

0 – 19 Child and Family Support Service –



**The Centre that will be open in the Allerdale area
over the Christmas period will be:**

**West Allerdale Children's Centre,
Ennerdale Road,
Maryport
CA15 8HN**

Our opening times will be:

Monday 21st – Wednesday 23rd December 9am – 5pm,
Thursday 24th December 9am – 3pm (mobile will be available to 4pm),
Tuesday 29th, Wednesday 30th December 9am – 5.00pm,
Thursday 31st December 9am – 3pm (mobile will be available to 4pm),

Please contact us on **01900 810869** or **07815687287**
for any advice and support for families with children aged 0-19 years.

You can also contact FamilyLine during this time:

[FamilyLine](#) is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, call: 0808 802 6666, text: 07537 404282, email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk.

Monday to Friday: 9am – 9pm. The helpline will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

If you have immediate concerns about the safety of a child please contact the Safeguarding Hub on 0333 240 1727 or the police on 999.



**We wish you all a very Merry Christmas
and a Happy New Year**

