

Social Prescribing Newsletter

August 2025

Cumberland Council's Social Prescribing events

Friday 8th August 2025 Wellbeing Festival (10am to 3pm)

Tuesday 21st October 2025 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



Social Prescribing Newsletter

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



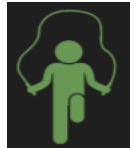
Financial Hardship



Loneliness & Isolation



Physical Health



Housing & Homelessness



Welfare & Benefits



Social Prescribing Newsletter

New Groups/Services added to Joy

The Land Trust - [Green Angels - Joy](#)

Multicultural Cumbria - [Community work with Diaspora - Joy](#)

West Cumbria Society for the Blind - [Support for visually impaired people in West Cumbria - Joy](#)

Hope Haven - [Chatty Cafe @ Kells - Joy](#)

Groups and Services Information

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

Cumberland Council: HAF - [Holiday activities and food \(HAF\) programme | Cumberland Family Hubs](#)

Cumberland Council HDRC: Art of Wellbeing - Join Cumberland HDRC and Rosehill for a free creative workshop with Stefan Escreet as part of our Art of Wellbeing project. During the workshops, we will chat together about health and wellbeing, whilst creating simple paper puppets. These will be brought together in imaginative, exciting and unexpected ways. Stefan will record the discussions during the workshop and then use them to form part of an original radio play, with an accompanying exhibition at Rosehill to display the puppets. [Rosehill Arts Trust Ltd Events - 12 Upcoming Activities and Tickets | Eventbrite](#)

Cumberland Council HDRC: Training opportunities - [Cumberland HDRC Events - 7 Upcoming Activities and Tickets | Eventbrite](#)

Cumberland Council: Skills & Enterprise Programme Wage Subsidy Scheme -

Businesses 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

Cumberland Council: Wellness Walks - Wellness Walks on the last Friday of the month in Cleator Moor. From 1 until 2pm, ending at St Johns Church Rooms. Tea, coffee, cake provided at end of walk. All welcome! Dates: 22nd August and 26th September.

Cumberland Council: Whitehaven Library Silent Book Club - We will provide comfortable space, light refreshments, and books. All you must do is show up and read whatever you want! No required reading, no discussions, purely a welcoming space to relax and get lost in



Social Prescribing Newsletter

a good story with likeminded people. Beginning on Thursday 13th March 2025 at 2:15pm until 3:45pm. Then running fortnightly.

Adult Social Care: Over A Brew – We are delighted to launch a series of ‘Over A Brew’ sessions in partnership with Curators of Change. Whether you’re a person accessing care, a carer, a commissioner, or someone interested in improving social care, we want YOU at the table! It’s all about collaboration, learning, and fun! Last Friday of the month - except Aug & Dec. Virtual coffee sessions, so you can join from the comfort of your home. To share ideas, collaborate, and work towards a better adult social care system. We also plan to capture stories of lived experience, because they teach us so much - join us to find out more about that opportunity. Follow for further information and to book you place:

<https://www.ticketsource.co.uk/curators-of-change/north-east-adass-and-curators-of-change-over-a-brew-sessions/e-meopbj>

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

Bee Unique: Subsidised sessions - [Bee Unique Sessions](#)

CADAS: Workington Peer Support Group - Struggling with harmful habits or know someone who is? We can help! CADAS holds group support sessions in Workington! Scan for all sessions Every Thursday 12pm until 1:30pm starting on Thursday 26th June. For more info please visit: www.cadas.co.uk

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

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.

Every Life Matters: Research Focus Group - As an individual who supports those living with experiences of suicide, ELM are inviting you to take part in an ongoing study to help inform and develop personalised safety planning tools for adults experiencing self-harm and suicidality. The study will host two focus groups across Cumbria, with dates TBC in the new year, inviting third sector staff who have experience of suicide safety planning to share their wisdom. Should you wish to take part in a focus group please simply contact:

ian.alcock@every-life-matters.org.uk



Social Prescribing Newsletter

Groundwork: Cumberland Futures – In partnership with Together We and Citizens Advice, we're here to support you on your journey into employment. Mental health support, debt support and employment support. Why choose us? Friendly, confidential, and personalised support, free access to resources and training and supporting local connections with employers and recruiters. What do we offer? CV writing & interview prep, mental health support with Together We, finance support with Citizens Advice, one-on-one meetings, training & upskilling opportunities, confidence building and support with job applications & cover letters. Contact us: Caitlin.Jenkinson@groundwork.org.uk OR Fatima.OualiDelRio@groundwork.org.uk OR 01900 67904 OR [Cumberland Futures](#)

