



Activities and Social Groups in the North Allerdale 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



'Part of the Cumbria Health and Social Wellbeing System' supported by Cumbria County Council



Information correct as of May 2019

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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:

Abbeytown Flower Club

Assembly Rooms (Village Hall), Fairstead, Abbeytown, monthly 3rd Thursday of month 7.30pm. Demonstrations, speakers etc. Contact Mrs R Pinguey: 016973 61649

Art Class

Rosley Village Hall, Rosley, weekly Mondays 1.30-3.30pm. Contact Mrs D Smith for more information: 016973 42546. www.rosley-cumbria.co.uk/village-hall.htm

Art Group

Wigton Road Methodist Church, Carlisle, weekly Mondays 1.30pm - 3.30pm (Sept-May). Contact: 01228 403555

Art Group

Lindow Hall, Bowness-on-Solway, fortnightly alternate Wednesdays 10.00am-1.00pm, all abilities welcome. Contact Joyce Taylor: 016973 52019

Art Group

Caldbeck Parish Hall, weekly Thursdays 9.30am-12.00pm. Contact Janet Stanya: 016974 78188. Meet on location during better weather months—contact Janet for programme.

Art Group

Thursby Parish Hall, weekly Tuesdays 9.30am-12.00pm. Contact Mrs M Hine: 01228 712704

Art Group

Self-help art group, all abilities. Blencogo Village Hall, Blencogo, weekly Mondays 1.30pm - 4.30pm (Autumn-Spring Terms). Contact Jenny: 016973 61327

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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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.)

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

Craft Group

Torpenhow Village Hall, Torpenhow, weekly Thursdays 1.30-3.30pm.
Contact Gwen Leadbeater: 016973 71514

Crafty Club

Silloth Community Hall, weekly Monday 10—12pm. Bring your own crafts, help always available. 07775 686 857. Email: info@sillothcommunityhall.co.uk

Craft Group

Thursby Parish Hall, Thursby, weekly Thursdays 9.30am -12.00pm.
Contact Sue Foulger: 016973 44159

Craft Group Drop-in

St Andrews Hall, Solway Street, Silloth, weekly Wednesdays 1.15-3.15pm. Bring your own crafts, help always available, Tea, coffee, cakes and chat. Contact Joan Bowe 016973 32865, Margaret Read 016973 32245.

Craft Group

Rosley Village Hall, Rosley, weekly Thursdays 1.30pm. Contact Pauline Elliott: 016973 43181

Derwent Patchworkers

Allhallows Community Centre, Fletchertown, fortnightly alternate Wednesdays 10.00am-3.00pm. All abilities, bring your own projects. Contact Jean: 016973 71424, derwentpatchworkers@gmail.com

Flower Club

Village Hall, Westward, Wigton, monthly last Monday of month 7.30pm (Sept-April) Trips out May, June and July. Demonstrations, speakers etc. Contact June Kitchen: 016973 49369

Kirkbride Craft Group

Kirkbride Learning Centre, Kirkbride, weekly Tuesdays 1.00-4.00pm (term-time only). Contact Lesley Maxwell: 016973 51483

Pins and Needles

Wigton Library, High Street, Wigton, twice a month 1st and 3rd Fridays of month 1 –2.30pm. Contact the Library: 016973 42729

Quilting Club

Wigton Methodist Church Hall, Wigton, weekly Mondays 10.00am-12.00pm. Contact Sandra Fee: 016973 42507 or visit www.wigtonmethodistchurch.co.uk

Silloth Sewing Circle

Pennine View Community Centre, Silloth, weekly Thursdays 1.00-4.00pm. Contact Penny Stimson: 016973 32255

Silloth Woodcarvers & Wood Sculpture Group

The Space, (Old Community Hall), Silloth. All abilities welcome, weekly Mondays and Wednesdays 7.00-9.30pm. Contact Clive Firth: 016973 31995

Derwent Patchworkers

Allhallows Community Centre, Fletchertown, Wigton, CA7 1BS, fortnightly alternative Thursdays. Tel: 016973 71424

Thursby Art Group

Thursby Parish Hall, weekly Tuesdays 9.30am-12.00pm (term-time only). Contact Margaret: 01228 712704 or Lynne, Tel: 01228 712391

Wool at Watchtree

Knitters and crocheters, Watchtree Café, Nr Wiggonby, Carlisle. 1st and 3rd Saturday of month 2pm-4pm, £2 payable to Watchtree Nature Reserve. For more information contact Watchtree Nature Reserve: 01228 712539.

