

# Social Prescribing Newsletter

**February 2026**

## Cumberland Council's Social Prescribing events

**Tuesday 21<sup>st</sup> April 2026** Online Social Prescribing Forum (1.30pm to 3pm)

**Tuesday 21<sup>st</sup> July 2026** Online Social Prescribing Forum (1.30pm to 3pm)

**Tuesday 20<sup>th</sup> October 2026** Online Social Prescribing Forum (1.30pm to 3pm)

## How to access Social Prescribing

### Via your local authority

Social Prescribing Community Connectors

To contact the team email: [social.prescribing@cumberland.gov.uk](mailto:social.prescribing@cumberland.gov.uk)

Alternatively, you can scan the QR code



### Via the NHS

Haven PCN Wellness Team - Email: [nencicb-cu.havenpcn@nhs.net](mailto:nencicb-cu.havenpcn@nhs.net) or 01946 853322

Alliance PCN NHS SP - Email: [nencicb-cu.copelandsp@nhs.net](mailto:nencicb-cu.copelandsp@nhs.net) or 01946 599998

Workington Personalised Care Team - Email: [nencicb-cu.workingtonsp@nhs.net](mailto:nencicb-cu.workingtonsp@nhs.net)

Maryport Social Prescribing Team - Email: [nencicb-cu.mhs.sp@nhs.net](mailto:nencicb-cu.mhs.sp@nhs.net) or 01900 815544

Cockermouth Castlegate & Derwent Surgery - [Contact Us Form](#) or 01900 705750

### Via self-referral

To access groups and services in the area please follow the link below:

[Joy - The right support is just a few clicks away \(thejoyapp.com\)](https://thejoyapp.com)



**Find out more at [cumberland.gov.uk](https://cumberland.gov.uk)**



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We support anyone over the age of 18, living in the legacy Copeland and Allerdale areas.  
Please click the topic headers that we cover below to get access to support services.

## [Digital Inclusion](#)



## [Mental Health](#)



## [Financial Hardship](#)



## [Loneliness & Isolation](#)



## [Physical Health](#)



## [Housing & Homelessness](#)



## [Welfare & Benefits](#)



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## New Groups/Services added to Joy

Shared Lives Cumberland - [Shared Lives Cumberland - Joy](#)  
Women Who Cumbria CIC - [Women Who Cumbria - Joy](#)

## Groups and Services Information

**Cumberland Council: Family Hub Site** - [Homepage | Cumberland Family Hubs](#)

**Cumberland Council Home Improvement Agency: Gas Safety Grants Available** - We're pleased to announce that Gas Safety Grants are now available for residents across Cumberland. These grants can help cover the cost of gas boiler or fire servicing, repairs, and safety checks in owner-occupied homes. Households where a resident is in receipt of benefits or the household has a low income and a relevant health condition are eligible to apply. To enquire or apply, please contact: [homelife@cumberland.gov.uk](mailto:homelife@cumberland.gov.uk) OR 01228 817111

**Cumberland Council: Skills & Enterprise Programme Wage Subsidy Scheme** - Must be based in West Cumbria, be a registered business and have been operating for at least a year, employ under 50 employees, have a new vacancy or vacated position that is part of your business operations and be able to offer a minimum of 16 hours work per week. The offer is up to £3000 contribution towards wages and training costs, opportunity to develop your candidate with skills relevant to your business and workplace mentoring support for the candidate recruited to your business. To get involved contact: Chris Cunliffe on 07385 362798 OR email: [chris.cunliffe@cumberland.gov.uk](mailto:chris.cunliffe@cumberland.gov.uk)

**CADAS: Volunteer Helpline Call Handlers** – We are looking for compassionate volunteers to support our helpline at our Workington Centre. Volunteers provide a listening ear, emotional support, help callers access CADAS services and signpost professionals looking for information. This role suits friendly, non-judgmental people with good listening and communication skills. Confidence on the phone, basic IT skills, and the ability to maintain confidentiality are also required. We currently have space for a volunteer to join our friendly team on Mondays, 10:00–13:30 or 13:30–17:00. Comprehensive training, ongoing development, and our IINAB course are provided, making this a rewarding opportunity to support positive change in your local community. For more information and an application form, please contact [nadiaa@cadass.co.uk](mailto:nadiaa@cadass.co.uk)

**Centre for Leadership Performance: Cumbria Future Generations** - [Cumbria Future Generation - Centre for Leadership Performance](#)

**Cumbria CVS: Bedrock Basics Project** - This project offers various types of support for third sector and non-for-profits. For more info, please follow this link: [Bedrock Basics | Cumbria CVS](#) or email [gordon.henry@cumbriacvs.org.uk](mailto:gordon.henry@cumbriacvs.org.uk)



