



Activities and Social Groups in the Maryport Area

Call the Helpline 08443 843 843

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Reg. Charity no: 1122049



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and Social Wellbeing
System' supported by
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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 Craft Clubs:

Art & Craft

The Settlement, Castle Hill, Maryport, weekly Mondays 1.00pm-3.00pm, NEED TO BOOK. Contact Jane: 07742655676 or 01900 817421

Art Group

Senhouse Roman Museum, The Battery, Sea Brows, Maryport, weekly Tuesdays 10.30-12.30pm. Contact Museum: 01900 816168

Craft & Chat

The Settlement, Castle Hill, Maryport, weekly Fridays 1.00-3.00pm. Contact Jane: 07742655676 or the centre: 01900 817421

Craft Club

St Nicholas Church, Flimby, Fortnightly 1st and 3rd Tuesday of month 12.45-2.45pm, £1. Just drop in, everyone welcome. Contact Ann: 01900 814244 or Jean: 01900 817449

Crosby Stitchers

Crosby Village Hall, Crosby, weekly Mondays 1.30-4.00pm, Craftwork, Needle Work, Embroidery, Patchwork, Crochet, Knitting, Come along. Contact Brenda Mckenna: 01900 812707

Knit & Natter

Methodist Church, 104 Senhouse Street, Maryport, weekly Tuesdays 10.00am-12.00pm. For further details contact Jennifer: 01900 813423

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.)

Dance Classes and Clubs:

Club Latino Salsa, Merengue and Bachata Lessons

The Wave Centre, Irish Street, Maryport, weekly Thursdays 7.30pm (lessons) 8.30pm (social dance). Contact: 01900 826564

Singing and Music Groups:

CAMS Crosby Amateur Musical Society

Crosscanonby Community Centre, Crosby, Maryport, weekly Wednesdays 7.00-9.30pm. Contact Laura: 01900 813999 or 07803337971 or 01900 817437

Choir

The Settlement, Castle Hill, Maryport, weekly Wednesdays 7.00-9.00pm. Contact Jane: 07742655676 or 01900 817421

Keep Fit/ Exercise Classes/Sport Clubs:

Adults Only Swimming

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 7.00-8.00pm, Wednesdays 11.00am-12.00pm, Thursdays 12.00-1.00pm and Fridays 11.45am-12.45pm. Contact Netherhall School (select sports centre extension): 01900 813434

Aquacise Ladies Only

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Tuesdays 9.00am-10.00am and Thursdays 1.15-2.15pm. Contact Netherhall School (select sports centre extension): 01900 813434

AquaFit Ladies Only

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 6.15-7.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Circuits

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Wednesdays 6.05-6.50pm. Contact Netherhall School (select sports centre extension): 01900 813434

Fit 4 All

These sessions are for anyone any age, come along and use our full range of cardio machines, resistance machines and free weights under expert guidance from our team of instructors, use facilities at your leisure or we can write you a personalised exercise program. The Community Gym, Fit 4 Life, Welfare Hall, Main Road, Grasslot, Maryport, Open Sessions weekly Monday-Friday 3.00-7.00pm. Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Local Libraries:

Maryport Library, Lawson street, open Mondays, Tuesdays, Wednesdays and Fridays 9.30am-5.00pm, Thursdays 9.30am-6.00pm and Saturday 9.30am-12.30pm. Contact: 01900 812384

Mobile Libraries, Dearham Village Hall, Sunnyslack, Hackermarsh, Flimby (near the shop), Elm Avenue, Flimby. For more information on dates and times contact Workington Library: 01900 706170 or 01900 706173

Women's Institute:

Crosby & District, Crossscanonby Community Centre, Crosby, Maryport, 1st Thursday of month 7.00pm. Contact Alice: 01900 813222 or Jeanette: 01900 819918

Westnewton, Village Hall, Westnewton, 1st Wednesday of month 7.30pm. Contact Mrs Bewick: 016973 20066

Attractions:

Maryport Aquarium, South Quay, Best collection of Native Sea Life in Cumbria, Café and Gift Shop, full disabled facilities
Tel:01900 817760

Maryport Maritime Museum, 1 Senhouse Street, Small local museum, Disabled access to ground floor, Tel: 01900 813738

Senhouse Roman Museum, The Battery, The Promenade, Maryport, Large collection of Roman British Altars, Tel: 01900 816168