Dance Classes and Clubs:**Ballroom Dancing and Sequence Dancing**

with dance tutor, Plumbland Village Hall, Plumbland, weekly Thursdays 7.00-8.30pm, everyone is welcome. Contact Mrs Bridget Mason: 016973 22051

Ireby *in process of amalgamation*

Kirkbampton, Village Hall, monthly 2nd Thursday of month 7.30pm. Contact Mrs Linda Garrard: 01228 576954

Kirkbride, Church Institute, monthly 1st Monday of month 7.15pm. Contact Mrs Graham: 016973 42104

Newton Arlosh, Parish Hall, monthly 2nd Monday of month 7.30pm. April to September, 2.00pm October to March. Contact Mrs Jane Mathews: 016973 52527

Plumbland, Village Hall, monthly 1st Wednesday of month 7.15pm. Contact Mrs Pauline Peill:

Rosley, Village Hall, monthly 2nd Wednesday of month 7.30pm. Contact Mrs Hetherington: 016973 43404 or Linda Low: 01228 711215

Thursby, Parish Hall, monthly 2nd Monday of month 7.15pm. Contact Mrs A Swindell: 01228 710944

Westnewton, Village Hall, monthly 2nd Wednesday of month 7.30pm. Contact

Westward, Parish Rooms, monthly 2nd Wednesday of month 7.30pm. Contact Ms Betty Jagger: 016973 43848

Silloth Library, Discovery Centre, Liddell Street, Silloth, open Monday, Wednesday, Friday 10.00am-1.00pm and 2.00-5.00pm, Saturdays 10.00am-1.00pm. Contact: 016973 31944

Thursby Book Drop, Thursby Parish Hall, Thursby, open Monday 1.30pm - 3.30pm, Thursday 9.30am -11.30am & 7.00-9.00pm Saturday 9.30-11.30am

Wigton Library, High Street, Wigton, open Monday 1.00-5.00pm, Tuesday 9.30am- 6.00pm, CLOSED Wednesday, Thursday 9.30am-5.00pm, Friday 9.30am-5.00pm, Saturday 10.00am -12.00pm. Contact: 016973 42729

Women's Institutes

Aikton, Aikton Parish Hall, monthly 3rd Tuesday of month 7.30pm. Contact Mrs S Benson: 016973 42087

Bothel & Kirkland, Bothel Village Hall, monthly 1st Wednesday of month 7.30pm. Contact: Mrs P Millington: 016973 22344

Bowness-on-Solway, Lindow Hall, monthly 1st Thursday of month, 7.30pm. Contact

Caldbeck, Caldbeck Parish Hall, monthly 1st Wednesday of month, 7.30pm. Contact Mrs P Richardson: 016974 78458

Causewayhead, Community Centre, Silloth, monthly 2nd Wednesday of month 7.15pm. Contact Mona Kent 0169733700

Drumburgh & Glasson, The Bower Port, monthly 2nd Tuesday of month 7.30pm. Contact Ms Keir 01697352114

Dundraw, Blencogo Hall, monthly 1st Tuesday of month 7.30pm April to September, 1.30pm October to March
Contact Mrs M Howe: 016973 42841

Ireby, WI Hall, monthly 2nd Wednesday of month, 7.30pm. Contact Mrs A Garland: 016973 7144

Solway Morris

Morris Dancing group, various times during the year. For more information on dates and times contact Chris Hobson: 07720647734 or solwaymorris@sky.com

Singing and Music Groups:

Bell Ringing

St Mary's Church, Wigton, weekly Mondays 7.30pm—9pm and Sundays 9.30am and 6.00pm. Contact Mr Snape: 016973 71437

