



Activities and Social Groups in the Egremont and Cleator Moor Area

Call the Helpline 08443 843 843

Old Customs House

West Strand

Whitehaven

Cumbria

CA28 7LR

Fax: 01946 591182

Email: info@ageukwestcumbria.org.uk

Website: www.ageuk.org.uk/westcumbria

Reg. Charity no: 1122049



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Health and Social
Wellbeing System'
supported by Cumbria
County Council



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and Social Wellbeing System'
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Council



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:

Art Class

Beckermet Reading Rooms, Sellafield Road, Beckermet, weekly Mondays 10.00am-12.00pm. Contact Isobel Southward: 01946 841476

Art Class

Lamplugh Village Hall, Lamplugh, weekly Thursdays 3.00-5.30pm, Water colour and Drawing classes for all abilities, NEED TO BOOK. Contact Sandra Cooper: 01946 861416

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

Craft, Knitting and Art Group,

The De Lucy Centre, Market Place, Egremont, weekly Mondays 10.30pm - 1.00pm, Bring your own project or learn a new skill, All Welcome! Contact: De Lucy Centre on 01946 828100

Hobby Club

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Thursdays 1.30pm. Contact Peggy Robinson: 01946 811464

Knit and Natter Group

Frizington Library, Main Street, Frizington, weekly Wednesdays 2.00-4.00pm (donation for refreshments). Contact Library: 01946 810775

Paper Craft

Frizington Library, Main Street, Frizington, weekly Fridays 9.30am - 12.00pm, cost £3.00 (can pay on the day). Contact Jennifer Carruthers: 01946 810990

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

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 activities
- Support to socialise, attend activity groups
- Support for those with hearing or visual impairments to join in local activities

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

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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 (e.g. cleaning, shopping etc.)

Rug Making Classes

Haile Village Hall, Haile, Egremont, Mondays 1.00pm - 3.00pm (Starts last Monday in Sept 2015). Contact Mary Hogg: 01946 841027 if you would be interested in attending

Dance Classes and Clubs:

Circle Dancing

Parish Church hall, Church Street, Egremont, Gentle exercises from around the world (no partner needed) weekly Mondays 2.00-4.00pm (term time only) Contact: Gill Hazlehurst on 01946 825188

Singing and Music Groups:

Bell Ringing

St John's Church, junction Crossfield Road and Leconfield Street, Cleator Moor, weekly practice Wednesdays 7.30-9.00pm, training/learner session Tuesdays 2.00-4.00pm, Service ringing monthly 3rd Sunday of month 9.00-9.30am. Contact Chris: 01946 62986, 07880663116 or chris@cleatormoorbells.co.uk

St Mary's and St Michael's Church, Church Street, Egremont, weekly Thursdays 7.30pm (please phone to check first). Contact Mr Gates: 01946 820419

Priory Church of SS Mary and Bega, St Bees, weekly practice Wednesdays 8.00pm, Sundays 10.00am. Contact Mr Sim: 01946 824898 or doug.sim@btinternet.com

Cleator Moor Brass Band

Keekle Mission, Keekle, weekly Mondays and Thursdays 7.00-9.00pm. Contact David Murdoch: 07463498670, new members welcome

Community Orchestra and Windband

West Lakes Music Centre, The Meeting Place, Egremont Methodist Church, Main Street, Egremont, Community Orchestra weekly Tuesdays 6.30-7.55pm, Windband weekly Tuesdays 8.00-9.30pm. Contact: 01900 706087, wlmuscentre@btinternet.com

Priory Singers

Rehearse in Old College Hall, St Bees, weekly Mondays 8.00pm, If you are interested in attending. Contact Hugh Turpin: 01946 820421

Keep Fit/Exercise Classes/Sport Clubs:

Active Fit Aqua Aerobics

Copeland Pool, Whitehaven, weekly Wednesdays 11.00-11.45am Thursdays 10.45-11.45. Contact Copeland Pool: 01946 696049

Active Life Aerobics

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Mondays 11.30am-12.15pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Wednesdays 10.45-11.30am. Contact the centre: 01946 811464

Adult Swimming Lessons

Copeland pool, Whitehaven, weekly Tuesdays 9.45-10.45am. Contact Copeland Pool, Whitehaven: 01946 696049

