

Social Prescribing Newsletter

January 2026

Cumberland Council's Social Prescribing events

Tuesday 20th January 2026 Online Social Prescribing Forum (1.30pm to 3pm)

Tuesday 21st April 2026 Online Social Prescribing Forum (1.30pm to 3pm)

Tuesday 21st July 2026 Online Social Prescribing Forum (1.30pm to 3pm)

Tuesday 20th 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

Alternatively, you can scan the QR code



Via the NHS

Haven PCN Wellness Team - Email: nencicb-cu.havenpcn@nhs.net or 01946 853322

Alliance PCN NHS SP - Email: nencicb-cu.copelandsp@nhs.net or 01946 599998

Workington Personalised Care Team - Email: nencicb-cu.workingtonsp@nhs.net

Maryport Social Prescribing Team - Email: 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



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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](#)



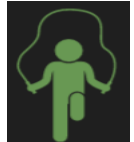
[Financial Hardship](#)



[Loneliness & Isolation](#)



[Physical Health](#)



[Housing & Homelessness](#)



[Welfare & Benefits](#)



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New Groups/Services added to Joy

Alcoholics Anonymous - [Alcoholics Anonymous - 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. By delivering these grants through our Home Improvement Agency, we aim to prevent hazards and support healthier living environments, using our expertise to address issues before they become serious. To enquire or apply, please contact:

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

Age UK North Cumbria: Memories in Motion – [Memories in Motion, Workington](#)

Autism Support Allerdale and Copeland: Sensory room - <https://www.asaac.org/sensory-room>

Breast Cancer Now: Moving Forward Course - Your local Moving Forward Course is here to support you with life after primary breast cancer treatment. Taking place on 2 & 9 February in Whitehaven, you'll learn the tools you need to feel empowered, confident and in control, so you can move forward with your life. Register today for more details [here](#)

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

Cumbria CVS: Work & Health link and think - A networking event for link workers and VCFSE organisations who are supporting people around work, health and wellbeing. Wigton Market Hall, February 4th at 9.30am. [Work and Health "Link and Think" event | Cumbria CVS](#)



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

Cumbria Youth Alliance: Youth Work Vocational Training - This is available to staff and volunteers in the youth sector. The qualification is delivered online via webinars on a Monday evening either 5-7pm or 7-9 pm during term time. The level 2 Award has four modules with attendance at the webinars followed by a workbook for each module. The training is part of a national programme implemented regionally by Youth Focus North West. CYA has funding from National Lottery Community Fund for people working or volunteering in the youth sector in Cumbria. You will need your supervisor to help with the application to show that you will be able to gather the evidence needed for this vocational qualification. The next intake will be in February 2026 to run April-September. Online application form will open on 1st February on Youth Focus North West website. Anyone completing the level 2 Award will be eligible to apply to do level 3 which is a further 5 modules to run from October 2026 to March 2027.

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 9th 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: Digital Exclusion Workshop - [Understanding & Tackling Digital Exclusion](#)
Free interactive Workshop for the Voluntary and Community Sector: [Register here](#)
Digital access is now essential for everyday life — from managing money and healthcare to staying connected. But for many people, the digital world still feels out of reach. Join Sarah from Let's Get Digital, West Cumbria for an engaging, free workshop exploring: what digital exclusion looks like, who is most affected and why, the real-world impact on health, wellbeing and finances, practical steps your organisation can take to support digitally excluded people. Wednesday 28 January 9.30-11.30am, Rosehill Theatre, Whitehaven. Registration essential: [Digital Exclusion Workshop - Registration](#)

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> If you or your organisation want to be more involved in helping your beneficiaries be more Digitally Included, please sign up to the Cumbria Digital Inclusion Network here <https://www.digitalunite.com/products/special-projects/cumbria-digital-inclusion-network>

Every Life Matters: Suicide Prevention Conference - On Thursday 23rd 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



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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. Early Bird Tickets – Now Available (Save £10 by booking before 16th January 2026.) (£85 – Private Sector OR £65 – Charity, Community & Public Sectors.) From 17th January 2026, tickets will be £95 / £75, so we strongly encourage early booking to secure both your preferred sessions and the reduced rate. Find out more and book out 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.

