centre, see bottom of the page.

Cumbria Children's County Council  Building stronger families

Due to the Covid 19

Greengate Children's Centre will be closed until further notice. If you require any further information please contact Marie Hackett on 07815 688 892

FamilyLine

Family pressures can sometimes be difficult to manage without emotional support and guidance to help. Many people feel confused by what information is available or struggle to access services close to home.

Our free FamilyLine service tackles these issues in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

The service aims to:

- provide both immediate and long-term support
- help with practical information and guidance
- provide emotional and listening support
- help with understanding and accessing relevant services and information
- provide regular one-to-one befriending support to service users feeling isolated
- access to short term telephone counselling
- a referral into our many projects across England and Wales, where relevant

Opening times: Monday to Friday, 9am to 3pm and 6pm to 9pm

Contact details:
Telephone: 0800 802 6666
Text message: 07537 404 282
Email: familyline@family-action.org.uk

Family Action's Facebook page



Family Action Barrow 0-19 Children & Family Support Service

Non-profit organisation

Health Visiting Teams

Contact numbers -

Central Team – 01229 404 595

Hindpool team – 01229 409 624

Dalton Team 01229 407770

New Emergency Support Helpline

NEW EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours.

0800 783 1966

COVID19support@cumbria.gov.uk



Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.