

## Key Health Advice

Weekly key health advice and practical guidance for citizens will be delivered in Barrow in Furness and Kendal every **Thursday from 12.30 pm to 4.00 pm** as a part of the Key Health Messages Workshop. The workshop covers health inequality topics and key priorities mentioned in the NHS 10-year plan, such as gambling harms, type 2 diabetes, vaccination importance, sexual health, substance misuse, mental health, physical health, poor housing, domestic abuse, healthy eating, and diet.

After the workshop, we will be providing all of the other services such as Hygiene Goods Provision, Health Related Activity Support for Children and COLC Crisis Support Provision.

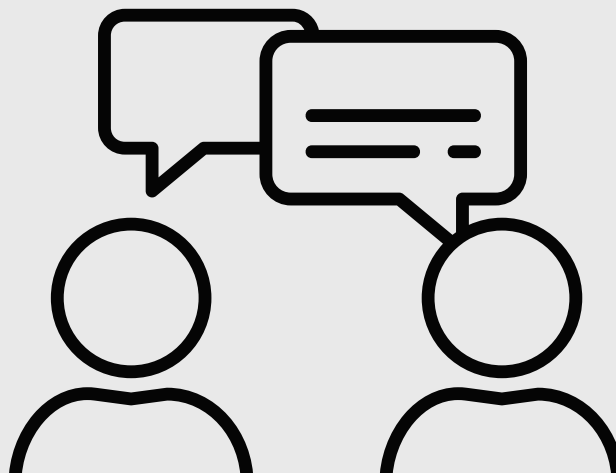
## Welcome Spaces Locations

**Highgate Hotel Kendal every Thursday 12.30 pm - 4.00 pm  
Saturday 12.30 pm - 4.00 pm**

**Barrow Park Leisure Café every Thursday 12.30 pm - 4 pm  
Sunday 12.30 pm - 3.00 pm**

## Our Services

Key Health Advice  
Hygiene Goods Provision  
Activity Support for Children  
COLC Crisis Support Provision



The Well Communities CIC



## THE COST OF LIVING CRISIS (COLC) SUPPORT

Welcome Spaces,  
Support Services &  
Health Advice  
in South Lakeland & Furness Peninsular

**The Well Communities CIC**

<https://www.thewellcommunities.co.uk/>

## Hygiene Goods Provision

To support population health and well-being, hygiene goods will be offered to citizens who have sacrificed such interests as a direct result of the cost-of-living crisis.

**Voucher provision** at Barrow in Furness Key Health Messages workshops each Thursday and Sunday, and via Wellfed Social Supermarket in Barrow in Furness Monday – Friday between 10.00 am – 3.00 pm.

**Pre-packaged bags** of essential hygiene products are available for collection within the Key Health Messages workshops each Thursday 12.30 pm – 4.00 pm and Saturday 12.30 pm – 4.00 pm from Highgate Hotel in Kendal.

## Health Related Activity Support For Children

The Well Communities CIC will support families who have sacrificed children's club memberships as a direct result of the cost-of-living crisis. This **MUST** be an activity in which children previously engaged.

Furness Peninsular arrangements and enquiries can be made at Barrow in Furness key health advice events each Thursday and Sunday, and via Wellfed Social Supermarket in Barrow in Furness Monday to Friday 10.00 am – 3.00 pm.

South Lakeland arrangements and enquiries are available within key health advice workshops each Thursday 12.30 pm – 4.00 pm and Saturday 12.30 pm – 4.00 pm from Highgate Hotel in Kendal.

## COLC Crisis Support Provision

The Well Communities CIC will provide advice and assistance with crisis situations which will directly affect local citizens' health where reasonable and practical to do so. Examples of crisis could include (but are not limited to):

- Loss of gas or electricity supply
- Emergency food provision
- Emergency clothing provision
- Emergency bedding provision
- Emergency homelessness assistance

# COST OF LIVING CRISIS SUPPORT

Welcome Spaces, Support Services & Health Advice in South Lakeland & Furness Peninsular

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