Eden Link Worker roles - Feb 2026

Team	Host	Roles	Face-to-Face	Groups	Drop-in	Home visits	Self-referral	Ongoing support	Forum/ Newsletter	Adults	CYP	Inclusion Criteria	Contact
North Cumbria Wellbeing Service in Eden (NCIC)	GPs	Living Well Coach Senior Living Well Coach Living Well Activator	✓	✓	✓	✓	✓	✓	✗	✓	✗	Over 18s Cannot work with those in mental health crisis.	Professional referral: Email – wellbeing@ncic.nhs.uk Self referral: North Cumbria Wellbeing Service Self-Referral Form
Eden PCN	GPs	Care Coordinators	✓	✗	✗	✓	✗	✓	✗	✓	✗	Over 18s	The coordinators are based within practices and patients need to contact their registered practice within Eden.
Westmorland and Furness Health and Wellbeing Coaches	Council	Health and Wellbeing Coach (HAWC)	✓	✓	✓	✓	✓	✓	✓	✓	✗	Over 16s	contacthealthandwellbeing.waf@cumbria.gov.uk and the referral link is Health and wellbeing service | Westmorland and Furness Council
CVS Third Sector Referral Coordinators	CVS	Physical Health Coordinator Mental Health Coordinator	📞	✗	✗	✗	✗	✗	✗	✓	✗	Cannot work with complex psychotic episodes, suicidal behaviour or those who require/are awaiting assessment by mental health professionals	Pathway0@cumbriacvs.org.uk Tel: 07356156469
Barnardo's LINK	GPs	CYP Social Prescriber	✓	✓	✓	✓	✓	✓	✗	✗	✓	Under 18s	linkcumbria@barnardos.org.uk
Carer Support Eden	Carer Support Eden	Lead Support Workers Support Workers	✓	✓	✓	✓	✓	✓	✓	✓	✓	Unpaid carers	Penrith: 01768 890280 Carlisle: 01228 580214 Referral – Online form
Age UK 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