

Social Prescribing Newsletter

September 2026

Cumberland Council's Social Prescribing events

Social Prescribing Service Survey [Please complete our Social Prescribing Service Survey](#)

Online Social Prescribing Forum Tuesday 20th October 2026 (1.30pm to 3pm)

How to access Social Prescribing

Via your local authority

Social Prescribing Community Connectors

To contact the team email: social.prescribing@cumberland.gov.uk

Alternatively, you can scan the QR code



Via the NHS

Haven PCN Wellness Team - Email: nencicb-cu.havenpcn@nhs.net or 01946 853322

Alliance PCN NHS SP - Email: nencicb-cu.copelandsp@nhs.net or 01946 599998

Workington Personalised Care Team - Email: nencicb-cu.workingtonsp@nhs.net

Maryport Social Prescribing Team - Email: nencicb-cu.mhs.sp@nhs.net or 01900 815544

Cockermouth Castlegate & Derwent Surgery - [Contact Us Form](#) or 01900 705750

Via self-referral

To access groups and services in the area please follow the link below:

[Joy - The right support is just a few clicks away \(thejoyapp.com\)](https://thejoyapp.com)



Find out more at cumberland.gov.uk



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We support anyone over the age of 18, living in the legacy Copeland and Allerdale areas.
Please click the topic headers that we cover below to get access to support services.

[Digital Inclusion](#)



[Mental Health](#)



[Financial Hardship](#)



[Loneliness & Isolation](#)



[Physical Health](#)



[Housing & Homelessness](#)



[Welfare & Benefits](#)



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Groups and Services Information

Cumberland Council: Cumberland Youth Matter - [Cumberland Youth Matter | Let's Talk Cumberland](#)

Cumberland Council: Direct Payments Your Experience Matters - We're looking for people who use Direct Payments now, have used them before, chose not to use them, carers, family members and Personal Assistants. No qualifications needed – your experience is what matters. The working group meets online (with in-person options), in friendly, informal sessions where people can share what's working, what isn't, and what needs to change. Payment is offered for your time. If you'd like to get involved or find out more, please email coproduction@cumberland.gov.uk or phone 07920 817841.

Cumberland Council: Health Determinants Research Collaboration - Open to all Cumberland Council staff, elected members, and community organisations. [Cumberland HDRC](#)

Cumberland Council: Skills & Enterprise Programme Wage Subsidy Scheme - Must be based in West Cumbria, be a registered business and have been operating for at least a year, employ under 50 employees, have a new vacancy or vacated position that is part of your business operations and be able to offer a minimum of 16 hours work per week. The offer is up to £3000 contribution towards wages and training costs, opportunity to develop your candidate with skills relevant to your business and workplace mentoring support for the candidate recruited to your business. To get involved contact: Chris Cunliffe on 07385 362798 OR email: chris.cunliffe@cumberland.gov.uk

Cumberland Council: Social Prescribing Service Survey - [Please complete our Social Prescribing Service Survey](#)

Active Cumbria: Senior Leaders Leading Change in a Complex System - We know that the support and influence of managers and senior leaders is crucial in creating the conditions for this approach to flourish. We are therefore inviting senior leaders to attend a two-hour online Systems Leadership session on Thursday 10 September at 12pm - 2pm, specifically designed for: Chief Executives, Directors and Assistant Directors, Senior Managers, Elected Members, Health and Care Leaders, Voluntary and Community Sector Leaders and Strategic Partnership Leads. The session will explore how leaders can influence change beyond organisational boundaries, strengthen collaboration across sectors, and support collective action to address challenges such as health inequalities and increasing demand on public services. Participants will gain insight into: Systems Leadership and why it matters in Cumbria, The importance of collaboration, relationships and shared purpose, The role of lived experience in shaping strategy and decision-making, How physical activity can act as a catalyst for wider health and wellbeing outcomes and Practical ways to strengthen their own



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leadership impact across the wider system. The session will be facilitated by Karen Creavin and Mark Sears, co-founders of the Cracking Change Collective, both of whom bring extensive experience in systems leadership, public sector transformation, and Sport England's national place-based work. To book: [Senior Leaders – Leading Change in a Complex System](#)

Autism Support Allerdale and Copeland: Home Ed Hub – Fun learning for home educated children and those not in school. Ages 7-16. What we do: Fun learning, Social time, supportive and AQA Learning. Every Monday, 1pm-4pm. At ASAAC, 16-18 Oxford Street, Workington, CA14 2AH.

