



## Activities and Social Groups in the Whitehaven Area

**Call the Helpline 08443 843 843**

Old Customs House  
West Strand  
Whitehaven  
Cumbria  
CA28 7LR  
Fax: 01946 591182

Email: [info@ageukwestcumbria.org.uk](mailto:info@ageukwestcumbria.org.uk)

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

Reg. Charity no: 1122049



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



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

## **Arts and Crafts Clubs:**

### **Arts and Crafts workshops and classes**

Haven Crafts, Roper Street. Fortnightly Saturdays, Tuesdays and Thursdays. For times contact Hazel Wright 01946 692643

### **Arts and Crafts Group**

United Reformed Church, Market Place, Whitehaven, alternate Tuesdays 2.00-4.00pm, Facilitating with the University of the Third Age, Contact Vicky Lipton: 01946 693010

### **Art Class**

Disington Community Centre, Church Road, Disington. Weekly Tuesdays 6:15pm-8:15pm. Contact Centre 01946 834297

### **Craft Club**

Disington Community Centre, Church Road, Disington. Weekly Tuesdays 1:00pm-3:00pm. Contact Centre 01946 834297

### **Craft Group**

Woodbank Hall, Woodhouse Road, Whitehaven, weekly Fridays 10.30-12.30pm, Contact John/Pauline Campbell: 01946 695118, BRING YOUR OWN PROJECT

### **Craft Club**

Disington Community Centre, weekly Tuesdays 1.00pm-3.00pm  
Contact: Disington Community Centre: 01946 834297

### **Craft And Chat**

United Reformed Church, James Street, Whitehaven on Tuesdays, 2pm

## **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.)

### **Flower Arranging Club**

St Beghs Church Hall, Whitehaven, Second Friday of the month  
2.00pm-4.00pm, Contact Ann Corkhill: 01946 81058,  
ann.cork@live.co.uk or Vivien Postlethwaite: 01946 810233 and for  
events and information check [www.flowersnorthwest.net](http://www.flowersnorthwest.net)

### **Knitting Group**

St James Community Centre, 10 High Street, Whitehaven on  
Thursdays 6:30pm-8:30pm Contact: Dorothy Graham 01946 693895

### **Knitting / Craft Group**

Mirehouse Top Shops Contact: 01946 693301

### **Knit & Natter**

Distington Community Centre, weekly Fridays 1.00pm-3.00pm  
Contact: Distington Community Centre: 01946 834297

### **Knit and Natter**

Hensingham Library, Richmond Hill Road, Whitehaven, weekly  
Wednesdays 2.00-4.00pm. Contact the Library: 01946 695545 or Age  
UK: 08443 843 843

### **Knit, Natter and Crafting**

Senhouse Centre, Whitehaven, weekly Mondays 1.00-3.00pm,  
BRING YOUR OWN PROJECTS, Contact Senhouse Centre,  
Whitehaven: 01946 590122

### **Painting Classes**

Old Customs House, Whitehaven, weekly Tuesdays and Thursdays  
1.30-3.30pm, Contact Old Customs House, Whitehaven: 01946 66669  
or 08443 843 843, Classes with Mr. Armstrong

### **Painting Club**

Old Customs House, Whitehaven, weekly Wednesdays 1.00-3.00pm  
Contact Age UK: 01946 66669 or 08443 843 843

### **Pins and Needles Craft Group**

Whitehaven Library, weekly Tuesdays 1.00-3.00pm, Contact  
Whitehaven Library: 01946 506400

## **Dance Classes and Clubs:**

### **Dancing**

St Mary's Catholic Church, High Road, Kells, Whitehaven, weekly Tuesdays 8.00-10.00pm. Contact St Mary's, Kells: 01946 692757

### **Line Dancing**

St Mary's Church Hall, High Road, Kells, Thursdays 6:30pm

### **Modern, Latin and Sequence Dance**

Marchon Club, Coach Road, Whitehaven, weekly Sundays 7.30-9.30pm. Contact Marchon Club: 01946 61496

### **Old Thyme Dancing**

Marchon Club, Coach Road, Whitehaven, Monday and Thursdays 1:30pm to 3:30pm Contact Marchon Club, Whitehaven: 01946 61496

St Mary's Club, High Road, Kells Tuesday 7:30pm

### **Salsa and Latin Dance Classes**

Marchon Club, Coach Road, Whitehaven, weekly Wednesdays 7.00pm. Contact Marchon Club: 01946 61496

### **Star Stompers Line Dancing**

St James Community Centre, High Street, Whitehaven, weekly Tuesdays 7.00-8.30pm. Contact Harold Starkey: 01946 694156

Moresby Church Hall, Park Road, Moresby, Thursdays 7:30-9:30

Over 60's, Masonic Hall, Duke Street, Whitehaven, weekly Thursdays 1.30-3.00pm. Contact Harold Starkey: 01946 694156

