

Help is at hand...



Barrow Borough Council
Cumbria County Council are working with a wide range of organisations to help residents who are facing financial hardship.

Agencies ranging from charities and churches to food banks and family support groups all offer assistance to alleviate the impact of poverty.

Those in urgent need of professional help should contact one of the following organisations:

Age UK Barrow and District

Offers lots of services for older people and their carers from getting back to normal after a stay in hospital, befriending service or help with debt or housing.

01229 831425
www.ageuk.org.uk/barrow



Citizens Advice Barrow

Provide free, confidential and impartial advice and campaign on big issues affecting people's lives across the Barrow-in-Furness area.

Our goal is to help everyone find a way forward, whatever problem they face.

We're an independent charity and part of the Citizens Advice network across England and Wales.

Freephone: 0808 2787 817
www.barrowcitizensadvice.org.uk



Barrow Foodbank

Barrow Foodbank has been set up by Barrow Churches to respond to the need to help those who are struggling in our community, showing God's love with practical help through food, support and advice.

Free national helpline: 0808 208 2138
01229 34 34 36
projectmanager@barrowfoodbank.co.uk
www.barrow.foodbank.org.uk



Barrow District Credit Union

The Barrow & District Credit Union is an ethical, not for profit, financial co-operative which serves our members in



Barrow and South West Cumbria with savings and loans facilities.

We offer an ethical alternative to high-profit lenders and a lifeline to those who struggle to access financial services. Our aim is to stamp out loan-sharks and doorstep lenders in our area by offering affordable and manageable credit that works for you. We are owned by our members, backed by our community, and have no external shareholders to pay.

01229 870 110
07729 412 327
admin@barrowdistrictcu.co.uk
www.barrowdistrictcu.co.uk

The Money Advice Service

Offers free and impartial advice and guidance to help improve your finances with tools and calculators to help keep track and plan ahead.

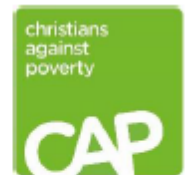
0800 138 7777 (TypeTalk - 18001 0800 915 4622)
07701 342 744
www.moneyadviceservice.org.uk



Christians Against Poverty

A debt centre network which has expanded its services to tackle the causes of debt and poverty too. As well as CAP Debt Help, they now help people step into employment through CAP Job Clubs.

0800 328 0006
www.capuk.org



National Debtline

An independent charity dedicated to providing free debt advice by phone and online to people across the UK.

0800 808 4000
www.nationaldebtline.org



Family Action

Family Action is delighted to be working closely with Cumbria County Council to deliver their new 0-19 Child and Family Support Service, having officially taken over provision on 1st January 2020.

020 7254 6251
info@family-action.org.uk
www.family-action.org.uk



Barnardo's

Provides support, advice and information for children and their families.

Works closely with partner agencies such as health visitors, midwives, schools, childcare providers and Job Centre Plus, to enable families to easily access the support and advice they need.

Childline 24 hour support 0800 11 11
0800 008 7005

supporterrelations@barnardos.org.uk
www.barnardos.org.uk



The Cumbria Farmer Network

Offers help, support and guidance to farmers.

Helpline 01768 868 615

www.thefarmernetwork.co.uk
www.thefarmernetwork.co.uk



Cumbria County Council

Emergency Hub

Do you need urgent help?

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 Emergency Support Helpline on 0800 783 1966 (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm).

Our 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.



Barrow Borough Council

Housing Service:

If you are homeless, or think you may be at risk of becoming homeless in the next 56 days, please contact our Homelessness Team as soon as possible for advice and assistance.

During office hours: 01229 876374 or 01229 876458
Out of office hours: 01229 833311

For further information and advice visit:

<https://www.barrowbc.gov.uk/residents/council-housing/homelessness/>



Repairs:

Unfortunately, until further notice, we will not be carrying out routine, urgent or planned repairs. Emergency-only repairs will be carried out.

To report EMERGENCY GAS ONLY REPAIRS

During office hours Freephone 0800 032 6578

housing@barrowbc.gov.uk

Out of office hours 01229 833311

Vulnerable / Self-Isolating tenants:

Our number one priority is the safety and wellbeing of our tenants – and never more so at this time. If you have any worries yourself of if you're self-isolating or have concerns about an elderly or vulnerable neighbour:

Jo Hughes 01229 876534

jhughes@barrowbc.gov.uk



Barrow Integrated Community Care

Co-ordination Team

We can offer an assessment in your own home to look at your needs at this time in your life and see how you can be best supported with the things that are important to you, for your future and will keep you safe.

We can help you to access local services and resources and to know what is currently up and running in your area that you can access to try to improve quality of life and reduce social isolation.

To help avoid hospital admissions by arranging for aides or equipment to be put in or referring you to other services who can help you with staying independent.

We have qualified nurses who can help you understand any health conditions you have and how to manage these and your medication.

We can help you to identify appropriate care services for you and make referrals.

We can arrange for a benefits analysis to be done so you can secure your full and proper entitlement.

01229 402578

Barrow.icc@mbht.nhs.uk



University Hospitals of
Morecambe Bay
NHS Foundation Trust

