



# Getting Cumbria to Work

## Barrow and South Lakeland

### How can we help you?



Are you hoping to get a job or get back to work but are not sure where to start or what to do? Do you want to improve your wellbeing but are not sure how? Then we can help!

We can help you feel better about yourself and improve your confidence; we can provide support to help you improve your skills and/or get new ones; try new activities and gain experiences – all helping you towards getting (back) into work.

If you are currently not working; are over 18 years of age; and live in Barrow or South Lakeland, then we could provide you with FREE advice and support.

Help available includes one to one or group support; mentoring; training; work experience; volunteering and much more. Contact us and see what we can offer you!

**To find out more**  
**visit the website or contact the partners listed overleaf:**  
[www.gettingcumbriatowork.org.uk](http://www.gettingcumbriatowork.org.uk)

**The Getting Cumbria to Work: Barrow and South Lakeland** project is part of the Building Better Opportunities programme and seeks to provide support and work with individuals who are facing multiple and complex barriers to employment and who are furthest removed from the labour market. It will help them to move towards and into employment by supporting them to play a greater, more productive role in their communities, demonstrate increased skills and confidence and be much more likely to consider employment or volunteering as a viable prospect. The project is funded by the European Social Fund and the national Lottery, through the Big Lottery Fund.



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### Partners offering support tailored to your needs include:

#### **Women's Community Matters**

*Services include 1:1 support, self-esteem and confidence building courses and tailored practical support for clients individual needs.*

The Nan Tait Centre, Abbey Road  
Barrow-in-Furness LA14 1LG  
01229 311102

#### **Imagine Independence**

##### **Cumbria Employment Service**

*Services include providing Individual Placement Support (IPS) and Specialised Employment Support by 'doing what works' for you.*

01228 317073  
[www.imagineindependence.org.uk](http://www.imagineindependence.org.uk)

#### **Cumbria Drug and Alcohol Advisory Service (Cadas)**

*Services include 1:1 support and mentoring on any barrier to work plus specialist support relating to problematic drug or alcohol use for you or your family.*

52 Paradise Street  
Barrow-in-Furness LA14 1JG

Castle Lodge, Aynam Road  
Kendal LA9 1JG  
0300 111 4002 (countywide number)

#### **South Lakeland Mind**

*Services include 1:1 and group specialist support to improve wellbeing, confidence building, placements and training.*

92 Stricklandgate House  
Stricklandgate, Kendal LA9 4PU  
01539 740591

#### **The Well Communities CIC**

*Services include specialist support from a Key Worker and placement support.*

242-244 Dalton Road  
Barrow-in-Furness LA14 1PN  
01229 829832

#### **Right2Work**

*Services include 'real work placements' 1:1 job coaching support, confidence building, employer support, friendly help and advice from qualified staff providing employment support for over 20 years.*

Right2Work (Oaklea Trust)  
Unit 1, Mintsfeet Ind Est  
Kendal LA6 6DE  
01539 885055 (Kendal) or  
01229 444526 (Furness)

