

# Milnthorpe Extended Services Cluster

Arnside, Beetham, Burton-in-Kendal, Crosscrake, Dean Barwick  
(Witherslack), Endmoor, Heversham, Holme, Levens, Milnthorpe and Storth

# SERVICES

for CHILDREN,  
YOUNG PEOPLE  
& FAMILIES

- ◇ Childcare Services
- ◇ Extra-curricular Activities
- ◇ Parent Support
- ◇ Specialist Services
- ◇ Community Resources

## Children, Young People & Families

Wetherby, Kendal, Crosscraze, Dean Barwick, Endmoor,  
Levens, Milnthorpe and Storth

### CARE SERVICES

Name/Service	Address & Website	Tel Number	Description
<b>INFORMATION SERVICES</b>			
<b>Children's Information Services</b>	80, Warwick Road, Carlisle CA1 1DU <a href="http://www.cumbria.gov.uk/childrensservices/cis">www.cumbria.gov.uk/childrensservices/cis</a>	0845 7125 737	Information on childcare services
<b>Milnthorpe Children's Centre</b>	Firs Road, Milnthorpe, LA7 7QF (on the same site as Milnthorpe Primary School and Joeys childcare)  Email: <a href="mailto:mcc@milnthorpe.cumbria.sch.uk">mcc@milnthorpe.cumbria.sch.uk</a>	015395 64896	Information on childcare and support available in the Milnthorpe and Grange areas
<b>Children's Services - South Lakes and Eden</b>	County Offices, Kendal LA9 4RQ	01539 773377	Services for children & families
<b>Childcare Link</b>	<a href="http://www.childcarelink.gov.uk">www.childcarelink.gov.uk</a>	0800 2346 346	Information on childcare services
<b>Childcare Services</b>	<a href="http://www.direct.gov.uk/childcare">www.direct.gov.uk/childcare</a>		Information on childcare services
<b>Daycare Trust</b>	21 St George's Road, London, SE1 6ES  <a href="http://www.daycaretrust.org">www.daycaretrust.org</a>	020 7840 3350	Childcare information & options
<b>NCMA (National Childminding Association)</b>	Royal Court, 81 Tweedy Road, Bromley, Kent BR1 1TG  <a href="http://www.ncma.org.uk">www.ncma.org.uk</a>	0845 880 0044	Promote childcare
<b>CHILDMINDERS</b>	Information via Children's Information Service	0845 7125 737	Up to date information on childminders in your area
<b>FULL DAY CARE</b>			
<b>Cheeky Monkeys</b>	Elm Grove, Endmoor, LA8 0ET	015395 67024	For children 0-11 years
<b>Joeys</b>	Milnthorpe Children's Centre. Firs Road, Milnthorpe LA7 7QF  <a href="mailto:joeys@milnthorpe.cumbria.sch.uk">joeys@milnthorpe.cumbria.sch.uk</a>	015395 64090	For children 0-11 years
<b>Spotted Dog Children's Centre</b>	Clawthorpe Business Centre, Burton, Carnforth, LA6 1NU  Email: <a href="mailto:enquiries@spotted-dog.co.uk">enquiries@spotted-dog.co.uk</a>	01524 784321	For children 0-12 years

## Children, Young People & Families

Windle, Crosscraike, Dean Barwick, Endmoor, Levens, Milnthorpe and Storth

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<b>Arnies</b>	Arnside Educational Institute, Arnside (Contact Sue Shaw via the Education Institute)	01524 762828	After school club.
<b>Cheeky Monkeys</b>	Based at both Crosscraike and Endmoor primary schools.	015395 67024	Breakfast club, after school club and wrap around care.
<b>Dallam Outdoors</b>	Dallam Training & Education Centre Haverflatts Lane, Milnthorpe, Cumbria, LA7 7DD <a href="http://www.dallamoutdoors.co.uk">www.dallamoutdoors.co.uk</a>	015395 65123	Summer school holiday activity programme
<b>Do It for Real - YHA Summer Camps</b>	<a href="http://www.doit4real.co.uk">www.doit4real.co.uk</a>	0870 1188 018	Summer camps
<b>K.A.O.S</b>	Kendal Leisure Centre, Burton Road, Kendal LA9 7AX  <a href="http://www.lakesleisure.org.uk">www.lakesleisure.org.uk</a>	01539 729777	Holiday activities
<b>Levens After School Club</b>	Based at Levens School	015395 60694	After school club.
<b>Milnthorpe Out of School Club - After School &amp; Holiday Club</b>	Milnthorpe Primary School, Firs Road, Milnthorpe LA7 7QF	015395 64090	After school & holiday club
<b>Spotted Dog Children's Centre</b>	Clawthorpe Business Centre, Burton, Carnforth, LA6 1NU Email: <a href="mailto:enquiries@spotted-dog.co.uk">enquiries@spotted-dog.co.uk</a> (for children attending Burton Morewood and Holme primary Schools)	01524 784321	Before school and after school care
<b>Storth After School Club</b>	Based at Storth Primary School	015395 62517	After school club.
<b>YMCA Day Camps</b>	YMCA National Centre Lakeside, Newby Bridge, Ulverston <a href="http://www.lakesideymca.co.uk">www.lakesideymca.co.uk</a>	08707 273927	Day camps & holiday activities

All the schools in the area also run a wide range of after school activities, including art and crafts, dance, drama, music and sports - contact your child's primary school for more information.