Adults only Swimming

Copeland Pool, Whitehaven, weekly Mondays 11.45am-1.30pm, Tuesdays 7.00-8.00pm, Wednesdays 11.45am-1.30pm, Thursdays 7.00-8.00pm, Fridays 11.45am-1.15pm, 7.00-8.00pm and 9.00-10.00pm. Contact Copeland Pool, Whitehaven: 01946 696049

Aerobics

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Mondays 11.00am. Contact the centre: 01946 815100

Women's Institutes

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

Cleator, Wath Brow Masonic Rooms, 2nd Tuesday of month, 7.00pm, Contact: Alison King: 01946 814538

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

Haven Sent, Cricket Club, Whitehaven 1st Wednesday of month 7.30pm (May, August & October 2015 are visits/trips out), Contact Leeanne Harding: 07828442141, <http://havensentwi.weebly.com/>, or Facebook - search Haven Sent. We welcome new members who can come along & try out activities

Lamplugh

Village Hall, 2nd Tuesday of month 7.00pm. Contact Helen King 01946 861494.

Santon Bridge

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

Seascale, Methodist church Hall, 2nd Monday of month 7.00pm. Contact S Thompson: 019467 28491

Woodend & District, Bigrigg Village Hall, 2nd Thursday of month 7.15pm. Contact Mrs Eleanor Graham: 01946 817761

Ennerdale Book Drop, Fox and Hounds Inn, Far Moor End, Ennerdale Bridge, Monday-Friday 11.00am-11.00pm, Saturdays and Sundays 11.00am-11.30pm. Contact: 01946 506399 or Tanya.daniel@cumbria.gov.uk

Frizington, Main Street, open Mondays and Wednesdays 2.00-5.00pm and Fridays 9.30am-12.00pm. Contact: 01946 810775

Gosforth, Gosforth Library Link Public Hall, open Mondays 1.00pm-5.30pm, Wednesdays 3.00pm-5.30pm and Saturdays 10.00am-12.00pm. Contact 01947 25888

Mobile Libraries, Fridays, Springfield Gardens Bigrigg, Moor Row Social Club, Scalegill Road Moor Row. Mondays, Lakeland View Chalet Park Nethertown, Blackbeck Bridge Inn, Brookside Beckermat, Bank Field Estate Beckermat. Wednesdays, 34 Rowrah opposite Edgars Garage, High Leys Cottages Rowrah, Cross House Lamplugh, Felldyke Lamplugh, Main Road Asby.

Seascale, Gosforth Road, open Mondays, Wednesdays and Fridays 10.00am-12.30pm and 1.00-5.00pm. Contact: 019467 28487

St Bees, 3 Main Street, open Tuesdays and Thursdays 1.30-5.00pm. Contact: 01946 822219

Thornhill, Thornhill School, open Wednesdays 1.30-4.30pm and Fridays 10.00am-12.00pm. Contact: 01946 823383

Whitehaven Daniel Hay Library, Lowther Street, Whitehaven, open Mondays, Wednesdays and Fridays 9.00am-5.00pm, Tuesdays and Thursdays 9.00am-6.00pm, Saturdays 10.00am-3.00pm and Sundays 12.00-4.00pm. Contact: 01946 506400

Aquafit Aerobics more advanced

Copeland Pool, Whitehaven, weekly; Wednesdays 6.00pm - NEED TO BOOK, Sundays 5.30-6.30pm - NEED TO BOOK. Contact Copeland Pool, Whitehaven: 01946 696049

Aqua Natal

Copeland pool, Whitehaven, weekly Wednesdays 10.10-10.55am. Contact Copeland Pool, Whitehaven: 01946 696049

Bega Akido Club - Martial arts school

St Bees Public School, St Bees, weekly Tuesdays and Thursdays 6.30-8.00pm. Contact: 07944609495

Beginners Gym

Wath Brow Hornets, Cleator, weekly Thursdays 1.00-3.00pm. Contact Nina: 01946 815100

Body Conditioning

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Tuesdays 5.20-6.10pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Bowls Club

Cleator Moor Bowls Centre, Off Wyndham St, Cleator Moor; weekly Wednesdays 12.00pm - 2.00pm. £2 and you can play bowls and have a cuppa. Contact Age UK : 01946 828100 or 08443 843843

Box 'N' Abs

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Wednesdays 6.00-7.00pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Chair 2 Standing

Wath Brow Hornets Gym, Cleator, Tuesday and Thursdays at 2.00pm. £2 (includes a cuppa) Contact Nina 07803769169