Autism Support Allerdale and Copeland: Table Top Sale – All proceeds will go to ASAAC to continue their valued services. Saturday 19th September at ASAAC, 16-18 Oxford Street, Workington, CA14 2AH.

Cumbria CVS: Carlisle Funding Fair - Our annual Carlisle Funding Fair will take place at Harraby Community on Wednesday 21st of October 2026. To book the morning session (10am - 12 noon), please click [here](#)
To book the afternoon session (1pm - 3pm), please click [here](#)

Cumbria CVS: Cockermouth Volunteering Fair - Saturday 12th September 2026, Christ Church, South Street, Cockermouth. This is an event aimed at anyone interested in finding out more about volunteering in West Cumbria. Come along to the Cockermouth Volunteering Fair on Saturday 12th September 2026 at Christ Church, South Street, Cockermouth and meet 24 different charities and organisations looking to recruit volunteers.

Cumbria CVS: Emergency First Aid at Work - [Emergency First Aid At Work \(Certificated\) | Cumbria CVS](#)

Cumbria CVS: Health and Safety in the Workplace Level 2 Award - [Health & Safety in the Workplace \(Level 2 Award\) | Cumbria CVS](#) (Whitehaven)
[Health & Safety in the Workplace \(Level 2 Award\) | Cumbria CVS](#) (Workington)

Cumbria CVS: Mid Copeland Group Survey – This Survey is for groups who have beneficiaries in the Mid Copeland Area. [Mid Copeland Development Support- Feedback Form – Fill out form](#)

Currock House Community Centre: What's On - [What's On – Currock House Community Centre](#)

Department for Work and Pensions: Millom Outreach - This will be held at Millom Community Hub, Salthouse Road LA18 5AB. Every other Wednesday at 10:30am until 3:30pm, starting from 9th July 2025. The offer is 1-1 support with your Work Coach, training and job opportunities, providers in attendance, health support, flexible support fund advice, job searching, get to know your pension, employer sessions and childcare support.



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Digital Unite: BT Digital Voice - The UK's landline network is going digital. The decades-old analogue copper network (the Public Switched Telephone Network, or PSTN), will be switched off at the end of January 2027. Landlines aren't disappearing, most customers will continue to make and receive calls as they do now, but using Voice over Internet Protocol (VoIP) technology, which works through their broadband connection. As Digital phone lines won't work during a power cut or if the broadband connection is interrupted, vulnerable customers need additional support (such as battery backup). If you are vulnerable or know someone who is, please contact your provider to discuss this switchover. More info here: <https://www.digitalunite.com/technology-guides/digital-phone-switchover/understanding-uk-digital-phone-switchover>

Digital Unite: Let's Get Digital West Cumbria project - If your organisation runs a session offering Digital Skills support, you can also list your session in this interactive map. <https://www.digitalunite.com/products/special-projects/cumbria-digital-inclusion-network/map-digital-skills-support-cumbria>
Please sign up to the Cumbria Digital Inclusion Network here: <https://www.digitalunite.com/products/special-projects/cumbria-digital-inclusion-network>

Everyone Active: North Legacy Games: [North Legacy Games at The Sands Centre](#)

Every Life Matters: World Suicide Prevention Day – 10th September 2026. Light a candle to remember the ones we lost to suicide and for those who live with thoughts of suicide. Candle Lighting Events: Barrow, St James' Church. Kendal, The Birdcage. Carlisle, Carlisle Cathedral. Maryport, Rugby League Club. Penrith, St Andrew's Church. Whitehaven, St Nicholas' Chapel. Meet at 7:30pm. Minute of silence 8pm.