## Children, Young People & Families

Worthington-Kendal, Crosscraike, Dean Barwick, Endmoor,  
Kendal, Levens, Milnthorpe and Storth

## CIRCULAR ACTIVITIES

Name/Service	Address & Website	Tel Number	Description
INFORMATION SERVICES	Children's Information Service <a href="http://www.watson4u.com">www.watson4u.com</a> <a href="http://www.help4me.info">www.help4me.info</a>	0845 7125 737	Information on childcare services
ORGANISATIONS			
<b>Bendrigg Trust</b>	Old Hutton, Kendal, Cumbria LA8 0NR	01539 723766	Outdoor pursuits
<b>Brathay Hall Trust</b>	Brathay Hall, Ambleside LA22 0HP <a href="http://www.brathay.org.uk">www.brathay.org.uk</a>	015394 39700	Activity programmes
<b>Brewery Arts Centre, Kendal - Youth Arts</b>	Highgate, Kendal, Cumbria LA9 4HE <a href="http://www.breweryarts.co.uk">www.breweryarts.co.uk</a>	01539 725133	Youth arts & music
<b>Connexions Cumbria</b>	124 Highgate, Kendal LA9 4HE <a href="http://www.connexionscumbria.co.uk">www.connexionscumbria.co.uk</a>	01539 730045	Support & training for young people aged 13-19.
<b>Cumbria Outdoors</b>	Hawse End Centre, Portinscale, Keswick Cumbria CA12 5UE <a href="http://www.cumbriaoutdoors.com">www.cumbriaoutdoors.com</a>	01768 772816	Residential & outdoor education for young people
<b>Dallam Outdoors</b>	Haverflatts Lane, Milnthorpe, Cumbria, LA7 7DD <a href="http://www.dallamoutdoors.co.uk">www.dallamoutdoors.co.uk</a>	015395 65123	Summer school holiday activity programme
<b>Duke of Edinburgh Award - Cumbria</b>	5 Portland Square, Carlisle, CA1 1PU (Milnthorpe area - running through Dallam School and Young Cumbria). <a href="http://www.theaward.org/northwest">www.theaward.org/northwest</a>	0122 606 937	Duke of Edinburgh Award scheme
<b>Girl Guiding - Cumbria</b>	<a href="http://www.girlguidingcumbriasouth.org.uk">www.girlguidingcumbriasouth.org.uk</a> <a href="http://www.girlguidingnwe.org.uk">www.girlguidingnwe.org.uk</a>	01229 835895	Girl guiding
<b>John Muir Trust (&amp; Award)</b>	c/o Cumbria Youth Alliance, University of Cumbria, Newton Rigg, Penrith CA11 0AH <a href="http://www.jmt.org">www.jmt.org</a>	01768 893656	Environmental award scheme
<b>Lakes Leisure &amp; K.A.O.S</b>	Kendal Leisure Centre, Burton Road, Kendal LA9 7AX <a href="http://www.lakesleisure.org.uk">www.lakesleisure.org.uk</a>	01539 792511	Sports, leisure & holiday activities

## Children, Young People & Families

Wendland, Crosscraike, Dean Barwick, Endmoor,  
Kendal, Levens, Milnthorpe and Storth

	Various venues across South Lakes area. Contact Matt Harris for details. <a href="mailto:mattmharris@hotmail.com">mattmharris@hotmail.com</a>	07795 081213	Holiday and after school sports activities
<b>MDP Sports</b>	Various venues across South Lakes area. Contact Mark Price for details.	01539 722984	Holiday and after school sports activities.
<b>Music Links</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU <a href="http://www.musiclinks.org.uk">www.musiclinks.org.uk</a> <a href="http://www.musiclinks.org.uk">www.musiclinks.org.uk</a>	01539 742626	Music & digital arts projects
<b>Play Sport</b>	Various venues across South Lakes area. Contact Tim Fletcher for details. <a href="http://www.playsportcoaching.co.uk">www.playsportcoaching.co.uk</a>	01524 426996	Holiday and after school sports activities.
<b>Prince's Trust</b>	North West Regional Office, Northbridge House, Elm Street Business Park, Burnley BB10 1PD <a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>	01282 714 161	
<b>Scouts Association - Cumbria</b>	Scout Development Office, Brougham Hall, Penrith, Cumbria, CA10 2DE <a href="http://www.cumbriascouts.org.uk">www.cumbriascouts.org.uk</a>	0845 094 6059	Scouting activities
<b>TeamTheme</b>	Various venues across South Lakes area. Contact Keith Singleton for details. <a href="mailto:Keithsing48@hotmail.co.uk">Keithsing48@hotmail.co.uk</a>	015395 62473	Holiday and after school sports activities.
<b>Westmorland and South Lakes Football Development Scheme</b>	Various venues across the South Lakes area. Contact Stephen Hoare. <a href="mailto:Stephenhoare007@hotmail.com">Stephenhoare007@hotmail.com</a>	01524 762 692	Holiday and after school sports activities.
<b>Young Cumbria - South Lakes</b>	Grange Community Resource Centre, Kents Bank Road, Grange Over Sands, Cumbria LA11 7DJ <a href="http://www.youngcumbria.org.uk">www.youngcumbria.org.uk</a>	015395 36032	Support young people & youth work
<b>Young Farmers - Cumbria</b>	YFC Office, University of Cumbria, Newton Rigg, Penrith, Cumbria, CA11 0AH <a href="http://www.cumbriayfc.co.uk">www.cumbriayfc.co.uk</a>	01768 866550	Youth activities
<b>YMCA Day Camps</b>	YMCA National Centre Lakeside, Newby Bridge, Ulverston <a href="http://www.lakesideymca.co.uk">www.lakesideymca.co.uk</a>	08707 273927	Day camps & activity programmes
<b>YWCA Cumbria</b>	Atlas Works, Nelson Street, Denton Holme, Carlisle CA2 5NB <a href="http://www.ywca.org.uk/cumbria">www.ywca.org.uk/cumbria</a>	01228 525817	Support girls & women
<b>Youth Access</b>	Youth Access, 1-2 Taylors Yard, 67 Alderbrook Road, London, SW12 8AD <a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a>	0208 7729900	Support & advice for young people 11-25.

