

Cumberland
Council



12 days of Christmas workbook

cumberland.gov.uk



Happy Christmas

The Health and Wellbeing Team at Cumberland Council would like to wish you a happy, safe and peaceful Christmas. While this is a time to enjoy the festivities with friends and family, for many people it can be difficult, lonely and stressful.

This workbook is to support you through the festive period. It has lots of tips to keep you well, and some fun bits to keep you occupied.

Each page covers a topic for you to work through, helping build on the resilience you have been creating with your Health and Wellbeing Officer/Coach (HAWC). We hope this is useful and helps you have a great Christmas.





C is for coaching

Here are 12 coaching tips to see you through the festive period.

1. What is important to you?

What is important to you over this period, and how can you make those things happen? If you have a clear idea of your values, it might be worth considering how you can honour these during the Christmas period.

You may need to carve out some alone time, or you may want to embrace conversations with certain family members to build deeper connections. Everyone is different, so be aware of what you need over the festive period.

2. Set boundaries

'Boundaries' has become a bit of a buzzword - mainly because many people don't set any! Not doing so can heighten stress levels, especially when people are thrown together and expected to fit into each other's timetables. What can you say 'yes' and 'no' to in order to create these boundaries?

Can you say yes to taking a winter stroll every day and no to mobile phones at the dinner table? Yes to presents but no to overspending on one gift? Yes to seeing the in-laws but no to spending the New Year with them as well?

Consider physical and mental health, and protect enough time and space for both. Relationships thrive on communication - being honest and negotiating boundaries is key to emerging from the festive period unscathed.

3. Listen

To avoid misunderstandings and ensure you're not overstepping other people's boundaries, it's important to listen. See if you can pick up on what is not being said as well as what is - so you can amend behaviour and solve any tensions quickly and peacefully.

4. Ask for help

Tell those around you how they can support you, and ask for what you need ahead of time. Those people might not be family, or the people you're spending time with over Christmas. It could be trusted friends you can talk to when you find it hard.

5. Plan ahead

Christmas can be hectic! Plan ahead to create the time and space you will need. That could mean planning a solo walk in the morning, or a bath before festivities begin.



6. Write things down

Thoughts, worries, stresses and anxieties can worsen when we keep them to ourselves. If you don't want to talk to someone, or you still feel worried, try writing your worries down.

This helps to get them out of your head and can help you rationalise them and come up with solutions.

7. Challenge assumptions

Think about what assumptions you are making and whether you can manage these. Question the likelihood of them even happening. For example, if you're thinking 'I'm going to be made to cook the whole meal,' how likely is that to be true?

More often than not, our worries about what might happen are unfounded. If you've written your worries down, challenge them and consider how valid they truly are.

8. Monitor your inner critics

Inner critics have a habit of cropping up in stressful situations. Be aware of any inner critics that start to get louder and consider what they are saying. Is there evidence to back it up? If not, wrap them up and send them off to the North Pole!

9. Call on past experience

If you find this time of year stressful, think about what calms you down. If you find it lonely, how can you connect yourself to others? If you find it overwhelming, think about what grounds you. Call on your past experience and apply it to the festive period. Don't let the magic of Christmas banish your rationality.

10. Think of your impact

Think about the impact you want to make on other people, and what you can do to make this a positive experience for yourself and others.

11. Reflect

What has gone well over the last year? What are you proud of? What positive changes have you made? What small steps have made you happy? It's time to celebrate your successes.

12. Find accountability

Find someone to help hold you accountable so that you actually do these things.



H is for health

Make sure your health is on the nice list!

People often view the holiday season as an open invitation to do whatever you please. This year, consider it an invitation to be good to your health.

- ★ Lack of **sleep** can make you sluggish, fatigued and forgetful. Make sure you prioritise a full night's sleep. This can improve your mood, alertness and performance.
- ★ Life can be **stressful**. This can increase anxiety and stress eating, which can impact on your sleep. Ensure you take time for yourself during the festivities, and don't overbook your time.
- ★ A **diet** of sweets and chocolate is bound to take its toll on you. Taking care of yourself can limit weight gain. Make healthy choices when you are able to. It's a time to enjoy yourself, but try to focus on portion control.
- ★ **Inactivity** can lead to obesity, diabetes and feeling tired. Schedule time to get out and move about. Try taking a 30-minute walk daily, stand and stretch every 10 minutes, or get festive dancing.
- ★ **Christmas Spirit**. During Christmas, there is often more alcohol in the home than usual, which can increase the temptation to indulge. Try to eat before you drink, stay hydrated, pace yourself and set a healthy limit.
- ★ Be careful. **Accidents** can happen, especially when there is a hot oven, alcohol, batteries for kids to swallow and the cat to pull the tree down! And finally....leftovers are a delicious treat, but make sure you keep them in the fridge and preheat them thoroughly before eating them.