Fellas In't Fells: Men's Social Group – This group is centred around making new friends, doing fun things and being able to talk openly about how you're feeling, if you want to. A member of the group will choose an activity, a fell walk or a parkrun etc., and the activity will be followed up by a catch up over a brew. It's every second Wednesday afternoon the 15th and 30th of each month. Contact the Instagram page to be added to the group.

Friends of Frizington: Community Coffee Morning – Come for the craic, stay for the bingo! Tuesdays at 10am-11:30am at St Joseph's Community Hall, Yeathouse Road. Every 3 weeks. Dates include: 15th Sep, 6th Oct, 27th Oct, 17th Nov, 8th Dec and 29th Dec. Follow Friends of Frizington on Facebook.

Futamura: Health and Wellbeing Day - Following the success of our 2025 Health & Wellbeing Day, we are delighted to be holding the event again on 30 September '26 at Futamura Chemical UK Ltd in Wigton. At Futamura, we are committed to creating a workplace where our employees feel healthy, supported, and valued. Our Health & Wellbeing Programme is designed to educate and empower employees across all aspects of health and wellbeing, providing them with the knowledge, resources and support they need to look after



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themselves and their families. We recognise that when people feel supported both inside and outside of work, they are happier, healthier, and better able to thrive. Investing in the wellbeing of our employees is therefore an important part of our commitment to creating a positive and caring workplace. Our Health & Wellbeing Day provides employees with the opportunity to speak directly with a range of professional organisations and specialists, ask questions in a relaxed and confidential environment, and access information on a wide variety of health and wellbeing topics. Whether they are looking for advice for themselves or a family member, the event is designed to connect them with expert support and encourage positive conversations around health and wellbeing. We look forward to welcoming everyone to another informative and engaging event that reinforces our commitment to supporting the wellbeing of all our employees. Contact: Amanda.Studholme@futamuragroup.com for more info.

Futureproof Cumbria: Harvest Fest Grant - Food Cumberland Partnership has identified additional funding to support community events with £150 grants celebrating local growing, and aiming to promote healthy eating, minimum food waste and plastic-free table arrangements. Deadline for applications is 13th September 2026 and all the information you need is here: [Host a Harvest Fest! Grants available](#)

Goodlives: Building Confidence Course - Starting Monday 14th September for 3 days. Come along to this no pressure and welcoming course. Remember Confidence is a skill that can be learned. Think eating well has to be expensive? Think again! Our *Cooking on a Budget* course will show you how to create tasty, nutritious meals for less — without sacrificing flavour, variety, or fun. This course will give you the skills and confidence to make every penny count in the kitchen, whether you are a brand new beginner or a professional. We have a wide range of employers and informative visits coming up including Construction, Citizen's Advice, and The Credit Union.

Healthwatch Cumberland: Digital Health Information session and Q&A - On 2 September 6pm-7:15pm. Join us online or in person at the People First Conference Centre, Milbourne Street, Carlisle. For more info call: 03003038567 Or email: info@healthwatchcumberland.co.uk

Hospice at Home West Cumbria: Great North Run – Run with us on 13th September 2026. Be part of something special at the 45th anniversary Great North Run this September! Join our team of runners by registering your interest for one of our limited places, helping to raise funds for Hospice at Home West Cumbria. Register your interest at: info@hhwc.org.uk

Hospice at Home West Cumbria: Moonlight Walk - Join friends and family for a fun and unforgettable evening walking in memory of loved ones. On 18th Sept 2026. Register Here: [Moonlight Walk | Hospice at Home West Cumbria](#)



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Keswick Methodist Church: Social Group for Adults Living with Chronic Health Conditions / Physical Disability - The group will commence on the second and fourth Thursday of each month at 11am-12pm. Keswick Methodist Church Hall is a warm and welcoming wheelchair accessible venue located on Southy Street, Keswick CA12 4HH. For more information please telephone: 07946 546041 or email ChronicHealth@protonmail.com