### **Whitehaven Scottish Country Dancing**

Moor Row Working Men's Club, Scalegill Road, Moor Row, weekly Mondays 7.30pm. Contact: 01946 820584

## **Women's Institutes:**

**Keekle & Padstow**, Keekle Mission Room, 1st Tuesday of month  
Contact Mrs. J Leech: 01946 64909

**Moresby**, Moresby Church Hall, 3rd Wednesday of month 7.00pm,  
Contact Mrs Margaret Hartley President: 01946 693910,  
Contact Mrs Marion Anderson Secretary: 01946 694434

**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.

## **Local Libraries:**

**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

**Distington Library**, Church Road, Distington, open Mondays, Tuesdays, Thursdays and Fridays 10.00am-2.00pm. Contact: 01946 506400

**Mobile Libraries**, Wednesdays, Monkway Court Sheltered Housing Kells, Scree View Parton, Rosehill Care Home Moresby, Walkmill Court Moresby Parks, Moresby Parks school. For more information on dates and times contact Workington Library: 01900 706170 or 01900 706173

## **Morris Dancing**

Calderbridge, Contact: 01946 824746

## **Drama, Singing and Music Groups:**

### **Bell Ringing**

St James' Church, High Street, Whitehaven, weekly Fridays 7.30pm, Sundays 9.30am and 5.30pm. Contact Brian Forster: 01946 67335

### **Celebration Singers**

St. Andrews Church Hall, Meadow Road, Mirehouse, Whitehaven, weekly Mondays 7.00-9.00pm. Contact St Andrews Church Hall: 01946 693565

### **KC's Angels Singing Group**

St. Andrews Church Hall, Meadow Road, Mirehouse, Whitehaven, weekly Tuesdays 6.00-7.00pm. Contact St Andrews Church Hall: 01946 693565

### **Committed2Rock Community Choir**

Mondays 7.30 - 9.30pm, The Haven Club, Whitehaven.  
[www.committed2rock.co.uk](http://www.committed2rock.co.uk)

### **New Arts North Singing Group**

The Senhouse Centre, Whitehaven, weekly Tuesdays 10.00am-12.00pm. Contact Senhouse Centre: 01946 590122

### **Singing Group**

Whitehaven Market Hall, Market Place, Whitehaven, weekly Tuesdays 10.00am-12.00pm. Contact: 01946 590590

### **Singing for the Brain**

St Mary and St Michael Parish Hall, Church Street, Egremont CA22 2AY for those suffering with dementia

### **St James Church Choir**

St James Church, High Street, Whitehaven, weekly Fridays 7:30pm-9pm (term-time only). Contact Sigrid Leech if you are interested in

**Whitehaven Choral Society**

Thursdays 7:30pm @ St Beghs Junior School Hall, Coach Road, Whitehaven

**Whitehaven Male Voice Choir**

St Gregorys and St Patricks Church, Quay Street, Whitehaven, weekly Thursdays 7.30pm-9.30pm Contact Peter Argyle: 01946 825441 or Don Messenger: 01946 63452, secretary@wmvc.co.uk

**Whitehaven Brass Band**

Rehearsal - Methodist Church Hall, Main Street, Hensingham, Whitehaven, weekly Wednesdays 7.00pm  
Lessons - Keekle Mission, Keekle, weekly Mondays 7:15pm-9:15pm  
For more information contact David Murdoch: 07463498670

**Whitehaven Theatre Group**

Contact - enquiries@whitehaventheatregroup.com

**Exercise Classes/Sport Clubs/Bike Clubs:****Abs and Core Fitclub**

24 Wellness Club, Sneckyeat Industrial Estate, Whitehaven, weekly Fridays 5.15-6.00pm. Contact 24 Wellness Club:07734255988 or www.24wellnessclub.co.uk or email support@24wellnessclub.co.uk

**Active Life Aerobics**

Copeland pool and fitness centre, Cleator Moor Road, Whitehaven, weekly Fridays 10.30-11.15am. Contact Copeland Pool, Whitehaven: 01946 696049, www.northcountryleisure.org.uk

**Active Life Aquafit Aerobics**

Copeland Pool, Cleator Moor Road, Whitehaven, weekly Wednesdays 11.00-11.45am and Thursdays 10.45-11.45am. Contact Copeland Pool, Whitehaven: 01946 696049, www.northcountryleisure.org.uk

**Active Life Exercise Class**

Whitehaven Sports Centre, weekly Fridays 11.00am-12.00pm.  
Contact Whitehaven Sports Centre: 01946 695666,

**Wine Appreciation:** For more information contact Pon Smith 01946 693081

**General Meetings**

With a speaker and a coffee/tea on Wednesdays/fortnightly 2pm at Whitehaven Cricket Club, Richmond Terrace, Whitehaven