R is for resilience

You need resilience to get through Christmas.

Having experience of challenging Christmases in the past actually sets you up to do better the next time a similar challenge comes along.

Personal resilience is the ability to cope with and recover from setbacks - being able to bounce back when you have burnt the Christmas gravy! One factor known to make someone more resilient is a positive attitude: "I have burnt the gravy, but I will get the instant gravy out instead – who will know?"

Resilient people are optimistic, can regulate their emotions, and see failure as a form of helpful feedback.

Having awareness, self-control, problem-solving skills, and social support also contribute towards resilience. By remaining aware of situations, their emotional reactions, and the behaviour of those around them, resilient individuals can maintain control of a situation and think of new ways to tackle problems.





I is for isolation and loneliness

Often, Christmas loneliness is depicted as an elderly person sitting alone with no family, no heating and no Christmas dinner. The reality is, anyone can feel lonely and isolated at Christmas. Loneliness and isolation can be difficult emotions to deal with, especially during the festive period.

You are not alone in feeling like this. Many people struggle at this time of year, for various reasons - being away from family, losing a loved one, or just due to circumstances and having no network of support. Here are some things you can do to cope with the isolation and loneliness and make Christmas a bit more enjoyable for yourself.

★ Friends and family

Reach out to friends and family, or anyone else who makes you feel happy and supported. You could call them, text them, video chat or meet them face to face. You could also join online communities or groups and make new connections.

★ Activities

Treat yourself to your favourite foods, watch a favourite film, listen to music you like, read a book you have never got round to, indulge in a bubble bath, or try something new such as volunteering.

★ Professional support

If you feel your isolation or loneliness is affecting your mental health, don't suffer alone. Reach out to your GP, your HAWC, the Crisis Team, or Samaritans. There is lots of help out there and many people who can support and listen to you. See the back of this book for local contact numbers.

★ Help others

You could volunteer for a charity, donate to a cause, or offer your time and skills to someone who could use your help. You could also send a card to someone else who is lonely or struggling at Christmas. Helping others can make you feel good about yourself and bring positivity to someone else's life.

★ Enjoy solitude

If being alone at Christmas is unavoidable, plan a day for yourself. Buy yourself something nice, cook a special meal, plan a movie marathon, or try something new like learning a language. Christmas is a day to indulge in anything that brings you pleasure and makes you happy.



S is for setting goals

At Christmas, there is lots of additional support in place around food, finances, families, the elderly and homelessness. Please see the back page for an extensive list of services that can help, should you need extra support.

This time of year is good for reflection and being honest with ourselves - am I really where I want to be in life? What can I do to make these changes? Now is a good time to develop these goals to set yourself up right for 2024. Try using this planner to explore what you want to achieve next year. This is something you could share with your Health and Wellbeing Coach/officer in the new year.

Out with the old 2023

1 thing I have done this year that I am proud of:

1 hard lesson I have learned:

3 things I am grateful for:

2 favourite memories:



In with the new 2024

1 skill I want to get better at:

2 ways I can help others:

1 area I want to improve in my life (for example mental health, physical health, social interaction, finances, or behaviours like smoking):

3 New things I want to try this year:

2 things I am looking forward to:

Who else can help me achieve these goals in 2024?



T is for tools

If you have been working with a Health and Wellbeing Coach, you will know we like to use our coaching tools. They support you to be more resilient and independent, and help you towards making positive changes to your life. Here are some tools to see you through the festive period. It maybe something new for you to try - give it a whirl and make sure you feedback to your HAWC how it went.

Fact or opinion

Thoughts

I am going to be on my own this year. It is going to be terrible. Everyone else will be enjoying themselves. No one wants to be with a loser like me. I will never cope on my own!

Behaviours

Escape, avoid, isolate myself, withdraw, do nothing, catastrophise, use self harming behaviour.

Feelings

Feeling tired, no energy, feeling sad, lonely and depressed, thoughts of suicide or harming self.

Alternative cycle

Thoughts

I have got through this before, I know I can do this, there are things that I can do to make this better, I am looking at this negatively, I can get support with this and plan my time.

Behaviours

Find out how others cope on their own, plan my days out, make contact with others, attend a local lunch club, try to connect.

Feelings

I am ok, manage the thoughts so no negative impact on my feelings. I am in control of my thoughts.



The worry tree





STOPP festive tool

Everyone is waiting for Christmas dinner. But the turkey is burnt, and I forgot to put the veg on.

Christmas is over!

Don't act straight away - wait

Take a few deep breaths.