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 15th and 30th of each month. Contact the Instagram page to be added to the group.

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.

Goodlives: Building Confidence Courses - These are 3 days courses (Monday to Wednesday) that focus on all things positive. They will start each month on Jan 12th, 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. WWW.goodlives.org.uk

Grow Well West Cumbria CIC: New Director - The organisation runs a Community Garden in Vulcan's Park, Workington. We aim to connect people through gardening, focussing on personal wellbeing, being with others, enjoying the outdoors, learning about growing plants and having space. We've been at the site for six years, in that time we've welcomed asylum seekers, bereaved people, carers, people new to the area, individuals who struggle to gain employment and people referred through Social Prescribers. We have also welcomed visiting groups from local schools and hospital, as well as young carers who have worked on specific projects. We are keen that the new director for the Grow Well West Cumbria CIC is a



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resident in Workington. Essentially the role requires the returns are made to Companies House and HMRC annually. The Directors meet quarterly for about one hour. If there is anyone interested in knowing more, we would welcome an informal chat. Please contact Ursula Leonard, Director, Grow Well West Cumbria CIC. Mobile: 07423657335 OR grow-well@hotmail.com

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/ We believe that no-one should 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

Lakeland Wellbeing: Thriving Women project - To support women in West Cumbria who are currently out of employment. This isn't your typical training or personal development course. There are no PowerPoint presentations or whiteboards, just a warm, welcoming, and fun space where participants can explore what they truly want from their working life. Over three group sessions and additional 1:1 coaching, participants will use practical tools and guided exercises to build self-belief, confidence, and personal power, helping them stay resilient as they take steps toward employment or self-employment. It's a supportive circle of women+ who uplift, encourage, and celebrate one another every step of the way, in a space that is fully neurodivergent- and LGBTQ+ inclusive. Program Details: Dates: 3 group sessions, 10am–3pm, 20th–22nd January (& Cleator Moor in March - 17-19th March, venue TBC) Location: Whitehaven Colours Inclusion Hub & Café, 25 King St, Whitehaven CA28 7JN. Extras: Opportunity for 3 x 1:1 coaching sessions and a graduation empowerment event (date TBC) Refreshments & lunch provided. Eligibility: Women + living in West Cumbria, currently not in employment, able to commit to all three days. Fully funded through Copeland Community Fund. What participants will learn: To identify what you love to do and find fulfilling work, overcome personal barriers and limiting beliefs, build self-confidence to pursue work or business opportunities, recognise and use existing skills to succeed, take care of your mental and emotional wellbeing while working, explore upskilling and work experience opportunities, receive guidance for CV writing and job applications, access self-employment support if starting a business. There are just 12 places available. If you have clients who would benefit from this program, please share this form with



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them <https://forms.gle/nVp5D6rBqJqTJXRKA> to apply. For questions or to discuss suitability, please contact Jen Maxwell on 07810 890528. We would be so grateful if you could share with your clients and contacts so we can reach as many women as possible who can benefit from this unique, empowering opportunity.

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 to join the mailing list.

Sophie Bass Art: Junk Journaling sessions - Starting from October 6th there will be regular Junk Journal workshops for young people aged 18-35 in Copeland Fabric and Wool shop, 73a High Street, Cleator Moor, CA25 5BW. Feel free to bring along your own journals or any empty notebook you have lying around as well as any scrap bits of paper, tags, stickers you can find. There will be materials available at the sessions as well. Come join us for some cozy crafting!

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.

Volunteering Information

Allerdale & Copeland Autism Support Volunteering opportunity, email: sm.asaac@gmail.com

CADAS: [CADAS Volunteering](#)

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

Cumberland Council: 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](#)



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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](#)
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](#)

