Allerdale Link Worker roles – Feb 2026

Team	Area	Host	Roles	Face-to-Face	Groups	Drop-in	Home visits	Self-referral	Ongoing support	Forum/ Newsletter	Adults	CYP	Inclusion criteria	Contact
Workington PCN	Workington, Harrington, Great Clifton	GPs	Health Coach Social Prescriber Care-Coordinator	✓	✓	✓	✓	✗	✓	✗	✓	✓		Referral from GP – inhouse, or drop-in
Cockermouth and Maryport PCN	Castlegate & Derwent Surgery (Cockermouth)	GPs	Care-coordinator Social Prescriber	✓	✗	✗	✓	✓	✓	✗	✓	✗	Over 16s SPs see under 65s CCs see over 65s	Initial contact: nencicb-cu.castlegatederwent@nhs.net FAO Soc Pres
	Maryport Health Services (Maryport and Flimby)	GPs	Social Prescriber Care-coordinator Children's Social Prescriber	✓	✗	✗	✓	✓	✓	✗	✓	✓		
North Cumbria Wellbeing Service in Keswick and Solway (NCIC)	Keswick, Wigton, Aspatria, Caldbeck, Silloth, Kirkbride (plus Dalston in Carlisle district)	GPs	Living Well Coach Senior Living Well Coach Wellbeing Activator	✓	✓	✗	✓	✓	✓	✗	✓	✗	Over 18s, lower-level support needs	Professional referral: wellbeing@ncic.nhs.uk Self referral: North Cumbria Wellbeing Service Self-Referral Form
Barnardo's LINK CYP Social Prescribing	All except Cockermouth and Maryport	GPs	Children and Young People Social Prescriber	✓	✓	✓	✓	✓	✓	✗	✗	✓		linkcumbria@barnardos.org.uk
Cumberland Social Prescribing Team	Cumberland	Council	Senior Officer Community Connector Digital Connector	✓	✗	✓	✗	✓	✓	✓	✓	✗	Over 18s only. We are low level, mainly signposting, don't hold a big case load	Social.prescribing@cumberland.gov.uk
Cumberland Health and Wellbeing Coaches	Cumberland	Council	Health and Wellbeing Coach (HAWC)	✓	✓	✗	✓	✓	✓	✗	✓	✗	Over 16s	Contacthealthandwellbeing@cumberland.gov.uk. Duty West Mobile 07769648892 Request support to improve your health and wellbeing | Cumberland Council
CVS Third Sector Referral Coordinators	North Cumbria	CVS	Physical Health Coordinator Mental Health Coordinator	📞	✗	✗	✗	✗	✗	✗	✓	✗	Cannot work with patients with complex psychotic episodes, suicidal behaviour or those who require assessment by mental health professionals	Pathway0@cumbriacvs.org.uk Tel: 07356156469
Age UK North Cumbria	North Cumbria	Age UK	Case workers	✓	✓	✓	✓	✓	✓	✗	✓	✗	Over 50s	Please call us on 01228 536673, Monday to Friday between 9am and 4.30pm. admin@ageuknorthcumbria.org.uk

Update due May 1st 2026 Link worker role-mapping and contacts – Fill in form