Irish Concert Night

Rosley Village Hall, Rosley, monthly Sundays 8.00pm. Contact Adele: 01768 606911 or Mrs Simpson 016973 44909 for details of the next concert Facebook: @irishcountrymusicatroseyvillagehallcumbria

Singing for fun

Evangelical Church Meeting Room, Lowmoor Road, Wigton, weekly Thursdays 7.30-9.00pm. Contact Hannah Reid: hanpants@googlemail.com

Singing for Wellbeing

West Street Surgery, Aspatria, 1st & 3rd Thursdays 10.00-11.30am, £4.00 or 6 sessions for £21 Contact Age UK: 016973 42279 or 08443 843 843

Wigton Choral Society

Methodist Church Hall, High Street, Wigton, weekly Thursdays 7.30-9.30pm (term-time only). Contact Anna Swindells: 01228 710944 or info@wigtonchoral.org.uk

Keep Fit/Exercise Classes/Sport Clubs:

Abbeytown Bowls

Assembly Rooms (Village Hall next to village shop), Fairstead, Abbeytown, beginners welcome. Weekly Mondays 7.00-9.30pm (October - March only). Contact Michael Faulkner: 016973 61703

Band Together for Fitness & Fun

Aspatria Bowling Club, weekly Tuesdays 2.30-4.00pm, £3.50. Contact Age UK West Cumbria 08443 843 843 or 016973 42279

Badminton

Gilcrux Village Hall, Gilcrux, weekly Tuesdays 7.00-9.00pm, £3 bring your own racket if you have one. Contact Henry Airey 016973 21555

Box Fit

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Thursdays 6.00-7.00pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Circuits

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Sundays 10.00-11.00am. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Indoor Bowls

Culterham Hall, Mawbray, weekly Mondays 1.00-3.00pm. Contact Dot Maxwell: 016973 31587

G Fit

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Tuesdays 5.45-6.15pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Gentle Seated Exercise, Gentle Chair Yoga,

Blennerhasset Village Hall, Blennerhasset, weekly Wednesdays 10.00-11.00am (not on when coffee morning being held). Contact Cherry Peel: 016973 20469

Local Libraries:

Aspatria Library, Market Square, Aspatria, open Monday 10.00am - 5.00pm, Tuesday 10.00am - 5.00pm, Wednesday 10.00am - 4.00pm Friday 1.00pm-5.00pm. CLOSED Thursdays and Saturdays. Contact: 016973 20515

Kirkbride Book Drop in, Kirkbride CDC, Kirkbride, Open. Tuesday afternoon. Contact Pamela Wilkinson: 01900 706173 Pamela.wilkinson@cumbria.gov.uk

Mobile Libraries, Crosscanonby Church, Crosby Community Centre, Crosby Villa Lonsdale View, Wheatsheaf Inn Abbeytown, Village Hall Allonby, Keswick Cottage Allonby, Lanrigg Corner House, Holly Terrace Blencogo, The pub Blencogo, Crookdale Cottages Aspatria, Bolton Low Houses Wigton, Threapland Caravan Park, Moota, Yates Brewery Westnewton, Village Hall Mawbray, Salta (farm) Mawbray, Blackdyke Farm, Causewayhead Wigton, Calvo Farm Silloth, Skinburness, Moricambe, Silloth, Causewayhead Parkside Wigton, School Terrace Oughterside, Osborne Place Prospect, Hesket New Market, Caldbeck Pub, Fellside Caldebeck, Caldbeck School, Branthwaite Cottages, Brantgate Mosedale, Carrock House Haltcliffe, Uldale, Ireby Village, Westward, Old Memorial Hall Mealgate, Fletchertown, West House Baggrow, Bus shelter Blennerhasset, Croftlands Torpenhow, Midtown Farm Torpenhow, Nook House Ruthwaite, Gates High Ireby, Fell Edge High Ireby, Crossroads Ruthwaite, Brook Cottage Boltongate, Wiggonby road end, Bus shelter Kirkbride, Hawthorn House Kirkbride, Newton Arlosh Church, Stonehurst Park, Thursby, Village Green Thursby, Curthwaite, Papcastle, Lime Fields Dovenby, The Beeches Gilcrux, Tordiff House Plumbland, Bus shelter Threapland, Bothel School. For more information on dates and times contact Workington Library: 01900 706170 or 01900 706173

