

**The following numbers may be useful over the Christmas  
and New Year periods:-**

**Cumbria Adult Health & Social Care** 01229 407446 (office hours) 01229 407804 (office hours) 01229 407444 (office hours) **01228 526690 (out of office hours)**

**Cumbria Children and Families Services** 01229 408000 (office hours) **0333 240 1727 (out of office hours)**

**The Samaritans Freephone Helpline is 116 123** or the local branch of Samaritans is **01229 825656**

**Barrow Food bank 01229 34 34 36 - Open Friday 22<sup>rd</sup>** from 10.00am until 3.00pm then Closed until Wednesday 3<sup>rd</sup> January 2018.

**Furness Homeless Support Group Day Centre, Bath Street - 01229 821134.**

Open every day from 11am – 1.30pm, Monday to Friday.

Food served at 12pm. Main course £1.00, dessert 40p, drinks 30p.

Christmas Eve 11am -1pm

Christmas Day and Boxing Day 11am-5pm for free 3 course meals.

### **NHS Numbers**

Furness General Hospital **01229 870870**

**Cumbria Health On Call (CHOC)** use the 24/7 non-emergency NHS Helpline number of 111 (**GP out of hours services**)

Emergency Dental treatment and advice **01539 716882**

Non-emergency NHS helpline **111**

**Others**

**EMERGENCY FIRE, POLICE and AMBULANCE 999**

**Non-Emergency General Helpline including Police call 101**

**BARROW BOROUGH COUNCIL**

**CHRISTMAS HOLIDAY REFUSE COLLECTION  
ARRANGEMENTS**

**Normal Collection Day**

Tuesday 26<sup>th</sup> December

Wednesday 27<sup>th</sup> December

Thursday 28<sup>th</sup> December

Friday 29<sup>th</sup> December

**Revised Collection Day**

Wednesday 27<sup>th</sup> December

Thursday 28<sup>th</sup> December

Friday 29<sup>th</sup> December

Saturday 30<sup>th</sup> December

**All collections will return to their usual dates as from week commencing 1<sup>st</sup> January. If you wish to dispose of a real Christmas tree these can be put out with your black bin on the first collection day after Christmas**

**24-HOUR EMERGENCY OUT OF  
HOURS NUMBER:**

**01229 833311**

**Gas only repairs: 0800 031 6578**

**[www.barrowbc.gov.uk](http://www.barrowbc.gov.uk)**

**.GOV.UK**

**The CITIZEN ADVISE CONSUMER HELPLINE NUMBER**

**IS: 03454 04 05 06.** The helplines are open Monday to Friday **9.00am to 5.00pm**. They are not open on bank holidays.

**WISHING EVERYONE ALL THE VERY BEST FOR  
CHRISTMAS AND THE NEW YEAR**