



Helping you make all the right moves

Ready to Listen...

Everyone needs a bit of good advice from time to time. Or sometimes you need to be listened to by a pair of ears that don't belong to a parent, teacher, or one of your mates.

Connexions Cumbria is there to offer the ears and the advice to all young people aged between 13–19.

- They'll help you to review your strengths and weaknesses, to recognise your potential and set yourself some realistic goals.
- If there's something that they don't know, they're in touch with a network of organisations who will be able to help.
- All the people from Connexions you'll deal with are fully trained and are ready to talk to you in a friendly, confidential and positive way.

Ready when you are...

Call Connexions Cumbria:

To speak to your local centre, call 0800 435 709

Call Connexions Direct:

To speak to our national service, call 080 800 13 2 19

Open 6am-2am 7 days a week

E-mail:

info@connexionscumbria.co.uk

Internet:

www.connexionscumbria.co.uk

Pop in:

There are nine Connexions centres across Cumbria. Feel free to drop in for a friendly chat.

Access to services

At Connexions Cumbria we aim to meet the needs of all young people. You can ask for information in a variety of formats. Connexions Cumbria is committed to the promotion and support of equal opportunities.

“I’m dead chuffed about my grades. Now how do I get a decent job?”



Connexions Cumbria Centres

Barrow

237 - 241 Dalton Road
Telephone: 01229 824052

Kendal

124 Highgate
Telephone: 01539 730045

Millom

Horn Hill
Telephone: 01229 773249

Ulverston

6 Cross Street
Telephone: 01229 583466

Workington

213 Vulcans Lane
Telephone: 01900 604674

Carlisle

28 Lowther Street
Telephone: 01228 596272

Maryport

12a Selby Terrace
Telephone: 01900 815928

Penrith

43 Micklegate
Telephone: 01768 865296

Whitehaven

Roper Street
Telephone: 01946 695541

Freephone and online

Freephone: 0800 435 709

E-mail: info@connexionscumbria.co.uk

Web: www.connexionscumbria.co.uk

**“I’m sick of being picked
on for staying in”**



Connexions Direct

Connexions Direct is a national service, offering confidential help and advice on a wide range of issues, at a time to suit you.

Phone: 080 80013 2 19 (6am - 2am)
SMS Text: 07766 4 13 2 19
Webchat & e-mail: www.connexions-direct.com
Minicom: 08000 688 336

Special thanks go to the young people who have contributed to the design and content of this leaflet.

“Where is my period this month? How am I gonna tell mum?”

