

## FREE Healthy Start Vitamins available at community venues across Cumberland

- Vitamin drops for babies and young children suitable from birth to 4 years old.
- Vitamins for mothers breastfeeding or dual feeding babies up to 6 months.

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**Aspatia** Aspatia Library, Children's Centre, King Street, Aspatia, CA7 3ET  
Aspatia Rainbow Food Pantry, King Street, Aspatia. CA7 3ES  
Harriston Food Pantry, Harriston Village Hall, Harriston, Aspatia. CA7 2ED

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**Brampton** Brampton Community Centre, Union Lane, Brampton, CA8 1BX  
Brampton Library, Market Place, Brampton CA8 1NW

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**Carlisle** Belah Community Centre, Briar Bank, Carlisle. CA3 9SR  
Botcherby Community Centre, Victoria Road, Carlisle. CA1 2UE  
Carlisle Foodbank, 4 Tower Court, West Tower Street, Carlisle, Cumbria, CA3 8QT  
Carlisle Library, First floor, 11 Globe Lane, Carlisle CA3 8NX  
Currock Community Centre, Lediard Avenue, Currock, Carlisle CA2 4BP  
Denton Holme Community Centre, Morley Street, Carlisle, CA2 5HQ  
Greystone Community Centre, Close Street, Carlisle CA1 2HA  
Harraby Community Centre, Edgehill Road, Carlisle CA1 3SN  
Morton Community Centre, Wigton Road, Carlisle. CA2 6JP  
Lookout Community Hub (Food Hub), Shady Grove, Carlisle. CA2 7LD  
Yewdale Community Centre, Hutton Way, Carlisle. CA2 7<sup>TH</sup>

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**Cleator Moor** Cleator Moor Library, Market Square, Cleator Moor. CA25 5AP  
Phoenix Enterprise Centre (PEC) Food Pantry, Phoenix House, 3-5 Jacktrees Road, Cleator Moor. CA25 5BD

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**Cockermouth** Cockermouth Library, Main Street, Cockermouth. CA13 9LU

	Kings Church Meal Share, The Hub, 2 Market Street, Cockermouth. CA13 9NJ
<b>Egremont</b>	Egremont Library, Main Street, Egremont. CA22 2DQ  Family Action (Family Centre), Southey Avenue, Egremont. CA22 2HH
<b>Frizington</b>	Frizington Library, Main Street, Frizington. CA26 3PF
<b>Keswick</b>	KAFS (Keswick Area Food Share), Keswick Library, Heads Lane, Keswick CA12 5HD  Keswick Library, Heads Lane, Keswick. CA12 5HD
<b>Longtown</b>	Longtown Family Action (Family Centre), Mary Street, Longtown. CA6 5UF  Longtown Library, Lochinvar Centre, Longtown, Carlisle CA6 5UG
<b>Maryport</b>	Family Action (Family Centre), Ennerdale Road, Maryport. CA15 8HN  Maryport Library, Lawson Street, Maryport. CA15 6ND
<b>Millom</b>	Millom Library, Millom Community Hub, Salthouse Road, Millom, LA18 5AB
<b>Silloth</b>	Silloth Library, The Discovery Centre, Liddell Street, Silloth. CA7 4DD
<b>Whitehaven</b>	Family Action (Family Centre), Williamson Lane, Hensingham, Whitehaven. CA28 8QZ  Family Action (Family Centre), Whinlatter Road, Mirehouse, Whitehaven. CA28 8BN  Whitehaven Library, Lowther Street, Whitehaven. CA28 7QZ
<b>Wigton</b>	Family Action (Family Centre). 10-12 Wampool Place, Wigton CA7 9SA  Wigton Food Pantry, St Cuthberts Church Hall, Wigton. CA7 9HU  Wigton Library, High Street, Wigton. CA7 9NJ
<b>Workington</b>	Seaton Library, Main Street, Seaton, Workington. CA14 1JD  The Oval Food Pantry, The Oval Centre, Salterbeck Drive, Workington. CA14 5HA  Workington Library, Vulcans Lane, Workington CA14 2ND



Cumberland  
Council



**\*If you are pregnant, please contact your Midwife / Health Visitor for your vitamins.**