## Children, Young People & Families

Kendal, Crosscrake, Dean Barwick, Endmoor, Levens, Milnthorpe and Storth

## MENT SUPPORT

Name/Service	Address & Website	Tel Number	Description
<b>Milnthorpe Children's Centre</b>	Firs Road, Milnthorpe, LA7 7QF <a href="#">A wide range of support services and activities available for families across the area.</a>	015395 64896	Support and advice for parents and carers.
<b>Adfam</b>	25 Corsham Street, London, N1 6DR <a href="http://www.adfam.org.uk">www.adfam.org.uk</a>	020 755 37640	Advice for families of drug & alcohol users
<b>Benefits Enquiry Line</b>		0800 882 200	Benefits advice
<b>BBC Parent Support</b>	<a href="http://www.bbc.co.uk/parenting">www.bbc.co.uk/parenting</a>		Parenting support
<b>Centre for Separated Families</b>	3 Barker Lane, Micklegate, York YO1 6JR <a href="http://www.separatedfamilies.org.uk">www.separatedfamilies.org.uk</a>	01904 610321	For everyone affected by family separation
<b>Cry-sis</b>	Cry-sis, London WC1N 3XX <a href="http://www.cry-sis.org.uk">www.cry-sis.org.uk</a>	08451 228 669 Helpline	Support & advice about excessive crying & sleepless babies
<b>Child Benefit Enquiries</b>	<a href="http://www.hmrc.gov.uk">www.hmrc.gov.uk</a>	0845 302 1444	Child benefit enquiries
<b>Children's Services</b>	County Offices, Kendal LA9 4RQ <a href="http://www.cumbria.gov.uk/childrenservices">www.cumbria.gov.uk/childrenservices</a>	01539 773377	Services for children & families
<b>Child Support Agency</b>	<a href="http://www.csa.org.uk">www.csa.org.uk</a>	08457 133 133	Child support enquiries
<b>Dad Talk</b>	<a href="http://www.dadtalk.co.uk">www.dadtalk.co.uk</a>		Fathers' social networking & parenting forum
<b>Disabled Parents Network</b>	81 Melton Road, West Bridgford, Nottingham, NG2 8EN <a href="http://www.disabledparentsnetwork.org.uk">www.disabledparentsnetwork.org.uk</a>	08702 41 0 450	Information & support to disabled parents & their families
<b>Families Need Fathers</b>	134 Curtain Road, London EC2A 3AR <a href="http://www.fnf.org.uk">www.fnf.org.uk</a>	08707 607 496 Helpline	Support parents & children to keep in contact
<b>Family Caring Trust</b>	44 Rathfriland Road, Newry, Co. Down BT34 1LD <a href="http://www.familycaring.co.uk">www.familycaring.co.uk</a>	028 3026 4174	Resources for parents
<b>Family Mediation &amp; Children's Support Service</b>	Meadow Bank, Shap Road, Kendal LA9 8NY <a href="http://www.itsnotyourfault.org/nchmediation">www.itsnotyourfault.org/nchmediation</a>	01539 733705	Information for children & parents going through a family break up

Angela Franklin, Extended Services Co-ordinator 015395 62439  
afranklin@cumbriacc.gov.uk

## Children, Young People & Families

Widnes, Kearsley, Kendal, Crosscrake, Dean Barwick, Endmoor,  
Levens, Milnthorpe and Storth

The Print House, 18 Ashwin  
E8 3DL

0800 731  
1696

Increase voice for  
children & families  
in services

	<a href="http://www.frg.org.uk">www.frg.org.uk</a>		
Fathers Direct	<a href="http://www.fathersdirect.com">www.fathersdirect.com</a>		National information centre on fatherhood
Gingerbread	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>	0800 018 4318	Freephone advice for single parents
Gotateenager.org.uk	<a href="http://www.gotateenager.org.uk">www.gotateenager.org.uk</a>		Online community for parents of teenagers
Grandparents' Association	Moot House, The Stow, Harlow, Essex CM20 3AG	01279 428040	Supporting children & grandparents
HomeDad	<a href="http://www.homedad.org.uk">www.homedad.org.uk</a>		Support for fathers who stay at home to raise their children
Homestart	<a href="http://www.home-start.org.uk">www.home-start.org.uk</a>		Friendship and support for parents of young children.
Kidscape	2 Grosvenor Gardens, London SW1W 0DH <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>	08451 205204	Bullying helpline for parents
Maternity and Paternity Rights	<a href="http://www.acas.org.uk">www.acas.org.uk</a>	08457 474747	Information line
Mums Network	<a href="http://www.mumsnet.com">www.mumsnet.com</a>		Parent support via the web
National Childbirth Trust	<a href="http://www.nct.org.uk">www.nct.org.uk</a>	0870 444 8707	Advice & support for pregnancy, birth and infant parenting
National Council for One Parent Families (Gingerbread)	255 Kentish Town Road, London NW5 2LX <a href="http://www.oneparentfamilies.org.uk">www.oneparentfamilies.org.uk</a>	0800 018 5026	Promotes welfare of lone parents & their children
National Family & Parenting Institute	430 Highgate Studios, 53-79 Highgate Road, London NW5 1TL	0207 4243460	Support for families and parents
Netmums	<a href="http://www.netmums.com">www.netmums.com</a>		Online networking site for mothers
New Deal for Lone Parents		0800 868 868	Benefits helpline

