

South Lakeland

Index of Services Available

- Open to adults aged 16+ • Easy referral or self-referral direct to Provider or via the Hub
- Hub can act as central signposting service for whole project and local services
- Services able to work with anyone under primary care or ineligible for secondary care services

Signposting and Information Hub South Lakeland Mind	01539 740591 enquiries@southlakelandmind.org.uk
Suicide Prevention Training Carlisle Eden Mind (countywide)	01768 899002 phil.robinson@cemind.org
Employment Support Making Space	01539 742619
Work Experience and Placement Growing Well	015395 61777 (Beren or Val) info@growingwell.co.uk
Work Experience and Placement Workbase	01539 736786 (Jane Sharpe) jane.sharpe@workbase-kendal.co.uk
Befriending & Bridge-Building South Lakeland Mind	01539 740591 (Chris Frampton) chrisframpton@southlakelandmind.org.uk
Coping with Life Courses South Lakeland Mind	01539 740591 (Peter Davies) peterdavies@southlakelandmind.org.uk
Conservation Volunteering TCV	01539 742612 (Rachel Miller) r.miller@tcv.org.uk
Arts and Crafts Activities Workbase	01539 736786 (Jane Sharpe) jane.sharpe@workbase-kendal.co.uk
Horticultural Activity & Training Growing Well	015395 61777 (Beren or Val) info@growingwell.co.uk
Bereavement Support Cruse Bereavement Care Cumbria	07071 780761 cumbria@cruse.org.uk
Family Support & Counselling Families Matter	07743 163946 familiesmatter@hotmail.co.uk
Post natal support Ulverston Mind	01229 581578 advice@ulverstonmind.org.uk
Self-harm support SAFA	01229 832269 info@safa-selfharm.com
Eating Disorder support SAFA	01229 832269 info@safa-selfharm.com
Rape and Sexual Abuse Support Birchall Trust	01229 820828 birchall.trust@hotmail.co.uk
Depression in Older Adults Age UK South Lakeland	01539 728118 helpline@ageuksouthlakeland.org.uk

Further detail on all services on Locality Summary document