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**Cumbria Indoor Car Boot Sales: Car Boot Sales West Cumbria** - [Car Boot Sales & Table Top Sales- Carlisle Cumbria | Carlisle | Facebook](#)

**Department for Work and Pensions: Millom Outreach** - DWP are delighted to announce an exemplary outreach service to support the people of Millom! This will be held at Millom Community Hub, Salthouse Road LA18 5AB. Every other Wednesday at 10:30am until 3:30pm, starting from 9<sup>th</sup> July 2025. The offer: 1-1 support with your Work Coach, training and job opportunities, providers in attendance, health support, flexible support fund advice, job searching, get to know your pension, employer sessions and childcare support.

**Digital Unite: Let's Get Digital West Cumbria project** - If your organisation runs a session offering Digital Skills support, you can also list your session in this interactive map. <https://www.digitalunite.com/products/special-projects/cumbria-digital-inclusion-network/map-digital-skills-support-cumbria>

Please sign up to the Cumbria Digital Inclusion Network here

<https://www.digitalunite.com/products/special-projects/cumbria-digital-inclusion-network>

**Every Life Matters: MHFA Training** - Become a Mental Health First Aider in Whitehaven! Mental health affects all of us — in our families, workplaces, and communities. That's why Mental Health First Aid (MHFA) training is so important. It empowers you to: Recognise the signs of mental health challenges, respond with confidence and compassion, Support others before a crisis escalates, Build a culture of care and resilience. Whether you're a manager, colleague, friend, or family member — you can make a difference! 24 & 25 February 2026 at Whitehaven Harbour Youth Project. £220 per person (MHFA England values it at £325) Once trained, you're certified for three years and invited to join the MHFA England Association, gaining access to exclusive support and benefits. Book your space now:

<https://www.eventbrite.co.uk/e/mental-health-first-aid-2-day-training-whitehaven-tickets-1563535921029?aff=oddtcreator>

**Every Life Matters: Suicide Prevention Conference** - On Thursday 23<sup>rd</sup> April 2026, at Rheged, Penrith. This year's theme, "Take action. Prevent suicide.", focuses on the practical steps we can all take to save lives and support those affected by suicide across Cumbria. This full-day event brings together inspirational speakers, interactive workshops, and hands-on training to equip individuals, organisations, and community groups with the skills and confidence to help create a Suicide Safer Cumbria. Whether you work in a school, a workplace, health or public services, the third or faith sectors, a sports club, or are attending as an individual – join us in our mission. Your ticket includes Keynote speakers, Three sessions, Networking opportunities, Lunch and refreshments. From 17<sup>th</sup> January 2026, tickets will be £95 / £75. Find out more about the topic choices [HERE](#) You will be able to choose from four sessions in each of our three session timeslots, and these must be booked in advance. Booking early not only saves money but also significantly increases your chance of securing your preferred sessions. All profits are reinvested into our suicide prevention and suicide bereavement support in Cumbria.



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**Eyes Open: Art Sessions** – Received funding from Workington Town Council and Cumberland Council to deliver sessions to young people aged 14-25 in Workington and are looking for groups to deliver the sessions to with the following: - HIV information: what it is, what are the risks, how it is treated and important info such as U=U with the aim of reducing stigma and discrimination. - Information on where to access services for HIV and sexual health in general in Workington. To engage with the young people, we do this in an informal and fun way with an interactive art session which can be between 1-2 hours, see attached to get an idea of the art session, using card and ink and other materials, this then allows the young people to be creative while having something to focus on while we chat opening about HIV, sexual health in general and what it really means to be living well with HIV in 2026. If you are interested in booking a session with us, we would love to hear from you, sessions need to be delivered by 31st March 2026 and can include families, these can be organised sessions around our offer, or we can attend already organised sessions that you deliver, all we need is a small area within the session. Please visit our website for further info regarding Eyes Open: <https://eyesopenhiv.uk/> We also have a local artist, Rob Mitchell who will lead on the creative aspect of the session, Rob has his own business - Together We Can Create Limited <https://www.facebook.com/togetherwecancreate>

**Fellas In't Fells: Men's Social Group** – This group is centred around making new friends, doing fun things and being able to talk openly about how you're feeling, if you want to. A member of the group will choose an activity, a fell walk or a parkrun etc., and the activity will be followed up by a catch up over a brew. It's every second Wednesday afternoon the 15<sup>th</sup> and 30<sup>th</sup> of each month. Contact the Instagram page to be added to the group.