## Children, Young People & Families

Barrow-in-Furness, Kendal, Crosscraike, Dean Barwick, Endmoor,  
Kendal, Levens, Milnthorpe and Storth

	<a href="http://www.parentdirect.org.uk">www.parentdirect.org.uk</a>		Online parenting site for single parents
Parent Direct	<a href="http://www.parentdirect.org.uk">www.parentdirect.org.uk</a>	0800 298 9121	Information on flexible working
Parentline Plus	520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London NW5 1TL <a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a>	0808 800 2222	24 hour free helpline, for anyone caring for a child
Parent Partnership Service - South Cumbria	Burlington House, Michaelson Road, Abbey Road, Barrow In Furness LA14 2RJ <a href="http://www.help4me/info">www.help4me/info</a>	01229 894439 Helpline	Advice & information for families of children with special needs
Parents Centre	<a href="http://www.parentscentre.gov.uk">www.parentscentre.gov.uk</a>		Support forum for parents and carers
Parents for Inclusion	Unit 2, 70 South Lambeth Road, London SW8 1RL <a href="http://www.parentsforinclusion.org">www.parentsforinclusion.org</a>	0800 652 3145	Parents' organisation helping disabled children learn & have a voice
Pre-School Learning Alliance	The Fitzpatrick Building, 188 York Way London N7 9AD	020 7697 2500	Publications, training, advice & support
Raising Kids	<a href="http://www.raisingkids.co.uk">www.raisingkids.co.uk</a>		
Rathbone Special Education Advice Line	Churchgate House, 56 Oxford Street, Manchester M1 6EU <a href="http://www.rathbonetraining.co.uk">www.rathbonetraining.co.uk</a>	0800 9176790	SEN advice for parents of 3-19 year olds
Relate	<a href="http://www.relate.org.uk">www.relate.org.uk</a>		Counselling - parents & families
South Cumbria Family Forum	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU	01539 742613	Supporting families with children with a disability
Tax Credit Helpline	<a href="http://www.taxcredits.inlandrevenue.gov.uk">www.taxcredits.inlandrevenue.gov.uk</a>	0845 300 3900	Tax credit information
Working Families	1-3 Berry Street, London EC1V 0AA <a href="http://www.workingfamilies.org.uk">www.workingfamilies.org.uk</a>	0207 2537243	Flexible working, parents rights regarding work/life balance
Young Minds	48-50 St John Street, London EC1M 4DG <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	0800 018 2138	Promotes mental health & well being of all children

## ALIST SERVICES

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Name/Service	Address	Tel Number	Description
Action for Kids	Ability House, 15a Tottenham Lane, Hornsey, London N8 9DJ  <a href="http://www.actionforkids.org">www.actionforkids.org</a>	0845 300 0237 Helpline	Help disabled children with mobility aids & family support
Adfam	25 Corsham Street, London N1 6DR  <a href="http://www.adfam.org.uk">www.adfam.org.uk</a>	020 7553 7640	Information & advice for families of drug & alcohol users
Afasic (Association for all Speech Impaired Children)	50-52 Great Sutton Street, London EC1V 0DJ  <a href="http://www.afasic.org.uk">www.afasic.org.uk</a>	020 7490 9410	Provide support for speech impaired children
Alateen		020 7403 0888	For young people who are affected by a problem drinker.
Alcoholism Anonymous		0845 769 7555	Help with giving up alcohol, and for families and friends of a problem drinker.
Autism Direct	The Haven, The Street, Pebmarsh, CO9 2NH  <a href="http://www.autismdirect.co.uk">www.autismdirect.co.uk</a>	07754 902686	Support service for parents with autistic children
Barnardo's South Lakeland Family Support Service	St Andrews, Ecclerigg, Ambleside Road, Windermere, Cumbria LA23 1LJ  <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>	01539 443500	Home-based support & children's centre services
BEAT (Beating Eating Disorders)	103 Prince of Wales Road, Norwich NR1 1DW  <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	08456 341414 (08456 347650 Youthline)	Helpline to support people with eating disorders & their families
British Dyslexic Association	98, London Road, Reading RG1 5AU  <a href="http://www.bdadyslexia.org.uk">www.bdadyslexia.org.uk</a>	0118 966 2677	Information & support for dyslexia

## Children, Young People & Families

Barrow-in-Furness, Kendal, Crosscrake, Dean Barwick, Endmoor,  
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(CADAS)	<a href="http://www.cadas.co.uk">www.cadas.co.uk</a>	01539 742615	Confidential drug, alcohol & gambling counselling
Cafcass	Capital Building, Hilltop Heights, Carlisle CA1 2NS  <a href="http://www.cafcass.gov.uk">www.cafcass.gov.uk</a>	01228 549130	Protect children's interests in family proceedings
CancerCare - Children & Young People's Service	Slynedales, Slyne Road, Lancaster LA2 6ST  <a href="http://www.cancercare.org.uk">www.cancercare.org.uk</a>	01524 381820	Support with cancer
Care to Learn	<a href="http://www.dcsf.gov.uk/care_to_learn">www.dcsf.gov.uk/care_to_learn</a>	0845 600 2809	Help with childcare for students under 19 years of age
Carers UK	20 Great Dover Street, London SE1 4LX  <a href="http://www.carersuk.org">www.carersuk.org</a>	0808 808 7777 Helpline	Information, support & advice for carers
Caring Whispers	Morecambe	01524 400976	Helping people with eating problems
Challenging Behaviour Foundation	c/o The Old Courthouse, New Road Avenue, Chatham Kent ME4 6BE  <a href="http://www.thecbf.org.uk">www.thecbf.org.uk</a>	0845 602 7885 Helpline	Support network for families caring for children with challenging behaviour
Child Accident Prevention Trust	<a href="http://www.capt.org.uk">www.capt.org.uk</a>	020 7608 3828	Info re accident prevention
Child & Adolescent Mental Health Service (CAMHS) - Cumbria	<a href="http://www.cumbria.gov.uk/childrenservices">www.cumbria.gov.uk/childrenservices</a>	01229 615325	Mental health assessment & support for children & young people
Child Bereavement Charity	Aston House, West Wycombe, High Wycombe, Bucks HP14 3AG  <a href="http://www.childbereavement.org.uk">www.childbereavement.org.uk</a>	01494 446648	Support & information for bereaved children & parents
Child Death Helpline	<a href="http://www.childdeathhelpline.org.uk">www.childdeathhelpline.org.uk</a>	0800 282296 Helpline	Child death helpline