Support and Advice Groups:

Allerdale Credit Union Information Point

Wigton Methodist Church Hall, Wigton, weekly Tuesdays 10.00-11.00am. Contact Maryport office: 01900 816111 or www.allerdalecreditunion.org.uk

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. Silloth Library, Discovery Centre, Liddel Street, Silloth, monthly 2nd Wednesday of month 10.00am-12.00pm. Wigton Library, High Street, Wigton, monthly 4th Thursday of month 2.00-4.00pm. Croft Surgery, Kirkbride 1st Wednesday of month 2.00pm-4.00pm Need to book an appointment. Contact West Cumbria Carers: 01900 821976

Speech After Stroke Scheme

Groups suitable for anyone who has had a stroke that has affected their communication. Inglewood, Wigton 10am-12:00 alternative Tuesdays (Other groups available). For more information contact Alison Tams 01900 705082 Alison will always answer a recorded message.

Support and advice for people with hearing loss

Drop in sessions, Local Links Office, Market Hall, Allerdale Council, monthly 4th Friday of month 10.00am-12.00pm (except Dec). Contact Caritas Care: 01228 562691

Wigton Arthritis Support Group

Fairview Court, Wigton, monthly 1st Friday of month 1.30pm. For more information contact: 016973 43964

Indoor Bowling Club

Village Hall, Plumbland, Held every Mondays and Tuesdays, 7.00-9.00pm. Contact Mrs M Sowerby: 016973 20719

Indoor Bowls

Village Hall, Torpenhow, weekly Mondays 8.00-10.00pm. Contact Avis: 016973 71579 or Gwen Leadbeater: 016973 71514

Indoor Bowls

Blencogo Village Hall, weekly Mondays 7.30-10.00pm (September to April, Starts again September 2019). Contact: Mary Douglas: 016973 61670

Indoor Bowls

Rosley Village Hall, Rosley, weekly Tuesdays 8.00pm (Sept-June). Contact Mr Simpson: 016973 44909

Keep Fit Class

Gilcrux Village Hall, Gilcrux, weekly Thursdays 10.00-11.00am (term time only). Contact Cherry Peel: 016973 20469

Kettlebells

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Wednesdays 5.30-6.00pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Legs, Bums and Tums

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Mondays 10.00-11.00am. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Power Circuit

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Mondays 6.00-7.00pm and Thursdays 9.00-10.00am. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Moky Fit

Thursby Parish Hall, Matty Lonning. Tuesday 7.30—8.30pm

Aspatria Community Centre, weekly Thursdays 7.00-8.00pm. Contact Emma Webb: 07578401010

Wigton Market Hall, Wigton, weekly Wednesdays 6.30-7.30pm. Contact Emma Webb: 07578401010

Pure Pilates

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Wednesdays 10.15-11.15am. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Pump + Abs

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Thursdays 1.30-2.15pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Spin and Ball Workout

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Tuesdays 6.15-7.30pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Spin Class

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Mondays 9.00-9.45am and 7.15-8.00pm, Tuesdays 9.00-9.45am, Wednesdays 6.00-7.00pm, Thursdays 7.15-7.45pm and Fridays 5.45-6.30pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Taekwondo

Wigton Bowling Club, West Road, Wigton, weekly Tuesdays 7.00-8.00pm.

Thomlinson Junior School, High Street, Wigton, weekly Fridays 7.00-8.00pm.