The Wave Centre, Ritson Wharf, Irish Street, Maryport, Entertainment and Conference Centre, Tel: 01900 811450

Fit 4 Ladies Cardio Class

The Community Gym, Fit 4 Life, Welfare Hall, Main Road, Grasslot, Maryport, weekly Mondays 7.00-8.00pm. Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Fit 4 Ladies Core Stability

The Community Gym, Fit 4 Life, Welfare Hall, Main Road, Grasslot, Maryport, weekly Tuesdays 7.00-8.00pm. Contact Fit 4 Life: 01900 814872, www.fit4lifecumbria.org

Fit 4 Life specialist referral sessions

Fit 4 Life offers a variety of specialist sessions to cater for people with a range of different chronic diseases and conditions and over 50's. For more information or if you think you would be suitable for a referral please contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Fit 4 Life Over 50s Class

The Community gym, Fit 4 Life, Welfare Hall, Main Road, Grasslot, Maryport, weekly Thursdays 2.00-3.00pm. Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

Health Club for over 50s

The Community Gym, Fit 4 Life, Welfare Hall, Main Road, Grasslot, Maryport, Open sessions for over 50s, Mondays, Wednesdays and Fridays 8.30am-12.30pm. Contact Fit 4 Life: 01900 814782, www.fit4lifecumbria.org

H.I.I.T High Intensity Interval Training

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 5.30-6.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Indoor Bowls

Crosscanonby Community Centre, Crosby, Maryport, weekly Mondays 7.30-10.00pm. Contact: 01900 814856

Kettlebells

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Thursdays 6.00-7.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Ladies Only Swimming

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Tuesdays 7.00-8.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Moky Fit

Maryport C of E Junior School, Camp Road, Maryport, weekly Wednesdays 6.30-7.30pm. Contact Laura Holloway 07591594752

Over 60's Keep Fit

Crosscanonby Community Centre, Crosby, Maryport, weekly Mondays 10.00-11.00am, £2. Contact Fit 4 Life: 01900 814782 or Chistine France: 01900 817708

Spinning Classes

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Tuesdays 5.15-6.00pm, 7.00-7.45pm, Wednesdays 5.15-6.00pm (Spin and Tone), Thursdays 5.15-6.00pm and 7.00-7.45pm, Fridays 5.15-6.00pm, Saturdays 9.15-10.00am. Booking is essential Contact Netherhall School (select sports centre extension): 01900 813434

Step and Tone Ladies Only

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Wednesdays 7.10-8.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Computer Classes and Drop in Sessions:

Computer Drop In

Ewanrigg Community Centre, Ewanrigg Road, Maryport, weekly Fridays 10.00am-12.00pm. Contact Age UK West Cumbria: 01900 844670 or 08443 843 843

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. Maryport Library, Lawson Street, Maryport, monthly 3rd Thursday of month 10.00am-12.00pm. Need to book an appointment. Contact West Cumbria Carers: 01900 821976

Citizens Advice Bureau

Maryport Doctors Surgery, Selby Terrace, Maryport, weekly Wednesdays 9.00am-1.00pm. Need to book an appointment. Contact Workington office: 01900 604735

Royal British Legion Advice Drop In

For those who are serving, have served, their carers and dependers. Maryport Library, Lawson Street, Maryport, monthly last Friday of month 12.30-2.30pm. Advice and information on mobility, benefits, war pensions, training and employability. Contact Helpline: 0808 802 8080 or the Library: 01900 812384

Work Club

Support and help with CV's, looking for jobs, access to the internet, sending emails, The Settlement, Castle Hill, High Street, Maryport, weekly Mondays and Wednesdays 10.00am-12.00pm, everyone Welcome. Contact Jane: 07742655676 or 01900 817421

Support and advice for people with hearing loss

Drop In sessions Health Centre, Alneburgh House, Ewanrigg Road, Maryport, monthly 3rd Monday of month 1.00-3.00pm. Contact Caritas Care: 01228 595937

MIND West Cumbria

Drop in Sessions, Methodist Church Centre Drop in, Senhouse Street, Maryport, weekly Wednesdays 10.00am-12.00pm. Contact MIND West Cumbria: 01900 66518

Allotment, Town Hall, Senhouse Street, Maryport, weekly Mondays and Fridays 10.00am-12.30pm. Contact MIND West Cumbria: 01900 66518

Flimby Drop-In, Flimby Band Room, Flimby Methodist Chapel, weekly Tuesdays 12.30pm-2.30pm. Contact MIND West Cumbria: 01900 66518