**Writing, Reading and Library Groups:****Reading Group**

Distington Library, Church Road, Distington to every 2nd Tuesday 7-8pm Call 01946 506 400

**Social at the Library**

Kells Library, Whitehaven, monthly 1st Thursday of month 10.00am-12.00pm. Contact Anne Steele at Whitehaven Library: 01946 506406

**Writers' Group**

The Senhouse Centre, Whitehaven, weekly Tuesdays 2.00-4.00pm.  
Contact Senhouse Centre: 01946 590122

**Lamplugh**

Lamplugh Village Hall on 2nd Monday of each month 2pm



### **Tech Time**

Whitehaven Library, Lowther Street, Whitehaven—Fortnightly Bring your own laptop or tablet MUST BOOK FREE HALF HOUSE SESSION  
Contact Library 01946 506402

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

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

**Art Apperception Group:** Heningham Methodist Church, Hensingham, information contact Margaret Hildrop 01946 83335

**French Group:** Waverly Hotel, Whitehaven. For more information contact Anne Dick: 01946 61027

**Good Read Group:** Waverly Hotel, Whitehaven. For more information contact Margaret Hildrop: 01946 883351

**Mahjong Group:** Alternate Wednesdays 1.30pm-4.30pm in members homes. For more information please contact Jennifer Hocking 01946 695682

**Poetry Group:** Second Monday of each month 10.30am-12.30pm. Meetings held at Susan Edwards home; for more information call 01946 696412

**Science and Technology Group:** People wishing to become members of this group must pay the Science group annual fee of £5 (For members of other U3A groups there is no need pay a second full U3A fee) Entry is £3 to cover Tea/Coffee and the room. Meetings at Chase Hotel, Whitehaven; for more information please contact Rob Anderson 01946 61226 or Ann Bailey 01946 694658

**Scrabble:** For more information contact Hazel Boddy 01946 592975

**Sunday Lunch Club:** Fore more information contact Judith Jordon 01946 693493

**Visits:** For more information on future visits, see our website <http://www.westcumbriau3a.org.uk/visits/4559435971>

### **Active Life Syngy**

Functional training fitness class that utilises the synrgy workout technology. Copeland pool and fitness centre, Cleator Moor road, Whitehaven, weekly Tuesdays 9:30am-10:15am. Contact 01946 696049,

### **Active Life TRX**

Suspension training workout. Copeland pool and fitness centre, Cleator Moor road, Whitehaven, weekly Wednesdays 9.00-10:15am. Contact Copeland Pool, Whitehaven: 01946 696049, [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Adult Swimming Lessons**

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

### **Adult Only Swimming**

Copeland Pool, Cleator Moor Road, Whitehaven, weekly Mondays 11.45am-1.00pm, Tuesdays 7:00pm-8:00pm, Wednesdays 11.45am-1.00pm, Thursdays 6:30pm-7:15pm and 9:15pm-10:00pm, Fridays 11.45am-1.00pm, 7:00pm-8:00pm and 9:00pm-10:00pm. Contact Copeland Pool, Whitehaven: 01946 696049, [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Aqua Natal**

Copeland pool, Cleator Moor Road, Whitehaven, weekly Wednesdays 10.15-11:00am. Contact Copeland Pool, Whitehaven: 01946 696049, [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Aquafit Aerobics more advanced**

Copeland Pool, Cleator Moor Road, Whitehaven, weekly; Wednesdays 6.05-6.50pm - NEED TO BOOK, Sundays 5.30-6.30pm - NEED TO BOOK. Contact Copeland Pool, Whitehaven: 01946 696049

### **Argo Fitness Crossfit**

Coach Road, Whitehaven

### **Armchair Aerobics**

Mirehouse Community Centre, Seathwaite Avenue, weekly Friday 11.30am—12pm. Contact Mirehouse Community Centre: 01946 693301

### **Badminton**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 7.30-10.00pm and Fridays 7.30-10.30pm. Contact Sports

### **Body Conditioning**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly  
Thursdays 5.30-6.30pm. Contact Sports Centre: 01946 695666 or  
[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Boxercise**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly  
Mondays 6.30-7.30pm, Wednesdays 9.30-10.30am and Fridays 6.0-  
7.00pm. Contact Sports Centre: 01946 695666 or  
[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Circuits**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly  
Mondays 6.30-7.30pm, Tuesdays 6.00-7.00pm, Wednesdays 6.00-  
7.00pm, Thursdays 6.30-7.30pm, Fridays 6.30-7.30pm. Contact  
Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Circuits Fitclub**

24 Wellness Club, Sneckyeat Industrial Estate, Whitehaven, weekly  
Wednesday 7:30-8:15pm. Contact 24 Wellness Club:07734255988 or  
[www.24wellnessclub.co.uk](http://www.24wellnessclub.co.uk) or email [support@24wellnessclub.co.uk](mailto:support@24wellnessclub.co.uk)

