



# Services within Westmorland & Furness for Families

- For general information and advice on childcare, activities, and services for families, including: financial support, support relating to financial situation, parenting, cost of living and more - **07785 456 983** or **Family Information Service (FIS)** at [fis@westmorlandandfurness.gov.uk](mailto:fis@westmorlandandfurness.gov.uk)
- If you need to report a child at **risk of significant harm**, contact the Westmorland & Furness Multi-agency Children's Hub on **0300 373 2724** – [www.westmorlandandfurness.gov.uk/health-and-social-care/children-and-families/family-information-service](http://www.westmorlandandfurness.gov.uk/health-and-social-care/children-and-families/family-information-service)
- If you would like to know more about **Early Help** or have concerns that are not immediate safeguarding risk, please contact the **Multi-Agency Children's Hub** – **0300 373 2723** – [cumbriasafeguardingchildren.co.uk/early-help](http://cumbriasafeguardingchildren.co.uk/early-help)
- **Family Hub Barrow** - **01229 407384** or [ReferralsBarrowFamilyHub@westmorlandandfurness.gov.uk](mailto:ReferralsBarrowFamilyHub@westmorlandandfurness.gov.uk)
- **Family Hub Eden** - **01768 899901** or [ReferralsEdenFamilyHub@westmorlandandfurness.gov.uk](mailto:ReferralsEdenFamilyHub@westmorlandandfurness.gov.uk)
- **Family Hub South Lakes** - **01539 713070** or [referralsouthlakesfamilyhub@westmorlandandfurness.gov.uk](mailto:referralsouthlakesfamilyhub@westmorlandandfurness.gov.uk)
- **Ormsgill Family Hub** - **01229 408190**
- **HAF Team** - [HAF@WestmorlandAndFurness.gov.uk](mailto:HAF@WestmorlandAndFurness.gov.uk)
- **Warm Spots** - A Warm Spot offers a warm, welcoming space for people to visit this winter if they need it. They are run by a range of different organisations including churches, village halls, local councils and libraries. Tracy Cheesbrough at **01900 825760** or [grants@cumbriafoundation.org](mailto:grants@cumbriafoundation.org)
- The **Challenging Behaviour Foundation** has lots of advice, guidance and resources.
  - General enquiries: [info@theCBF.org.uk](mailto:info@theCBF.org.uk) or **01634 838739**
  - Information and support: [support@theCBF.org.uk](mailto:support@theCBF.org.uk)
  - Family Support Line: **0300 666 0126**
- **CAMHS crisis services:**
  - South Cumbria (including Millom) Freephone **0800 953 0110**
  - North and West Cumbria **0300 123 90150** or Freephone **0800 652 2865**
- **Youth Homeless** - Information for young people, or other people trying to help a young person, at risk of homelessness. Please contact the Safeguarding Hub - **0300 373 2724** (option 3)





# Holiday Activities and Food (HAF) Programme

## Does your child receive means-tested Free School Meals?

Did you know they can enjoy free, fun-packed activities and nutritious meals during the Easter, Summer, and Winter holidays through the HAF Programme? For more information, please visit our website by scanning the QR Code below.

## What is the HAF Programme?

Funded by the Department for Education (DfE), the HAF Programme supports eligible children and families during school holidays. Holidays can be tough — HAF steps in with free, enriching activities, A healthy, tasty meal every day and opportunities to learn, play, and connect with others.

### Attendance:

- Up to 4 days at Easter
- 16 days in Summer
- Up to 4 days in Winter

Note: The programme does not run during half-term holidays.

Please scan the code to the right to visit our website for more information.

