

What is Social Prescribing?

Social Prescribing can help us with things that can't be 'fixed' by doctors and medicine alone. The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

TO FIND OUT HOW IT CAN WORK FOR YOU TALK TO
YOUR DOCTOR, OR HEALTH PROFESSIONAL



USEFUL CONTACTS



Talking Therapies for Anxiety and Depression

<https://www.lscft.nhs.uk/talkingtherapies>

Contact via Website



Support for individuals living with autism and their families

<https://www.autism.org.uk/>

Phone: 01229 845953



Your Health and Social Care Champion

<https://www.healthwatch.co.uk/>

Phone: 03000 683 000



Inspiring Young People to make Positive Changes

<https://www.brathay.org.uk/>

Phone: 01539 433041



Supporting the Community, daily events for all ages

<https://springmount.church/walney/>

Phone: 01229 471676



Increasing Volunteering and Tackling Loneliness

Facebook page: Furness for You

Phone: 07736276476



Free telephone service just for older people, providing friendship and support 24 hours a day, 7 days a week

Phone: 0800 4 70 80 90



Working with families who face multiple and service disadvantage

<https://www.lovebarrowfamilies.co.uk/>

Phone: 01229 823020



Support for children and adults with autism

<https://www.autuscumbria.com/>

info@autuscumbria.co.uk



Barrow Integrated Community Care

<https://www.uhmb.nhs.uk/our-services/services/integrated-care-communities>



St Marks Clothes Bank

<https://www.stmarksbarrow.org.uk/>

Phone: 01229 820405



Supportive opportunities for young people

<https://dzyp.co.uk/>

Phone: 01229 812288



The Green Doctor

Energy Advice and Simple Energy Saving measures

<https://infurness.com/green-doctor-cumbria-barrow/>

Phone: 01229 486430 / 07814148868



Community Well-being activities for all ages

<https://advantagebarrow.com/>

Phone: 07394691827



0 – 19 Child and Family Support Service

<https://www.family-action.org.uk>

Phone: 01229 821855



Information and Support for Carers

<https://carersupportfurness.co.uk>

Phone: 01229 822822



Information and Advice Service

<https://www.ageuk.org.uk/barrow/>

Phone: 01229 831425



Mental Health Support

<http://www.mindinfurness.org/>

Phone: 01229 827094



Support and Advice for people living with dementia

<https://www.alzheimers.org.uk/support-services/>



Care and Support for people with advanced illness and their families

<https://www.stmaryshospice.org.uk/>

Phone: 01229 580305



Advice and support on a range of disability issues, including Welfare and Benefits

<https://www.bdda.org.uk/>

Phone: 01229 432599



Support and Advice Service

<https://www.womenscommunitymatters.org/>

Phone: 01229 311102



Barrow Community Pastor/Chaplain/PE

Twitter: @GeibelOpa

Phone: 07842113210



<https://barrow.foodbank.org.uk/>

Phone 01229 343436

The Well



Support to individuals recovering from Drug & Alcohol Addiction

<https://www.thewellcommunities.co.uk/>

Phone: 01229 829832



Improving Lives through Physical Activity

<https://www.activecumbria.org/>

Phone: 01229 226885



Support for individuals struggling with their own or someone else's drug, alcohol addiction

<https://cadas.co.uk/about-cadas/>

Phone: 0300 111 4002



Nature and Well Being Project

<https://www.thebay.org.uk/our-hubs/barrow-furness>

Phone: 01772872007 / 07738102274



Self Harm Awareness and Support for All

<https://safa-selfharm.com/>

Phone: 01229 832269



Health and Well-being Support via Coaching

<https://legacy.westmorlandandfurness.gov.uk/publichealth/hawcs.asp>

Contact via web page



Local Community Resources

<https://visitbarrow.org.uk/barrow-library/>

Phone: 01229 407370



Volunteering opportunities, Training and Advice

<https://cumbriacvs.org.uk/>

Phone: 01768800350



Adaptations and Advice Service

<https://vsbd.org.uk/>

Phone: 01229 440556



Confidential, impartial advice on issues affecting peoples lives

<https://www.barrowcitizensadvice.org.uk/>

Phone: 01229 830367



Advice and Support for patients and their family/carers

<https://cancercare.org.uk/contact-us/cancercare-barrow>

Phone: 01229 836926