



Family Court Support Officer
& McKenzie Friend Project
helping mothers and their
children stay together.

WOMEN OUT WEST
T: 01946 550103
www.womenoutwest.co.uk



Drawing and talking
emotional resilience support
with physical activity,
delivered in schools for
children aged 4-11 years old
within the Whitehaven area.

TOGETHER WE CIC
T: 0808 196 1773
www.togetherwe.uk

Family Wellbeing was
developed to improve
the health and
wellbeing of some of
the most vulnerable
and disadvantaged
children and families
in West Cumbria.



Early years, 0-4 years old - parental
engagement to support parents and give
them the confidence to continue to support
their children's education and development.

HOWGILL FAMILY CENTRE

T: 01946 817900
www.howgill-centre.co.uk



Supporting the recovery of families affected
by sexual and domestic abuse.
Specialist play therapist and counsellors
work with children, young people and whole families.
Offering support to the whole family
unit can be a positive part of the recovery process.

SAFETY NET
T: 01228 515859
www.safetynetuk.org



Individualised family support, looking to bring
about positive change in local families, reducing
alcohol and substance use and improving overall
outcomes for children and young people.

**CUMBRIA ALCOHOL
& DRUGS ADVISORY
SERVICE**
T: 0300 111 4002
www.cadas.co.uk



Think Family Copeland. Support for any children 0-5
years and their families in Copeland for up to 12
weeks.

Improving family life by working together with you in
your home or local community.

BARNARDO'S
T: 07702 621 699
www.barnardos.org.uk



iCan Be Happy
Family activities
from Wheels of Wellness
CBT therapy and
complimentary therapy.

ALWAYS ANOTHER WAY
T: 07548 342527
www.alwaysanotherway.co.uk

FAMILY WELLBEING

Transforming children's
life chances.

