

## **Courts and Service Centres**

**Carlisle Magistrates Court – 01228 518 800**

**West Cumbria Courthouse – 01900 609 609**

**Barrow-in-Furness County Court – 01229 840 370**

**Lancaster Courthouse – 01772 208 000**

**Preston Combined Court – 01772 844 700**

**Newcastle Civil and Family Court – 0191 205 8750**

**Court of Protection, London – 0300 456 4600**

**Court of Protection, North West – 0161 240 5000**

**County Court Business Centre – 0300 123 1056**

**County Court Money Claims Centre – 0300 123 1372**

**Online Civil Money Claims Service Centre – 0300 123 7050**

**Probate Service Centre – 0300 3030 648**

**Divorce Service Centre – 0300 3030 642**

**Court of Appeal, Family Division – 020 7947 6000**

**Court of Appeal, Civil Division – 020 7947 7121**

**Judicial Conduct Investigations Office - 020 7073 4719**

**Court of Session, Edinburgh – 0131 240 6711**

**Courts and Tribunals Service Centre, Public Law – 0330 808 4424**

**Central Payments Unit – 01282 610 000**

## **Useful Organisations – Civil Law**

**Citizens Advice Bureau – 03444 111 444**

- Free, confidential, impartial and independent advice and information on the rights and responsibilities of the people of both Carlisle and Eden districts.

### **Cumbria Law Centre – 01228 515 129**

- A community organisation offering free legal advice and representation to people who live or work in the county prioritising those on the lowest incomes with a focus on civil, social welfare law in Housing, Employment and Welfare Benefit matters.

### **RCJ Advice Bureau – 0203 475 4373**

- Deliver free legal advice to people with a court case in the civil and family courts in England and Wales with services available by email, phone and over zoom.

### **Civil Legal Advice – 0345 345 4345**

- Provide specialist legal advice to people across England and Wales who qualify for legal aid and helps people with debt, education, discrimination, housing and family issues.

### **Northumbria University Student Law Office – 0191 227 3909**

- A multi award-winning and world leading law clinic, offering vital legal services on a regional and national level free of charge to members of the public, businesses, and community groups.

### **Support Through Court – 0300 081 0006**

- Provide practical, procedural and emotional support in many areas of Civil and Family court processes.

### **Shelter – 0808 800 4444**

- Advice and support services offering one-to-one, personalised help with housing issues and homelessness.

### **Disability Law Service – 0207 791 9800**

- Provide free legal advice on community care, employment, housing and welfare benefits to disabled people and their carers to ensure that they have access to their rights and justice.

### **Debt Advice Foundation – 0800 043 4050**

- A registered national debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

### **Cumbria County Council – 01228 606 060**

- The Local Authority for Cumbria providing local services in the area, including schools, roads, and social services.

## **Useful Organisations – Family Law**

### **Support Through Court – 0300 081 0006**

- Provide practical, procedural and emotional support in many areas of Civil and Family court processes.

### **Child Law Advice – 0300 330 5480**

- Free specialist legal advice and information on child, family and education law for parents, carers and young people in England from Coram Children's Legal Centre.

### **RCJ Advice Bureau – 0203 745 8921**

- Deliver free legal advice to people with a court case in the civil and family courts in England and Wales with services available by email, phone and over zoom.

### **Northumbria University Student Law Office – 0191 227 3909**

- A multi award-winning and world leading law clinic, offering vital legal services on a regional and national level free of charge to members of the public, businesses, and community groups.

### **Family Lives – 0808 800 2222**

- Providing emotional support, information, advice and guidance on any aspect of parenting and family life.

### **Rights of Women National Family Law Line – 020 7251 6577**

- Provide women with the legal advice and information they need to understand and use the law and their legal rights.

### **Families Need Fathers – 0300 0300 363**

- Offering information, advice and support services helping parents to achieve a positive outcome for their children with free guidance from solicitors and others familiar with the operation of the family courts.