## Children, Young People & Families

Kendal, Crosscraze, Dean Barwick, Endmoor,  
Kendal, Levens, Milnthorpe and Storth

42 Curtain Road, London

0800 1111  
Helpline

Helpline for  
children & young  
people

[www.childline.org.uk](http://www.childline.org.uk)

**Children's Legal Centre**

University of Essex, Wivenhoe Park,  
Colchester, Essex CO4 3SQ

0845 120  
2948  
Helpline

Legal advice &  
representation to  
children, parents  
& carers

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

**Children's Services-  
South Cumbria**

County Offices, Kendal LA9 4RQ

01539  
773377

Services for  
children &  
families

[www.cumbria.gov.uk/childrenservices](http://www.cumbria.gov.uk/childrenservices)

**Connexions - Cumbria**

124 Highgate, Kendal LA9 4HE

01539  
730045

Finding a job or  
training

[www.connexionscumbria.co.uk](http://www.connexionscumbria.co.uk)

**Contact a Family**

209-211 City Road, London EC1V 1JN

0207  
6088700

Support for  
families with  
disabled children

[www.confamily.org.uk](http://www.confamily.org.uk)

**Contraceptive  
Education  
Service**

50 Featherstone Street, London EC1Y  
8QU

0207  
6085240

Contraceptive &  
sexual health  
issues

**Cumbria Deaf  
Association - Kendal  
office**

5 Castle Street, Kendal LA9 7AD

01539  
773131

Promoting  
wellbeing of  
people who are  
deaf

[www.cumbriadeaf.co.uk](http://www.cumbriadeaf.co.uk)

**Cumbria Parent  
Partnership Service**

Burlington House, Michaelson Road,  
Barrow in Furness LA14 2RJ

01229  
894439  
Helpline

Support & advice  
to parents of  
children with  
special needs

[www.help4me.info](http://www.help4me.info)

**Cumbria Reading  
Intervention programme**

Children's Services, Cumbria County  
Council, 5 Portland Square, Carlisle CA1  
1PU

[www.cumbria.gov.uk/childrenservices/reading](http://www.cumbria.gov.uk/childrenservices/reading)

Supports  
children finding  
difficulty with  
developing  
literacy skills

**Cumbria Youth Alliance**

54a Main Street, Cockermouth, Cumbria  
CA13 9LU

[www.cya.co.uk](http://www.cya.co.uk)

01900  
822110

Network of  
youth  
organisations in  
Cumbria

**Delta (Deaf  
Education  
through  
Listening and  
Talking)**

Powell Centre, 3 Swan Court, Cygnet  
Park,  
Peterborough PE7 8GX

[www.deafeducation.org.uk](http://www.deafeducation.org.uk)

0845 108  
1437

Deaf education  
through listening  
& talking for  
deaf children,  
their families and  
practitioners

## Children, Young People & Families

Barrow-in-Furness, Kendal, Crosscraike, Dean Barwick, Endmoor,  
Kendal, Levens, Milnthorpe and Storth

	London E1 7SA <a href="http://www.disabilityalliance.org">www.disabilityalliance.org</a>	0207 247 8776	Aims to improve living standards of disabled people
<b>Disability Benefits Helpline</b>		08457 123 456	Help with claiming benefits
<b>Disability Snowsport UK</b>	Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU <a href="http://www.disabilitysnowsport.org.uk">www.disabilitysnowsport.org.uk</a>	01539 742616	Opportunities to participate & benefit from skiing and snowboarding
<b>Disabled Information &amp; Advice Lines</b>	St Catherine's, Tickhill Road, Doncaster South Yorkshire DN4 8QN <a href="http://www.dialuk.info">www.dialuk.info</a>	01302 310 123	Network of disability advice lines
<b>Dyslexia Association - South Cumbria</b>	SCUDA, Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU <a href="http://www.scudauk.co.uk">www.scudauk.co.uk</a>	01539 742632	Support for dyslexia
<b>Dyspraxia Association</b>	Lancaster	01995 602361	Support for dyspraxia
<b>Early Support Programme</b>	c/o RNID, 19-23 Featherstone Street, London EC1Y 8SL <a href="http://www.earlysupport.org.uk">www.earlysupport.org.uk</a>	020 7296 8238  0845 60 222 60	Improving services for families with young disabled families
<b>Early Years Equality</b>	<a href="http://www.earlyyearesequality.org">www.earlyyearesequality.org</a>	0124 431 0569	Support for parents from ethnic minority groups
<b>Eating Disorders</b>		080 456 347650	Young persons helpline
<b>Educational Psychology Service</b>	Children's Services, Busher Walk, Kendal LA9 4RQ <a href="http://www.cumbria.gov.uk/childrensservices">www.cumbria.gov.uk/childrensservices</a>	01539 773641	Support to improve learning
<b>Education Welfare Service</b>	Children's Services, Busher Walk, Kendal LA9 4RQ <a href="http://www.cumbria.gov.uk/childrensservices">www.cumbria.gov.uk/childrensservices</a>	01539 773452	School attendance, exclusion, child employment.
<b>Emotional &amp; Behavioural Difficulties Support Team- South Cumbria</b>	Newbridge House, Ewan Close, Barrow, Cumbria LA13 4ED <a href="http://www.cumbria.gov.uk/childrensservices">www.cumbria.gov.uk/childrensservices</a>	01229 894470	Schools refer individual pupils to this service
<b>Epilepsy Group</b>	Lancaster and Morecambe	01524 64412	Epilepsy support
<b>Equal Opportunities Commission</b>	<a href="http://www.eoc.org.uk">www.eoc.org.uk</a>	0845 6015901	Support with discrimination