What am I thinking? I have let everyone down.

What am I focusing on? Disaster - I have ruined the day.

What am I reacting to? I didn't mean to burn it, it was an accident. We can still find something to eat.

Zoom out

See the bigger picture - It's only a turkey, we will laugh about this next year.

Is it fact or opinion? Yes I burnt the turkey, but we can still make the best of the day and enjoy our presents and time together as a family.

How would your friend see this? "Trust you to burn the turkey" or "It's not the end of the world - what could you have for your dinner instead?" or "Turkeys will be reduced tomorrow, so plan a meal for another day."

Practice what works

What's the best thing to do? Don't fret over it - it's not the end of the world. Look at what you could have for a meal instead.

What will help most? Put some music on, enjoy the day, connect with others and enjoy opening presents with your family. Be grateful for what you have - remember there are others worse off.



Christmas dinner time plan

This easy Christmas dinner plan assumes you are cooking lunch for six to eight people and eating at 2pm. It is just a guide to keep you on track and make you feel in control. If your party is smaller or larger, or you want to eat later, you will have to make a few adjustments. The guide is based on a 3kg whole turkey that takes two hours in the oven, plus 15 minutes preparation time and 30 minutes resting time. Adjust timings to the size of your turkey, and check the cooking instructions on the label.

23rd December	If you are having a frozen turkey, take it out today to ensure it defrosts in time. It can take up to 48hrs to defrost, depending on the size. Defrost your turkey in the fridge.
24th December	Make your stuffing and put it in the fridge.
25th December 10.30am	Get your turkey out for the fridge.
11.15am	Turn the oven on to 180C/160C fan/gas mark 4/250F Rub olive oil over your turkey, season with salt and pepper, put in a large roasting tin and cover with foil.
11.30am	Put the turkey in the oven.
12.15pm	Remove the foil and baste your turkey with the juices.
12.30pm	Drizzle a large baking tray with oil, salt and pepper and put this in the oven to heat up. Peel and chop the potatoes and par boil for 10 minutes. Drain and allow the potatoes to steam dry.
1pm	Turn the oven up to 220C/200C gas mark 7/425F Baste the turkey. Put potatoes in the baking tray, coat them in oil and place in the oven.
1.15pm	Put carrots and parsnips in a roasting tray, drizzle with oil, salt and pepper, and put in the oven. Baste the roast potatoes.
1.25pm	Take the stuffing out of the fridge, put in a greased tin, and place it in the oven.
1.30pm	Check if turkey is fully cooked. It should measure over 65C with a meat thermometer. If cooked, transfer to a serving tray and cover with foil. Put the leftover juices in the tray on the hob, sprinkle with flour, stir and add stock to make the gravy.
1.45pm	Remove the vegetables from the oven, drizzle with honey and return to the oven. Steam sprouts and other vegetables for 10 minutes.
2pm	Serve food, sit down and enjoy. Don't forget the cranberry sauce!



Christmas meal planner

Breakfast

Meat/fish

Lunch

Veg/fruit

Dinner

Dairy/refrigerated

Snacks/baking

Dry cupboard items

Desserts

Frozen

Beverages

Drinks



Christmas budgeting sheet

For the home

Decorations, cards, postage, wrapping, paper goods, Christmas clothes, photos, etc.

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Christmas food shopping

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Entertainment, travel and other expenses

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

Total

Item	Goal	Actual
	£	£
	£	£
	£	£
Total	£	£

M is for money

Christmas is an expensive time for many of us, so here are our top tips to keep you on track for a financially sound New Year.

- ★ Set a budget for your Christmas spending. Think about presents, food, drink and socialising. Look at your Christmas spending as part of your wider household budget, so you can manage the effect Christmas spending has on your finances over the month. Don't feel pressured to spend more than your budget.
- ★ Try to avoid putting Christmas on the plastic. If you do, choose a credit card with zero per cent interest and clear the balance quickly to avoid paying more than you need to. Be wary of 'buy now pay later' deals. They are tempting but expensive, and a single missed payment can damage your credit score.
- ★ You can save money with online vouchers, discount codes and offers from sites such as [VoucherCodes.co.uk](https://www.voucherCodes.co.uk), [Groupon.co.uk](https://www.Groupon.co.uk), [Moneysavingexpert.co.uk](https://www.Moneysavingexpert.co.uk), and [Topcashback.co.uk](https://www.Topcashback.co.uk). Remember, a bargain is only a bargain if you need it.
- ★ Certain benefits allow you to have an 'advancement' which is taken from your payments monthly and must be paid back in 24 months. Remember this will lower the monthly income you are used to. Look at the pros and cons, and whether it is worth lowering your monthly income just to buy presents.
- ★ Instead of spending a small fortune buying gifts for all your family and friends, why not suggest a secret Santa? That way you only need to buy for one person, and could get them something worth having. Or you could consider making home-made gifts. The time you spend could easily outweigh the cash value.
- ★ Sometimes Christmas is unaffordable, no matter what. There is help out there if you are in need. The Salvation Army can help with food parcels and presents for kids (contact your local depot.) Churches and clubs often run free Christmas lunch clubs for people on their own at Christmas. Speak to your HAWC if you would like to find out more about these.