**Florence Arts Centre: Afterhours** - <https://www.florenceartscentre.com/new-page-1>

A series of social sessions with creative option for young adults. The sessions will be on the 2<sup>nd</sup> Thursday each month, drop-in between 5-8pm. Free pizza slices will be available with coffee and craft beers to buy. The aim is to provide a comfortable space and unique social and creative programme for young people circa 18-30 in Egremont (and surrounding area) whilst encouraging creative futures and supporting the development of emerging artists in our community. Each monthly session will feature 2 artists offering activities that complement each other. One artist will be delivering a headline activity between 6-8pm and an emerging (early career) artist will be delivering an advertised drop-in creative option between 5-7pm. There will also be artist materials laid out for self led activities, Mandala colouring, sketching etc.

**Futureproof: Free Home Energy Support** - For all Cumbrian residents. If you'd like a qualified energy advisor to speak to your group about saving money on their energy bills, how to receive a free home support visit, and answer any questions regarding home energy (e.g. bills, heating your home, grants, etc) please email [erin.annison@futureproofcumbria.org.uk](mailto:erin.annison@futureproofcumbria.org.uk).



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**Goodlives: Building Confidence Courses** - These are 3-day courses (Monday to Wednesday) that focus on all things positive. They will start each month on Feb 9th, Mar 9th with more dates to come. There is still plenty of things happening at Goodlives including Cooking on a Budget, Upcycling, Customer Service, Horticulture as well as online courses and CV support. All available for anyone living in Copeland, aged 16+ and who is unemployed. For further information or to refer, please contact Goodlives on 01946 814576 or [info@goodlives.org.uk](mailto:info@goodlives.org.uk). [WWW.goodlives.org.uk](http://WWW.goodlives.org.uk)

**Hospice at Home West Cumbria: Sea of Sunflowers** - We are delighted that *Sea of Sunflowers* will be returning this Easter. Following our beautiful display at St Bees Priory last Summer, from 10<sup>th</sup> – 13<sup>th</sup> April 2026, the grounds of Cockermouth Castle will be filled with a sea of ironwork sunflowers, creating a space to reflect and remember loved ones we have lost and the patients in our care. We would love for you to visit, remembering special memories and finding comfort in the bright display. These special sunflowers are available to purchase and dedicate to the memory of a loved one. For more information, and to purchase your sunflower, visit our website:

<https://register.enthuse.com/ps/event/SeaofSunflowersIronworkSunflowerDedication2026>

**Hospice at Home West Cumbria: Gary McKee 100 to London** - Gary McKee, Cumbria's "marathon man," will run 100 marathons in 100 days starting January 17, finishing with the London Marathon alongside his son Beau. The challenge aims to raise £100k for Hospice at Home West Cumbria, bringing his five-year fundraising total to £1 million. McKee will run across Cleator Moor and West Cumbria, engaging schools and local groups to promote community and active living.

**Hospice at Home West Cumbria: Great North Run** – Run with us on 13<sup>th</sup> September 2026. Be part of something special at the 45th anniversary Great North Run this September! Join our team of runners by registering your interest for one of our limited places, helping to raise funds for Hospice at Home West Cumbria. Register your interest at: [info@hhwc.org.uk](mailto:info@hhwc.org.uk)

**Hospice at Home West Cumbria: Bunny Hop** - Spring into your Easter fundraising with our Bunny Hop! We are inviting local schools and nurseries to take part this Spring term - simply choose any day in March or April to don your bunny ears and hop around the playground, all while raising money for your local hospice charity. For more information and to sign your school or nursery up, get in touch with our fundraising team at [info@hhwc.org.uk](mailto:info@hhwc.org.uk) or call us on 01900 873173

**Keswick Film Festival: Seeking Partners to Deliver Free and Discounted Tickets** - Keswick Film Festival is a completely volunteer-run festival of cinema held annually in March at the Keswick Alhambra Cinema, the Theatre by the Lake and the Rheged Cinema. Further information can be found here [www.keswickfilm.org/festival/](http://www.keswickfilm.org/festival/) We believe that no-one should



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be denied the opportunity to enjoy the cultural community experience we offer. We recognise that in Keswick and Cumbria there are areas of social deprivation, with the cost of housing and living meaning many people would like to, but simply cannot afford to, attend the festival. Thus, we'd like to partner with organisations in and around Keswick, Cockermouth and Penrith who provide services to low-income families and individuals to help us deliver free and heavily discounted tickets to anyone who would benefit from access to the communal and joyful experience of cinema. The next festival is in March 2026; if you are interested in partnering with us, please get in touch with festival director Julia Vickers on [filmfestival@keswickfilmclub.org](mailto:filmfestival@keswickfilmclub.org)