### **Clubbercise Fitness Class**

Marchon Club, Whitehaven, weekly Wednesdays 7.00-8.00pm.  
Contact Marchon Club, Whitehaven: 01946 61496

### **Copeland Canoe Club**

Copeland Pool, Cleator Moor Road, Whitehaven, weekly Tuesdays  
8.00pm-onwards. Contact Copeland Pool, Whitehaven: 01946  
696049, [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Copeland Bowls**

Wyndham Street, Cleator Moor Contact: 01946 815100

### **Cyclone Spinning**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly  
Mondays 10.30-11.15am, 5.15-5.55pm and 6.30-7.15pm, Tuesdays  
9.30-10.30am, 12.15-12.50pm, 5.15-5.55pm and 6.00-7.00pm,  
Wednesdays 5.15-5.55pm and 7.00-7.40pm, Thursdays 10.30-  
11.15am, 5.15-6.00pm, 6.00-6.45pm and Fridays 5.15-6.00pm.

### **Royal British Legion Advice Days**

For those who are serving, have served, their carers and dependers.  
Daniel Hay Library, Lowther Street, Whitehaven, monthly last Thursday  
of month 10.00am-1.00pm. Advice and information on mobility, bene-  
fits, war pensions, training and employability. Contact Helpline: 0808  
802 8080 or the Library: 01946 506400

### **Speech After Stroke Scheme**

Groups suitable for anyone who has a stroke that has affected their  
communication. Orchard Court, Whitehaven Tuesdays 1:45-3:45.  
(Other groups available) For more information contact Alison Tams  
01900 705082

### **Stroke Support Group**

Helena Thompson Museum, Park End Road, Workington. Fortnightly  
Tuesday 1:30-3:30. For further details contact: Claire Lowery  
07739746095

### **Support and advice for people with hearing loss**

Drop in sessions United Reformed Church, Market Place, Whitehaven,  
monthly 2nd Friday of month 9.30am-12.00pm, Contact Hugh  
Stirling Caritas Care: 01228 595937

### **MIND Mental Health**

Drop-In 11am-1pm Unity Building, Lowther Street, Whitehaven Contact  
01900 66518 [Admin@mindinwerstcumbria.org.uk](mailto:Admin@mindinwerstcumbria.org.uk)

### **Whitehaven Community Trust**

3 Senhouse Street, Whitehaven services include: Knit, Nater and Craft-  
ing; BAT (Beating Addiction Together) among other support groups.  
Contact 01946 590122

### **Whitehaven Society for the Blind**

22 Lowther Street, Whitehaven 01946 592474

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

### **Computer Drop in**

Old Customs House, Whitehaven, weekly Mondays 10.30am-12.30pm,  
Contact Old Customs House, Whitehaven: 01946 66669 or 08443 843  
843

### **Computer classes for Beginners**



## **Support and Advice Groups:**

### **Carers Group**

Are here to provide support for those dealing with dementia/early memory loss on Tuesdays 1:30-3:30pm At the Whitehaven Library

### **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. Daniel Hay Library, Lowther Street, Whitehaven, monthly 3rd Tuesday of month 1:30 to 3:30 and Thursdays 1-4:30pm at West Cumberland Hospital. Need to book an appointment. Contact West Cumbria Carers: 01900 821976

### **Citizen Advice Bureau**

Tangier Building, Greggs Lane, Whitehaven Contact 01946 693321

### **Cruise Bereavement**

Contact: Call 0300 600 3434

### **Dementia Café**

Egremont Methodist Church, Main Street, Egremont CA22 2DR

### **Home & Families Meeting**

Home League Fellowship, weekly Mondays 1.00pm-2.00pm, Contact Catherine Street Salvation Army: 01946 692883

### **Hospice Support Group**

The Senhouse Centre, Whitehaven, weekly Mondays 1.30pm-3.30pm, For Carers, Contact Senhouse Centre: 01946 590122

### **Past Times Social Group**

Social afternoon with a chat, activities and reminiscence. Refreshments provided. Old Custom House, West Strand, Whitehaven, weekly Mondays 1.00 - 3.00pm, and Wednesdays 1.00-3.00pm, Contact Age UK: 01946 66669 or 08443 843 843

### **Cyclone and Tone**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Wednesdays 10.35-11.35am and Sundays 11.00am-12.00pm. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

### **Enduro-strike**

Working Mens Club, Moor Row, weekly Thursdays 6.00-7.00pm, Contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk)

### **Fitness Classes (Fitsteps)**

St Gregory and St Patrick's School, Esk Avenue, Whitehaven, weekly Mondays 6.00-7.15pm and 7.20-8.20pm, Contact Tracey Telfer Fitness: 01946 65337 or find her on facebook Tracey Telfer Fitness

