

## UPDATES February 2018

Updated activities at [Creative Wellbeing](#) . Amended opening hours at [Citizens Advice Copeland](#) Office. New [Noticeboard](#) entry from The Royal British Legion. Whitehaven

## UPDATES January 2018

An update to the [noticeboard](#) from Skills 4 You.

## UPDATES December 2017

Updates to the [Carlisle Foodbank](#) member page. Visit the [Ex Services](#) page to read about Joining Forces, a new service offered by Age UK West Cumbria.

## UPDATES November 2017

New Member - [Office of John Woodcock MP](#) . Updates to the Groundwork [Member page](#) .  
New Member - [Barrow Foodbank](#)  
. New Member - [Depaul - Nightstop](#)  
. New page for [Impact Furniture Services](#)  
Updates to [The Birchall Trust](#) webpage. New Member - [The Happy Mums Foundation CIC](#)  
. New Member - [Perennial.](#)

## FLOOD BULLETINS AND INFORMATION

For the latest news and advice please go to the [County Council Flood](#) page.