



SIGNPOSTS Cumbria



www.signposts.org.uk

Farming & Rural Health Partnership
Supporting Rural Communities

What we do...

- Advice on Work/ Health / Family Issues
- Support to access financial assistance
- Health Promotion Events
- Confidential Home Visits
- Advocacy
- Signposting and referrals to other agencies



Who For?..

People of all ages and backgrounds living and working in rural communities

For more information contact:

**Signposts Cumbria on: 07825207046 or
Main Office, Morecambe on: 01524 419021
Email : val.macconnell@signposts.org.uk**



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Farming & Rural Health Partnership Cumbria



NHS Direct 0845 4647

Farm Crisis Network (FCN)
Helpline 0845 367 9990 (7am - 11pm every day)
www.farmcrisisnetwork.org.uk

Royal Agricultural Benevolent Fund (RABI)
Helpline 01865 727 888
www.rabi.org.uk

Elizabeth Finn Trust
(financial help through working life crisis)
Freephone: 0800 413 220 (24 hours)
www.elizabethfinntrust.org.uk

Rural Minds
Helpline: 0845 766 0163 (Mon—Fri 9.15am—5.15pm)
www.mind.org.uk

Tenant Farmers Association
Helpline: 0118 930 6130
<http://www.tfa.org.uk/>

National Farmers Union
Helpline: 0870 845 8458
www.nfuonline.org.uk



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