### **Fit 4 Life Exercise Class**

Old Customs House, Whitehaven, weekly Wednesdays 10.00am-11.00am, Contact Age UK: 01946 66669, 08443 843 843 or Fit 4 Life: 01900 814782, [info@fit4lifecumbria.org](mailto:info@fit4lifecumbria.org) or [www.fit4lifecumbria.org](http://www.fit4lifecumbria.org)

### **Fitness 4 U classes with Lynda Ridley, Ladies Only**

Marchon Club, Whitehaven, weekly Mondays Interval training, Aerobics, arm and leg work 5.30pm and Wednesdays Legs, Bums and Tums 5.30pm, Contact 01946 590538 or 07743 793881

### **Haig Anglers**

Contact Steve McGuire 01946 66181

### **Heathy Futures**

Weekly Health and Wellbeing sessions.1.00pm - 3.00pm Old Customs House, Whitehaven. Contact Viv or Kerry on 07763152529, [admin@healthyhopes.co.uk](mailto:admin@healthyhopes.co.uk), [www.healthyhopes.co.uk](http://www.healthyhopes.co.uk).

### **Honister 92**

Runs Sunday 50-100 miles rides from Mayfield School, Moresby Road, Whitehaven Contact Grant Law, 9 Larch Court Moor Row 07980 740876

### **High Intensity Interval Training**

24 Wellness Club, Sneckyeat Industrial Estate, Whitehaven, weekly

**Insanity Fitness**

St Marys Club, Kells, weekly Mondays 5.45-6.35pm and Thursdays 5.15-5.45pm, Contact St Marys Club Kells: 01946 694273

**Insanity Workout**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Wednesdays 5.00-5.50pm and Sundays 9.30-10.20am. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

**Interval Training**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 9.30-10.30am. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

**Karate, beginners all ages**

United Reformed Church Hall, Whitehaven, weekly Saturdays 10.00-10.50am. Working Mens Club, Moor Row, weekly Mondays 5.00-5.50pm. Contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk)

**Karate, yellow to blue belts all ages**

United Reformed Church Hall, Whitehaven, weekly Saturdays 11.00am-12.00pm. Working Mens Club Moor Row, weekly Mondays 6.00-7.00pm. Contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk)

**Karate, purple belts and above all ages**

United Reformed Church Hall, Whitehaven, weekly Saturdays 11.00am-12.30pm, Contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk)

**Kettlebells**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Tuesdays 9.30-10.30am and 5:00pm-6:00pm, Wednesdays 6.00-6.50pm, Thursdays 9.30-10.20am, Fridays 9.30-10.30am, Saturdays 9.30-10.30am and Sundays 6.00-6.50pm. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

**Kettlercise class**

St Marys Club, High Road, Kells, Whitehaven, weekly Wednesdays

**Pit Crack**

St Peter's Hall, 58 Central Road, Kells on Friday 2:30 to 4:30 Contact St Peter's Church, 58 Central Road, Kells 01946 693933

**Richmond Pensioners Club**

Richmond Community Centre, Hensingham, Whitehaven, weekly Tuesdays and Fridays 7 to 9:30 Contact Mrs Colligan 01946 62326

**SASRA Chess Club**

Thursdays 7pm @ Whitehaven Conservative Club, 82 Lowther Street, Whitehaven

**Social and Activity Group**

Mirehouse Community Centre, Whitehaven, weekly Wednesdays 1.30-3.30pm. Contact Keith Cartner: 01946 599755

**Society for the Blind Social Group**

Resource Centre, 22 Lowther Street, West Cumbria Society for the blind. Fortnightly alternate Wednesdays 2.00-4.00pm. Contact Marie Scott 01946 592474

**Sunshine Over 50's Club Social Group**

Come along play Bingo have the crack and make new friends, group goes out for day trips 3 times a year and also 3 lunch trips a year, Welfare Hall, Lowca, weekly Wednesdays 2.00pm, Contact: Glenice Sutton 01946 66121

**West Cumbria Camera Club**

Contact Chris Hale 01946 810282

**Whitehaven Day Care**

St Peter's Day Centre, Community Parish Hall, Lakeland Avenue, Kells, Whitehaven, weekly Tuesdays and Thursdays 10.00am-3.00pm. For more information contact Age UK: 01946 66669 or 08443 843 843

**Whitehaven Archive Centre (Heritage Group)**

Local history, maps of local areas, etc.

Scotch Street, Whitehaven. Held on 3rd Tuesday of the month 7:00pm-9:00pm. Contact 01946506420 for further details.