Model Club

Fleming Place Club, Maryport, weekly Tuesdays and Thursdays 7.30-9.00pm. Contact Trevor Austin: 01900 813661

Society for the Blind Social Group

Solway Court House, Crosby St. Monthly 2nd Wednesday of the month 10:00-12:00 noon

The Wednesday Project, (Whatever the weather)

The Settlement, Castle Hill, Maryport, weekly Wednesdays 1.30-4.30pm. Contact Jane: 07742655676 or the Centre: 01900 817421

Total Body Tone Ladies Only

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 6.10-6.50pm. Contact Netherhall School (select sports centre extension): 01900 813434

Total Core and Conditioning

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Tuesdays 6.05-6.30pm. Contact Netherhall School (select sports centre extension): 01900 813434

Yoga and Mindfulness

The Settlement, High Street, Maryport, weekly Thursdays 10.00-11.30am. Contact Linda Allam: 07931481026, 01697 323286 or linda.allam.yoga@gmail.com, NEED TO BOOK

50+ Club

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 9.30am -1.00pm, Activities include Spinning, Light Toning, Zumba, Swimming, Badminton, Table Tennis, £3 for morning including Teas and Coffees. Contact Netherhall School (select sports centre extension): 01900 813434

50+ Spinning and Zumba

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Wednesdays 8.50-9.10am (spinning) 9.15-10.00am (Zumba Gold), £3. Contact the sports centre: 01900 813434

50+ Swimming

Netherhall Community Sports Centre, Netherhall Road, Maryport, weekly Mondays 12.00-1.00pm. Contact Netherhall School (select sports centre extension): 01900 813434

Health and Dieting Support:

Slimming World

Ellenborough and Ewanrigg Infant School, Victory Crescent, Maryport, weekly Saturdays 9.30am. Contact Nicky 07886300907

Maryport Social Club, Mealpot Road, Maryport, weekly Thursdays 10.00am, 5.00pm and 7.00pm. Contact Sharon 01900 818281

Weight Watchers

Glasson Rangers Rugby League Football Club, Maryport, weekly Thursdays 7.00pm and Fridays 10.00am. Contact Ann Quayle: 07900553344

Morning Coffees and Lunch Clubs:

Coffee and Chat

Crosscanonby Community Centre, Crosby, Maryport, weekly Thursdays 10.00-11.30am. Contact Susan: 01900 819435

Coffee Morning

Trinity Baptist Church, Maryport, monthly 1st Thursday of month 10.30am-12.00pm. Refreshments free, everyone welcome.

Coffee and Chat

Methodist Church Centre Drop in, Senhouse Street, Maryport, weekly Thursdays 10.00am-12.00pm. For further details contact Jennifer: 01900 813423

Coffee and Crack

Ewanrigg Community Centre, Ennerdale Road, weekly Tuesdays 12.30pm. £2.50 for a 2 course meal. For more details contact. 01900 818877

Ewanriggs Coffee and Crack

Ewanrigg Community Centre. £2.50 for a 2 course meal - food is served 12.30pm so arrive before then.

Lunch Club

Crosscanonby Community Centre, Crosby, Maryport, weekly Tuesdays 11.30am-2.00pm. Contact Ann: 01900 813607

Social Groups and Clubs:

Broughton Over 60's

Village Hall, Broughton, alternate Tuesdays 7.00pm, Entertainment, social events, bingo. Contact Mrs J Nicholson: 01900 826524

Dog Training

Crosscanonby Community Centre, Crosby, Maryport, weekly Tuesdays 6.00-10.00pm. Contact Jackie 016973 22043, www.wigtondtc.co.uk

Flimby Over 60s Club

Working Men's Club, Flimby, weekly Fridays 2.15pm, Social, talks and bingo. Contact Mrs Adair: 01900 814591

History Society

Maryport Library, Lawson Street, Maryport, monthly Wednesdays of month 7.00pm. Contact the Library to find out when the next meeting will be: 01900 812384

Maryport Day Care

Solway Court, Crosby Street Maryport, weekly Mondays and Fridays 10.00am-3.00pm. Contact Age UK West Cumbria: 08443843843

Maryport Natural History Group

Senhouse Roman Museum, The Battery, Sea Brows, Maryport, monthly 4th Wednesday of month 7.30pm. Contact the Museum: 01900 816168