



**CUMBRIA
RESILIENCE**

Storm Arwen: support is available

Many households continue to be without power or water in Cumbria following the weekend's storm. Electricity North West are working hard to restore power, but due to the widespread damage to the network some people could remain without power for a few more days. If you are concerned about how you will cope, support is available.

Worried about safety or well-being?

If you are worried about your safety or well-being, or the safety and well-being of someone in your community please call Cumbria Police on **101** or report it online at www.cumbria.police.uk/report-it. If there is an immediate risk to life call **999**.

Do you have what you need?

If the power cut continues for a few more days, do you have what you need to stay safe and well?

Medication? Food? Fuel? Water? Support and care?

If you are worried about any of these then get in touch.

Social Care Support

If you have social care support needs that are not being met, contact Cumbria County Council Adult Social Care on:

Carlisle/Eden: **0300 303 3249**
South Lakeland/Barrow: **0300 303 2704**
Copeland/Allerdale: **0300 303 589**

Where you can get food and support

If you are able to travel, you can get food and support from the following locations.

Food vans- hot food and drinks:

- **ALSTON** - Next to Wright's Garage at Nenthead, Wright Bros Coaches, Nenthead, Alston CA9 3NP
- **BACKBARROW** - located at Lakeland Motor Museum, Old Blue Mill, Backbarrow LA12 8TA
- **CARTMEL** - located at Cartmel Food Shed, The Causeway, Cartmel, Grange-Over-Sands, LA11 6PW
- **CONISTON**- Community Hub – located at Coniston Sports and Social Centre, Shepherds Bridge Lane, Coniston LA21 8AL
- **KENDAL** - located at Old Hutton Village hall
- **OLD HUTTON** - located at The Parish Church Car Park, St John's View, Old Hutton LA8 0NQ (please note the car park will be busy between 2.30-3.30pm on 30th Nov)

Local welfare and respite centres offering warmth, light, phone charging facilities, toilets and kitchen facilities:

- **ALSTON** – Masonic Hall, King's Arms Ln, Alston CA9 3JF
- **AMBLESIDE** - located at Ambleside Parish Centre, The Centre, Vicarage Rd, Ambleside LA22 9DH
- **BOLTON-BY-BOWLAND** - located at Bolton-By-Bowland Pavilion, BB7 4FL
- **CONISTON** - located at Coniston Sports and Social, Shepherds Bridge Ln, Coniston LA21 8AL

An up to date list of location is available at: www.enwl.co.uk/about-us/news/stormarwen/food-and-welfare-provision-locations/