A is for activities

Get that brain working and try to find the secret message.

Christmas fun

Match the words to the correct pictures to complete the crossword. Then find a secret message.

bells

Candle

Candy cane

Card

Chimney

Christmas tree

elf

gingerbread

holly

letter

lights

ornaments

presents

reindeer

Santa Claus

sleigh

snowman

stocking

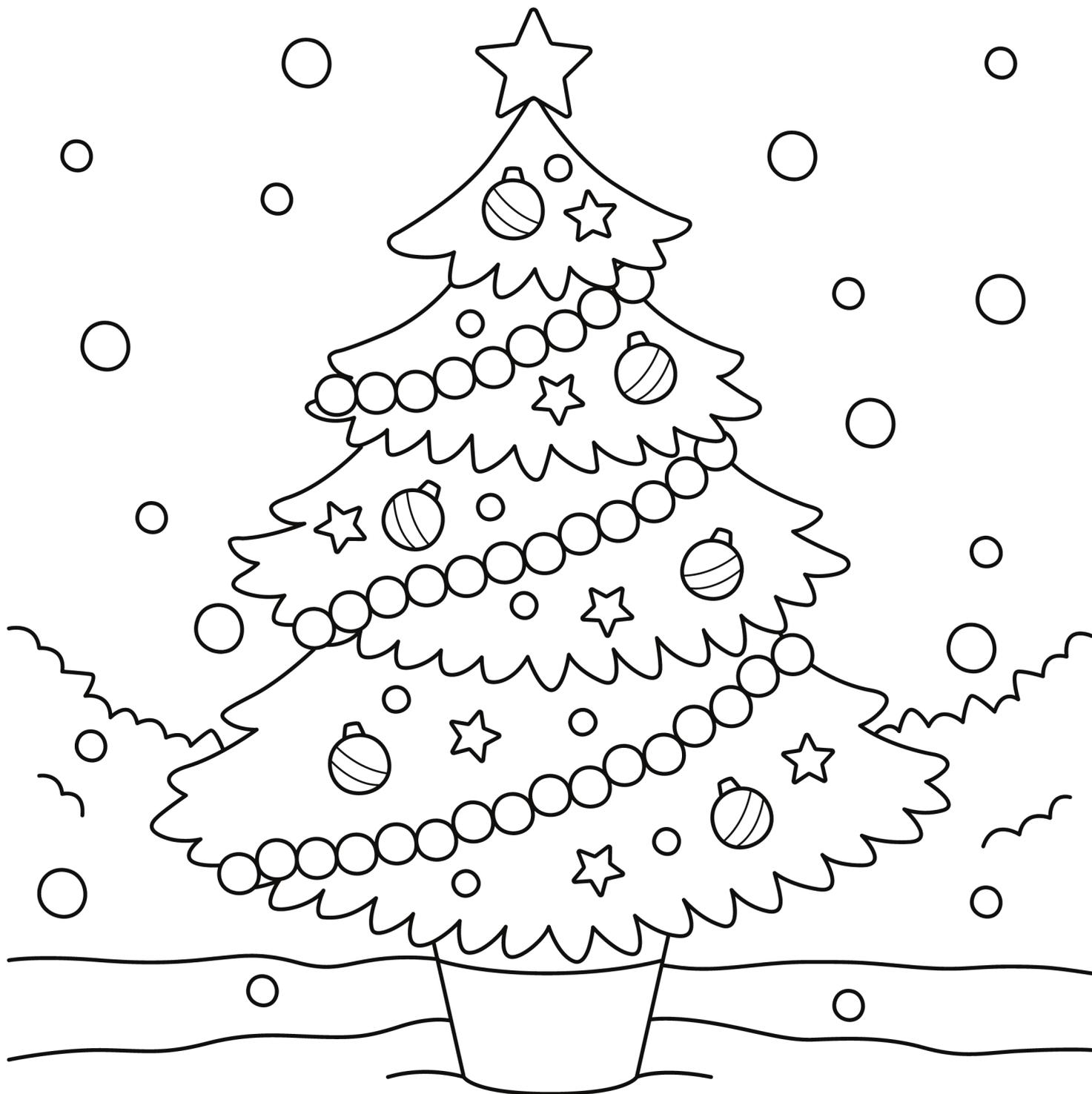
wreath

The secret message is _____

iSLCollect lead home: [iSLCollect lead home](#)



