

Allerdale Link Worker roles – August 2026

Team	Area	Host	Roles	Face-to-Face	Groups	Drop-in	Home visits	Self-referral	Ongoing support	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	✓	⊗	⊗	✓	✓	✓	✓	✓		Maryport Health Services: 01900 815544
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, mild low mood and/or anxiety relating to a health condition or going through recent life change	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. Low level, mainly signposting, don't hold a big case load	Social.prescribing@cumberland.gov.uk
Cumberland Health and Wellbeing	Cumberland	Council	H & W Coach H & W Officer Smoking Cessation	✓	✓	⊗	✓	✓	✓	✓	⊗	Over 16s	Contacthealthandwellbeing@cumberland.gov.uk . Duty West Mobile 07769648892 Request support to improve your health and wellbeing Cumberland Council
Third Sector Referral Coordinators	North Cumbria	CVS	Third Sector Referral Coordinator	☎	⊗	⊗	⊗	⊗	⊗	✓	⊗	Not psychotic episodes, suicidal behaviour or needing 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
Cumbria Health Work Well	North Cumbria	Cumbria Health	Work Coaches	✓	⊗	⊗	⊗	✓	✓	✓	⊗	Over 18, right to work in UK. In work and struggling, off sick from work or had to leave work in last 6 months due to health	Email: WorkWellNorth@cumbriahealth.nhs.uk Work Well North Cumbria – self-referral form