Carlisle 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
Carlisle Healthcare PCN	Carlisle Healthcare Spencer Street	GPs	Social Prescriber Care Coordinator Cancer Care Coordinator	✓	✓	✗	✓	✓	✓	✗	✓	✗	Over 18s	Carlisle Healthcare: 01228 588121 Spencer Street: 01228 529171
Carlisle Network PCN	Carlisle Central Eden Medical Group Warwick Square	GPs	Frailty Care Coordinator	✓	✗	✗	✓	✗	✓	✗	✓	✗	Over 18s with frailty	Carlisle Central: 01228 580170 Eden Medical: 01228 524477 Warwick Square: 01228 53656
North Cumbria Wellbeing Service in Keswick and Solway (NCIC)	Dalston (plus Keswick, Wigton, Aspatria, Caldbeck, Silloth, Kirkbride In Allerdale)	GPs	Living Well Coach Senior Living Well Coach Living Well Activator	✓	✓	✗	✓	✓	✓	✗	✓	✗	Over 18s	Professional referral: wellbeing@ncic.nhs.uk Self referral: North Cumbria Wellbeing Service Self-Referral Form
Barnardo's LINK CYP Social Prescribing	Carlisle Network Keswick & Solway	GPs	CYP Social Prescriber	✓	✓	✓	✓	✓	✓	✗	✗	✓	Under 18s	linkcumbria@barnardos.org.uk
Carlisle Rural PCN	Brampton	GPs	Care Coordinator Frailty Nurse	✓	✗	✗	✓	✓	✓	✗	✓	✗	Over 18s	Brampton Medical Practice Reception 01697 72551
	Longtown	GPs	Frailty Care Coordinator Social Prescriber	✓	✗	✗	✓	✓	✓	✗	✓	✗	Over 18s	Longtown Medical Centre Reception 01228 791328 nencicb-cu.longtownreceptionteam@nhs.net
Cumberland Health and Wellbeing Coaches	Cumberland	Council	Health and Wellbeing Coach (HAWC)	✓	✓	✗	✓	✓	✓	✗	✓	✗	Over 16s	Contacthealthandwellbeing@cumberland.gov.uk. Duty Telephone: 07827 286882 for Carlisle Request support to improve your health and wellbeing | Cumberland Council
Cumberland Social Prescribing Team	Cumberland	Council	Senior SP Officer Digital Connector	✗	✗	✗	✗	✓	✗	✓	✓	✗	Over 18s only. We are low level, mainly signposting, don't hold a big case load	Social.prescribing@cumberland.gov.uk
CVS Third Sector Referral Coordinators	North Cumbria	CVS	Physical Health Coordinator Mental Health Coordinator	📞	✗	✗	✗	✗	✗	✗	✓	✗	Cannot work 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.

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