



Activities & Social Groups in the Keswick Area



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

Flower Club

Braithwaite Institute, Braithwaite, Keswick, monthly 3rd Wednesday of month 2.00-4.00pm (except August). Tea & Biscuits, visitors pay £5.00. Contact Annette: 07624 491813

Hobbies Club

Drop In Centre, Heads Road, Keswick, weekly Mondays 2.00-4.00pm (Sept to June). Social, dominoes and cards. Contact Mrs Goodfellow: 017687 72828

Keswick Embroiderers Guild

Quaker Meeting Rooms, Elliot Park, monthly 3rd Thursday of month 10.00am-3.00pm. Contact Pat Knifton: 017687 79448.

Keswick in Bloom

Monthly meetings all venues and times arranged at the previous meeting if you would like to join or want more information please contact Liz Sharp: 017687 72771, lizsharp@gmail.com or www.keswickinbloom.org.uk New members always welcome.

Keswick Salsa

Wednesday Riverside Bar from 7pm Contact: keswicksalsa@btinternet.com

Lake District Ballroom

Village Hall Sunday Evenings from 6:30 Barry Stoddart 017687 73938 barrystod18@gmail.com

Lakeland School Of Dance

Tap Dancing Monday 6pm St Herbet Centre, H16H Hill. Janet: 07507 303999 Ballet for all Monday 5pm

Dance Classes and Clubs:

Folk Dance Club

Portinscale Village Hall, The Mount, Portinscale, Keswick, weekly
Fridays 8.00-10.00pm Sept-April. Monthly last Friday of month 8.00-
10.00pm April-Sept. Drop in and social (Beginners, please ring first).
Contact Rose: 01768 480058 RoseJJohnson24@aol.com

Keswick Krazy Kickers Line Dancing

Braithwaite Institute, Braithwaite, Keswick, weekly Tuesdays
Absolute Beginners 6.30-7.15pm, Beginners 7.30-8.30pm, Improvers
8.30-9.30pm, weekly Thursdays intermediate/advanced 7.30-
9.30pm. Contact Claire Bell: 017687 73318, 07909774300 or
Margaret: 017687 74734.

U3A Circle Dancing:

Threlkeld Village Hall Tuesday 5-6pm

Singing and Music Groups:

Bell Ringers

Crosthwaite Parish Church, Church Lane, Keswick, weekly
Wednesdays practice 7.00pm and Sundays 9.30-10.00am. Contact
Jenny Humphreys: 017687 72063

Committed2Rock Community Choir

Tuesdays 7.30 - 9.30pm, Keswick Conservative Club, Keswick.
www.committed2rock.co.uk

Keswick Choral Society

Crosthwaite Parish Rooms, Church Lane, Keswick, weekly Tuesdays
7.00-9.00pm. Contact Anne Hogarth: 017687 73429 or
harry.hogarth@gmail.com

Keep Fit/Exercise Classes/Sports Clubs:

Adults Only Swimming

Keswick Leisure Pool, Station Road, Keswick, weekly Mondays, Wednesdays at 8-9.30am, Tuesdays 10.00-11.00am, Thursdays 8.00-10.00am and 6.00-7.00pm and Sundays 9.00-10.00am. Contact the Pool: 017687 72760

Bokwa

High energy fitness class, cardio conditioning, strength training and flexibility. Inspiring fitness, Threlkeld Village Hall, Threlkeld, weekly Tuesdays 6.45pm. St Herbert's Centre, High Hill, Crosthwaite Road, Keswick, weekly Thursdays 6.00pm. Contact Katie Airey: 07708610798 or www.inspiringfitness.co.uk or katie@inspiringfitnesscumbria.co.uk

Core, Strength and Flexibility

Inspiring fitness, St Herbert's Centre, High Hill, Crosthwaite Road, Keswick, weekly Tuesdays 10.30am and Fridays 6.00pm. Contact Katie Airey: 07708610798 or www.inspiringfitness.co.uk or katie@inspiringfitnesscumbria.co.uk