Lakes College: Freshers Fair - We will be hosting from 12:20 - 14:20 on both the 15th and 16th September with young people able to get involved during their lunch periods. Students have different lunch breaks so this will be divided between 12:20 – 13:20 and 13:20 – 14:20. If you are interested, please let me know the following: How many people will be attending and their names and what space you will need during the day (stalls, activities, banners) RSVP to scottw@lwc.ac.uk

Recovery College: Wellbeing Café - At The Pit Stop Café, the café provides an informal drop-in opportunity for people to enjoy a brew, meet others, access support, and take part in activity-based and educational wellbeing sessions. Every Thursday from 12pm – 2pm at Time to Change Community Centre, Kells, CA28 9AN. Please feel free to share the attached poster with colleagues, service users, community groups, and anyone who may be interested. For more information call: 0808 196 1773 or email: chloe@ncrecoverycollege.org OR mandy@togetherwe.uk

Shine Cancer Support: Meet Up - This is ran by volunteers who have cancer. It's a chance to relax and get to know others who just 'get it'. The 'meet ups' are organised by the network leader every month and change location and activity - and the first drink is on Shine! If you're between 18-49 with a cancer diagnosis, come and join us! Contact below to discover this month's meet up location. To hear about future events please contact: northcumbria@shinecancersupport.org to join the mailing list.

The Solway Hall: Arts & Crafts Club Community Exhibition - Friday 4th Sept 2026 - 6pm - 9pm, Saturday 5th Sept - 10am - 4pm and Sunday 6th Sept - 10am - 4pm. The Solway Hall, Lowther Street, Whitehaven, Cumbria, CA28 7SH. Free Entry Come and join us and meet members of our art & crafts club, items will be on sale - all donations will go towards the running of the art & crafts club.

Wellness Walks: Minibus Trips 2026 - [Cumbria – Wellness Walks](#)

Workington Cricket Club: Women and Girls Softball Cricket - We welcome all women and girls 11+. Inclusive friendly environment. Meet new people, improve your mental health and wellbeing, learn a new skill, increase the fun and laughter in your life. Sessions are free with no experience necessary. Mondays at 5.45pm until 7pm. We meet at Workington Cricket Ground, CA14 3YH.



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Workington Town RLFC Community Trust: Activities for All – A welcoming program for people with additional needs, inclusive activities that support physical and mental wellbeing through movement, creativity, music and social connection. At Fibrus Community Stadium, Gus Risman suite on Tuesdays at 10am-12pm and Wednesdays 1pm-3pm. For more information contact: foundation@townrlfc.co.uk

Volunteering Information

Allerdale & Copeland Autism Support: sm.asaac@gmail.com
CADAS: [CADAS Volunteering](#)
Citizens Advice Copeland: [Citizens Advice Copeland Volunteering](#)
Cumbria CVS: [Cumbria CVS Volunteering](#)
Eskdale Mill: [Eskdale Mill Volunteering](#)
Mental Health North West: [Wellness Walks Volunteering](#)
Ramblers Wellbeing Walks Cumbria: [Active Cumbria Wellbeing Walks Walk Leader](#)

Links and Newsletters

Boost: <https://boost.org.uk/>
Boost learning academy: <https://boost.org.uk/learning-academy/>
Boost - The People's Hub: <https://boost.org.uk/improve/peoples-hub/>
Centre for Leadership Performance: [Cumbria Future Generations](#)
Citizens Advice Copeland: [Citizens Advice Copeland Newsletters](#)
Cumberland Council: [Voluntary Car Scheme](#)
Cumbria CVS: [Bedrock Basics | Cumbria CVS](#)
Cumbria CVS Events & Training: [Upcoming Events and Training | Cumbria CVS](#)
Cumbria CVS Vacancies: [Cumbria CVS](#)
Cumbria Police: [External Community Safety Visit Referral Form](#)
Growing Well News: [Growing Well](#)
People First: [Creating Careers - People First](#)
Rosehill Theatre: [What's On | Rosehill](#)
Soundwave Newsletter: [Soundwave](#)
Streetlight UK: [Part Time Streetlightuk Job in Cumbria](#)
Together for Good: [Together For Good](#)
Waythrough: [Cumbria Community Havens | Facebook](#)