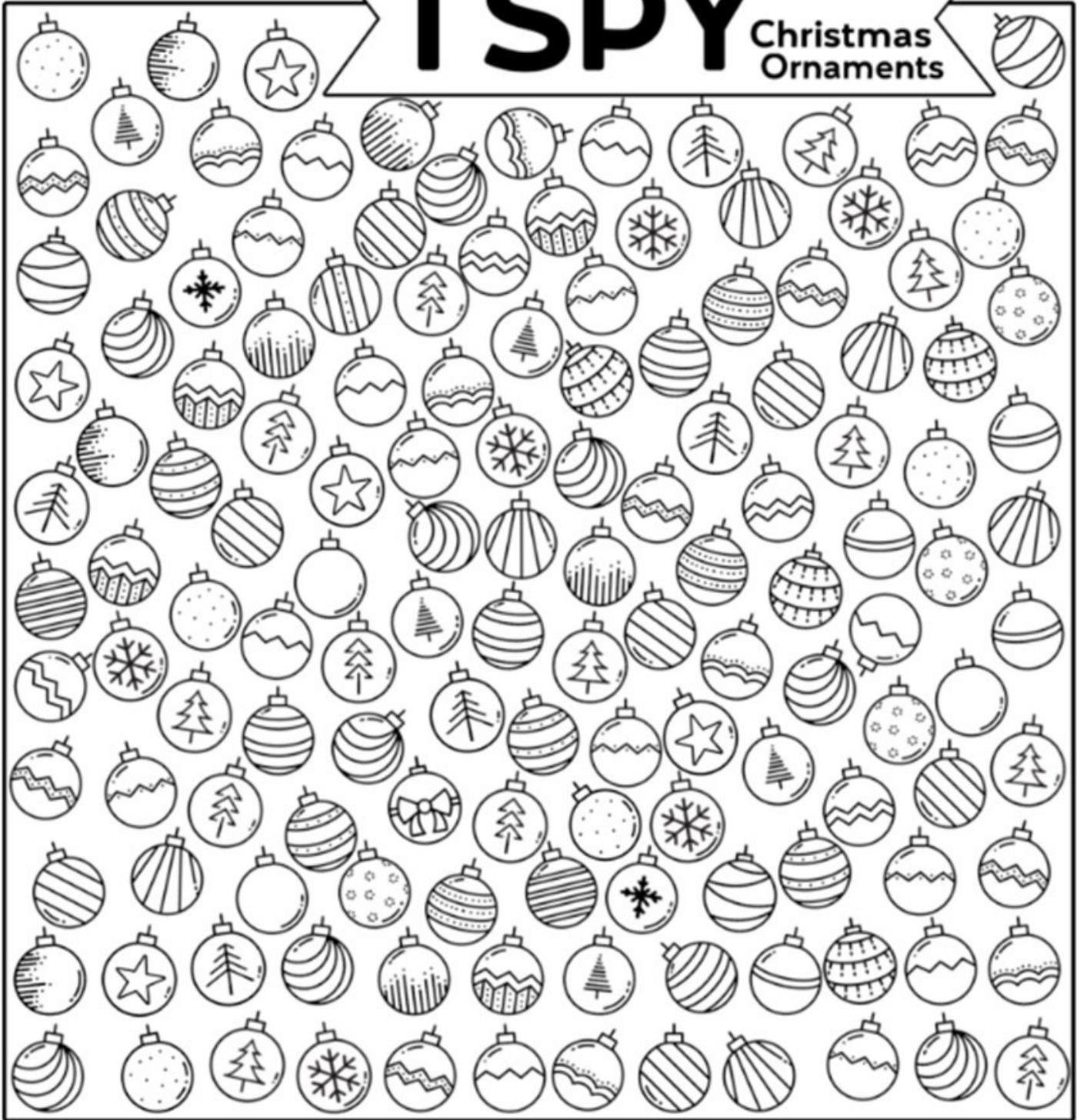
Mindful colouring can give you time to unwind and let your mind wander - who knows where it might lead you?





