

UPDATES May 2018

A new integrated Independent Domestic and Sexual Abuse Crisis Support Service started operating on 1st May 2018. This will see a team providing Independent Domestic and Sexual Violence Advisor support to high-risk victims of domestic abuse and people who have experienced serious sexual assault or abuse (including safety planning, emotional support, practical advice on issues such as housing and benefits, support with the criminal justice process and civil orders, support with referral to health services and other practical help as appropriate to the person). The service can be contacted on 0300 303 3797 or cumbriaidsva@victimsupport.org.uk

The Let Go service has now stopped operating so anyone needing support should contact Victim Support.

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.