Hospice at Home West Cumbria: Cake Off – Taking part couldn't be sweeter- gather your colleagues to enjoy some delicious treats while raising funds for your local hospice charity. Simply pick any date in September to host your own 'Cake Off' in the office and get baking! Want to add an extra sprinkle of fun? Turn your event into a friendly baking competition and see who claims the title of star baker! Last year, we raised over £4,000! Helping us continue to provide our vital end-of-life services, allowing us to be there for local families going through one of the most difficult times. Every cake baked and sold truly makes a difference. So, what are you waiting for? Let's come together over a cuppa and a slice of something delicious—all for a fantastic cause. For more information or to request a free digital fundraising pack including recipes, games, and decorations, contact us at 01900 873173 or email info@hhwc.org.uk

Hospice At Home West Cumbria: Fundraising Skydive - Do you want to reach new heights in support of Hospice at Home West Cumbria? We are excited to team up with Skydive Northwest to offer the perfect opportunity to achieve something spectacular in 2025 by taking part in one of our Skydives! Every penny raised by our skydivers will help us provide our vital services to patients, carers and families who desperately need our support. On Saturday 20th September. If you'd like more information on skydiving in aid of Hospice at Home West Cumbria, please get in touch with our fundraising team via: info@hhwc.org.uk or call us on: [01900 873173](tel:01900873173)

Hospice At Home West Cumbria: The Sea of Sunflowers - This event is going to be held at St Bees Priory from August 2 to August 17, the priory grounds will be filled with 1,000 handcrafted iron sunflowers, creating a space for reflection and remembrance. Individuals can purchase and dedicate a sunflower in memory of a loved one ahead of the event, with their dedication displayed throughout the event on our memory board. The event is free to attend, and all funds raised will support Hospice at Home West Cumbria's services. To dedicate a sunflower, individuals can either do this through our website or by collecting a dedication card from one of our shops, Head Office, St Bees priory or Boonwood Garden Centre. For more information follow: <https://hospiceathomewestcumbria.org.uk/events/sea-of-sunflowers>



Social Prescribing Newsletter

Howgill Family Centre: Paediatric First Aid Awareness Course – Understanding the role of a paediatric first aider, a range of topics including CPR and increase your confidence of

infant first aid. On Tuesday 12th August at Howgill Family Centre, Birks Road, Cleator Moor. Contact to book: 01946 817900 OR info@howgill-centre.co.uk

Proud and Diverse: Whitehaven Pride - Join the Celebration at Whitehaven Pride by the Harbourside! Saturday 16th August on Whitehaven Harbourside.

Fancy a stall? Whitehaven Pride by the Harbourside community festival invites local organisations to join our vibrant celebration! Charity organisations will be provided with a stall and table, and other organisations can too for a small donation. We're excited to expand this year's event and showcase the amazing work of Cumbria's wonderful groups and networks.

Fancy volunteering? We're also seeking enthusiastic volunteers to help coordinate, set up, and manage the event on the day, without volunteers this event would not be possible — there's a variety of roles, including arena staff who can enjoy the music while supporting the festival! Come and be part of the Pride celebration! Get in touch with:

aaron@proudanddiversesecumbria.co.uk

Senhouse Centre: Health Matters - General Health checks. (30-minute appointments, with a Cumbria Health Nurse) Weight, Height, BMI checks, Blood Pressure checks, Diabetes & Cholesterol, Mental Health Practitioner, Referrals if required. Appointments 10:30am until 1:30pm. For more information contact: senhousecentre@outlook.com or 01946 590122

Shine Cancer Support: Meet Up - This is ran by volunteers who have cancer. It's a chance to relax and get to know others in your area who just 'get it'. The North Cumbria Shine Cancer Support is having its first 'meet up' on the **31st July at 10am in Saludo Lounge, 2 Steelman's Walk, Workington, CA14 3DU**. 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! To hear about future events email northcumbria@shinecancersupport.org to join the mailing list.

Team Autism: “Autism - It's Part of Me” Course is for Autistic Adults only.

- PENRITH on Tuesday 5th August 10am – 2pm

Free of charge. Limited to 6 places.

The Settlement: Creative Wellness - The Settlement in Maryport is offering eight sessions over eight weeks to introduce you to eight different types of creativity to help you discover what you love. The sessions will take place from 1pm to 3pm on the following dates: 4th August 2025 (Candle Making), 11th August 2025 (Surprise Crafts). For further information please email cg@castlehilltrust.org.uk or call 07908157049.



