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## Help

**By admin**

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This is the help section of CASS - Cumbria Action For Social Support.

To find out more about what CASS is about you could start with the &quot;[About CASS](#)&quot; or &quot;[What We Do](#)&quot; sections.

To get in touch with us, head towards the [contact us page](#) .

You can also submit a question on the Ask Online form below.