
Agencies which provide advice

By admin

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C.A.S.S.

- Free homelessness, housing and benefits related advice
- Tel; Carlisle; (01228) 633651/ 597521
- Tel; Workington; (01900) 872772/ 870870
- Tel; Eden; Penrith; (01768) 890948

As well as C.A.S.S. there are other agencies throughout North and West Cumbria which provide this type of advice:

ADVICE AND SERVICES REGARDING HOMLESSNESS, HOUSING AND BENEFITS, AS WELL AS OTHER SOCIAL WELFARE MATTERS

Benefit Advice Service

- Offers free and confidential advice on all aspects of welfare benefit entitlements.
- Tel; (01228) 817400

CAB (Citizen's Advice Bureau)

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- <http://www.adviceguide.org.uk> or www.carlislecab.co.uk
 - <http://www.cumbriaadvicenetwork.org.uk> Cumbria Advice Network
 - Free, impartial and confidential advice on almost any subject.
 - Tel; Carlisle; (01228) 633900/ 633909
 - Tel; Workington; (01900) 6047 35
 - Tel; Whitehaven; (01946) 693321
 - Tel; Eden; Penrith;(01768) 863564

Community Law Centre

- www.communitylaw.org.uk
- Free and confidential advice in most aspects of social welfare law, including – housing, homelessness, welfare benefits, debt, and employment.
- Tel; Carlisle; (01228) 515129

Community Legal Services Direct

- www.clsdirect.org.uk
- Free advice on housing, homelessness, and benefits amongst many other topics if you are eligible for legal aid.
- Tel; 0845 345 4 345

CPC (Community Projects Carlisle)

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- www.communityprojectscarlisle.org.uk or e-mail; comprojects@madasafish.com

- Advice and assistance for people aged sixteen to twenty-five including advice about: housing, obtaining accommodation, bills and utilities, finding employment, benefits, education and training, tenancy issues, filling in forms, clothes washing and drying facilities available

- Tel; (01228) 595566

Deposit Guarantee Scheme (DiGS)

- Provides deposit guarantees and rent in advance where appropriate.
- 01946 694166

Entitled to

- www.entitledto.com
- A useful website for establishing benefit entitlements.

Housing and Council Tax Benefits

- Tel; Carlisle; (01228) 817201
- Tel; Workington; (01900) 702650
- Tel; Whitehaven; 0845 054 8600
- Tel; Eden; (01768) 864671/ 212257

Local Authority Housing Advice and Homelessness departments

- Tel; Carlisle; (01228) 817499; out-of-hours or emergencies; (01228) 511061
- Tel; Workington; (01900) 702660; out-of-hours or emergency; (01900) 871080
- Tel; Whitehaven; (01946) 598431 or 598432; out-of-hours or emergency; (01946) 815500
- Tel; Penrith; (01768) 861400/ 817817

Shelter

- www.shelter.org.uk
- Free and confidential advice and representation in all housing and homelessness related matters.
- Tel; 0844 515 1945

ADVICE AND SERVICES FOR THOSE WITH ALCOHOL AND/ OR OTHER DRUG RELATED DIFFICULTIES

CADAS (Cumbria Alcohol Drug Advisory Service)

- www.cadas.co.uk
- Free and confidential one-to-one counselling service geared towards the aim of reducing the harm caused to people by the use or misuse of alcohol and drugs.
- Tel; Carlisle; (01228) 544140
- Tel; Workington; (01900) 608498
- Tel; Penrith; (01768) 895566

CCDAS (Cumbria Community Drug and Alcohol Service)

- Provides advice and support to help people address substance misuse through the use of one-one counselling, detoxification, substitute treatments, relapse management, group therapies, auricular acupuncture, education and health education about substances, mediation and relaxation and a needle/syringe exchange.

- Tel; Carlisle; (01228) 882299
- Tel; Whitehaven; (01946) 599413
- Tel; Penrith; (01768) 861280

The Rising Sun Trust

- www.risingsuntrust.org
- Provides advice and support to the parents and families of drug users
- Tel; Workington (for all Cumbria); administration; (01900) 870034; help-line; (01900) 821661

ADVICE AND SERVICES REGARDING EDUCATION, TRAINING AND EMPLOYMENT

Connexions

- <http://connexionscumbria.net/index.html>
- Free advice for people aged thirteen to nineteen about subjects such as money, training and employment amongst others.
- Tel; Carlisle; (01228) 596272
- Tel; Workington; (01900) 604674
- Tel; Whitehaven; (01946) 695541

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- Tel; Eden; Penrith; (01768) 865296

Trades Hall Centre

- www.tradeshallworkington.org.uk
- Provides advice and support about education, training, employment and benefits
- Tel; (01900) 61874