

**neighbourhood
care**
independence

This programme for adults aged 18+ in
Allerdale and Copeland is provided by a
Partnership of 20 local voluntary organisations
led by Age UK West Cumbria

Call the Helpline 08443 843 843

Old Customs House
West Strand
Whitehaven

Cumbria
CA28 7LR

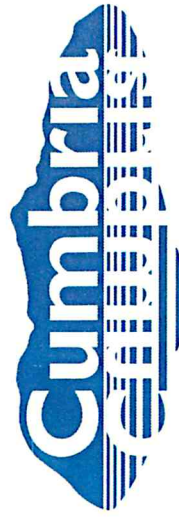
Fax:

01946 591182

Email: nci.info@ageukwestcumbria.org.uk

Website: . www.ageuk.org.uk/westcumbria

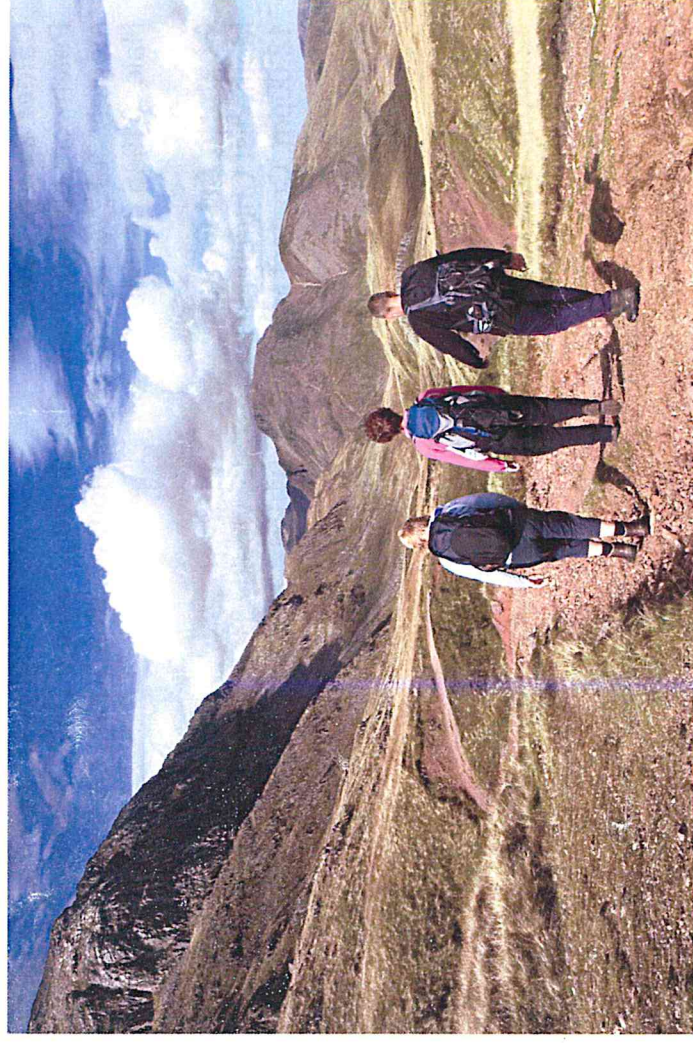
Reg. Charity no: 1122049



County Council



Activities and Social Groups in the Gosforth and Seascale Area



'This programme is supported by Cumbria County Council as part
of the Council's commitment to neighbourhood care'



This social diary provides information on opportunities in the local community and on a wide range of services. It is listed by activities

Arts and Crafts Clubs:

Artist Club

Windscale club, Seascale, weekly Mondays 10.00am-12.00pm.
Contact Windscale Club: 019467 28468

Art Society

School Hall, Gosforth, weekly Monday 7.00pm - 9.00pm, Contact Mrs Barratt: 019467 25838

Calder Sew & Sews

Patchwork quilting group, Calderbridge Village Hall, Calderbridge, monthly 3rd Wednesday of the month 7.30-9.30pm, Contact Hilary Hale: 01946 841540

Gosforth Art Group

Methodist Church Hall, Seascale, weekly Thursdays 10.00am-12.00pm, Contact Mrs Barratt: 019467 25838

Dancing Classes and Clubs:

Circle Dancing,

Calderbridge Village Hall, Calderbridge, weekly Tuesday 10.00am - 12.00pm, cost £4.00, Contact Gill Hazelhurst: 01946 825188

Folk Dancing

Windscale Club, Gosforth Road, Seascale, weekly Thursdays 7.30-9.30pm (Sept-April). Contact Windscale Club: 019467 28468

Volunteering opportunities

- Opportunities to use your skills or develop new skills in supporting your community
- Wide variety of volunteering roles
- Full training and on-going support
- Work experience placements