**History Society**

Disington Community Centre, Church Road, Disington. Weekly Thursdays 1:00pm-3:00pm. Contact Centre 01946 834297

**Kells Over 60's Social Group**

Come along and have a game of Bingo and a natter and meet new friends, Arrowthwaite RLFC, Old Arrowthwaite, Kells, Whitehaven, weekly Mondays 2.00-3.30pm, Contact: Mrs. McAvoy 01946 64451

**Ladies Fellowship**

Ladies Social group, often have guest speakers and other events, St Andrews Church Hall, Meadow Road, Mirehouse, Whitehaven, fortnightly alternate Mondays 7.30pm (April-October). Contact Elizabeth Crewdson: 01946 63806

**Men in Sheds**

Do you enjoy a cuppa and want to do something different in the company of others? Would you like to put your DIY skills to good use? You can share them with others or try something new and learn new skills. Then come a long and Support your local community. Mirehouse Community Centre, weekly, Wednesdays 10.00am-12.00pm, Contact Age UK: 08443 843 843 or 01946 66669

**Men's Fellowship**

Salvation Army, Catherine St, Whitehaven, monthly 3rd Friday of month 7.30pm, Contact Catherine Street, Salvation Army: 01946 692883

**Moresby over 60's Social Group**

Come along and play Bingo have a natter and make new friends, group also goes for day trips, Rugby Union Club, Moresby, weekly Tuesdays 1.45pm.

**Mother's Union**

St James Community Centre, High Street, Whitehaven, evening group, monthly 3rd Monday of month 7.30pm. Contact Sheila Kelly: 01946 812668

**Kettlercise class**

24 Wellness Club, Sneckyeat Industrial Estate, Whitehaven, weekly Mondays 5.30-6:00pm, Wednesdays 5.30-6.00pm, Fridays 9.30-10.00am. Contact 24 Wellness Club:07734255988 or [www.24wellnessclub.co.uk](http://www.24wellnessclub.co.uk) or email [support@24wellnessclub.co.uk](mailto:support@24wellnessclub.co.uk)

**Ladies only Swimming**

Copeland pool, Whitehaven, weekly Mondays 7.00-8.00pm, Contact Copeland pool: 01946 696049

**Metafit class**

24 Wellness Club, Sneckyeat Industrial Estate, Whitehaven, weekly Tuesdays 5.45-6.15pm, Thursdays 5.45-6.15pm, Contact 24 Wellness Club:07734255988 or [www.24wellnessclub.co.uk](http://www.24wellnessclub.co.uk) or email [support@24wellnessclub.co.uk](mailto:support@24wellnessclub.co.uk)

**Moky Fit**

Whitehaven School, Whitehaven, weekly Tuesdays 6.45-7.45pm, Contact Sam Moore: 07709821499

Mirehouse Community Centre, Mirehouse, Whitehaven, weekly Mondays 6.00-7.00pm. Contact the Centre: 01946 693301

**Netball**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 7.30-8.30pm. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

**Pilates**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 10.30-11.30am and Tuesdays 6.30-7.30pm. Contact Sports Centre: 01946 695666 or [www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

**Pilates**

Working Mens Club, Moor Row, weekly Tuesdays 6.15-7.00pm, Contact ESKK martial arts and fitness: 01946 694751 or [www.eskk.co.uk](http://www.eskk.co.uk)

### **Pilates**

West Coast Yoga and Pilates Studio, Haig Enterprise Park, Kells, Whitehaven, weekly Mondays 11.00am-12.00pm (Beginners), 5.00pm-6.00pm (Beginners), Wednesdays 6.00pm-7.00pm, Thursdays 11.00am-12.00pm, Fridays 9.15am-10.15am, 10.30am-11.30am (Back Care). Contact West Coast Pilates and Yoga Studio Julie Palmer and Sophie Reed: 07912689797 or 07842062836, Julie.palmer7@btopenworld.com, www.westcoastyogastudio.co.uk/

### **Pilates at Soul Box**

118-120 Queen St, Whitehaven, weekly Mondays 10.00-11.00am, 6.30pm-7.30pm (Power Pilates), 7.40pm-8.40pm, Tuesdays 5.30pm-6.30pm (Power Pilates), 6.40pm-7.40pm, Wednesdays 6.40pm-7.40pm. Contact: 07842062836, sophie@soulbox.co.uk

### **Resolution Club (Badminton)**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Tuesdays and Thursdays 9.00am-12.00pm, Contact Whitehaven Sport Centre: 01946 695666 or www.northcountryleisure.org.uk

### **Step Class (Beginners)**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 5.30-6.30pm, Contact Whitehaven Sport Centre: 01946 695666 or www.northcountryleisure.org.uk

### **Team XIII**

Check Facebook or Twitter @TeamXIIICycling for rides

### **Thai Boxing**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 6.30-7.30pm and Wednesdays 6.30-7.30pm. Contact Sports Centre: 01946 695666 or www.northcountryleisure.org.uk