Funding Information

Active Cumbria - [Movement Fund](#)
Arts Council England - [Our open funds | Arts Council England](#)
Bernard Sunley - [Bernard Sunley Foundation](#)
Cash For Kids - [Grants | Cash for Kids](#)
Copeland Community Fund - [Copeland Community Fund | How to Apply](#)
Cumberland Council Community Panel Funding - [How to apply for support](#)



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Cumberland Council Gas Safety Grants - homelife@cumberland.gov.uk OR 01228 817111
Cumbria Community Foundation - [Connecting People Who Care with Causes That Matter](#)
Cumbria CVS - [Home | Cumbria CVS 4 Community](#)
Easy Fundraising - [Cumbria | Online fundraising for your organisation | Easyfundraising](#)
Francis Scott Trust - [Funding & Development | Francis Scott Trust](#)
Groundwork Grassroots Grants - [Grassroots Grants - Groundwork](#)
Hadfield Trust - [How to Apply – Hadfield Trust](#)
Mid Copeland GDF Community Partnership - [Community Investment Fund](#)
National Churches Trust - [Our grants | National Churches Trust](#)
National Lottery Community Fund - [TNL Community Fund](#)
National Lottery Heritage Fund - [Funding | The National Lottery Heritage Fund](#)
Queen Elizabeth Trust - [Queen Elizabeth Trust](#)
The Wildlife Trusts - [Green Community Grants Programme | The Wildlife Trusts](#)
The YAPP Charitable Trust - [The Yapp Charitable Trust](#)
The National Lottery - [National Lottery Awards for All England](#) (Grants up to £20k)
The National Lottery - [Reaching Communities England](#) (Grants over £20k)

South Whitehaven Pride in Place Engagement Fund - Now open for applications. The fund offers grants of up to £1,000 to support charitable, voluntary, community and not-for-profit organisations working within, or benefiting, people living in the South Whitehaven Pride in Place area. The purpose of the fund is to encourage local people to connect with one another, celebrate their community, share their ideas and help shape future investment priorities for South Whitehaven. Feedback gathered through funded activities will help inform the development of the South Whitehaven Pride in Place Community Investment Plan.

What can the fund support? Projects and activities that: Bring local people together, Are open, welcoming, accessible and inclusive, Provide opportunities for residents to share their views about the area, Help gather ideas that can inform future priorities and investment decisions, Take place within the South Whitehaven Pride in Place area.

Funding Available: Grants of up to £1,000, Applications are being considered on an ongoing basis, Activities must be completed by 30 September 2026. However, there may be some flexibility with this deadline in exceptional circumstances, subject to prior agreement and approval.

Successful Applications Should Demonstrate: Clear community benefit, The ability to bring local people together, Meaningful community engagement, Good value for money, Deliverability by 30 September 2026, A simple method of gathering local people's ideas, priorities or feedback about their community.

The Fund Cannot Support: Activities that have already taken place, Retrospective funding, Political activities, Religious worship, Statutory responsibilities, Purchase of alcohol, Activities with no community engagement element, General organisational running costs unrelated to the project, Activities that primarily benefit individuals rather than the wider community.

Please note that organisations must have a bank account in the organisation's name with at least two unrelated signatories.

Monitoring Requirements: Successful applicants will be asked to complete a short end-of-project report by 16 October 2026 and provide evidence of community engagement, such as photographs, case studies, testimonials and feedback gathered through the activity.



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[Apply for the engagement fund](#) If you are considering an application and would like to discuss your idea, please get in touch for guidance and support before submitting your application. For further information, please contact: Carole Tubman - 07717 863718