## Children, Young People & Families

Kendal, Crosscrake, Dean Barwick, Endmoor,  
Levens, Milnthorpe and Storth

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	www.eric.org.uk	advice for improving finance	0845 370 8008	Advice, support and resources to help children and young people who bed wet
Family Caring Trust	44 Rathfriland Road, Newry, Co. Down BT34 1LD <a href="http://www.familycaring.co.uk">www.familycaring.co.uk</a>		028 3026 4174	Resources for parents
Family Mediation & Children's Support Service	Meadow Bank, Shap Road, Kendal LA9 8NY <a href="http://www.itsnotyourfault.org/nchmediation">www.itsnotyourfault.org/nchmediation</a>		01539 733705	Practical information for children & parents going through a family break up
Frank (Drugs advice)	<a href="http://www.talktofrank.com">www.talktofrank.com</a>		0800 776600	Information, education, advice & support on drugs
Headway	Lancaster		01524 61493	Support for people suffering head injuries or brain damage.
Health Visitors - Cumbria	Tenterfield, Brigsteer Road, Kendal, Cumbria LA9 4BJ <a href="http://www.cumbriapct.nhs.uk">www.cumbriapct.nhs.uk</a>		01539 797800	Health visiting services
Homestart - South Cumbria	Riverside Centre, Tanners Yards, Highgate, Kendal LA9 4ED <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>		01539 727333	Support to parents & families
I CAN (Communication)	8 Wakley Street, London EC1V 7QE <a href="http://www.ican.org.uk">www.ican.org.uk</a>		0845 225 4071	Children's communication
Independent Panel for Special Education Advice	6 Carlow Mews, Woodbridge, Suffolk IP12 1EA <a href="http://www.ipsea.org.uk">www.ipsea.org.uk</a>		0800 018 4016 Advice line	Independent advice to parents of children with special educational needs
Kidscape	2 Grosvenor Gardens, London SW1W ODH <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>		0207 730 3300	Provide skills & resources to keep children safe
Lancaster Homeless Action Service			01524 842008	Support for homeless
Lancaster & District Women's Aid & Domestic Violence Helpline			01524 383636	Helpline

## Children, Young People & Families

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	<a href="http://www.cumbria.gov.uk/childrensservices">www.cumbria.gov.uk/childrensservices</a>	01539 773117	Multi-agency team working with children in care in Cumbria
<b>Making Space</b>	Lancaster, Morecambe and District	01524 36737	Supporting schizophrenia sufferers, families and friends
<b>Mencap</b>	123 Golden Lane, London EC1Y 0RT  <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>  Morecambe branch	020 7454 0454  01524 415486	Supporting children & young people with learning disabilities
<b>Missing Persons Helpline</b>		0500 700700	helpline
<b>Missing Persons Message Home</b>		0800 700740	Send a confidential message to family or friends
<b>National Children's Bureau</b>	8 Wakley Street, London EC1V 7QE  <a href="http://www.ncb.org.uk">www.ncb.org.uk</a>	020 7843 6000	Umbrella organisation supporting children & young people
<b>National Deaf Children's Society</b>	Lancaster	01524 39203	Support for families
<b>National Aids Line</b>		0800 567123	24 hr helpline
<b>National Debtline</b>	<a href="http://www.nationaldebtline.co.uk">www.nationaldebtline.co.uk</a>	0808 808 4000 Helpline	Advice about debt
<b>National Domestic Violence Helpline</b>	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>	0808 2000247 Helpline	Advice & support about domestic abuse
<b>NHS Direct</b>	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>	0845 4647	Health helpline
<b>North West Narcotics Anonymous</b>		01253 850018	24 hour help line
<b>NSPCC</b> Free Helpline for children	Weston House, 42 Curtain Road, London EC2A 3NH <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	0808 800 5000	Protect children from cruelty, support vulnerable families