Social Prescribing Newsletter

Time To Change: Welcome Hub - A warm welcome space for all! Pop along for a coffee and a chat, every Friday from 12pm until 2pm at B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN. Meet the team from Citizens Advice Copeland and Time To Change West Cumbria to find out more about the help and support available within your community. To find out more call Rachel for a chat: 07725734280

Together We Can Fundraising: Client Space Available - Do you need the marketing tools to deliver community fundraising in your community, so your supporters can raise money for you? We have availability to provide the following: Branded social media artwork, flyers & posters, branded fundraising packs & donation forms and branded certificates. Do you need support with the delivery of your community fundraising? We have availability to provide and support with the organisation, administration and delivery of a campaign or event. Do you need support with your grant funding? We have availability to support and able to provide: Writing a funding proposal, applying to funders, providing relationship building with funders (sending thank you letters & updates) and report writing. For further info and to chat about all your fundraising needs, please email: admin@togetherwecanfundraising.co.uk

Together for Good: Lunch and Learn sessions - Together for Good supports third sector, community groups and non-profit organisations to promote opportunities they have where businesses, via their employees, can provide support on a voluntary basis. The organisations must be delivering benefits directly in West Cumberland (former Allerdale and Copeland areas) to be able to access the services on the platform. Together For Good is funded by Sellafield Ltd's Social Impact multiplied programme to provide resources that support and strengthen our community organisations. These sessions will provide participants with an: Introduction to the platform and background to its development, how to post requests, suitable vs unsuitable requests, how to ensure requests are detailed enough to meet volunteer needs and positive stories. The sessions will provide an opportunity to find out more and ask any questions you may have. Organisations need only one session as the content will be the same at each.

- 13th August 12:00 pm to 12:45 pm [Book here](#)

- 18th September 7:00 pm to 7:45 pm [Book here](#) (This session is an evening session aimed primarily at volunteers with community groups and organisations who work during the day.)

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 from 28 April 2025. We meet at Workington Cricket Ground, CA14 3YH.

Workington Town Council: Invite to register interest to attend our events -

- Halloween - Friday 31st October 2025



Social Prescribing Newsletter

- Christmas Festival - Saturday 29th November 2025

Please see link below if you would like to register your interest in attending any of the Workington Town Council events listed above. We are looking for: Food & Drink, Charities, Market & Gift Stall, General Business & Organisation Promotion. Please register here -

<https://forms.gle/hzqbQNAHbW15qWiYA>

Volunteering Information

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

CADAS: [CADAS Volunteering](#)

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

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

British Liver Trust: [British Liver Trust | Register for our newsletter](#)

Centre for Leadership Performance: [CforLP Impact Report March 24/25](#)

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](#)

Howgill Family Centre Vacancy: [Howgill Family Centre Vacancy](#)

Rosehill Theatre: [Rosehill Theatre - July newsletter](#)

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 - [Sport England Together Fund - Active Cumbria](#)

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

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

Cumberland Council Community Panel Funding - [Community Panels and how to apply for support](#)



Social Prescribing Newsletter

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

Cumbria CVS - [Cumbria CVS | Funding](#)

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

Hadfield Trust - [How To Apply – Hadfield Trust](#)

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

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](#)

VONNE – We are delighted to announce the launch of a new round of investments into the VCSE sector, through our 2025/26 Healthy Communities & Social Prescribing Grants Scheme. Funded as part of the ICB's Healthier and Fairer programme, the scheme will fund up to 8 new projects, with grants of £15,000 to £30,000 available to VCSE organisations. This new grant scheme aims to strengthen and improve social prescribing and improve outcomes for people living and working across the North East and North Cumbria. Projects must be delivered by the end of March 2026 and have strategic significance and potential for application across the region. For example, could your organisation:

- Help improve social prescribing effectiveness, e.g. by developing new approaches/resources?
- Support the development of impact measurement systems and tools for social prescribing?
- Help tackle health inequalities in marginalised communities with unmet health and wellbeing needs.
- Or promote and build awareness of and value in social prescribing services?

If you are interested in delivering a project in support of any of these priority areas, and are a VCSE organisation based in the North East and North Cumbria region, please do consider applying for the funding. Full details are available in this [HC&SP Grants Scheme Outline](#).

Applications should be made using this [Expression of Interest Form](#). EoI forms must be emailed to healthandwellbeing@vonne.org.uk by 12 noon on Monday 11th August 2025.

Applications will be assessed by a panel and decisions notified by Thursday 11th September 2025. If you have any queries about this Grants Scheme please contact:

healthandwellbeing@vonne.org.uk

