

Local Equality and Diversity Contact List



An independent and accountable tenant-focused organisation
working within the community for the community.

Local Equality and Diversity Contact List

Age Concern South Lakeland

☎ 01539 728180
or 728118

17 Finkle Street, Kendal (9.00 am – 4.00 pm, Monday - Friday)

Fax: 01539 732473

Email: admin@ageconcernsl.org.uk

Website: www.ageconcernsl.org.uk

Alzheimer's Society

☎ 01539 742631

Stricklandgate House, 92 Stricklandgate, Kendal

Email: alzheimers@stricklandgate-house.org.uk

AWAZ (Cumbria)

Voice & Social Network of BME Community

PO Box 282, Carlisle CA2 6WZ

Email: info@awaz.info

Website: www.ruraldiversity.net/awaz/

Bangladeshi Community Association

By post only

c/o Abdul Harid, Dhaka Restaurant, London Road, Carleton, Carlisle
CA1 3DS

Barnardos

☎ 015394 43500

Email: sue.underwood@barnardos.org.uk

Website: www.barnardos.org.uk/southlakeland.htm

Child Line

☎ 0800 1111

Website: www.childline.org.uk

Child Protection Helpline

☎ 0808 800 5000 (24-hour)


Email: help@nspcc.org.uk

Website: www.nspcc.org.uk

Chinese Association (Cumbria)


By post only

c/o Kim Lee Foods, Scott Business Park, Rome Street, Carlisle, CA2 5LE

Citizens Advice South Lakeland 

AMBLESIDE - The Old Court House, Church Street **015394 33919**
GRANGE-OVER-SANDS - Hampsfell Road **015395 33100**
KENDAL - Blackhall Road **0870 126 4061**
ULVERSTON - Town Hall Annexe **01229 585585**
WINDERMERE - The Library, Ellerthwaite Road **015394 46464**

Website: www.cabsouthlakeland.org.uk

Connexions Cumbria  **01539 730045** **01229 583466**

124 Highgate, Kendal


Email: info@connexionscumbria.co.uk

Website: www.connexionscumbria.co.uk

Cumbria Alcohol & Drug Advisory Service (CADAS) Barrow **01539 742615** **01229 811111**


