

Citizens Advice Copeland Community Newsletter



July 2024

85 miles for 85 years

Please donate if you can



On the 4th September, Citizens Advice Copeland will be celebrating its 85th birthday!

To celebrate 85 years of Citizens Advice Copeland our team collectively walked or ran 85 miles between the 24th and 30th June to raise money to fund our service.

We are an independent charity and the only way we can continue to help the residents of Copeland is through funding. We provide free, confidential and impartial advice for the

problems the residents of Copeland face no matter what they may be.

If you would like to make a donation in support of our teams hard work please scan the QR code below.

Every little helps,
thank you!



Donate
now



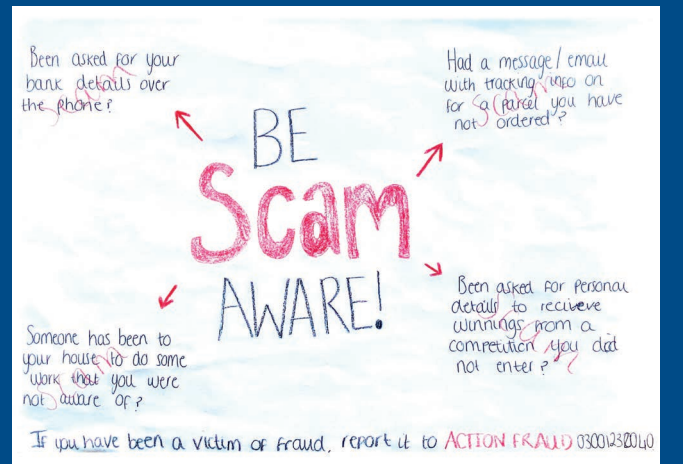
Bake Sale

What better way to celebrate our birthday than to do a bake sale! So on the 27th June we did a bake sale in the entrance of the Phoenix Enterprise Centre. We raised £200.64 thank you to everyone who supported us by either baking or buying cakes! This was also part of our vital fundraising efforts so that we can continue to give free, confidential and impartial advice to the residents of Copeland.



Phoenix Youth Project Scams Poster competition

The children from the Phoenix Youth Project in Cleator Moor have designed some brilliant scams awareness posters for us as part of our scams awareness campaign. Here is the winning poster! The children have also been out delivering some scams leaflets to local residents. Great effort by all involved! Thank you!



Debt Support

Being in debt can be stressful and it can be difficult to know what to do first – especially if you are constantly getting letters and calls from the companies you owe money to.

There's no debt problem that's unsolvable. Becoming debt free, however long it takes, can improve your credit rating and mean you can think about longer term plans.

We have a team of people ready and waiting to help you if you are struggling. We can help you to manage your debts, plan an affordable budget and look at ways in which you can plan and save for the future. We will also look at ways in which you can reduce your expenditure for example by assisting you to get a cheaper deal on your energy costs.

Help to make your money go futher

We can help you to:

- Increase your knowledge, confidence & skills around money management
- Look at options for increasing your income and reducing your outgoings
- Plan & save for a more financially secure future
- Access online support to manage your financial wellbeing

For more advice on dealing with your debts scan this QR code



Debt Advice



We Are Hiring for a Community Engagement Officer

We are looking for a dedicated individual who will help shape our community-based services across West Cumbria, promote our service and support local communities to find a way forward.

For more information about this role please visit our website:

citizensadvicecopeland.org.uk/index.php/job-opportunities/

Our Energy Advice

Want to know if you can get a cheaper deal or tariff for your energy?

Think you are paying too much for your energy bills?

Want to know what support/schemes are available?

To arrange an appointment with our energy adviser **call us on 01946 693321 or email advice@cacopeland.org**