**Keswick Methodist Church: Social Group for Adults Living with Chronic Health Conditions / Physical Disability** - The group will commence on Thursday 22nd January from 11am-12pm and thereafter will be held on the second and fourth Thursday of each month. Keswick Methodist Church Hall is a warm and welcoming wheelchair accessible venue located on Southy Street, Keswick CA12 4HH. For more information please telephone: 07946 546041 or email [ChronicHealth@protonmail.com](mailto:ChronicHealth@protonmail.com)

**Mind Over Mountains: Hugill Fell Wellbeing Walk** - Join us for a full day of walking in nature, guided by our professional wellbeing team who walk alongside you. Walk, talk & be listened to in a friendly & supportive group. No pressure, no judgement - just time in nature, together. Book here: [Hugill Fell Wellbeing Walk](#)

**Outdoor Partnership: Reach Women** - Launching in Whitehaven. This is a 12-week, beginner climbing and wellbeing programme for women who want a gentle, supportive way to move, connect and feel understood. REACH Women has been designed for those living with or affected by gynaecological or hormonal health experiences — including endometriosis, PCOS, peri-menopause, surgical menopause and more — and who may feel tired of having to explain, advocate or push through. Each session blends: Trauma-aware, compassionate therapy, Beginner indoor rock climbing, Delivered by Climb Well CIC, a brilliant charity made up of qualified climbing instructors *and* licensed therapists, sessions are calm, flexible and non-judgemental. Some weeks you might climb, some weeks you might rest, some weeks you might just be present — all of that is welcome here. At Whitehaven Harbour Youth Project on Tuesdays at 6:45–9pm starting on 3rd March 2026. Free to attend (fully funded) If this feels like something you — or someone you support — could benefit from, you can sign up here: [bit.ly/ParticipantRegistrationForm-REACHWomen](https://bit.ly/ParticipantRegistrationForm-REACHWomen) Or feel free to email [molly.campion@outdoorpartnership.co.uk](mailto:molly.campion@outdoorpartnership.co.uk) if you'd like to talk it through first

**Owl Blue: Drop in session** - At Harrington Youth Club between 10am and 3pm on Tuesday 17th February 2026. There will be opportunities to ask qualified professionals with lived experience, questions in a safe and neutral environment about neurodiversity, HIV, sexual health and to explore the sexual health barriers within neurodiversity



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Owl Blue can support with: Understanding behaviours, boundaries & relationships, Explore Autism, ADHD & ARFID, Talk through strategies & behaviours. Tom and Julieanne will be there as Eyes Open with Rob from Together We Can Create and offering a fun and interactive creative art and crafts session while chatting informally about HIV and sexual health. All are welcome - 14+ & families.

**People First: Small Good Stuff Directory** - [Community Catalyst Directory](#)

**Shine Cancer Support: Meet Up** - This is ran by volunteers who have cancer. It's a chance to relax and get to know others who just 'get it'. The 'meet ups' are organised by the network leader every month and change location and activity - and the first drink is on Shine! If you're between 18-49 with a cancer diagnosis, come and join us! Contact below to discover this month's meet up location. To hear about future events please contact: [northcumbria@shinecancersupport.org](mailto:northcumbria@shinecancersupport.org) to join the mailing list.

**Together We: Nurture Cooking Group** - Join us for our family friendly cooking sessions. Every Friday 13:00 - 14:30, we will cook 1 simple family meal. We will give guidance on how you can make each meal suit your family taste and budget. We can also give guidance on how to adapt meals for different ages of child if you need this. We are keen that this is an inclusive session, we would love you to share your family recipes and your own versions of recipes and tips so that we can all learn to cook together. Stella Maris Room, Banklands Hall, Workington, CA14 3EP. [Click here to book](#)

**Together We: Infant Loss Listening Sessions** - As part of our ongoing project for the Maternity and Neonatal Voices Partnership we are now organising listening sessions to hear people's experiences in more detail. If you have experienced loss yourself you are, of course, welcome to attend both or either session, whichever is most comfortable for you. You will need to register in advance for the sessions for those who have experienced loss, but the links for the professionals' sessions are on the poster. The questionnaires originally circulated last year are still open for responses until the end of February. We are very grateful for the replies we have received so far. Links are below. Service user questionnaire: <https://forms.office.com/e/v3DCrMq3b7> Professionals survey: <https://forms.office.com/e/Ywai5stHMy> We would also be grateful if you would share these events with friends and colleagues to help us ensure we hear as many voices as possible.

