

Carlisle 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
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, 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	Carlisle Network Keswick & Solway	GPs	CYP Social Prescriber	✓	✓	✓	✓	✓	✓	⊗	✓	Under 18s	linkcumbria@barnardos.org.uk
Carlisle and Rural PCN	Brampton	GPs	Care Coordinator Frailty Nurse	✓	⊗	⊗	✓	✓	✓	✓	⊗	Over 18s	Brampton Medical Practice Reception 01697 72551
	Longtown		Frailty Care Coordinator Social Prescriber	✓	⊗	⊗	✓	✓	✓	✓	⊗		Longtown Medical Centre: 01228 791328 nencicb-cu.longtownreceptionteam@nhs.net
	Carlisle Healthcare Spencer Street		Social Prescriber Care Coordinator Cancer Care Coordinator	✓	✓	⊗	✓	✓	✓	✓	⊗		Carlisle Healthcare: 01228 588121 Spencer Street: 01228 529171
Cumberland Health and Wellbeing	Cumberland	Council	H & W Coach H & W Officer Smoking Cessation	✓	✓	⊗	✓	✓	✓	✓	⊗	Over 16s	Contactthehealthandwellbeing@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. Low level, mainly signposting, don't hold a big case load	Social.prescribing@cumberland.gov.uk
CVS 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.
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