I SPY

Christmas
Ornaments



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

CHRISTMAS WORD SEARCH



P T B R Y Y B E R B M W R E A T H R K D
U S H B M E C O O K I E S L T L E S S U
S W E S P S M K Y A E Y R F B C N O P H
P I E N G A T H E R S L A R F O P H A O
B R A Z S S E I E H A A E A Y R G I F T
E A G R L T L N A A H A B T T N G H P C
L S F T E A F E P N O E A W U W D A C O
I I V T I E T D I K C C H A F N C A I C
E A A S G R I N C H E E R I F C H M B O
V A M C H A S T M U A P A N J O L L Y A
E E P U O B A S S L E T K A I A U M M Y
B A L T I M N R N A K E V I N L N M A A
A B R T E A T S T O C K I N G A T P M A
T I E H P L A E W E W I L G L I M C T Y
A T Z H A Y L Y A X O W E E E A D C R T

Merry
Believe
Cookies
Jingle

Snow
Hot Cocoa
Cheer
Jolly

Gather
Gift
Santa
Sleigh

Grinch
Elf
Wreath
Stocking

Easy peasy mince pies

These mince pies are the easiest festive bake ever. They can be ready in just 30 minutes. This recipe cuts the hard work out and uses already prepared pastry. Keep the ingredients in your cupboard to be ready for any unexpected visitors.

Ingredients

- 1 x 500g block of frozen shortcrust pastry (thawed)
- 1 jar 350g mincemeat

Method

1. Preheat oven to 200°C/390°F/Gas 6. Have ready a 12-hole tart tin.
2. Roll out pastry and, using a 3inch cutter or a glass, cut out 12 circles and use them to line the tart tin.
3. From the remaining pastry, cut 12 smaller discs for lids.
4. Fill each tart with two teaspoons of mincemeat. Lightly moisten the undersides of the lids and use to top the tarts, pressing gently at the edges to seal.
5. With a skewer, make two small steam holes in the centre of the lids, brush with water and sprinkle with sugar. Bake for 15-20 mins until golden brown. Sprinkle again with caster sugar as they come out of the oven.



Hot chocolate

These mince pies are the easiest festive bake ever. They can be ready in just 30 minutes. This recipe cuts the hard work out and uses already prepared pastry. Keep the ingredients in your cupboard to be ready for any unexpected visitors.

Ingredients

- 250ml milk of your choice
- 1 tbsp cocoa powder
- 1-2 tbsp soft light brown sugar or white sugar
- 25g chocolate, grated
- Squirty cream

Method

1. Heat the milk, cocoa, sugar and chocolate in a small pan over a medium heat until steaming and the chocolate has melted. Whisk to dissolve the cocoa. Be careful as milk can boil very quickly.
2. Pour into a mug, then add the cream to float on top. Grate over a little more chocolate to serve. Let the kids go to town with decorating with candy canes, flakes, marshmallows. Let them use their imaginations!



December 2023

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
				<p>1 Decorate the house for Christmas.</p> 	<p>2 Watch a Christmas film.</p>	<p>3 Write cards to send to friends and family.</p>
<p>4 Compliment your friends and send a positive text.</p>	<p>5 Plan your Christmas with family and friends.</p>	<p>6 Do a Christmas craft-make paper snowflakes.</p> 	<p>7 Give a donation to a local charity.</p>	<p>8 Spend quality time with someone.</p>	<p>9 Go Christmas shopping.</p> 	<p>10 Get involved with your local community. What festive events are on?</p>
<p>11 Go and see your local Christmas light display.</p>	<p>12 Make a hot chocolate.</p> 	<p>13 Plan your food shopping list with our planner.</p>	<p>14 Get festive by attending your local carol service.</p>	<p>15 Think of three things you are grateful for this Christmas.</p>	<p>16 Have a family games night.</p> 	<p>17 Complete festive activities in your Workbook.</p>
<p>18 Spend the night wrapping all your presents.</p>	<p>19 Have a clear out and donate to local charity.</p> 	<p>20 Listen to Christmas songs and have a boogie.</p>	<p>21 Do your food shopping using the shopping list planner.</p>	<p>22 Make mince pies - see easy recipe.</p> 	<p>23 Relax with a festive film and popcorn. Take turkey out of freezer.</p>	
<p>25 Happy Christmas</p> 	<p>26 Boxing Day - go and see the local swim.</p>	<p>27 Clear all your recycling and packaging.</p>	<p>28 A day to pamper yourself - do whatever you enjoy.</p>	<p>29 Reflection - how has the year been? Ups and downs!</p>	<p>30 Future - what changes do you want to make for next year?</p>	<p>31 Plan something new you to try or learn next year.</p>



S is for self-care

If you are feeling overwhelmed and stressed at Christmas, you are not on your own.

This time of year can be difficult for many reasons, and stress can be sky high. Trying to create a festive Christmas can be financially and socially challenging. Self-care is the key to keeping our minds intact. This is a great time of year to practice self-care and give yourself a fresh start for the new year. Here are some ideas to help you towards a better self.