Contact West Cumbria Taekwondo (Stuart Dowell): 016973 26201, 07825215431, westcumbriatkd@aol.com, www.westcumbriataekwondo.co.uk

Look Back with Nostalgia

Local History Group—New Members welcome! Aspatria Local Links Library. Last Monday of the month. Contact Alana; 07946 096946

Computer Classes and Drop in Sessions:**Internet Taster Sessions**

Intended for those with little or no internet experience, bookings are by appointment only. Wigton Library, High Street, Wigton, weekly. Contact the library to book a one to one session at a time that suits you: 016973 42729 or Workington Library: 01900 706170

Solway Over 60s Club

Community Hall, Silloth, alternate Wednesdays 1.30- 3.00pm (except August, December or January). Trips, discussions and bingo. Contact Mrs Pat Carruthers: 016973 31536.

Thursday Club

Kirkbampton Village Hall, Kirkbampton, Come along for a coffee and a chat, monthly 3rd Thursday of month, 2.30pm to 3.30pm (October-April). Contact Mrs Carter: 016973 51377

Volunteer at Watchtree Nature Reserve

Watchtree Nature Reserve, near Wiggonby, Carlisle. Come along and volunteer Wednesday mornings 10.30am. If you are interested please contact Ryan Dobson: 01228 712539

Writing, Reading and Library Groups:

Book Group

Rosley Village Hall, Rosley, monthly last Friday of the month 1.30-3.30pm (Sept-May). To find out when the next meeting is and if you are interested in coming along please contact Sue Buckwell: 017687 76056, sue.buckwell@btopenworld.com

Reading Groups

Silloth Library, Discovery Centre, Liddel Street, Silloth, monthly last Wednesday of month 11.00am-12.00pm. Contact the Library: 016973 31944

Wigton Library, High Street, Wigton, monthly last Thursday of month 10.30-11.30am. Contact the Library: 016973 42729

Solway History Society

Wigton Community Hall Church, Wigton, monthly first Tuesday of the month 7.20 - 9.30 (Sept—Dec, March—May). During the Summer we also go for occasional walks, visits and days out. Contact Eunice Hamlyn for more information: 016973 45902

Spin and Trim

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Fridays 9.00-10.00am. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

The Happy Wanderers

Walking group - various locations across the Solway Plain, weekly Tuesdays 10.00am. Contact Annie Palmer if you would like to come along for the next walk: 016973 33078

Tai Chi

The Parish Hall, Caldbeck, weekly Wednesdays 10.30-11.30am (except August). Contact Lesley Relph: 01228 710898, 07516419128, townandvillagetaichi@gmail.com or visit her website www.townandvillagetaichi.weebly.com (Practice session only for existing students in January)

Total Body Blitz

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Wednesdays 6.15-7.00pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Thursby Bowling Club

Thursby Parish Hall, Thursby, weekly Thursdays 7.00-9.30pm. Contact Mike and Ann Lamb: 01228 711874 or Phillis Nicholson: 01228 711428

Short Mat Bowling

Kirkbampton Viillage Hall, weekly Tuesday 7.30—9.30 pm. Contact Ron Stables: 01228 576394

Walking Football in Silloth and Wigton

Basically no running, time outs if people need breaks. No slide tackles or physical contact. Free coffee and tea at Methodist Chapel after if people want one.

Silloth - Football pitch by Silloth tennis court, weekly Mondays 1.00pm-2.00pm

Wigton - Wigton Rugby Club (All weather pitch), weekly Wednesdays 2.00pm-3.00pm

For more information contact Alan Rainford: alanrainford859@btopenworld.com

Watchtree Keep Fit

Keep Fit Walking and Wigton Hospital Outdoor Walking and Cycling Scheme, Watchtree Nature Reserve, Near Wiggonby, Carlisle, every Sunday 9.30am-12 noon, £3 for a 90 minute cycle (Adapted Bikes available), walking free. For more information contact Watchtree Nature Reserve: 01228 712539.

Watchtree Walking Fit

A fun, flexible and friendly “active” walking group, group will walk at an average pace of 4mph over a flat measured route around the reserve. Watchtree Nature Reserve, Near Wiggonby, Carlisle 2nd and 4th Sunday of month, meet in the visitors centre at 10.00am (No booking required). For more information contact Watchtree Nature Reserve: 01228 712539 or www.watchtree.co.uk.