Stricklandgate House, 92 Stricklandgate, Kendal

Email: info@cadass.co.uk Website: www.cadas.co.uk

Cumbria Adult Social Care & Children's Service, Cumbria County Council 


KENDAL - County Offices **01539 773377**

ULVERSTON - Brogden Street **01229 894000**

Cumbria CVS  **01228 512513**

Mark Costello

Email: mark@carlislecvs.org.uk

Cumbria Deaf Association  **01539 773131**

5 Castle Street, Kendal

Email: office@deafvision.co.uk

Website: www.deafnessincumbria.cumbriadeaf.co.uk

Cumbria Disability Network  **08707 664125**

Email: mark@cumbriadisabilityconsultants.co.uk or Fwilenius@aol.com

Website: www.carlisledeafness.org.uk

Cumbria & Lancashire Action For Sexual Health ☎ **01253 651031**

Website: www.clashonline.co.uk

Cumbria Multi Cultural Service ☎ **01229 894401**

Fax: 01229 894475

Email: cmcs@cumbriacc.gov.uk or Irene.troughton@cumbriacc.gov.uk

Multi Cultural Womens Forum

Mobile: 07962 104231

Email: Donika.begaj@cumbriacc.gov.uk

Website: www.cumbria.gov.uk/communityinformation/mcs/barrow.asp

Furness Multicultural Forum

Email: mail@fmcf-cumbria.org

Cumbria Witness Care Unit ☎ **01539 815560**

Kendal Police Station, Busher Walk

Website: www.kendal.wcu@cps.gsi.gov.uk

Furness Carers Association ☎ **01229 822822**

Charity Shop Drop In Centre, Market Place, Ulverston

Website: www.furnesscarers.co.uk

Gay Cumbria ☎ **01900 603393**

4-6 Oxford Street, Workington

Email: team@gaycumbria.com

Website: www.gaycumbria.com

Home Start South Lakeland ☎ **01539 727333**
0800 068 6368

Riverside Centre, Tanners Yard, Highgate, Kendal

Email: h-s.southlakes@virgin.net

Website: www.home-start.org.uk

MacMillan Cancer Support (CAB) ☎ **0870 1264061**

Blackhall Road, Kendal

Website: www.macmillan.org.uk

Mens Advice Line & Enquiries ☎ **0808 801 0327**

Email: info@mensadvice.org.uk

Website: www.mensadvice.org.uk

MIND in South Lakeland	
KENDAL - 106a Highgate	01539 740591
ULVERSTON - 9 Queen Street	01229 581578
BARROW-IN-FURNESS - 64 School Street	01229 827094
Email: enquiries@southlakelandmind.org.uk schoolstreet@mindinfurness.org.uk	
Website: www.southlakelandmind.org.uk	
Missing Persons	 01256 602979
Website: www.missingpersons.police.uk	
Multiple Sclerosis Society	 01539 728352
Email: mbrockbank@totalise.co.uk	
Website: www.mssociety.org.uk	
Parentline Plus	 0808 800 2222
Advice about parenting issues.	
Email: parentsupport@parentlineplus.org.uk	
Website: www.parentlineplus.org.uk	
Parkinsons Disease Society	 01524 262487
KENDAL & District Branch	
Email: peter.rollinson1@btopenworld.com	
Website: www.parkinsons.org.uk	
Police	
HQ	01768 891999
KENDAL	01539 722611
BARROW-IN-FURNESS	01229 824532
Website: www.cumbria.police.uk	
Post Natal Wellbeing (Cumbria)	 01539 733893 / 742624
Stricklandgate House, 92 Stricklandgate, Kendal	
Email: pnisupport@stricklandgate-house.org.uk	
The Legacy Rainbow House	 01257 452511
For children with neurological disorders	
Castle Street, Kendal	
Website: www.thelegacy-rainbowhouse.com	
Refuge 24 hour Helpline	 0808 2000 247

Resolve Mediation ☎ 01229 823888

Email: lzhendry@resolvemediation.fsnet.co.uk

Website: www.resolvemediation.co.uk

Rural Women's Network ☎ 01768 210997

The Old Stables, Redhills, Penrith

Email: phil.chapman@ruralwomen.org.uk

Schizophrenia Association of Great Britain ☎ 01248 354048

Self Injury Support (North Cumbria) ☎ 01228 515500

Shelterline ☎ 0808 800 4444

Social Services ☎ 01539 773377

South Cumbria Dyslexia Association ☎ 01539 742632

Stricklandgate House, 92 Stricklandgate, Kendal

Website: www.scudauk.co.uk

South Cumbria Family Forum ☎ 01539 742613

Room 24, Stricklandgate House, 92 Stricklandgate, Kendal

Email: scff@stricklandgate-house.org.uk

South Cumbria Mental Health Use & Carers Forum ☎ 01539 737012
or ☎ 07796 513539

Stricklandgate House, 92 Stricklandgate, Kendal

Email: office@scmhforum.org.uk

South Cumbria Rape & Abuse Service (SCRAS) ☎ 01229 820828

BARROW-IN-FURNESS

Email: scras_barrow@hotmail.com

South Lakeland Autism & Aspergers Syndrome Support Group ☎ 078088 13622

4 Fallbeck Cottages, Gatebeck, Nr Kendal

Website: www.southlakesautism.co.uk

Or Parent to Parent Support Line 01539 725291

South Lakeland Bereavement Service ☎ 01539 733333

Website: www.southlakeland.gov.uk/default.aspx?page=1498

South Lakeland Carers Association**☎ 01539 732927**

Stricklandgate House, 92 Stricklandgate, Kendal

Email: carers@stricklandgate-house.org.uk**South Lakes Society for the Blind****☎ 01539 742633**

Stricklandgate House, 92 Stricklandgate, Kendal

Email: info@slsb.org.ukWebsite: www.slsb.org.uk**Voluntary Action Cumbria****☎ 01768 840827**Email: vac@ruralcumbria.org.ukWebsite: www.ruralcumbria.org.uk**Woman's Aid Website****☎ 0808 2000247**Email: helpline@womensaid.org.ukWebsite: www.womensaid.org.uk**Youth Offending Team**Email: amrik.panaser@cumbriacc.gov.uk

Further information

If you require further information please contact a housing officer at one of our offices - details at the bottom of this page.

You can get a copy of this document in different formats such as large print, Braille, audio, or in a different language by calling **0845 057 0080**.

Pode obter uma cópia deste documento em vários formatos, como por exemplo em Braille, áudio, ou numa outra língua. Para tal ligue para o 0845 057 0080.

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আপনি **0845 057 0080** -এই নম্বর ফোন করে, বিভিন্ন ফরম্যাট যেমন বড় প্রিন্ট, ব্রেইল, অডিও বা একটি ভিন্ন ভাষাতে এই নথিটির একটি কপি পেতে পারেন।

Registered office address:	Area office address:	Central Tel:
Little Aynam House Little Aynam KENDAL Cumbria LA9 7AH Tel: (01539) 717 717 Fax: (01539) 717 716 Email: info@southlakeshousing.co.uk Text:: 07920 593487	Town Hall Queen Street ULVERSTON Cumbria LA12 7AR Tel: (01229) 584424	0845 057 0080



www.southlakeshousing.co.uk



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