

Team	Host	Roles	Face-to-Face	Groups	Drop-in	Home visits	Self-referral	Ongoing support	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, mild low mood and/or anxiety relating to a health condition or going through recent life change	Professional referral: Email – wellbeing@ncic.nhs.uk Self referral: North Cumbria Wellbeing Service Self-Referral Form
Eden PCN	GPs	Care Coordinator Cancer Care Coordinator	✓	⊗	⊗	✓	⊗	✓	✓	⊗	Over 18s	The coordinators are based within practices and patients need to contact their registered practice within Eden.
Westmorland and Furness Health and Wellbeing	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	Third Sector Referral 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
Age UK 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	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