### **West Cumbria Disability Sports Club**

St. Andrews Church Hall, Mirehouse, Whitehaven, weekly Thursdays 7.00-9.00pm, Contact St Andrews Church Hall: 01946 693565

### **Whitehaven Golf Club**

Red Lonning, Whitehaven Contact 01946 591144

### **Whitehaven Sailing and Boating Association**

Ownership not required, Contact David Fletcher at davidwsba@outlook.com

### **Marchon Badminton Club**

Thursdays 7-9pm at St Bees Sports Hall, Main Street, St Bees

### **West Cumbria Disability Sports Club**

Thursdays, 7-9pm at St Bees Sports Hall, Main Street, St Bees

### **Whitehaven Rambling Club**

Fortnightly Sunday walks—Contact: info@whitehavenramblingclub.org

### **Young at Heart Bingo**

Pensioners group, St Andrews Church Hall, Mirehouse, weekly Tuesdays 12.00am-3:30pm, Contact St Andrews Church Hall: 01946 693565

## **Social Groups and Clubs:**

### **Afternoon Group**

Mirehouse Community Centre, Whitehaven for bowls, movies, coffee and crack on Wednesdays at 1:30pm

### **Blind Social Group**

Blind Society, Lowther Street on Wednesdays 204pm Contact Marie Scott 01946 529474

### **Copeland Photographic Society**

Contact: Email Address available on the website (www.copelandphotographicsociety.org.uk)

### **Cumberland Geological Societ**

Contact : (<http://www.cumberland-geol-soc.org.uk/>)

### **Club for the Visually Impaired**

Marchon Club, Coach Road, Whitehaven Tuesdays 10am-12pm

### **Drop in and Social**

St Andrews Church, Mirehouse, Whitehaven, monthly 1st Wednesday of month. Drop in for soup, cakes, tea and bingo. Contact St Andrews Church: 01946 693565

### **Evergreens**

Distington Club for Younge People, Main Street, Distington . Weekly Thursdays 1:00pm-3:00pm. Contact Centre 01946 834297

### **Friends of the Museum**

1st Tuesday each month at the Beacon Museum, West Strand, Whitehaven

### **Gaiety Theatre**

### **Time for Everything**

Lunch club for all ages. St Marks village church, Moresby Parks.  
Monthly Thursdays 12pm, second Thursday each month. Contact Paul Kerry 01946 66168

### **Bingo and Games:**

#### **Bingo**

St Mary's Church Hall, High Road, Kells—Mondays 7:15 to 9:15pm,  
Wednesdays 7:30 to 9:15pm and Fridays 7:30 to 9:15pm

#### **Bingo/Quiz**

St Andrew's Church Hall, Mirehouse 1st Wednesday in the month from  
12-2pm

#### **Bingo for Pentioners**

Parton Village Hallm Tuesdays 2pm

#### **Over 55's Bingo and Lunch**

Come and join us for lunch and Bingo meet new people and have a  
natter at The Mirehouse Community Centre, Seathwaite Avenue,  
Mirehouse, Whitehaven, weekly Fridays lunch at 12.00pm and Bingo  
1.00-3.00pm You can just come for the Bingo if you like! (the Arm chair  
Aerobics are also on before the lunch at 11.30am see page 7), Contact  
Mirehouse Community Centre: 01946 693301

#### **Prize Bingo**

Mirehouse Community Centre, Whitehaven, monthly once a month  
Thursday 6.00pm, Contact Mirehouse Community Centre: 01946  
693301

#### **Scrabble Group**

Woodbank Hall, Woodhouse Road, Whitehaven 2nd Tuesday/month,  
2pm Contact John/Pauline Campbell 01946 695118

#### **St Bees and District Bridge Club (Unsuitable for absolute beginners)**

Bigrigg Village Hall Tuesdays 6:30-10:30pm and Fridays Contact: Mike  
Brewer 01946 725835 or Michael.brewrer@btinternet.com

#### **Whitehaven Sub Aqua Club**

Meets at The Copeland Pool, Cleater Moor Road, Whitehaven on  
Mondays at 7pkm Contact: 01946 695441

#### **West Cumbria Taekwondo**

Whitehaven Civic Hall, Lowther Street, Whitehaven, weekly Mondays  
6.30-7.30pm and Wednesdays 6.30-7.30pm (starts June 2015).  
Contact West Cumbria Taekwondo (Stuart Dowell): 016973 26201,  
07825215431, westcumbriatkd@aol.com or  
www.westcumbriataekwondo.co.uk

#### **Pathway to Yoga**

Senhouse Centre, Senhouse Street, Whitehaven, weekly Tuesdays  
6.00-7.00pm and Thursdays 5.45-6.45pm, Contact Fiona Anderson:  
07973419343

