

Social Prescribing Newsletter

October 2025

Cumberland Council's Social Prescribing events

Tuesday 21st October 2025 Online Social Prescribing Forum (1.30pm to 3pm)

Tuesday 20th January 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

Everyone Here: [Everyone Here - Joy](#)

The Settlement: [Wellbeing Thursdays - 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 HDRC: Research - As part of the work we are doing, we are collecting evidence and data around research themes across Cumberland. So far we have had a number research, consultation and evaluation reports from our partners and it's been helpful for us to review and understand existing evidence relating to determinants of health. To deepen our understanding and make sure all voices are heard, we'd love to hear even more from you. What information we're hoping you can help us with; anything that would help us to understand things like poverty, housing, employment, mental health, neurodiversity, substance use, obesity, food insecurity, or cared for children, particularly:

- Who experiences these issues and how prevalent they are?
- What causes, drives or exacerbates these issues?
- What services reduce or improve these issues?

This may include any statistics you might have, needs analyses, community maps, service designs or specifications, evaluations of projects, or wider research you might have conducted. Not sure if what you have counts as evidence? Reach out to us and we can chat about it! You can find us at hdrc@cumberland.gov.uk



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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: 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.

AbilityNet: Digital Confidence Café – Help with smartphones, tablets and laptops. Support using digital health tools, demos of library digital resources and printed guides and signposting. On Monday 20th October 10am until 12pm at Whitehaven Library.

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](#)

Breast Cancer Now: Support in your area – You don’t always feel ‘back to normal’ when you finish your hospital treatment for primary breast cancer. That’s why [Moving Forward](#) is here. In Whitehaven on 13th & 20th October 2025 at 09:30am – 1pm. Up to 15 people supported by an expert facilitator and our volunteers. If you’d like to come along you can [register online here](#) or call 0345 0771893. [Breast Cancer Now](#)

CADAS: Workington Peer Support Group - Struggling with harmful habits or know someone who is? We can help! CADAS holds group support sessions in Workington!



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Every Thursday 12pm until 1:30pm starting on Thursday 26th June. For more info please visit: www.cadas.co.uk

Carnegie Theatre: Carnegie Connections – Get creative, connect, find support, feel better and enjoy refreshments. In Studio 1 at The Carnegie, Workington. Tuesday 28th October 10:30am until 1:30pm and Tuesday 25th November 10:30am until 1:30pm. To book: [Carnegie Connections](#)

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

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.

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 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.)

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](#)



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Howgill Family Centre: HEAP Activity Day - On Tuesday 28th October at Howgill Family Centre, Birks Road, Cleator Moor from 10am - 2pm. Come along and join us to put your thinking skills to the test! Work together as a family to solve problems and have lots of fun!

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

Millom Library: I'm Muslamic don't panik – Free event in Millom Library Wednesday 22nd October: [I'm Muslamic Don't Panik @ Millom Library - Kirkgate Arts and Heritage](#)

Mind Over Mountains: Events – A midweek retreat in Waswater 4-6th November - [Lake District Midweek Retreat 2025 – Mind Over Mountains](#)

A wellbeing walk taking place 7th December at Coppermines Valley - [Lake District Wellbeing Walk 2025 – Mind Over Mountains](#)

People First: Small Good Stuff Directory -

<https://www.communitycatalysts.co.uk/smallgoodstuff/>

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 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! **October's meet up is 21st October at 6:30pm at The Swan Inn, 56 Kirkgate, Kirkgate, Cockermouth, Cumbria, CA13 9PH.** To hear about future events email northcumbria@shinecancersupport.org to join the mailing list.



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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!

St Bees Green Future: Clothes Swap - On Saturday 18th October from 2pm until 4pm, in the pavilion at Adams Recreation Ground, Beach Road, St Bees. All clothes and accessories in good condition are welcome, but please limit donated items to around ten per person, though you are welcome to take part even if you have no items to bring along and can take away as many items as you would like to. Refreshments will be available.

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: Grief Support Café – We provide a safe space for people to come together to chat. Our volunteers can help you through difficult times. Everyone is welcome to come and go as they please. The group meets at: The Oval Centre, Salterbeck Drive, Salterbeck, Workington, CA14 5HA. From 2pm until 4pm on Thursday 23rd Oct, Thursday 20th Nov and Thursday 18th Dec.

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 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.



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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 Suicide Alliance: Lived Experience Survey - [Understanding suicide in older adults – lived experience survey :: Zero Suicide Alliance](#)

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

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/E3OTtnqgxQCALCty?ref=Link>

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](#)



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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?

The Cumbria CVS Funding Portal makes it easier than ever to find the right opportunities.

- Search by category, location, or activity
- Access a range of funding options tailored to VCSE organisations in Cumbria
- Supported by a handy user guide and 'how to' videos.

Open to voluntary, community and social enterprise (VCSE) organisations in Cumbria with a turnover under £1m. Get started today:

<https://funding.idoxopen4community.co.uk/cumbriacvs>

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](#)

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

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

Easy Fundraising - Over £3 million in free, unrestricted funding is expected to be raised this autumn through funding platform easyfundraising. If your organisation is registered with easyfundraising, you can benefit from this funding when your volunteers, trustees, and supporters shop online with retailers like Tesco, eBay, Etsy, Argos, Booking.com, trainline, M&S and 8,000 other popular online stores. Participating retailers donate a proportion of what's spent back to your organisation - at no cost to your organisation or your supporters. With seasonal shopping events



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like Black Friday and Christmas approaching, this is a practical time to register organisation with easyfundraising. Many organisations like yours find it's one of the easiest ways to generate additional income without asking for extra donations. Here's how to your share of free funding this autumn: Join the easyfundraising network here: <https://www.easyfundraising.org.uk/cumbria> – it's completely free. You'll be offered a brief support call with one of easyfundraising's advisors to help you fully understand how it works and how to make the most of this opportunity—tailored to your organisation's needs. As part of this support, there's also a limited number of fundraising toolkits to help you get up and running, which include Ready-to-use social media and email templates, Printable handouts and posters, an autumn campaign planner and an explainer video to share with your supporters.