**Workington Cricket Club: Women and Girls Softball Cricket** - We welcome all women and girls 11+. Inclusive friendly environment. Meet new people, improve your mental health and wellbeing, learn a new skill, increase the fun and laughter in your life. Sessions are free with no experience necessary. Mondays at 5.45pm until 7pm. We meet at Workington Cricket Ground, CA14 3YH.



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**Workington Town Council: Restoring "The Old Man's Shelter"** – Workington Town Council are proud to be restoring and transforming a building into a welcoming space that supports residents of all ages. The vision is to provide a supportive environment where individuals and groups can connect, take part in activities, and access services that promote wellbeing and reduce isolation. The building will be available free of charge to non-profit and voluntary organisations. As well as being available for private hire or commercial use. Facilities within the building will include: A kitchen, meeting room, tables and chairs, WiFi, toilet facilities, full accessibility throughout. We are keen to ensure the space benefits those who would gain the most from it. Are you aware of any individuals, groups, or organisations you work with who may benefit from using this space, whether for group activities, support sessions, social connection, or other community-focused initiatives. We would be happy to meet with groups, schools or contacts, show them the building, and answer any questions they may have as the project progresses. For more information and to complete a short questionnaire, please see our website: <https://www.workingtontowncouncil.gov.uk/park-end-shelter>

**Workington Town RLFC Community Trust: Activities for All** – A welcoming program for people with additional needs, inclusive activities that support physical and mental wellbeing through movement, creativity, music and social connection. At Fibrus Community Stadium, Gus Risman suite on Tuesdays at 10am-12pm and Wednesdays 1pm-3pm. For more information contact: [foundation@townrlfc.co.uk](mailto:foundation@townrlfc.co.uk)

## Volunteering Information

Allerdale & Copeland Autism Support Volunteering opportunity, email: [sm.asaac@gmail.com](mailto:sm.asaac@gmail.com)

CADAS: [CADAS Volunteering](#)

Citizens Advice Copeland: [Citizens Advice Copeland Volunteering](#)

Cumberland Council: [www.cumberland.gov.uk/voluntarycarscheme](http://www.cumberland.gov.uk/voluntarycarscheme)

Cumbria CVS: [Cumbria CVS Volunteering](#)

Eskdale Mill: [Eskdale Mill Volunteering](#)

Mental Health North West: [Wellness Walks Volunteering](#)

Ramblers Wellbeing Walks Cumbria: [Active Cumbria Wellbeing Walks Walk Leader](#)

## Links and Newsletters

Citizens Advice Copeland: [Citizens Advice Copeland Newsletters](#)

Cumbria CVS Vacancies: [Cumbria CVS](#)

Cumbria Police: [External Community Safety Visit Referral Form](#)

Every Life Matters Vacancies: [Every Life Matters](#)

Growing Well News: [Growing Well](#)

Rosehill Theatre: [What's On | Rosehill](#)

Stop Loan Sharks: [Stop Loan Sharks](#)

Soundwave Newsletter: [Soundwave](#)



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The Rum Story Opportunities: [Get involved | Rum Story Re-Imagined Project](#)

Together for Good: [Together For Good](#)

Waythrough: [Cumbria Community Havens | Facebook](#)

## Funding Information

**Active Cumbria** - [Movement Fund](#)

**Arts Council England** - [Our open funds | Arts Council England](#)

**Copeland Community Fund** - [Copeland Community Fund | How to Apply](#)

**Cumberland Council Community Panel Funding** - [How to apply for support](#)

**Cumbria Community Foundation** - [Connecting People Who Care with Causes That Matter](#)

**Cumbria CVS** - Looking for funding for your community project or organisation? Open to voluntary, community and social enterprise organisations in Cumbria [Home | Cumbria CVS 4 Community](#)

**Easy Fundraising** - [Cumbria | Online fundraising for your organisation | Easyfundraising](#)

**Francis Scott Trust** - [Funding & Development | Francis Scott Trust](#)

**Hadfield Trust** - [How to Apply – Hadfield Trust](#)

**Mid Copeland GDF Community Partnership** - [Community Investment Fund](#)

**National Churches Trust** - [Our grants | National Churches Trust](#)

**National Lottery Community Fund** - [TNL Community Fund](#)

**National Lottery Heritage Fund** - [Funding | The National Lottery Heritage Fund](#)

**TNL: Awards for All** – This is for grants of up to £20k and is applied for online. [National Lottery Awards for All England – Environment | The National Lottery Community Fund](#)

**TNL: Reaching Communities** – This is for grants over £20k. [Reaching Communities England | The National Lottery Community Fund](#)