Fitz Park Bowls Club

Fitz Park, Station Road, Keswick, weekly learner sessions Mondays and Wednesdays 6.00pm, club open End April-September daily 2.00-9.00pm, new members welcome. For more information contact Derrek Corrighan: 017687 73979 or the Club: 017687 75658 or www.keswickbowlsclub.co.uk

Keswick Archery Club

April-September Keswick Rugby Club, Davidson Park, Keswick, weekly (Rugby match and practice permitting). October-April Tythe Barn, Calvert Trust Riding Centre, Old Windebrowe, Keswick, weekly Mondays, Wednesdays and Fridays 6.30pm. Contact Secretary June Houghton: 017687 80477 or info@keswickarchers.co.uk or www.keswickarchers.co.uk

Keswick Croquet Club

Fitz Park, Station Road, Keswick, weekly Wednesdays 2.00pm and Thursdays 6.00pm May-September. Contact Ian Hall: 017687 73175 or www.croquetnw.co.uk/croquet-clubs-in-the-north-west/keswick-croquet-club/

Keswick Pool

Disability Swim 10-11am on Saturdays

Keswick Rambling Club

Walks are fortnightly every other Wednesday and Sunday. There are 3 levels of walk you can see the descriptions of levels in the rules section of the website. Walks are for members only, new members welcome subscription is £5 per year. For more information email- secretary@keswickramblingclub.com or www.keswickramblingclub.com

MetaFit

Inspiring Fitness; Braithwaite Institute, Braithwaite, Keswick, weekly Mondays 7.15pm. Threlkeld Village Hall, Threlkeld, weekly Tuesdays 6.00pm. St Herbert's Centre, High Hill, Crosthwaite Road, Keswick, weekly Wednesdays 7.15pm, Thursdays 10.30am and Fridays 5.00pm. Contact Katie Airey: 07708610798 or www.inspiringfitness.co.uk or katie@inspiringfitnesscumbria.co.uk

Prime Time Swimming

Keswick Leisure Pool, Station Road, Keswick, weekly Tuesdays 9.00-10.00am. Aquacise, aerobics and swimming. Contact the pool: 017687 72760

Keep-Fit

Aerobic/Strength Building Tuesday 5-6pm Threlkeld Village Hall

Pool

Water Workout—Tuesday (Swim for all Wednesday , Tuesday, Thursday, Friday, Monday

St Herbert's Short Mat Bowls

St Herbert's Centre, High Hill, Crosthwaite Road, Keswick, weekly Tuesdays 2.00-7.00pm Sept-March. Contact Jan Hinchcliffe: 017687 76653

West Cumbria Canoe Club

Keswick Leisure Pool, Station Road, Keswick, weekly Wednesdays 7.00-8.30pm (winter months). Derwent Water Marina, Portinscale, weekly Wednesdays 6.30pm (summer months). Beginners are welcome but the best session for beginners is 1st Wednesday of month. Contact: westcumbriacc@gmail.com or WCCC membership, Mereghyll, Low Lorton, Cockermouth, Cumbria, CA13 0RW

Yin Yoga

The Quaker Meeting Room, Elliot Park, Keswick, weekly Mondays 5.00-6.30pm. Contact Rebecca: 07735439126

Yin Yang Yoga

The Quaker Meeting Room, Elliot Park, Keswick, weekly Mondays 6.30-8.00pm. Contact Rebecca: 07735439126

Mixed Ability Yoga

St Herbert's Centre, High Hill, Crosthwaite Road, Keswick, weekly Tuesdays 6.00-7.30pm. Portinscale Village Hall, Portinscale, weekly Wednesdays 7.00-8.30pm. Bassenthwaite Parish Rooms, School Road, Bassenthwaite, weekly Thursdays 10.30am-12.00pm. Contact Tray Hughes: 016974 78215, 07810166262 or trayyoga@gmail.com

Health and Dieting Support:**Slimming World**

Rawnsley Centre, Main Street, Keswick, weekly Thursdays 6.00pm. Contact Alison: 07951668858

