

The Health & Community Care Project and Advocacy Service offers:

Free and **independent** information, advice & support on a wide range of subjects including your care needs

0845 603 1529 local rate

hccproject@postmaster.co.uk

or visit your local CAB in
Ulverston or Kendal

The service is funded by Volunteering England in Partnership with Department of Health and also Cumbria County Council. It is managed by Citizens Advice South Lakeland



Reg Charity No 1092888

Need Help?

Have you:

- Been in hospital and now need care services?

or

- Got a long term disability?

or

- Contacted Social Services in the last year?

or

- Found it harder to cope lately?

or

- Been caring for someone with health problems?

We have a service for you