

Social Prescribing Newsletter

September 2025

Cumberland Council's Social Prescribing events

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



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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



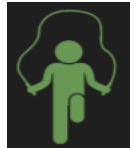
Financial Hardship



Loneliness & Isolation



Physical Health



Housing & Homelessness



Welfare & Benefits



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New Groups/Services added to Joy

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



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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 your 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

Cumbria CVS: West Cumbria Volunteering Fair - Thursday 18th September 2025 at 10:30 am - 12:00 pm in The Solway Hall, Lowther Street, Whitehaven, CA28 7SH. This event aims to attract the general public to come along and to meet local groups, charities or organisations to find out about local volunteering opportunities and how individuals interested in volunteering can register and become a volunteer. By attending the event the general public will find out more about which organisations are looking to recruit new volunteers, the wide range of local volunteering opportunities available, when and where volunteers are needed and how to become a volunteer.

Cumbria CVS: Writing funding applications - Bedrock Basics Project & Get Grants Writing Funding Applications Workshop will give you practical support to improve your grant fundraising success and inspire you to become a more confident grant fundraiser. Whether you are new to grant fundraising, looking to build on your fundraising experience, or you are supporting others to make grant funding applications, this Writing Funding Applications Workshop will help your organisation to become more confident in the quality of funding applications that you prepare and submit. This Writing Funding Applications Workshop clarifies the grant funding process, so that you leave the course with a more assured approach to the task of grant fundraising. By taking part in this training you will cover a range of topics to equip you with a solid foundation of grant fundraising best practice. You will:



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- Discover how to find funding opportunities and how to decide which funds are right for you.
- Learn different tactics you can use to evidence Need.
- Explore Impact and Outcomes.
- Investigate common errors, reasons applications are rejected, and top tips for increasing your success rates.
- Learn how to write funding applications that present your organisation as credible and trustworthy.
- Understand how applications are assessed and start to look at your applications from the perspective of the funder.

Our Workshop sessions are open and conversational, with a mix of group work and individual tasks, offering a friendly and relaxed environment with plenty of opportunities to ask questions. [Writing Funding Applications | Cumbria CVS](#)

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, Salhouse 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

Everyturn: Virtual Safe Haven - If you're struggling and need someone to talk to, you don't have to wait. We've launched a new 'Virtual Safe Haven' – giving people across Whitehaven and Copeland the chance to speak to a trained mental health support worker online, the very same day. When? 4pm–midnight, every day of the week. Where? Online video call (you'll just need a phone, tablet or computer with internet) How? Book your appointment in a few clicks using the link on our webpage: <https://wcmhp.org.uk/hope-haven/> An [Everyturn Mental Health](#) support worker can listen, talk through what's happening for you, and work with you on a plan for ongoing support if you'd like. You don't need a referral, and there's no waiting list. Hope Haven's new home on King Street is being refurbished and will open later this year as a welcoming place where anyone can walk in for help. Until then, you'll also find us out in the community, at weekly drop-ins, wellbeing walks, and our chatty café. (Check out the 'events' section on our Facebook profile for details.) If you're finding things tough, don't wait book your 'Virtual Safe Haven' appointment today, and get support when you need it.

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



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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)

Keswick Film Festival: Seeking Partners to Deliver Free and Discounted Tickets - Keswick Film Festival (KFF) 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 on our Festival can be found here www.keswickfilm.org/festival/ We consider 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 KFF 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

Morgan Sindall: Flower Baskets - As a project team we are currently working on delivering a social value project within West Cumbria. We are recycling old Morgan Sindall PPE



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helmets and turning them into hanging flower baskets with local infant school children who will be painting / decorating the helmets and making them colourful and bright to distribute to members of the local community. We would love to donate some of these flower baskets to local charity's, Care homes / Hospices / any company who would benefit, to cheer up the community. Please contact: Kacie.Gillespie@Morgansindall.com regarding this donation.

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 '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! **September's meet up is Wednesday 10th September at 6:30pm at Brewers Fayre, Cockermouth.** To hear about future events email northcumbria@shinecancersupport.org to join the mailing list.

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

Watchtree: Woodland Wellbeing - We're delighted to welcome you back for the Autumn block of Woodland Wellbeing—a 7-week social prescribing programme designed to improve wellbeing through meaningful connection with nature. Starting Monday 8th September, the course runs weekly in the tranquil surroundings of Watchtree's private woodland. Each morning session includes a mix of creative, active, and mindful experiences, all led by qualified and supportive practitioners. You'll enjoy a varied schedule of activities, including:



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Bushcraft and survival skills, Foraging and seasonal cooking, Yoga and mindfulness practices, Nature photography and creative arts, Guided woodland walks and poetry, Campfire cooking and community connection. This programme is perfect for anyone looking to boost their mental and physical wellbeing, build confidence, try new things, or simply enjoy peaceful time in nature. You don't need any previous experience—just curiosity and a willingness to take part. Watchtree Nature Reserve Starts Monday 8th September Morning sessions once a week for 7 weeks, until Monday 20th October. The programme is limited to 15 participants and is free to attend thanks to funding from The Nineveh Trust. Contact Leanne Fisher at learning@watchtree.co.uk to reserve your space.

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
- 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>

Zero Carbon Cumbria: Harvest Fest - Cumberland Council's Food Partnership in conjunction with Futureproof Cumbria is making available funding of up to £150 per project for constituted groups to host an event during Autumn to celebrate the end of the growing season. Funding has been made available to bring communities together to celebrate local food, encourage healthy eating and demonstrate how it is possible to minimise food waste and avoid all single use plastic. 'Food Cumberland is supporting Autumn Harvest Fest 2025 to enable communities to come together to enjoy healthy, local produce. We'd welcome applications from local community groups, including tenants' associations, health and disability support groups, youth groups, churches, schools, sports clubs etc. Harvest Fest Event menus could include locally sourced high-quality meat, a variety of vegetable dishes, and showcase healthy and low carbon options. [Host a Harvest Fest! Grants available](#)

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](#)



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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](#)

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 newsletter: <https://sway.cloud.microsoft/E3OTtnggxQCALCty?ref=Link>

Ministry of Justice Trainee Probation Officer Vacancies: [MoJ Careers](#)

Rosehill Theatre: [Whats 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 - [Cumbria CVS | Funding](#)

Digital Innovation Fund: <https://find-government-grants.service.gov.uk/grants/digital-inclusion-innovation-fund-2>

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](#)



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

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