Watchtree Walking for Health

Weekly Monday, 10am. A slow pace 1 hour walk aimed at improving health. Meet at Watchtree Visitors Centre. Tel: 01228 712 539

Wigton & District Evergreens

Chatsworth Tennis Club, St. Aidans Road, Carlisle, weekly Tuesdays 2.00-3.00pm (Sept - April). Contact John Higham: 016973 42224

Yoga

Blennerhasset Village Hall, Blennerhasset, weekly Wednesdays 7.00-8.30pm (term-time only). Contact Cherry Peel: 016973 20469
Village Hall, Plumbland, weekly Mondays 10.00-11.30am (term-time only). Contact Cherry: 016973 20469

Yoga

Millhouse Village Hall, Near Heskett New Market, weekly Mondays 7.00-8.45pm and Tuesdays 10.00-11.30am. Contact Tray Hughes: 07810166262, 016974 78215 or trayyoga@gmail.com

Yoga and Relaxation Classes

Kirkbampton Village Hall. Weekly Tuesdays 9.15—10.15am, Wednesdays 6—7.15pm. Tel: 07975 806613.
www.kirkbamptonweb.co.uk

MIND West Cumbria Drop In

Wigton Methodist Church, weekly Tuesdays 12.30pm-2.30pm. Contact MIND West Cumbria: 01900 66518

Oasis

Social get together with refreshments and home baking. Thurstonfield Methodist Chapel, Thurstonfield, monthly 1st Monday of month 2.30-3.30pm (Excluding bank holidays). Contact Mary Pattinson: 01228 576027

Senior Welfare

St John’s Lodge, Water Street, Wigton, weekly Tuesdays 1.30-2.45pm, Contact Mrs Dot O’Neill: 016973 49615

Age UK West Cumbria—Bradbury Independent Living centre

Oxford Street, Workington. Day Activities Suite available for half day or full day. Transport available across Allerdale. Lunch and refreshments provided. Tel: 08443 843843

Amy’s Care

A community interest company: Amy’s care offers clubs in Keswick, Carlisle and Ireby. 2 Course hot lunch and transport is available. Tel: 016973 71973. Email: info@amys-care.co.uk

Bingo and Games:

Bowness Whist Club

Lindow Hall, Bowness-on-Solway, fortnightly alternate Wednesdays 7.30pm (prompt). Contact Mrs Evans: 016973 51322

Scrabble Club

Silloth Local Links, Silloth, weekly Fridays 10.30 –1.30
Contact Barbara 016973 31944

Whist

Thursby Parish Hall, weekly Mondays 1.30-3.30pm.
Contact Mildred Sutherland 01228545560

Social Groups and Clubs:

Aspatria Monday Club

Aspatria Community Centre, King Street, Aspatria, monthly 1st Monday of month 2.00pm. Contact: Lorna Ledgerwood, Tel: 016973 21373

Biscuit Club

Social, bingo, day trips and meals out. St Johns Lodge, Water Street, Wigton, weekly Wednesdays 1.00-3.00pm. Contact Mrs Dyson: 016973 44652 or Mrs Edna Barnes: 016973 43506

Men in Workshops

NADT-North Allerdale Development Trust LTD, Wigton Market Hall, Church St, Wigton, CA7 9AA. Fortnightly Wednesdays 1.00pm-3.00pm. Contact 016973 44555,

Northern Fells Group Men in Workshops

Old Joiner's hut, Caldbeck Green. Tuesdays and Thursdays 10am—2 pm. Contact Ken Graham: 07500 8613 55, 016974 76148. Email: ken.graham@northernfellsgroup.org.uk

Zumba

Gilcrux Village Hall, Gilcrux, weekly Mondays 6.00-7.00pm and Fridays 9.30-10.30am (term-time only), £4. Contact Jo Morgan: 07986427671

1/2 Stone Club

G & S Fitness Wigton Gym, Unit 2, Miller Business Park, Station Road, Wigton, weekly Wednesdays 11.30am-12.30pm. Contact G&S Fitness: 016973 08954, enquiries@wigtongym.com or www.wigtongym.com

