

Community Exchanges can become a central meeting point for local communities and provide an opportunity for a range of organisations to contact local residents, provide information and let them know about their work. Most of the following community services and organisations have provided information at Exchanges and may be of interest to local communities.

Fire Safety

Most fires in the home can be prevented by taking some basic and common-sense precautions. The Fire and Rescue Service offer a Home Fire Safety Check entailing a free visit to your home. The service also offers other safety and accident prevention advice. For further details, contact the Cumbria Fire and Rescue Service Free phone Tel: 0800 358 4777, website: www.cumbriafire.gov.uk

Police

For information on home security and local police services, please contact a member of Cumbria Constabulary local Neighbourhood Policing Team on Tel: 0845 33 00 247, website: www.cumbria.police.uk

Credit Unions

Credit Unions provide a safer and cheaper option for people to borrow money with much lower levels of interest compared to doorstep lenders and loan sharks. They are local, ethical and know what their members want. Profits are returned directly to the members, not third party shareholders and therefore remain in the community.

It has been suggested that Exchanges could be a good point for credit union members to pay in or collect money. Currently credit unions mainly operate in the north and west of Cumbria but are under development in the south and east of the county. The following website can help you to identify if you have a local credit union: www.northernmoney.org.uk/home

Energy Efficiency

There is a range of grants and advice available to make your home more energy efficient, improve your heating or help with fuel bills. Contact your borough council for further advice and support, their details are at the end of this sheet.

The Energy Saving Trust is also a good source of information on energy efficiency Free phone Tel: 0800 512 012, website: www.energysavingtrust.org.uk

Recycling

All borough councils in Cumbria promote waste reduction through education, advice and the provision of practical recycling schemes and recycling centres. If you want to find out what recycling facilities are available to you, please contact your local district or borough council recycling team. They may also be able to bring a 'recycling roadshow' to the Exchange. See Council contact details at the end of this guidance sheet.

Mobile Libraries

Cumbria County Council operates a free Mobile Library Service that some Exchanges have linked up with; running their events when the mobile library visits their community. Contact Cumbria County Council for further details on Tel: 01228 227277, website: www.cumbria.gov.uk

Community Health Services

There are a number of community health professional roles linked to GP practices and primary health care teams. Some Exchanges have district nurses present to offer blood pressure checks and dietary advice.

District Nurses visit people in their own homes, or a variety of community settings, providing care for patients and supporting family members. They assess the health needs of patients and families. District nurses can be contacted via your GP practice or community hospital or via the NHS Cumbria website.

Health Visitors support families with young children to be healthy. They work in partnership with families, identifying health needs, providing care and coordinating services to provide support. Health visitors can be contacted via your GP practice or community hospital or via the NHS Cumbria Internet site.

At the NHS Cumbria website www.cumbria.nhs.uk click on the 'Your Nearest Services' tag at the top of the screen for a list of other health service roles and local contacts.

Handy Person Schemes

Some borough councils operate 'handy person' schemes, whereby eligible householders (owner-occupiers or private tenants) can access a 'handy person' either for free or at reduced rates to carry out simple but essential work in their home e.g. fitting plugs/fuses, changing light bulbs, moving furniture, replacing toilet seats, fixing down hazardous carpets, trailing wires etc.

If you are over 60, disabled, recently discharged from hospital or on means tested benefits you are likely to be eligible. Contact your local council for more details.

Age UK Services

Age UK incorporates Age Concern and Help the Aged and offers a wide range of information and advice, training, products and local activities for older people. In Cumbria, local Age UK branches are involved in a variety of initiatives:

Village Agents Schemes Village Agents are trained local people recruited to support older people in the community by providing a range of practical help and advice, and signposting them to available services.

Aids for the Home A variety of aids for the home are available either for free loan or at affordable prices e.g. stair lifts, bath lifts, personal alarms, assistive furniture and electric heaters. Some Age UK staff are trained to make home visits to assess and advise on suitable equipment.

Exercise classes. A variety of exercise classes to meet different needs are available, from seated exercise sessions through to balance and strength training at local leisure centres.

Please contact your local Age UK/Age Concern branch to find out what is available in your area.

Age UK South Lakeland

Tel: 01539 728118

Age Concern Carlisle & Eden

Tel: 01768 863618

Age UK West Cumbria

Tel: 01946 66669

Age Concern Barrow & District

Tel: 01229 831425



Lake District National Park Officer, Clive Wickham and Tim Farron MP at Crosthwaite Exchange

Borough Council Contacts

Allerdale Borough Council

Tel: 01900 702702 www.allerdale.gov.uk

Barrow Borough Council

Tel: 01229 876300 www.barrowbc.gov.uk

Carlisle City Council

Tel: 01228 817000 www.carlisle.gov.uk

Copeland Borough Council

Tel: 0845 054 8600 www.copeland.gov.uk

Eden District Council

Tel: 01768 817817 www.eden.gov.uk

South Lakeland District Council

Tel: 0845 050 4434 www.southlakeland.gov.uk



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For more information please contact ACTion with Communities in Cumbria on Tel: 01228 817224 or visit our website: www.cumbriaaction.org.uk

ACT champions community and rural issues

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