### **Family Rights Group – 0808 801 0366**

- Advises parents, grandparents, relatives and friends about their rights and options when social workers or courts make decisions about their children's welfare.

## **Useful Organisations – Domestic Abuse**

### **National Domestic Abuse Helpline – 0808 2000 247**

- Support to find a refuge vacancy for you and your children or other specialist services in your community, which can provide support whether or not you have left your partner.

### **National LGBT Domestic Violence Helpline – 0800 999 5428**

- Provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them.

### **Men's Advice Line – 0808 8010 327**

- A service available for men who have been affected by domestic abuse that support you to receive emotional and practical help, understand your rights and options and safely leave an abusive relationship.

### **Adult Social Care – 0300 303 3249**

- Supporting eligible adults in line with government legislation working closely with other organisations to support people to maintain and regain their independence.

### **NSPCC – 0808 800 5000**

- Trained professionals who can provide expert advice and support if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.

### **Live Free from Fear Helpline – 0808 8010 800**

- provided by the Welsh Government providing help and advice to anyone experiencing sexual violence or anyone who knows someone who needs help: a friend, family member or colleague practitioners seeking professional advice.

### **The Mix (Under 25's) – 0808 808 0327**

- A free and confidential multi-channel service providing support and information on a range of topics including homelessness to finding a job, from money to mental health, from break-ups to drugs.

### **Samaritans – 116 123**

- Providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom and the Republic of Ireland.

### **Finding Legal Options for Women Survivors – 0203 745 7707**

- An independent legal support service, designed to help protect women against domestic abuse, anywhere in England and Wales.

### **ManKind Initiative – 01823 334244**

- Provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband.

### **Rape Crisis – 0808 802 9999**

- Provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse in England and Wales.

## **Useful Organisations – Adoption**

### **Cumbria County Council – 03033 331 216**

- An adoption support service available to advise and support adopted children and their families in Cumbria.

### **Post Adoption Support Centre – 0113 230 2100**

- Specialist birth parent and relative support services including the First Family Service, face-to-face and telephone counselling, private intermediary services (for birth relatives of adults adopted as children) and support groups.

### **Child Law Advice – 0300 330 5480**

- Free specialist legal advice and information on child, family and education law for parents, carers and young people in England from Coram Children's Legal Centre.

### **Adoption Matters – 0300 123 1066**

- Providing information to adopted adults and birth family members on counselling, reunion services and support available.

### **Barnardo's LINK – 020 8552 100**

- A service available to birth family members where adoption may be the plan for a child or children in your family for up to 12 months beyond the Placement Order being made.

### **Adoption UK – 0300 666 0006**

- Leading charity providing support, community and advocacy for all those whose lives involve adoption providing support and training and campaign for improvements to adoption policy and practice.

## **Other Useful Organisations and Services**

**Carlisle City Council – 01228 817 200**

**Eden District Council – 01768 817 817**

**Allerdale Borough Council – 0303 123 1702**

**Copeland Borough Council – 01946 598 300**

**South Lakeland District Council – 01539 733 333**

**Barrow Borough Council – 01229 876 543**

**Land Registry – 020 7291 7250**

**Cumbria Registrar Office – 0300 303 2472**

**General Registrar Office – 0300 123 1837**

**HM Passport Office – 0300 222 0000**

**Probate Helpline – 0300 123 1072**

**Office of the Public Guardian – 0300 456 0300**

**Employment Tribunal Contact Centre – 0300 123 1024**

**Mental Health Tribunal – 0300 123 2201**

**HMPPS Victims Helpline – 0300 060 6699**

**Queen's Bench Division – 020 3936 8957**

**First-Tier Tribunal (Immigration and Asylum) – 0300 123 1711**

**Administrative Court – 020 7947 6655**

**Planning Court, North West – 0161 240 5305**

**Insolvency List – 020 7947 6294**

**EU Settlement Scheme Resolution Centre – 0300 123 7379**