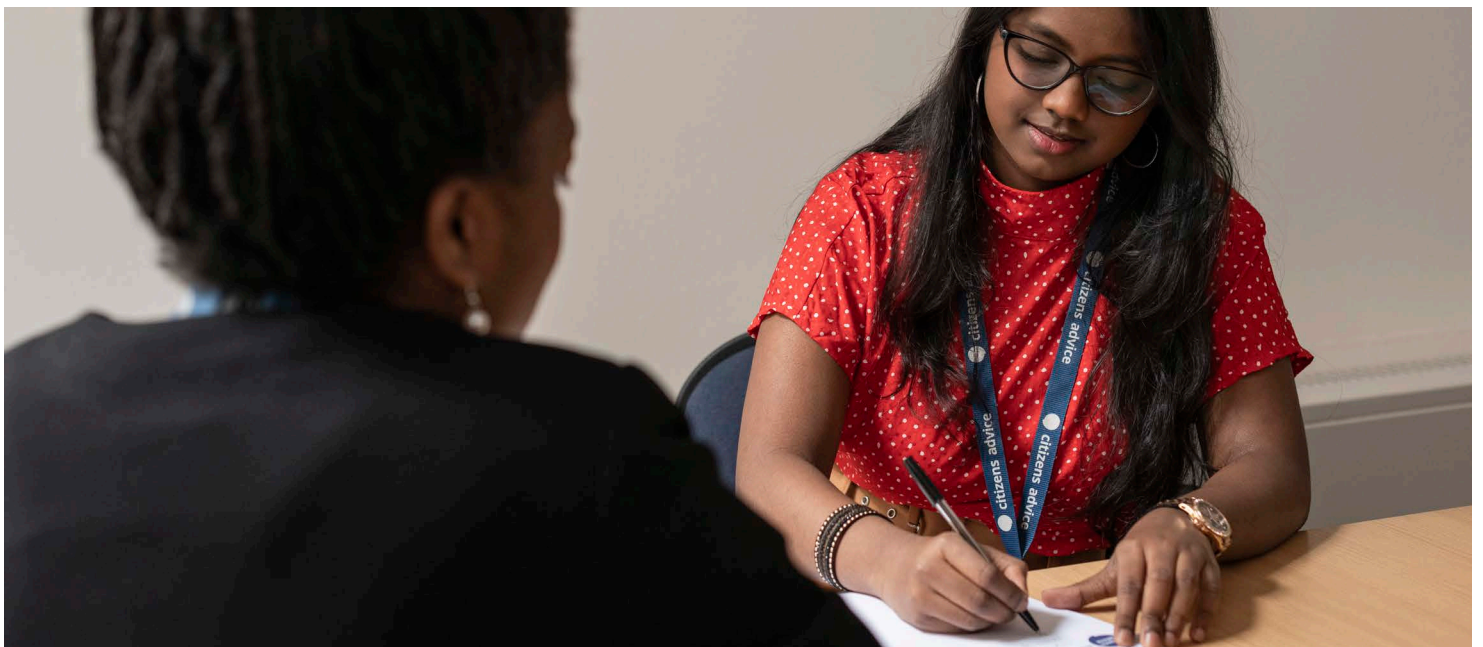
We also have lots of advice on our website: citizensadvicecopeland.org.uk/index.php/energy-advice/



Follow us on TikTok!

We have a new TikTok account please find the link below if you would like to follow us:

[TikTok account](#)



Form Filling Volunteers Needed!

As a form filler you will:

- complete an introduction to Citizens Advice and training for your role
- complete paper and online forms with clients
- write a summary of the clients' problems and what action you've taken

Some examples of the types of help you could give:

- support a client to make an application for a blue badge
- support a client to make an application for benefits including Personal Independence Payment
- support a client to register with Cumbria Choice for social housing.

Time commitment:

We can be flexible about the time spent and how often you volunteer so come and talk to us.

How to apply to be a volunteer with us

If you would be interested in volunteering email advice@cacopeland.org or call **01946 693321** and we will be happy to either email or post you an application form.

or scan the QR code which will take you to our website for more information and the application form



Volunteer with us!



We are looking for a Treasurer to join our board of Trustees

You will make a positive impact to people in Copeland by ensuring Citizens Advice Copeland is sustainable and meeting the needs of the community. You will build on your governance, leadership and strategy skills as well as meet new people and build relationships with current trustees, staff and volunteers.

If you would be interested in becoming our Treasurer email advice@cacopeland.org, call **01946 693321** and we will be happy to either email or post you an application form or you can visit our website and apply online (scan the QR code above!)

Cumberland Council Holiday Activities and Food Programme

The programme provides fully funded activities and meals during the school holidays for eligible children and young people. Research has shown that the school holidays can be pressure points for some families. The programme is a response to this, with evidence showing that holiday clubs can have a positive impact on children and young people and that they work best when they provide:

- physical activities
- enriching activities
- nutritious food

Book sessions in your area now!

- Visit cumberland.gov.uk/holidays to search the range of
- activities available.

- Bookings will work on a first-come-first served basis - and are
- subject to availability.
- Some activity providers offer transport.

Visit cumberland.gov.uk/holidays for full details.

Dates are liable to change, please contact the activity provider for more information.



Cumbria's Holiday Activity and Food Programme

cumberland.gov.uk

Upcoming Community Outreaches

We're going to be at various outreach sessions over the next few months. At all our outreach sessions we promote the services we offer and if you come to us in need of help we can add you to our list for an adviser to contact you.

Here is a list of the outreaches we will be at in July, August and September:

Monday 8th July - Welcome Hub, Whitehaven United Reformed Church 11am-1pm

Wednesday 10th July - Egremont Welcome Space, The Meeting Place, Egremont Methodist Church, 11am-1pm

Monday 15th July - Welcome Hub, Whitehaven United Reformed Church 11am-1pm

Monday 15th July - St Paul's Church, Frizington 1pm-3pm

Wednesday 31st July - Operation Respect Day, Beck Green, Egremont, 10am-3pm

Saturday 3rd August - Whitehaven PRIDE on the Harbour, Whitehaven Harbour, 9.30am-4pm

Monday 12th August - Whitehaven Family Hub on the Harbour, 1 Strand Street, Whitehaven, 10am-11am

Friday 16th August - Social Prescribing Event, Whitehaven Rugby League Club, 10am-3pm

Wednesday 21st August - Operation Respect Day, Mirehouse, 10am-3pm

Wednesday 18th September - Egremont Welcome Space, The Meeting Place, Egremont Methodist Church, 11am-1pm