★ **Physical self-care**

This includes eating healthily, exercising, getting enough sleep, looking after physical conditions, keeping up to date with vaccinations, taking 'me' time, taking medication, or taking a break from a busy schedule.

★ **Personal care**

What do you need to do to look after yourself each day? For example, brush your teeth, have a shower, change your clothes. It can also mean talking to a friend, having time to yourself, or reading a book.

★ **Mental self care**

Take your medication, be compassionate to yourself, challenge negative thoughts, reach out to others for help, use your coping strategies, read a self-help book, or look at changing your mind set.

★ **Spiritual self-care**

You could self-reflect, meditate, sing, dance, play, be inspired, try yoga, play with the kids, watch the sunset, pray, or volunteer.

★ **Emotional self-care**

This could include positive affirmations, self-love, self compassion, crying, laughing, practicing forgiveness, hobbies, being kind to others, or spending time with your family or pets.

★ **Professional self-care**

Take time out for lunch breaks, set boundaries , don't do too much overtime, get regular supervision, learn to say no, plan your next career move, plan your holidays, volunteer or redo your CV.



Support numbers

If you are finding things difficult over Christmas, there are organisations who can help:

Agency/service	Information	How to contact
Ways to Welfare	Cumberland Council's Ways to Welfare helpline offers help and emergency support with essentials for people struggling to cope	0300 9799 730 cumbria.gov.uk/welfare
Citizens Advice	Free advice on debt, benefits, employment, and housing, making sure you're getting all the support you're entitled to.	Allerdale - 01900 604735 Carlisle - 03300 563037 or 0808 278 7844 Copeland - 01946 693321 Millom - 01229 772395
Cumbria Law Centre	Free legal advice on housing, debt, employment, and welfare benefits to those on low incomes.	cumbrialawcentre.org.uk 01228 515129
Credit Union	Budgeting advice and access to low-cost loans as well as access to small hardship grants.	Carlisle- 01228 594007 Maryport- 01282 691333
Christians Against Poverty	Free help for anyone in debt. Covers West Cumbria.	0800 328 0006
Money Helper	Money advice helpline.	0800138 7777
DWP	Universal Credit is a monthly payment to help with living costs. You may be entitled to this if you're on a low income or out of work.	08003285644 www.gov.uk/universal-credit/contact-universal-credit

Help for families

Agency/service	Information	How to contact
Family Action	Practical, emotional and financial support for those experiencing poverty, disadvantage and social isolation.	Carlisle - 01228 223417 07734 003 789 Carlisle@family-action.org.uk Allerdale - 01900 810869 07815 687 287 Copeland - 01946 646000 07815 688 393
Child and adolescent mental health services	CAMHS works with children and young people who have difficulties with emotional or behavioural wellbeing.	West - 01900705800 North - 01228603017

Foodbanks - To receive a voucher please contact Citizens Advice

Agency/service	Information	How to contact
Carlisle - 4 Tower Court, West Tower Street, Carlisle CA3 8QT	Mondays, Wednesdays and Fridays, 1pm until 3pm.	07512 552 449 hello@carlislefoodbank.org.uk
Cornerstone Food Bank, Denton Street, Denton Holme, Carlisle.	Contact to find out opening times.	01228 549796
St Barnabas and St Lukes Churches, Brookside, Carlisle CA2 7JT.	Thursdays, 10am until 11am.	01228 538983
Brampton - Brampton Community Centre, Union Lane, Brampton CA8 1BX	Tuesdays and Thursdays, 10am until 2pm.	016977 45000 info@bramptonfoodbank.org.uk



Agency/service	Information	How to contact
Wigton - Cornerstone Methodist Church, 50 High Street Wigton, CA7 9PG	Tuesdays and Fridays, 10am until noon.	07504 311452 info@thefoodbank.org.uk
Maryport- Saint Mary's Church, Netherhall corner, Maryport, CA15 6LL	Tuesdays and Thursdays noon until 2pm, Fridays 4pm until 6pm.	07502 311 452 info@thefoodbank.org.uk
Workington- The Bridge Centre, Central Square, Workington, CA14 3BG	Mondays, Wednesdays and Fridays, noon until 2pm.	07504 311452 info@thefoodbank.org.uk
Cockermouth - Lorton St Methodist Church, Lorton St, Cockermouth, CA13 9RH	Tuesdays, Wednesdays and Thursdays, noon until 2pm.	07502 311452
Whitehaven - New life church, 24 Irish St, Whitehaven, CA28 7BY.	Mondays Tuesdays, and Thursdays, 11.30am until 1.30pm.	07506 311452 info@thefoodbank.org.uk
Egremont- the hub, the meeting place, Egremont, CA22 2DR	Tuesdays and Fridays, 1pm until 3pm.	07507 311452 info@thefoodbank.org.uk
Millom - Baptist church, 5 crown St, Millom, LA18 4AG	Tuesdays and Fridays 11am until 1pm.	01229 774601

