



## Activities and Social Groups in the Gosforth and Seascale Area

**Call the Helpline 08443 843 843**

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Website: [www.ageuk.org.uk/westcumbria](http://www.ageuk.org.uk/westcumbria)

Reg. Charity no: 1122049



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and Social Wellbeing  
System' supported by  
Cumbria County Council



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**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**

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

### **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 Society**

School Hall Mondays 6.30 – 8.30 pm.  
New members always welcome.

## **Dancing Classes and Clubs:**

### **Circle Dancing,**

Calderbridge Village Hall, Calderbridge, weekly Tuesday 10.00am - 12.00pm, cost £4.00, Contact Sandra: 01946 591851

### **Gentle Yoga,**

Eskdale Village Hall, weekly Thursdays 7..00pm

### **Folk Dancing**

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

### **Line Dancing**

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

### **Scottish Country Dancing**

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

## **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
- 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 (eg cleaning, shopping etc)

## 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 except the first Sunday of the month which meets at Gosforth car park, speed and pace vary all abilities welcome, Contact Mel Gould: 019467 27486

### Fitness Class

Fitness class to improve balance, stability and improve strength to reduce the risk of falling, weekly Mondays and Wednesdays 10.30-11.30am. Tea and coffee included in price. For more details contact Linda Winder on 019467 27882

### Fitness for Older Adults

Never too late to start living an active lifestyle, everyone welcome (No need to book). Sports Hall, Seascale, Weekly Mondays 11.00am.

### Indoor Bowls

Public Hall, Gosforth, weekly Wednesday 2.00pm - 4.00pm, Contact Anthea Bunting: 019467 25862

### Karate (Beginners)

Public Hall, Gosforth, weekly Wednesdays 4.45pm-5.35pm. For more information contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk).

### Karate (Advance)

Public Hall, Gosforth, weekly Wednesdays 5.45pm-6.45pm. For more information contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk).

**Moky Zest, Gosforth**

Low intensity workout for the older adult, Gosforth Public Hall, Fridays  
11:30am

**Moky Zest, Seascale**

Low intensity workout for the older adult, Gosforth Public Hall,  
Mondays 10:45am

**Table Tennis Club,**

Holmrook Reading Room, weekly Wednesdays 6.30—7.30pm.

**Tai Chi,**

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

**Qi-Yoga**

Qi-Yoga is a blend of gentle yoga and Qigong (Easy Tai-chi)  
Can be done sitting or standing, suitable for beginners/intermediate.  
Mon - Fri (11.30 -12.30)  
Senhouse Centre, 3 Senhouse Street, Whitehaven, CA28 7ES  
Contact: Kay Wayman - 019467 24226 or 07707408799

**Health and Dieting Support:****Weight Watchers**

St Marys Centre, St Bridgets 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

**Bingo and Games:****Bingo,**

Windscale Club, Gosforth Road, Seascale, weekly Thursdays 8.00-  
9.30pm. Contact Windscale: 019467 28468

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

Seascale Library, Seascale. 1st and 3rd Friday of every month  
10.00am-12.00pm.

**Women's Institutes:****Beckermet -**

Reading rooms, Beckermet, 2nd Wednesday of the month 7pm

Contact Kerry Jackson: 01946725521

**Gosforth -**

Public Hall, 1st Tuesday of the month 7.15pm

(Jan, Feb, Nov & Dec meetings are held at 2pm)

Contact Gillian Highham: 01946725156

**Santon Bridge -**

Village Hall, 1st Monday of the month 7.30pm.

Contact Mrs J McElroy: 019467 28443 after 7:30pm.

**Seascale -**

Methodist Church Hall, Second Monday of the month 7.00pm.

Contact S Thompson: 019467 28491 after 7pm.

## **Local Libraries:**

**Cleator Moor**, Market Square, open Mondays, Tuesdays, Thursdays, and Fridays 9.00am-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

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

**Gosforth**, Public Hall, open Mondays 1pm - 3.30pm & Wednesdays 3 - 5pm Saturday 10 - 2pm Contact: 01946 25888

## **Support and Advice Groups:**

### **Carers Benefits Clinics**

Are open to you if you look after a family member, relative, friend or neighbour who could not manage without your help. Seascale Library, Gosforth Road, Seascale, monthly 2nd Tuesday of month 1.00-3.00pm. Need to book an appointment. Contact West Cumbria Carers: 01900 821976

### **Information and Advice Drop In**

Seascale Library, Seascale, last Wednesday of the month, 10.00am-12.00 noon. For more information contact Diane Harris: 01229 774573 or Jan Fotherington 019467 25888

### **Support Group for Depression, anxiety or panic attacks**

Bradbury House Day Room, Gosforth, 3rd Tuesday of each month 7.30pm-9.30pm.  
Mawson's Ice Cream Parlour, Seascale, 1st Tuesday of each month 10.30am-12.00pm.

