

Recovery Steps Cumbria

Recovery Steps Cumbria is a free and confidential support service for people who use drugs and alcohol. We operate at five locations across the county and welcome anyone who needs our help.

We know that everyone is different and each person who comes to the service receives bespoke support to achieve their recovery goals. As well as providing services to people who use drugs or alcohol, we also offers support to their friends, carers and family members.

Recovery Steps Cumbria is funded by Cumbria County Council and run in partnership by Humankind and The Well Communities.

Services we offer

- Health and Wellbeing support including clinical services
- Employability guidance to help people in treatment prepare for, secure and maintain employment as part of their treatment and recovery.
- Support to find and secure suitable housing and prevent homelessness
- Access to work and skills opportunities through MoreTime, our social enterprise
- Specialist support for vulnerable children, young people and families

Our locations

- **Carlisle:** 1st Floor, Stocklund House, Castle Street, CA3 8SY
- **Barrow-in-Furness:** 92-96 Duke Street, LA14 1RD
- **Kendal:** South Lakes Foyer, LA9 4TA
- **Workington:** 6 Finkle Street, CA14 2AY
- **Whitehaven:** 21B Lowther Street, CA28 7DG
- **Penrith:** Office 2, Eden Rural Foyer, CA11 8ET*

*By appointment only

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Steps
Cumbria 

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The Well



<http://humankindcharity.org.uk/service/recovery-steps-cumbria/>

About us

Humankind is one of UK's largest drug and alcohol recovery providers and every day 12 people complete treatment within one of their free and confidential services. Humankind is committed to helping people build healthier lives that have meaning and value. In addition to substance use programmes, the charity also provides housing, support for people experiencing or at risk of homelessness, and assistance with work, training and skills.

The Well Communities is a peer led Lived Experience Recovery Organisation that provides a range of services and initiatives that support mental health and addiction recovery and minimises the harm caused by alcohol and substance use. More than 85 per cent of their staff and volunteers have lived experience of overcoming substance dependence and associated issues such as criminal justice involvement, homelessness and mental health issues, and the majority of them live in the communities they serve.

Our approach

Recovery Steps Cumbria takes a multi-strand approach to supporting people which includes prevention, education, assessment, intervention and liaison with healthcare partners

Our offering of evidence-based psychosocial interventions, clinical provision and lived experience support from peers ensures people can have a range of treatment options.



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