

Social Prescribing Newsletter

March 2026

Cumberland Council's Social Prescribing events

Thursday 26 March 2026 Social Prescribing Day Maryport Library, Lawson Street, Maryport CA15 6ND and Millom Library, Salthouse Road, Millom LA18 5AB (11am - 2pm)

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](#)



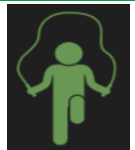
[Financial Hardship](#)



[Loneliness & Isolation](#)



[Physical Health](#)



[Housing & Homelessness](#)



[Welfare & Benefits](#)



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New Groups/Services added to Joy

Mealbank 108 - [108 Mealbank / Connect Carlisle - Joy](#)

Groups and Services Information

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 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

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

Cumbria Adult Learning: Award in Safeguarding for work, education and life - [Award in Safeguarding for Work, Education and Life Level 1 \(KEN25S014\) | Cumbria Adult Learning](#)

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: Poverty Proofing Training - [Free Poverty Proofing training | Cumbria CVS](#)

Cumbria CVS: West Cumbria Volunteering Fair – Tuesday 21st April at 12pm-1:30pm in the Carnegie Theatre & Arts Centre.

Cumbria CVS: County Volunteering Network Meeting for Volunteer Managers in Cumbria - Wednesday 11 March 2026, 10am-12.30pm online. This meeting will bring together Volunteer Managers in Cumbria to network and share ideas.

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



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Department for Work and Pensions: Millom Outreach - 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 is 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: 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 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 17th 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.

Every Life Matters: Teen Wellbeing Guide - [Teen Wellbeing: a guide for parents and carers](#)

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.

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 2nd 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



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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.

Goodlives: Building Confidence Courses - These are 3-day courses (Monday to Wednesday) that focus on all things positive. They will start on 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

Goodlives: Introduction to Customer Service – Are you unemployed and 16+? We provide a real life shop environment, online courses, friendly and safe setting and retail work experience. For more information call 01946 814576 or info@goodlives.org.uk. WWW.goodlives.org.uk

Goodlives: Upcycling – Are you unemployed and living in Copeland? Join our upcycling course to kickstart a new chapter in your life. This engaging program offers you a fantastic opportunity to meet new people, foster community connections, and gain valuable skills that can transform everyday items into treasures. Upcycling is not only a creative outlet but a sustainable practice that benefits the environment. For more information call 01946 814576 or info@goodlives.org.uk. WWW.goodlives.org.uk

Grow Well: Recommence Activities – The Grow Well Community Garden, Princess St, Workington will recommence gardening activities from Thursday 2nd April 10am-12pm. Anyone is welcome to join us to enjoy being together in the garden. For more information please see: explore.thejoyapp.com/listings/33866

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 10th – 13th 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>



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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 13th 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

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 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/ 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

Keswick Methodist Church: Social Group for Adults Living with Chronic Health

Conditions / Physical Disability - The group will commence on the second and fourth Thursday of each month at 11am-12pm. 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

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



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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.

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.

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

Volunteering Information



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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](#)

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](#)



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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](#)

