

Healthy Start vitamins available at these centres



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Healthy Start vitamins – vitamin drops for babies and young children suitable from birth to 4 years old

Area	Centre	Contact	Opening times
Workington	Workington Library Vulcans Lane Workington CA14 2ND	01900 706 170	Monday & Wednesday 9am-6pm, Tuesday, Thursday Friday - 9am- 5pm
Aspatria	Aspatria Local Link Market Square Aspatria CA7 3EZ	016973 205 15	Wednesday- 9.30am- 12pm & 1- 5pm
Cockermouth	Cockermouth Library Link Main Street Cockermouth CA13 9LU	01900 822 634	Monday, Tuesday, Thursday & Friday-10am- 4pm, Wednesday 10am- 5pm & Saturday 10am- 2pm
Keswick	Keswick Library Heads Lane Keswick CA12 5HD	017687 72656	Monday, Tuesday & Wednesday -9.30am- 12pm & 1-5pm
Maryport	Maryport Library Lawson Street Maryport CA15 6ND	01900 812 384	Monday – Friday 9.30am- 5pm Saturday 9.30am-12.30pm
	Family Action (Family Centre) Ennerdale Road Maryport CA15 8HN	01900 818 726	Monday- Thursday 9am-5pm Friday- 9am-4.30pm
Seaton	Seaton Library Main Street Seaton CA14 1JD	01900 68441	Monday 1-5pm, Tuesday & Thursday 10am-5pm, Friday 2-5pm
Silloth	Silloth Local Link The Discovery Centre Liddell Street Wigton CA7 4DD	016973 31944	Monday, Wednesday, Friday 10am-4pm Saturday 10am-1pm
Wigton	Wigton Library High Street Wigton CA7 9NJ	016973 42729	Monday, Tuesday & Friday- 9.30am- 12pm & 1-5pm
	Family Action (Family Centre) 10-12 Wampool Place Wigton CA7 9SA	016973 438 70	Monday- Thursday 9am-5pm Friday- 9am-4.30pm



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Area	Centre	Contact	Opening times
Barrow -in-Furness	Bram Longstaff Community Hub, Farm Street, Barrow-in-Furness LA14 2RX	01229 814 900	Food Hub- Monday 1-3.30pm
	Bram Longstaffe Childrens Centre, Farm Street Barrow-in-Furness LA14 2RX	01229 821 825	Monday 1-1.30pm Wednesday 9am-5pm, Thursday 9am-12pm
Greengate	Well Food Pantry Greengate Street Barrow in Furness LA14 1EZ	01229 821 855	Food Hub Monday 1-3.30pm
	Greengate Family Hub Mill Bank, Barrow-in-Furness LA14 4BP	01229 821 855	Tuesday, Wednesday, Thursday 9am-4pm Friday 9am-4.30pm
Walney	Spring Mount Community Hall, Amphitrite Street, Walney Island LA14 3AR	01229 471 676	Contact Community Hall for further details and opening times
	Walney Family Hub Mill Lane Barrow-in-Furness LA14 3NT	01229 471 655	Monday, Tuesday, Thursday, Friday 9am-12pm
Roose	Salthouse Pavillion Roose Road Barrow-in- Furness LA13 9RQ	01229 821 312	Contact Salthouse Pavillion for further details and opening times
Ormsgill	Ormsgill Community Centre/ Family Action Mill Bank, Barrow-in-Furness L14 4AR	01229 408 097	Monday, Tuesday, Wednesday, Thursday 9am-5pm Friday 9am- 4.30pm



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Area	Centre	Contact
Belah	Belah Community Centre Briar Bank, Carlisle CA3 9SR	01228 548 748
Bothcherby	Botcherby Community Centre Victoria Road, Carlisle CA1 2UE	01228 596 992
Currock	Currock Community Centre Lediard Avenue, Currock, Carlisle	01228 591 868
Denton Holme	Denton Holme Community Centre Morley Street, Carlisle, CA2 5H	01228 528 692
Greystone	Greystone Community Centre Close Street, Carlisle CA1 2HA	01228 528 692
Harraby	Harraby Community Centre Edgehill Road, Carlisle CA1 3SN	01228 537 831
Morton	Morton Community Centre Wigton Road, Carlisle CA2 6JP	01228 531105
Yewdale	Yewdale Community Centre Hutton Way, Carlisle CA2 7TH	01228 591270
Brampton	Brampton Community Centre Union Lane, Brampton CA8 1BX	016977 45023
Shady Grove	Lookout Community Hub (Food Hub) Shady Grove, Carlisle	07413 025 8279
Longtown	Longtown Family Action (Family Centre) Mary Street, Longtown CA6 5UF	01228 791 775