Other Food support

Agency/service	Information	How to contact
Carlisle Meals on Wheels	Meals for people in Carlisle and surrounding areas who are not able to make food for themselves.	01228 267167 07443 336862
Carlisle Oasis Food pantry	Food parcels available for small donation, Based at St Paul's Church in Carlisle city centre. Fridays 10am until 2pm.	07838 349561 oasispantrycarlisle@gmail.com
Carlisle Cornerstone Food Pantry	Food parcels available for small donation. Based in Denton Holme, Carlisle.	01228 548796
Carlisle - Pop up Pantry Botcherby	Drop in to pick up a choice of food items at Botcherby Community Centre. Call to check opening times.	01228 791739
Aspatia - Harriston Community Food Pantry	A food club every Tuesday, open to members only. Contact the group if you would like to become a member.	07795 90985 www.harristonvillagehall.com
Cockermouth - Highfield Community Centre Food Pantry	Community food pantry on the 2nd and 4th Friday of every month. Highfield Rd, Cockermouth, CA13 9JF.	07901 616436 01900 821612
Cockermouth - Kings Church meal share	Store-cupboard food, fresh food, prepared meals and bereavement support at The Hub, 4 Market St, Cockermouth CA13 08X. Open Thursdays at 2.30pm.	01900 821100
Workington - Moorclose Community Centre Food Pantry	Regular community food pantries. See Facebook page for further details. Needham Drive, Moorclose Workington CA14 3SE	07713 864850
Workington - North Side Community Centre community shop and food pantry	See Facebook page for further details. Trinity Drive, North side, Workington CA14 1A	01900 68739



Agency/service	Information	How to contact
Workington Derwent Rotary community food pantry	The first Friday of each month.	07505 243677
Cleator Moor - Phoenix Enterprise Centre, The Thrift Hub	Fresh and store-cupboard food, plus personal care items.	01946 813555 07388 996202
MILLOM food pantry	Food parcels available for a small donation.	01229 774917 07514 098920

Other helpful contacts

Agency/service	Information	How to contact
Age Uk	Meals for people in Carlisle and surrounding areas who are not able to make food for themselves.	North Cumberland - 01228 536673 West Cumbria - 01900 844670
CAAS - Copeland	Support with grants and benefits for those aged over 60.	01946 552166
Bereavement services	Cumberland Council's bereavement services team is available throughout the Christmas period.	07762 421072
Women out West Whitehaven	Supporting women in west Cumbria.	01946 550103 Text: 07539 780431 www.womenoutwest.co.uk
Together We	Help with mental health and wellbeing.	0808 1961773 info@togetherwe.co.uk www.togetherwe.co.uk
The Freedom Project	Support for individuals and families around domestic abuse. Closed from 21 Dec to 11 Jan, but the helpline is available throughout.	07712 117986 hope@freedom-project-west-cumbria.org.uk
MIND	Information and support by phone and email. Infoline is open Mon-Fri 10am until 6pm. It will be closed 25 and 26 December and 1 Jan 2024.	Carlisle- 01228 370633 0300 1233393 Mind.org.uk



Agency/service	Information	How to contact
Shout	Confidential 24/7 tech service offering support if you're in crisis and need immediate help. Shelter open 24 hours a day and every day of the year.	Texting service: text SHOUT to 85258 Giveusashout.org
Samaritans	Available 24/7 for anyone who needs to talk.	Phone or text: 116 123 jo@samaritans.org Samaritans.org
Safety Net	Supporting those affected by rape, exploitation, sexual abuse or domestic violence in North and West Cumbria.	01228 515859
National Domestic Abuse helpline	A free 24-hour helpline for women who have experienced domestic abuse and violence.	0808 2000 247 nationaldahelpline.org.uk
NHS111 England	Non-emergency medical help and advice for people in England.	111 1800 1111 text relay CHECK ZERO XXX 111.nhs.uk
North Cumbria NHS Universal Mental Health Crisis Line	Mental health crisis support out-of-hours.	0800 6522865
CALM Campaign Against Living Miserably	Helpline (webchat also available) from 5pm until midnight.	0800 585858
Every Life Matters	One-to-one support for people affected by suicide.	07908 537541
Relate	Support with relationships, including counselling and telephone support.	relate.org.uk
Cumberland Council's Health and Wellbeing Team (HAWCS)	Health and wellbeing support across the county.	North Cumbria - 07827286882 West Cumbria - 07769648892