

Social Prescribing Newsletter

July 2026

Cumberland Council's Social Prescribing events

Tuesday 21st July 2026 Online Social Prescribing Forum (1.30pm to 3pm)

Tuesday 20th October 2026 Online Social Prescribing Forum (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



Social Prescribing Newsletter

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



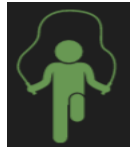
Financial Hardship



Loneliness & Isolation



Physical Health



Housing & Homelessness



Welfare & Benefits



Social Prescribing Newsletter

New Groups/Services added to Joy

Restore Carlisle: [Restore Carlisle](#)

Groups and Services Information

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: 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

Department for Work and Pensions: Millom Outreach - This will be held at Millom Community Hub, Salhouse 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.

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>

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 chose 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.

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



Social Prescribing Newsletter

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

Howgill Family Centre: Time to Be Me - We have been delivering the Time To Be Me project since 2018, and this service has grown and developed over time. We currently work in schools from Seascale to Maryport and have capacity for individual or school referrals to begin in the summer term. Our service provides group and 1:2:1 session for children who require support in the school environment. Unlike other organisations our offer is bespoke and not time limited, which allows us to provide support based on the needs of the individual child. We build strong relationships with the schools we work in, and children can more easily access support when they need it most. We aim to meet children's needs when they arise and prevent struggles with mental health wellbeing in the future. Our work helps children to express their feelings, thoughts and ideas within a safe space. Referral link: [Attendee sign-up - Upshot](#) contact email: timetobeme@howgill-centre.co.uk

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

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.

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.

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



Social Prescribing Newsletter

Volunteering Information

Allerdale & Copeland Autism Support: sm.asaac@gmail.com
CADAS: [CADAS Volunteering](#)
Citizens Advice Copeland: [Citizens Advice Copeland Volunteering](#)
Cumberland Council: [Voluntary Car Scheme](#)
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](#)
Cumbria CVS: [Bedrock Basics | Cumbria CVS](#)
Cumbria CVS Vacancies: [Cumbria CVS](#)
Cumbria Police: [External Community Safety Visit Referral Form](#)
Growing Well News: [Growing Well](#)
Natural England: [Senior Reserve Manager - Southwest Cumbria](#)
Riversmeet Community Co-Operative: [CPD - Connective Practice in Outdoor Settings Tickets | Eventbrite](#)
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](#)
Coalfields Regeneration Trust -
Copeland Community Fund - [Copeland Community Fund | How to Apply](#)
Cumberland Council Community Panel Funding - [How to apply for support](#)
Cumberland Council Gas Safety Grants Available - 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](#)



Social Prescribing Newsletter

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](#)
TNL - [National Lottery Awards for All England – Environment](#) | [The National Lottery Community Fund](#) (Grants up to £20k)
TNL - [Reaching Communities England](#) | [The National Lottery Community Fund](#) (Grants over £20k)