Chair Based Pilates Class,

The Meeting Place, Egremont Methodist Church, Main Street, Egremont, weekly Thursdays 11.00am-12.00pm (term time only). Contact De Lucy Centre: 01946 828100

Chair to Standing Exercise

Copeland Indoor Bowls Centre and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Mondays 2.00-3.00pm. £1.00 for the class (Brew offered afterwards but an extra £1.00). Contact the Centre: 01946 815100

Copeland Canoe Club

Copeland Pool, Cleator Moor Road, Whitehaven, weekly Tuesdays 8.00pm-10.00pm. Contact Copeland Pool: 01946 696049

Cyclone Spinning

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Mondays 5.40-6.30pm and Thursdays 5.15-6.00pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Egremont Amblers

Social walking group, Meet at De Lucy Centre café area at 11.00am weekly Fridays for low-level walk of approximately 1 hour - all welcome! Contact De Lucy Centre: 01946 828100 for more information

Egremont Public Bowling Green

Want to keep active and make new friends? Why not come along to Egremont Bowling Green and enjoy a game of bowls with good company. Access from Howbank Road, Egremont, open 7 days 2.00-6.00pm from mid April - mid Sept. Contact: 01946 823440

Gentle Chair Based Exercise Class

Stafford Court, Earl Street, Cleator Moor, weekly Thursdays 11.00-11.20am, FREE. Contact Stafford Court: 01946 813733

Health Walks

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Thursdays 10.00am-12.00pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Support and Advice Groups:

Credit Union

Thornhill Library, Thornhill School, Thornhill, weekly Thursdays 9.00-10.00am. Contact the Library: 01946 823383

Link Up & Craft

Social get together with crafting activities and peer support, The De Lucy Centre, Market Place, Egremont, weekly Mondays 10.00-12.00pm. Contact De Lucy Centre: 01946 828100

Support and advice for people with hearing loss

Drop In sessions St Mary's Church Centre, St Bridget's Lane, Egremont, monthly 2nd Wednesday of month 10.00am-12.00pm. Contact Caritas Care: 01228 595937

Local Libraries:

Cleator Moor, Market Square, open Mondays, Tuesdays, Thursdays, and Fridays 9.00am-12.00pm and 1.00pm-5.00pm. Contact: 01946 814523

Egremont, West Lakes Academy, Main Street, open Mondays, Tuesdays, Thursdays, Fridays 9.00am-12.00pm and 1.00-5.00pm and Saturdays 10.00am-12.00pm. Contact: 01946 820464

Writing, Reading and Library Groups:

Book Club

Lamplugh Village Hall, Lamplugh, monthly 2nd Monday of Month 2.00-4.00pm. Contact Mary Ross: 01946 861728

Cleator Moor Writers Guild

Cleator Moor Library, Market Square, Cleator Moor, Small friendly writing group, 1st Tuesday of every other month 10.00am-12.00pm. Contact the Library: 01946 814523

Heritage Group

De Lucy Centre, Market Place, Egremont, monthly 1st Wednesday of month 1.00-3.00pm. Contact De Lucy Centre: 01946 828100

Local History Society

Cleator Moor Library, Market Square, Cleator Moor, monthly Mondays (Sept-June) starts again Sept 2015. Contact Michael Johnson for more information: 01946 817545

Poetry Club

Egremont Library, West Lakes Academy, Main Street, Egremont, monthly 1st Tuesday of month 10.30am-12.00pm, Contact De Lucy Centre: 01946 828100

Reading Group

Cleator Moor Library, Market Square, Cleator Moor, monthly 1st Friday of month 10.00-11.00am. Contact Cleator Moor Library: 01946 855030

Reading Group

St Bees Library, St Bees Village School, Main Street, St Bees, monthly last Tuesday of month 4.00-5.00pm. Contact the Library 01946 822219

Working History Group

Research group for anyone interested in researching family history or local history, Main Street, Frizington Community Primary School, weekly Tuesday 10.00am-12.00pm (term-time only). Contact Maureen Fisher: 01946 861975

Indoor Bowls U3A

Cleator Moor Indoor Bowling club, Ennerdale Road, Cleator Moor, if you are interested contact Keith Irving: 01946 693728

Karate, beginners all ages

Jubilee Community Hall, Church Street, Cleator Moor, weekly Sundays 5.00-5.50pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Karate, yellow to blue belts