## **Social Groups and Clubs:**

### **Coffee Morning**

Ravenglass Church Rooms, Wednesdays 10.30 —12.00pm

### **Community Get Together**

Come along and share your memories and experiences of life with others:

### **Community Lunches**

Term time only- to people who are elderly or housebound and live in the Drigg and Carleton parish and neighbouring communities, from Gosforth School kitchen, cost £3. Contact Gosforth school on 019467 25244

### **Drigg Tea & Chat**

Drigg Village Hall, Drigg First Tuesday Of The Month 2.00pm - 4.00pm, Contact: Adrienne Millington - 01946 724272

The Golf Club, Seascale. 1st & 3rd Wednesday of each month 10:30am-12:00pm. More information contact De Lucy Centre 01946 828100 or email [jan.fotheringham@ageukwestcumbria.org.uk](mailto:jan.fotheringham@ageukwestcumbria.org.uk)

The Kellbank, Gosforth. 2nd & last Wednesday of each month 10:30am 12:00pm. More information contact De Lucy Centre 01946 828100 or email [jan.fotheringham@ageukwestcumbria.org.uk](mailto:jan.fotheringham@ageukwestcumbria.org.uk)

### **Ex WI Members Tea & Chat**

Waberthwaite Village Hall First Monday of every month 2.00pm

### **Gosforth Tea & Chat**

Methodist Church Hall, Gosforth Alternate Thursdays 2.15pm - 4.00pm, Contact: Mrs Larkhamor or Mrs Snape on 019467 25359

### **French Conversation Classes**

Kellbank Pub, Gosforth Wednesdays at 10 am – 12 noon.

### **Seascale Past and Present Memories Group**

Methodist Church Hall, Seascale. Third Wednesday of each month 2.30pm-4.00pm Contact: 01946727887

**Seascale Tea and Chat**

Methodist Church Hall, Seascale. First Wednesday afternoon of each month 2.30pm -4.00pm. Contact: 01946727887

**Shackles Off at Seascale**

Inter-generation computer drop in and board game afternoon, South Parade, Seascale. Wednesdays 2pm-4pm. For more information contact: Shackles Off on 019467 27887

**Silecroft Friday Whist Drive**

Village Hall, Silecroft, 7.30pm  
Every other month from June 2nd  
Please contact 01229 772520 for more information on when the next drive will be.

**Women's Outlook**

Methodist Church Hall, Seascale, alternative Tuesdays 8.00pm. For more information contact De Lucy Centre on 01946 828100.

**Voluntary Car Scheme  
for Gosforth and Seascale**

Jean Newton - 019467 25519

**Muncaster Microbus**

Serves Boot, Eskdale, Wasdale, Gosforth, Holmrook  
and Seascale

01229 717229.

**U3A: University of the Third Age:**

U3A hold a number of groups and activities in the Seascale and Gosforth area including:

**Art Appreciation Group**, St Josephs Church Hall, Seascale 2nd Thursday of month 10.30am-12.00pm

**Discovery Science and Technology Group**, St Marys Rooms, Gosforth, 4th Wednesday 10.15am -12.00pm

**History Group**, Drigg Village Hall, 1st Wednesday of the month 7.30pm

**Open Mind Group**, Gosforth Village Hall, 3rd Thursday of the month 10.30am -12.15pm

**Singing for fun**, St Marys Rooms, Gosforth, First Thursday of the month 2:30 - 4pm

**General meetings for members**, Gosforth Public Hall, 3rd Thursday of the month 10.45am

The membership for U3A is £5 per year for more information on all groups (if it is your first time attending please call first)

Contact Xandra Brassington: 019467 25794 or Graham Hudson: 019467 25477 can also visit [www.u3asites.org.uk/west-lakes](http://www.u3asites.org.uk/west-lakes). There are some small extra costs for some groups.