Health and Dieting Support:

Weight Watchers

Methodist Church Hall, High Street, Wigton, weekly Wednesdays 6.00pm. Contact Anne Quayle: 07900553344

Slimming World

Silloth RUFC, Old Marshalling Yard, Rugby Park, Silloth, weekly Tuesdays 7.00pm and Saturdays 9.00-11.00am. Contact Denise: 07799708465

Aspatria Rugby Union Club, Station Road, Aspatria, weekly Wednesdays 5pm and 7pm. Contact Jodie: 07939424566

Wigton Bowling Club, West Road, Wigton, weekly Mondays 3.00pm, 5.00pm and 7.00pm. Tuesdays 5pm and 7pm. Contact Denise: 07799708465

Wigton Bowling Club, West Road, Wigton, weekly Wednesdays 7pm. Contact Val: 07547 282238

Morning Coffees and Lunch Clubs:

Bowness Community Lunch Club

Lindow Hall, Bowness-on-Solway, monthly 1st Tuesday of month 12.00pm. £5. Contact Doreen North: 016973 51885 or Patsy Knowles: 016973 51788

Coffee Morning

Prospect Village Hall, Prospect, Aspatria monthly 4th Tuesday 10.00am-12.00pm. Contact Gladys Hunter: 016973 21217

Coffee Morning

Wigton Methodist Church Hall, High Street, Wigton, weekly Tuesdays 9.15-11.30am. Contact Church: 016973 42468

Kirkbampton Community Lunches

Kirkbampton Village Hall, Kirkbampton, monthly 2nd Wednesday of month 11.45am (during term-time). Booking is essential. Contact Maureen Fawcett: 01228 576056

League of Friends Coffee Morning

Silloth Nursing and Residential Care Home, weekly Wednesdays 9.45-10.45am (break over Christmas). Contact Ann Blair: 016973 31493

Luncheon Club

Thursby Parish Hall, Thursby, monthly 4th Wednesday of month 12.00pm (NEED TO BOOK). Contact Peg Eastwood: 01228 710101

Luncheon Club

Ship Inn, Thursby, monthly 2nd Thursday of month 12.00pm. Contact Rev John Hine: 01228 712704

Northern Fells Lunch Club

Globe Hall, Ireby, monthly 4th Thursday of month 12.00pm. Contact Mrs Barbara Johnson: 016973 71578

Lunch Club

Westward Parish Hall, Westward, monthly 2nd Thursday of month 12pm. Contact Ethel Pigg: 016974 78344

Northern Fells Lunch Group

Sour Nook Inn, Sebergham, monthly 2nd Thursday of month 12.00pm (please book). Contact: Alison or Ian Tate: 016974 76242

Northern Fells Lunch Group

Oddfellows Arms, Caldbeck, monthly 4th Thursday of month 12.00pm. Contact: 016974 78220

Northern Fells Lunch Group

Sebergham Community Lunch at Sebergham Village Hall. Monthly 3rd Thursday of the month. 12pm. Contact Helen Sturges: 016974 78556

Monday Lunch Club

The Space (Old Community Hall), Silloth, weekly Mondays 12.00pm (places limited). Contact Lawrence Marshall: 016973 31257

Our Doors Open Lunch

St Andrews Hall, Solway Street, Silloth, weekly Tuesdays 12.00pm

Prospect Lunch Club

Prospect Village Hall, monthly 2nd Tuesday of month, 12.00-2.00pm. Raffle and Speakers, Contact Gladys Hunter: 016973 21217

Silloth Luncheon Club

Silloth Community Hall. 12pm. Mondays (excluding bank holidays). Contact Lawrence Marshall: 016973 31257

Rosley Luncheon Club

Village Hall, Rosley, monthly 3rd Wednesday of month. Contact Debbie: 016973 44255 or Barbara: 016973 42452

Wigton Wiza Club

Drop-in coffee morning, St John's Lodge, Water Street, Wigton, weekly Tuesdays and Thursdays 9.30-11.00am. Contact Pat Fletcher at the drop-in