## Children, Young People & Families

Barrow-in-Kendal, Crosscraike, Dean Barwick, Endmoor,  
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		Barrow, Cumbria LA14 5UT <a href="http://www.cumbriacc.gov.uk">www.cumbriacc.gov.uk</a>	01229 813461	Therapeutic services to children & young people who have experienced abuse/trauma
NSPCC (Parachute)	7 Chatsworth Square, Carlisle CA1 1HB <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>		01228 521829	Specialist service for children & young people who display sexually harmful behaviour
NSPCC (S.A.F.E)	Walney Road, Barrow, Cumbria LA14 5UT		01229 838746	Domestic abuse support
National Voice	Central Hall, Oldham Street, Manchester M1 1JQ <a href="http://www.anationalvoice.org">www.anationalvoice.org</a>		0161 2375577	Organisation run for & by young people who have been in care
Resolve Mediation	Moss Bay House, Unit 7 Mobet Building, 40 Peart Road, Workington CA14 3YT		01900 603229	Free, confidential mediation service for family disputes, parents & teenagers
Royal National Institute for the Blind	<a href="http://www.rnib.org.uk">www.rnib.org.uk</a>		0845 766 9999 Helpline	Information, support & advice for people with sight loss
Royal National Institute for the Deaf	<a href="http://www.rnid.org.uk">www.rnid.org.uk</a>		0808 808 0123 Helpline	Information, support & advice for deaf & hard of hearing people
Samaritans	119-123 Botchergate, Carlisle CA1 1RZ <a href="http://www.samaritans.org">www.samaritans.org</a>		08457 909090	24 hour support
SANDS - Stillborn & neonatal death	28 Portland Place, London W1B 1LY <a href="http://www.uk-sands.org">www.uk-sands.org</a>		020 7436 5881 Helpline	Support anyone affected by death of a baby
School Nurse - South Lakes	<a href="http://www.cumbriapct.nhs.uk">www.cumbriapct.nhs.uk</a>		01539 734666	School health services
Sexwise	<a href="http://www.makethrightdecision.co.uk">www.makethrightdecision.co.uk</a>		0800 282930 Helpline	Confidential advice for young people on sex and relationships

## Children, Young People & Families

Barrow-in-Furness, Kendal, Crosscrake, Dean Barwick, Endmoor,  
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		0808 800 3333	Free call helpline for people with cerebral palsy and their families
<b>Sexual Health Direct</b>		0845 310 1334 Helpline	Helpline for young people
<b>Shelter - Cumbria Housing Aid Centre</b>	10, Kent Street, Kendal LA9 4AT  <a href="http://www.shelter.org.uk">www.shelter.org.uk</a>	0844 515 1945 0808 800 4444	Support & advice about housing issues
<b>South Cumbria Dyslexia Association</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU  <a href="http://www.scudauk.co.uk">www.scudauk.co.uk</a>	01539 742632	Advice, information & support for dyslexics and their families
<b>South Cumbria Family Forum</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU	01539 742613	Parent-led group supports families with children with special needs
<b>South Cumbria Rape and Abuse Service</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU  <a href="http://www.napac.org.uk">www.napac.org.uk</a>	01229 820828	Counselling to survivors of rape & childhood sexual abuse
<b>South Lakeland Carers Association</b>	5 Castle Street, Kendal LA9 7AD  <a href="mailto:admin@slcarers.org.uk">admin@slcarers.org.uk</a>  <a href="http://www.carers.org">www.carers.org</a>	01539 815970	Activities, information and support for carers and young carers
<b>South Lakes Society for the Blind</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU  <a href="http://www.slsb.org.uk">www.slsb.org.uk</a>	01539 742633	Information, advice & support with sight problems
<b>SEN Advisory Teacher- Barrow &amp; South Lakes</b>	Burlington House, Michaelson Road Barrow in Furness, Cumbria LA14 2RJ	01229 894317	Special educational needs advice & support
<b>Special Educational Needs Service</b>	Nan Tait Centre, Abbey Road, Barrow in Furness	01229 894402	Special educational needs advice
<b>Speech &amp; Language Therapy</b>	Blackhall Unit, Westmorland General Hospital, Burton Road, Kendal, Cumbria LA9 7RG	01539 739767	Speech & language therapy

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		01524 732876	Supporting bereaved parents
<b>Friends</b>			
<b>What now?</b>	National help line  (Morecambe 01524 831978)	0800 51 11 11	Information service for young people (daily 10am-10pm)
<b>Women's Domestic Violence Helpline</b>		0808 2000 247	24hr helpline
<b>Wotson4u.com</b>	<a href="http://www.wotson4u.com">www.wotson4u.com</a>		Information for 13-19 year olds in Cumbria
<b>Young Minds</b>	48-50 St John Street, London EC1M 4DG  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	0800 018 2138 Helpline	Improving mental health of children & young people
<b>Young Peoples Clinic</b>	Morecambe	01524 831978	Information for young people
<b>YWCA Counselling</b>	<a href="http://www.ywca.org.uk/cumbria">www.ywca.org.uk/cumbria</a>	01228 525 817	Counselling support to girls & women
<b>Youth Offending Service - South</b>	Newbridge House, Ewan Close, Barrow in Furness LA13 9ED	01229 826080	Services for young offenders

## Children, Young People & Families

Burton-in-Kendal, Crosscraze, Dean Barwick, Endmoor,  
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## COMMUNITY RESOURCES