Jubilee Community Hall, Church Street, Cleator Moor, weekly Sundays 6.00-7.00pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Karate, purple belts and above

Jubilee Community Hall, Church Street, Cleator Moor, weekly Sundays 6.00-7.30pm. Contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Keep Fit for the Over 50's

The Falcon Club, Egremont, Tuesdays and Thursdays 9.10-10.10am, 10.15-11.15am and 2.00-3.00pm. Contact Desmond Horner: 01946 823130, *British Association for Cardiac Rehabilitation, Qualified Instructor*

Kettlebells

Egremont Methodist Church, Main Street, Egremont, Weekly Mondays 6.30pm-7.30pm. For more information contact ESKK martial arts and fitness: 01946 694751 or www.eskk.co.uk

Kettlebells

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Tuesdays 6.30-7.15pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Ladies only Swimming

Copeland Pool, Whitehaven, weekly Mondays 7.00-8.00pm and Thursdays 9.00-10.00pm. Contact Copeland Pool, Whitehaven: 01946 696049

Ladies Over 55's Exercise

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Wednesdays 10.45-11.45am. Contact the centre: 01946 815100

Moky Fit

Egremont Market Hall, Market Street, Egremont, weekly Wednesdays 5.45-6.45pm. Thornhill School, Thornhill, weekly Mondays 6.00-7.00pm. Contact Sam Moore: 07709821499

Pilates

Egremont Methodist Church, Main Street, Egremont, weekly Mondays 5.30-6.15pm.
Contact ESKK martial arts and fitness: 01946 694751, www.eskk.co.uk

Resculpt Aerobics Classes

Aerobics classes at St Johns Hall, Crossfield (near the coop)
Mondays - 10.00am
Wednesdays - 10.45am
Fridays - 10.00am
Contact Nina 07803769169 (£3 per session)

St Bees Triers

Triathlon Club, meets at Seacroft House, St Bees, weekly Thursdays 7.00pm, If you interested or would like more information Contact Andy Brock: 01946 823497

Studio Cycling (beginners)

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Wednesdays 09.45-10.15am and Mondays 5.00-5.30pm.
Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Tai Chi

Haile Village Hall, Haile, Egremont, weekly Wednesdays 7.30pm - 9.00pm, £8.00 weekly - Term Time, Contact Patricia Nicholson: 01946 815771

Cleator Moor Day Care

Methodist Church Hall, Earl Street, Cleator Moor, weekly Mondays and Fridays 9.00am-4.00pm. Contact Age UK: 08443 843 843 for further details

Pensioner's Club

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Tuesdays 1.00pm - 3.30pm. Contact: Phyllis Rogan on 01946 815137

Nostalgia Day

Stafford Court, Cleator Moor, weekly Fridays 1.00-3.00pm. Contact Stafford Centre: 01946 813733 for more information

Computer Classes and Drop in Sessions:**Computer Drop-In**

De Lucy Centre, Egremont, weekly Wednesday 10.00am-2.00pm, Computer help, advice and training, including regular mobile phone workshop. Contact De Lucy Centre: 01946 828100

Computer Club

Lamplugh Village Hall, Fortnightly - Monday Evening at 7.30pm, Improve your computing skills, whatever your current level, through a mixture of formal teaching and learning. Contact: Bob Marshall on 01946 861493

Social Groups and Clubs:

Bigrigg Circle

Social - Bigrigg Village Hall, Springfield Road, Bigrigg, fortnightly, alternate Wednesdays 2.00pm. Contact: Elsie Woodend on 01946 823158

Frizington Bowling Club

All welcome, Frizington Bowling Club, Yeathouse Road, Frizington. Monday-Friday 6.00pm onwards. For more information contact: Ken Slater 01946 812772

Jubilee over 60's

Moor Row Working Men's Club, Talks, trips and social, alternate Tuesdays, 2.00pm - 4.00pm. Contact: Mr Allonby on 01946 812056

St Bees Over 60's Club

Village Hall, St Bees, Social & Speakers, second & fourth Tuesday every month 2.00pm. Contact Mrs Amour 01946 822622

Thornhill Over 60's

Social Club, Thornhill, Egremont, weekly Thursdays 2.00pm - 4.00pm, Social and speakers. Contact Mrs Jagger: 01946 821104

