

Start for Life Offer

Together making a difference

Did you know that the first 1001 days of a baby's life is the most important part of their development? Our Family Hubs and Child and Family Support Services (Children's Centres) can help you give your baby the best possible start in life, whatever your circumstances and wherever your location within Westmorland and Furness.

We understand this time is a mixture of highs and lows, experiences of happiness, excitement, tiredness and sometimes being overwhelmed. We can support you through these emotions.

Our Family Hubs and Child and Family Support Services (Children's Centres) will show you how to access support from services such as Midwifery, Health Visiting and Early Years and Childcare, from conception to baby's 2nd birthday.



For further information visit the Family Hub website Homepage: Westmorland and Furness Family Hubs (wandffamilyhubs.org.uk)

Or join us on Facebook for regular updates Family Hubs Barrow in Furness.

You can also visit us in person or by phone at any of the centres below:

Family Hub

Barrow Library, Ramsden Square, Barrow in Furness, Cumbria LA14 1LL

T: 01229 407384

Opening hours: 9.30-5.00 Monday to Friday

E: familyhubs@westmorlandandfurness.gov.uk wandffamilyhubs.org.uk

Child and Family Support Service Centres:

Family Action – Barrow

Greengate Street, Barrow-in Furness, Cumbria LA14 1BG

T: 01229 821855

Barnardo's – Penrith and Eden

The Regent, Old London Road, Penrith, Cumbria CA11 8ET

T: 01768 899901

Action for Children – South Lakes

Kendal Green, Kendal, Cumbria LA9 5PP

T: 01539 734456

At all these locations and online you will find friendly help and advice about: Antenatal care and birth, Health visiting, Feeding support, SEND, Health Playing and exploring, Active babies and toddlers, Childcare, Support and wellbeing



For more information
scan here:

