



# Social Prescribing Day celebration events

**Thursday 26 March 2026, 11am - 2pm**

**Maryport Library, Lawson Street, Maryport CA15 6ND and  
Millom Library, Salthouse Road, Millom LA18 5AB**

- Mini health checks
- Wellbeing activities
- Wellbeing support

Free tea, coffee and cake (while stocks last).

**Find out more at [cumberland.gov.uk](https://cumberland.gov.uk)**