Thursday Club

Haile Village Hall, Haile, Egremont, Social meeting for over 60's for Haile/Wilton parishioners. 2nd Thursday of every other month, 2.00-4.00pm. Contact Mr and Mrs Greening: 01946 841205

Yoga & Relaxation for over 55's

Crossfield Community Centre, Crossfield Road, Cleator Moor, weekly Tuesdays 10.00am - 11.30am £5.50 per person, Contact: Julie Palmer on 07912689797

Zumba

St Bees Village Hall, Finkle Street, St Bees, weekly Tuesdays 6.00-7.00pm, Contact Vanessa King: 07598174743

30/30/30

Copeland Bowls and Sports Centre, Off Wyndham Street, Cleator Moor, weekly Thursdays 6.00-7.30pm. Contact the centre: 01946 815100 or www.northcountryleisure.org.uk

Health and Dieting Support:

Slimming World

Egremont Parish Church Hall, Church Street, Egremont, weekly Tuesdays 10.00am. Contact Vickie: 07881797883

Egremont RUFC, Bleach Green, Egremont, weekly Mondays 7.00pm. Contact Grace: 07789916245

Cleator Moor Civic Hall and Masonic Centre, The Square, Cleator Moor, weekly Tuesdays 7.00pm. Contact Anne: 07841399464, Thursdays 9.30am, 11.30am, 5.00pm and 7.00pm. Contact Sara: 07725555213

Weight Watchers

St Marys Centre, St Bridget's Lane, Egremont, weekly Mondays 6.00pm. Contact Michelle McKenzie: 0345 677 7788

Columba Club, Cragg Road, Cleator Moor, weekly Tuesdays 10.00am and 6.00pm. Contact Michelle McKenzie: 0345 677 7788

Morning Coffees and Lunch Clubs:

Arlecdon Lunch Club

Adams Hall, Arlecdon. 1st Tuesday of the Month (Except January)
12:00pm. For further details contact Cath Stockdale: 01946 64685

Coffee Morning

Cleator Moor Library, Market Square; first Thursday of the month
starting 2nd March 10.00am-12.00pm. Come meet people and have a
coffee and a chat.

Coffee Morning

Conservative Club, Ehen Court Road, Egremont, every other
Wednesday 10.00-11.30am. Contact Conservative Club: 01946
820318

Coffee Morning

Come and join us for a chat with coffee, tea and cake, Lamplugh
Village Hall, 3rd Monday of the month 10.00am-11.30am. Contact
Sandra Cooper 01946 861416

Coffee Morning drop in

Methodist Church Hall, Main Street, Egremont, weekly Fridays 9.00-
11.00am. Contact Anne Toomey: 01946 820147 or Barbara Dalton:
01946 821717

Coffee Morning and Cake Sale

Crossfield Community Centre, Crossfield Road, Cleator Moor, monthly
1st Saturday of month 9.00am-12.00pm. Contact the centre: 01946
815100

Coffee Morning and 'Good as New sale'

Methodist Church, Earl Street, Cleator Moor, weekly Fridays 10.00am-
11.15am.

Daily Coffee Morning

9.00 - 12.30pm Monday to Friday. De Lucy Centre, Marketplace,
Egremont. Contact De Lucy Centre - 01946 828100

Farmers Fairtrade and Craft Market

Come along and have a tea/coffee and a cake (always have a tea/
coffee and cakes for sale) and take a look at the local stall holders
crafts and foods. Regular cooking demonstrations. Market Hall, Market
Street, Egremont, monthly 3rd Friday of month, 9.00am-1.00pm
Contact Helen: 01946 810430 or 07901790734

Oasis Tea & Chat

Activities and nearly new stall, just drop in, everyone welcome.
Frizington Methodist Church, Fortnightly Thursdays 10am-12.30pm.

Bingo and Games:

Bingo

St Joseph's Church Hall, Yeathouse Road, Frizington, Every Monday
and Friday 7.30pm. Contact: Mrs J McCarron on 01946 812845

Bingo

Falcon Club, Egremont, weekly Wednesdays 7.00pm, bring an item of
food (tin of.... etc.) for the free game prize a collaborative hamper.
Contact Falcon Club: 01946 820421

Thornhill Pensioners Bingo

Bingo Night, Thornhill Social Club, Thornhill, weekly Mondays and
Fridays 6.45-8.30pm Contact Margaret Rogers: 01946 821713