For further information and opening times, please contact your nearest centre



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Area	Centre	Contact	Opening times
Whitehaven	Whitehaven Library Lowther Street, Whitehaven CA28 7QZ	01946 506 400	Monday, Wednesday, Friday - 9am-5pm, Tuesday, Thursday 9am-6pm Saturday 10am-2pm
	Family Action (Family Centre) Whinlatter Road, Mirehouse Whitehaven CA28 8BN	01946 64600	Monday & Friday 9am-2pm, Tuesday & Thursday 9am-5pm
Cleator Moor	Cleator Moor Library Market Square, Cleator Moor CA25 5AP	01946 814 523	Monday & Thursday, 9.30am- 1pm & 2pm-5pm Tuesday & Friday 9.30am- 1pm
Egremont	Egremont Library West Lakes Academy Main Street, Egremont CA22 2DQ	01946 505 585	Monday & Thursday, 9.30am – 1pm & 2pm-5pm
	Family Action (Family Centre) Southey Avenue Egremont CA22 2HH	01946 823 896	Wednesday & Friday 2pm-5pm
Frizington	Frizington Library Main Street, Frizington CA26 3PF	01946 505 595	Monday - Thursday 9am-5pm Fri 9am-4.30pm
Hensingham	Family Action (Family Centre) Williamson Lane Hensingham, Whitehaven	01946 64600	Contact Whitehaven Action Hub for times
Millom	Millom Library St Georges Road, Millom LA18 4DD	01229 772 445	Monday - Thursday 9am-5pm Friday 9am-4.30pm



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Area	Centre	Contact	Opening times
Kirkby Stephen	Kirkby Stephen Local Links / Library Vicarage Lane Kirkby Stephen	017683 71775	Monday, Wednesday 10am-12pm & 1pm-3pm
Alston	Alston Childrens Centre, Church Road, Alston, CA9 3QU	01768 899901	Wednesday 10am-12pm
Appleby	Appleby Childrens Centre, Station Road, Appleby, CA16 6TX	01768 354068	Tuesday 9.30-12pm & 1-3pm
Penrith	Penrith Childrens Centre, Old London Road, Penrith, CA11 8ET	01768 89990	Monday -Friday 9.30am- 4pm



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Area	Centre	Contact	Opening times
Central Lakes	Food Hub, Ambleside Parish Centre, Vicarage Road, Ambleside, LA22 9DH	015394 34172	Wednesday 10.30am – 1.30pm
	Windermere & District Food Bank, The Methodist Church, Main Road, Windermere LA23 1DY	015394 22569	Monday, Wednesday & Friday 12pm – 3pm
Grange-over-Sands	Grange Over Sands Community Food Share, Main Street, Grange-over-Sands LA11 6DR	07985 505415	Monday 10.30am – 6.30pm
Kirkby Lonsdale	Kirkby Lonsdale Community Cupboard The Hollins Kirkby Lonsdale Rugby Club, LA6 2DS	015242 36404	Monday 11am – 1pm, Thursday 10am – 3pm & 6.30 – 7pm
Ulverston	Ulverston Community Foodshare group, Parish Centre, Church Walk, Ulverston LA12 7EN	07949 074822	Monday- Thursday 10 – 11.30am, Friday 4- 5.30pm, Sunday 5 – 6pm
	Ulverston Childrens Centre, Lund Terrace Ulverston LA12 9BE	01539 734 456	Tuesday & Wednesday 9am-4.30pm
Kendal	Sandylands Residents Association/Kendal Foodshare 17 Drovers Drive Kendal LA9 6FH	07488 376910	Tuesday & Thursday collection Contact Centre for further details and opening times
	Kendal West Childrens Centre Kendal Green Kendal LA9 5PP	0845 543 6910	Tuesday 9am-5pm Wednesday 9am-3pm



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