Bingo and Games:

Keswick Chess Club

Quaker Meeting Rooms, Elliot Park, Keswick, starts again every Tuesday of April then weekly Tuesdays 7.30pm. Beginners welcome. Contact Alan Todd: 017687 74553 or allant1@btinternet.com

Social Groups and Clubs:

Coffee and Chat Drop in Social

Drop in Centre, Heads Road, Keswick, weekly Mondays, Tuesdays, Wednesdays, Thursdays and Fridays 10.00am-12pm. Drop in and social. Contact: Mr M Jackson, Tel: 017688 64946

Cumbria Wine Society

Armathwaite Hall, Bassenthwaite Lake, Keswick, meet 10 times per year. New members always very welcome. For more information on events and membership contact Mary Potter: 01900 813310, info@cumbriawinesociety.co.uk or 016973 23997

Friday Morning at Keswick Museum Café

Museum Café, Station Road, Keswick, weekly Fridays 9.30-11.30am and 1st Thursday of month. Have a cuppa, meet other locals and enjoy Keswick's past., For details contact Chinty: 017687 71110

Sunday Coffee

Get-Together 10:45am Threlkeld Village Hall

Threlkeld Women's Group

2nd Tuesday of each month. 7:30 at Village Hall

Friends of Keswick Museum

Crosthwaite Parish Rooms, Church Lane, Keswick, weekly Wednesdays 7.30pm October-March evening lectures. Join and pay annual fee or pay for one-off meetings. Contact Keswick Museum: 017687 73263 or find us on Facebook [fb.me/keswickmuseum](https://www.facebook.com/keswickmuseum) or www.keswickmuseum.org.uk

Keswick Day Care

Lakehead Court, The Headlands, Keswick, weekly Tuesdays and Thursdays 10.00am-3.00pm. Contact Age UK: 01768 245698 or 08443 843 843

Keswick Natural History Society

Crosthwaite Parish Rooms, Church Lane, Keswick, Fortnightly alternate Thursdays 7.30pm Sept-April (winter months), Summer outings usually Thursdays to wildlife and nature sites within Cumbria. For more information contact David Thomason: 01900 269027

Keswick Film Club

Alhambra Cinema, St Johns Street, Keswick, weekly Sundays 5.00pm Sept-April. Contact Vaughan Ames: 017687 80969, info@keswickfilmclub.org or www.keswickfilmclub.org

Keswick Lecture Society

Queens Hall, Keswick School, Vicarage Hill, Keswick, monthly 2nd Tuesday of month (Oct-March) next meeting Oct 6th 2015. For more information contact Bob Barnaby: 017687 74998 or www.keswicklecturesociety.co.uk

Keswick Photographic Society

Southey Street Methodist Church Hall, Keswick, weekly Wednesdays 7.30-9.30pm Sept-April. Contact Julie Walker: 01539 432362, Keith Snell: 01900 822033, drkeithsnell@gmail.com or via their website contact us page: www.keswickphotosoc.co.uk/koken/pages/contact/

Keswick Probus Club

Keswick Country House Hotel, Station Road, Keswick, monthly last Tuesday of month 12.30-2.45pm for lunch and a speaker. Contact Chris Castell on 01228 712979

Keswick Society of Art

Meet for talks monthly on a Friday through Winter anyone can attend these for £2. Painting days and workshops through the Summer. Membership for the year is £16. Starting February/March. For more information contact Marion Wilson: 01946 861772 or Marion.Wilson575@btinternet.com

Vintage Motor Cycle Club Lakeland

Keswick Rugby Club, Davidson Park, Crow Park Road, monthly last Thursday of month 7.30pm-8.00pm. Contact Secretary Colin Steer: 017687 74536 or www.vmcclakeland.co.uk

Volunteer at Keswick Museum

Our happy band of volunteers play an essential part in caring for and sharing Keswick's heritage. The Charity is a predominantly volunteer led organisation, so we would welcome your help. For more information please contact the Museum: 017687 73263, info@keswickmuseum.org.uk or alternatively call into the Museum and ask for Tracy Henderson

U3A Skiddaw: University of the Third Age

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

Apple iPad Users, Weekly - Thursday 14.15 - 15.15 - Keswick Museum Cafe

Apple Macintosh Skills, individual help by arrangement.