Name/Service	Address & Website	Tel Number	Description
<b>PRIMARY SCHOOLS</b>			
<b>Arnside National School</b>	Church Hill, Arnside, LA5 0DW <a href="mailto:admin@arnside.cumbria.sch.uk">admin@arnside.cumbria.sch.uk</a>	01524 761159	Primary school
<b>Beetham CE School</b>	Beetham, Milnthorpe LA7 7AS <a href="mailto:admin@beetham.cumbria.sch.uk">admin@beetham.cumbria.sch.uk</a>	015395 62515	Primary school
<b>Burton Morewood CE Primary School</b>	Main Street, Burton-in-Kendal, LA6 1ND <a href="mailto:admin@burtonmorewood.cumbria.sch.uk">admin@burtonmorewood.cumbria.sch.uk</a>	01524 781627	Primary school
<b>Crosscraze CE School</b>	Stainton, Kendal LA8 0LB <a href="mailto:admin@crosscraze.cumbria.sch.uk">admin@crosscraze.cumbria.sch.uk</a>	015395 60410	Primary school (with nursery)
<b>Dean Barwick Primary School</b>	Witherslack, Grange-over-Sands <a href="mailto:office@deanbarwick.cumbria.sch.uk">office@deanbarwick.cumbria.sch.uk</a>	015395 52298	Primary school (with nursery)
<b>Heversham St Peter's CE School</b>	Leasgill, Milnthorpe LA7 7FG <a href="mailto:admin@heversham.cumbria.sch.uk">admin@heversham.cumbria.sch.uk</a>	015395 62514	Primary school
<b>Holme Community School</b>	North Road, Holme LA6 1QA <a href="mailto:admin@holmeschool.cumbria.sch.uk">admin@holmeschool.cumbria.sch.uk</a>	01524 781205	Primary School
<b>Levens CE School</b>	Levens, Kendal LA8 8PU <a href="mailto:office@levens.cumbria.sch.uk">office@levens.cumbria.sch.uk</a>	015395 60694	Primary School
<b>Milnthorpe Primary School</b>	Firs Road, Milnthorpe LA7 7QF <a href="mailto:admin@milnthorpe.cumbria.sch.uk">admin@milnthorpe.cumbria.sch.uk</a>	015395 62344	Primary School (with nursery and Children's Centre)
<b>St Patrick's CE School</b>	Endmoor, Kendal LA8 0HH <a href="mailto:admin@st-patrickscofe.cumbria.sch.uk">admin@st-patrickscofe.cumbria.sch.uk</a>	015395 67388	Primary School (with pre-school)
<b>Storth CE School</b>	Storth Road, Storth LA7 7JA <a href="mailto:admin@storth.cumbria.sch.uk">admin@storth.cumbria.sch.uk</a>	015395 62517	Primary School
<b>SECONDARY SCHOOLS</b>			
<b>Dallam School</b>	Haverflatts Lane, Milnthorpe LA7 7DD <a href="mailto:enquiries@dallam.cumbria.sch.uk">enquiries@dallam.cumbria.sch.uk</a>	015395 65165	Secondary School
<b>COMMUNITY SERVICES</b>			
<b>Arnside Education Institute</b>	Church Hill, Arnside LA5 0DF <a href="mailto:admin@arnsideeducationalinstitute.org">admin@arnsideeducationalinstitute.org</a>	01524 762828	Community facility
<b>Arnside Library</b>	Pier Lane, Arnside LA5 0DA <a href="http://www.cumbria.gov.uk/libraries">www.cumbria.gov.uk/libraries</a>	01524 761649	Library
<b>Children's Services - South Lakeland</b>	County Offices, Kendal LA9 4RQ <a href="http://www.cumbria.gov.uk/childrensservices">www.cumbria.gov.uk/childrensservices</a>	01539 773377	Services for children & families

## Children, Young People & Families

South Lakeland, Crosscrake, Dean Barwick, Endmoor, Milnthorpe, Levens, Milnthorpe and Storth

	<a href="http://www.cabsouthlakeland.org.uk">www.cabsouthlakeland.org.uk</a>	0870 1264 061	Information & advice about finances, debt, tax credits, etc.
<b>Community Transport - South Lakeland</b>	Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU	01539 735598	Voluntary car scheme service
<b>Cumbria Council for Voluntary Service</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU	01539 742627	Supports local voluntary organisations
<b>Dallam Community Education</b>	Haverflatts Lane, Milnthorpe LA7 7DD <a href="http://www.dallam.co.uk">www.dallam.co.uk</a>	015395 65123	Adult Education
<b>Family Learning Team</b>	5 Portland Square, Carlisle CA1 1PU <a href="http://www.cumbria.gov.uk/childrensservices/adulteducation">www.cumbria.gov.uk/childrensservices/adulteducation</a>	01228 227304	Family learning service
<b>Job Centre Plus</b>	Kentmere House, 1 Blackhall Road, Kendal LA9 4BS <a href="http://www.jobcentreplus.gov.uk">www.jobcentreplus.gov.uk</a> (also drop in sessions at Milnthorpe Children's Centre)	01539 795000	Advice & information about work opportunities
<b>Milnthorpe Library</b>	Milnthorpe <a href="http://www.cumbria.gov.uk/libraries">www.cumbria.gov.uk/libraries</a>	015395 63040	Library
<b>Neighbourhood Development Office</b>	County Offices, Kendal, LA9 4RQ <a href="http://www.cumbria.gov.uk/neighbourhoodforums">www.cumbria.gov.uk/neighbourhoodforums</a>	01539 773448/ 773180	Neighbourhood forums & grants
<b>Police</b>	Milnthorpe Police Station, Beetham Road, Milnthorpe (Police Community Support Officer drop-in held at Milnthorpe Library 2 <sup>nd</sup> Monday of each month 5.30-7pm)	0845 3300247	Community police
<b>Rural Wheels</b>	Community Transport, Lonsdale Building, The Courts, Carlisle CA3 8NA <a href="http://www.cumbria.gov.uk/roadsandtransport">www.cumbria.gov.uk/roadsandtransport</a>	01228 226721	Community transport scheme
<b>South Lakeland District Council</b>	South Lakeland House, Lowther Street, Kendal LA9 4UF <a href="http://www.southlakeland.gov.uk">www.southlakeland.gov.uk</a>	01539 733333	Council services
<b>Voluntary Action Cumbria</b>	The Old Stables, Redhills, Penrith CA11 0DT <a href="http://www.ruralcumbria.org.uk">www.ruralcumbria.org.uk</a>	01768 840827	Rural Community Council supports communities
<b>Volunteer Centre South Lakeland</b>	Stricklandgate House, 92 Stricklandgate Kendal, Cumbria LA9 4PU <a href="http://www.volunteersouthlakes.org">www.volunteersouthlakes.org</a>	01539 742636	Supports organisations with volunteers