#### **Qi-Yoga**

Senhouse Centre, Whitehaven, weekly Mondays and Fridays 11.30am-  
12.30pm and Wednesdays 6.00-7.00pm, Contact Kay Wayman at  
Senhouse Centre, Whitehaven: 01946 590122 (Qi-Yoga is a blend of  
gentle yoga and Qigong (easy Tai-chi) suitable for beginners/  
intermediate) NEED TO BRING A MAT OR TOWEL

#### **Yoga**

Senhouse Centre, Whitehaven, Mondays (5 week block) 6.00-7.30pm  
Contact Margaret Beck (NEED TO BOOK): 07981633546

#### **Yoga classes**

West Coast Yoga and Pilates Studio, Haig Enterprise Park, Kells,  
Whitehaven, weekly Monday 6:30pm-8:00pm (Yoga and Mindfulness),  
Tuesday 6:00pm-8:00pm (Cleansing), Wednesday 10:00am-11:30am  
and 4:45pm-5:45pm (Yoga and Mindfulness) and Thursday 6:00pm-  
8:00pm (Cleansing). Contact West Coast Pilates and Yoga Studio Julie  
Palmer and Sophie Reed: 07912689797 or 07842062836,  
Julie.palmer7@btopnworld.com, www.westcoastyogastudio.co.uk/

#### **Zumba**

St Jame's Community Centre, High Street, Whitehaven, weekly  
Mondays 7.00-8.00pm and Wednesdays 7.30-8.30pm, Contact  
Vanessa King: 07598174743 or 01946 695838

#### **30/30/30**

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Fridays  
9.30-11.00am. Contact Sports Centre: 01946 695666 or  
www.northcountryleisure.org.uk

#### **Indoor Bowls**

St James Community Centre on Wednesdays 204pm Autumn/Winter

## **Health and Dieting Support:**

### **Active Life**

Whitehaven Sports Centre reduced gym prices on Tuesday's and Thursday's before noon

### **Healthy Hope Cumbria**

Free Health And Wellbeing Workshop—Grace Church, George Street, Whitehaven - Tuesdays 10:30am-12.30am

### **Look Good, Feel Good, Health and Dieting group**

St Andrews Church Hall, Mirehouse, Whitehaven, weekly Wednesdays 9.00am, Contact St Andrews Church Hall: 01946 693565

### **Slimming World**

New Life Church, Irish Street, Whitehaven, weekly Mondays 3.00pm, 5.00pm and 7.00pm, Tuesdays 9.00am, 11.00am, 5.00pm, 7.00pm, Saturdays, 8.00am, 10.00am, 12.00am, Contact Mark: 07867 426607

New Life Church, Irish Street, Whitehaven, weekly Wednesdays 9.30am, 11.30am, 5.00pm and 7.00pm, Contact Alex: 07540 485955

The Haven Club, Cleator Moor Road, Whitehaven, CA28 8TX  
Saturdays 9.00am, Contact Linzi: 07825 564895

United Reform Church Hall, Market Place, Whitehaven - Fridays 9am

Lowca Rugby Club, West Croft Terrace, Lowca - Thursdays 7pm

### **Weight Watchers**

United Reformed Church Hall, Market Place, Whitehaven, weekly Wednesdays 5.15pm, Contact Michelle McKenzie: 0345 677 7788

New Life Church, Irish Street, Whitehaven, weekly Thursdays 10.00am, Contact Michelle McKenzie: 0345 677 7788

## **Morning Coffees and Lunch Clubs:**

### **Andy & Benny's Lunch Club followed by Bingo**

St Andrews Church Hall, Mirehouse, monthly 1st Wednesday of month 1:30pm. Contact: St Andrews Church Hall 01946 693565

### **Coffee Morning**

Mirehouse Community Centre, Seathwaite Avenue, Whitehaven, weekly Fridays 9.30-11.00am, Contact Mirehouse Community Centre: 01946 693301

### **Community Coffee and a Crack**

Age UK, Old Customs House, West Strand, Whitehaven. Weekly Tuesdays 10.00am-12.00pm. All welcome, meet old friends and make some new ones. monthly speakers and activities. For more information contact Age UK: 01946 66669 or 08443 843843

### **Link Up Social Group**

Age UK, Old Customs House, West Strand, Whitehaven, Wednesdays 1.00pm-3.00pm

### **Lunch Club**

Mirehouse Community Centre, Seathwaite Avenue, Whitehaven, weekly Fridays 12.00pm-1.00pm, Contact Mirehouse Community Centre: 01946 693301

### **Lunch Club**

Greenbank Community Centre, Gammeriggs Road, Whitehaven, weekly Tuesdays 12.00pm. Contact Linda: 01946 696141

### **Lunch Drop In**

New Life Church Café, Whitehaven, weekly Monday-Thursday drop in for lunches; soup, baked potatoes and sandwiches available. For more information and times Contact: 01946 66556