Community befriending

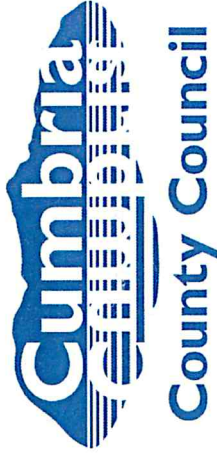
- Linking you to friendship groups / other social
- Support to socialise, attend activity groups
- Support for those with hearing or visual impairments to join in local activities
- 'Bridge building' support for physical and mental wellbeing

Home from hospital support

- Short-term support on discharge from hospital
- Ensuring your home is warm on arrival
- Support with shopping, light food preparation
- Help to rebuild the confidence to resume daily living tasks

Specialist services

- Support for carers
- Access to peer support groups and lifestyle management programmes for those with cancer, long-term conditions, dementia etc and their families/carers
- Access to end of life care
- Access to external services to meet any other needs



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Information and advice

- General information and advice on a wide range of issues
- Money information and advice on entitlements, benefits, debt, purchasing care services etc
- Disability information and advice
- Local Information Resource Centres
- Rural advice sessions

Equipment to aid daily living

- Trusted assessor advice
- Prescription handling, equipment to purchase and for hire
- Advice and support to create dementia-friendly environments
- Access to advice on home adaptations

Practical support at home / with home safety

- Handyperson support for minor DIY tasks
- Home safety and energy efficiency checks
- Access to practical home support services (eg cleaning, shopping etc)

Social and Leisure Activities

- Access to a wide range of local social and activity groups
- Support to help develop new activities in your local community

Line Dancing

Windscale Club, Gosforth Road, Seascale, weekly Mondays 7.30-9.30pm. Contact Windscale Club: 019467 28468

Scottish Country Dancing

Windscale Club, Gosforth Road, Seascale, weekly Wednesdays 7.30-10.00pm (Sept-April). Contact Windscale Club: 019467 28468

Keep Fit/Exercise Classes/Sport Clubs:

Armchair Pilates

Gosforth Methodist Church, Gosforth, every other Wednesday 10.30-11.15am, £3, Contact Lorrie Larkham: 019467 28242

Blengdale Runners

Meet at Seascale Beach Car Park, weekly Sundays 9.30am, speed and pace vary all abilities welcome, Contact Mel Gould: 019467 27486

Fitness Class

Back on track and Healthy life fitness class, Seascale community fitness centre, Gosforth Road, Seascale, weekly Mondays and Wednesdays 10.30-11.30am, Contact the centre: 019467 27882

Indoor Bowls

Public Hall, Gosforth, weekly Wednesday 2.00pm - 4.00pm, Contact Anthea Bunting: 019467 25862 or Ray Banford: 01946 811351

Kays Keep Fit

Santon Bridge Village Hall, Santon Bridge, weekly Thursdays 6.00-7.00pm, Contact Kay Wayman: 019467 24226 or 07707408799
(Kay's Keep-fit sessions are a low impact exercise class working the whole body suitable for beginners/intermediate) **NEED TO BRING A MAT OR TOWEL**

Tai Chi,

Windscale Club, Gosforth Road, Seascale, weekly Tuesdays 11.00am-12.00pm. Contact Windscale Club: 019467 28468

Iyengar Yoga

Mixed Ability Yoga, Gosforth Public Hall, Gosforth, weekly Tuesdays 5.30-7.00pm. Contact Sue Roberts: 01946 861133 or sueroberts@pavaservices.com

Qi-Yoga

Can be done sitting or standing, Santon Bridge Village Hall, Santon Bridge, weekly Tuesdays 6.00-7.00pm, Contact Kay Wayman: 019467 24226 or 07707408799(Qi-Yoga is a blend of gentle yoga and Qigong (easy Tai-chi) suitable for beginners/intermediate)

Health and Dieting Support:

Slimming World

Seascale school, Seascale, weekly Tuesdays 5.00pm and 7.00pm, Contact Kelly: 019467 27926

Weight Watchers

St Marys Centre, St Bridgets Lane, Egremont, weekly Mondays 6.00pm, Contact Anne Duffy: 07743201791

Columba Club, Cragg Road, Cleator Moor, weekly Tuesdays 10.00am and 6.00pm, Contact Anne Duffy:07743201791

Women's Institutes:

Beckermet, Reading Rooms, Beckermet, 2nd Wednesday of the Month 7.00pm, Contact Kerry Jackson: 019467 25521

Gosforth, Public Hall, 1st Tuesday of the month, 7.15pm (please note meetings in Jan, Feb, Nov and Dec meetings are held at 2.00pm)
Contact Gillian Highham: 019467 25156

Santon Bridge

Village Hall, 1st Monday of the month 7.30pm, Contact Mrs J McElroy: 019467 28443

Seascale, Methodist church Hall, Second Monday of the month 7.00pm, Contact S Thompson: 019467 28491