Archaeology, Theatre by the Lake, monthly variable days.

Art Appreciation, members homes, monthly Mondays 10:30 1st Monday of each Month

Bird Watching and Wild Flowers, fortnightly Mondays and Thursdays.

Book Club, St Herberts Centre, monthly Fridays. 2PM

Bread Making, Braithwaite Church Hall, Last Monday of the month 2.00pm-5.00pm

Bridge Club, members home, weekly Thursdays 2:30-5.00pm

Circle Dancing, Threlkeld Memorial Hall, Threlkeld, weekly Tuesdays 10.30am-12.30pm.

Clothes Alterations, Conveners home, fortnightly Tuesday 2.00-4.00pm.

Computer Skills, Keswick Museum, fortnightly Thursdays 2.00-4.00pm.

Creative Writing, Council Chambers, Town Hall, fortnightly Fridays 2.00-4.00pm.

Dining Out, Various town restaurants, monthly 1st Tuesday of month 7.00pm.

English Literature, monthly Tuesdays 10.00am-12.00pm.

Family History, Monthly - Friday 11.00am - Greta Gardens Bistro

GPS & Geocaching for Walkers, occasional Tuesday Afternoons

Greek, Weekly - usually Wednesday, Conveners home

Guitar, members homes, fortnightly Tuesdays 10.00am-12.00pm.

Italian Beginners, Portinscale Village Hall, weekly Mondays 5.30-6.30pm.

Local History Monthly, various
Maths for Fun Monthly, first Tuesday.
Map Reading and Navigation, monthly 2nd Wednesday.
Meditation, Group 1, weekly Fridays 10.45am at conveners home and Group 2 weekly Mondays 9.30am-10.30am, Greta Gardens Activity Room (£1 per session)
Pilates, Judo Club, Southey Street, Keswick, weekly Fridays 1.30-2.30pm. Threlkeld Village Hall Thursday 11:30—12:30
Poetry Reading, Millfield Retirement Home, Fortnightly Fridays 2.00pm-4.00pm
Political Philosophy, Theatre by the Lake, Keswick, monthly first Friday 10.00am
Popular Science, Portinscale Village Hall, Portinscale, monthly 2nd Monday 11.30am-1.00pm.
Pottery, Vron's Studio, weekly.
Quilting, Drop in Centre, Heads Road, Keswick, monthly Wednesdays 2.00-4.00pm.
Scrabble, Greta Gardens, Keswick, fortnightly Mondays 2.00pm.
Singing for fun, Threlkeld Village, Threlkeld, weekly Thursdays 2.00-4.00pm.
Spanish, 19 Springs Road, Keswick, weekly Wednesdays.
Table Tennis, Portinscale Village Hall, Mondays 9.30-11.00am Wednesdays 16.30 - 18:00 Thursday 09.30 - 11.00
The Spirit of Man, monthly Mondays 11.00am-12.00pm.
Vegetarian Cooking, members homes, monthly 2nd Tuesday 10.30am-12.00pm.
Unravelling Economics, fortnightly - Fridays 10.15 - 12.00, homes around Keswick
Watersports, Derwent Water Marina, weekly, Thursdays 9.30am-12.30pm.

The membership for U3A Skiddaw is £13 per year for more information on all groups (if it is your first time attending please call first). Contact Dorothy Scott: 017687 78520, 07842979868 or Maggie Potts: 017687 73582 or Sylvia Pillings: 017687 73814. You could also visit www.u3asites.org.uk/skiddaw.

Writing Reading and Library Groups:

Bookends Reading Group

Bar 26, Lake Road, Keswick, monthly 3rd Thursday 7.00pm. Contact Bookends: 017687 75277

Computer Classes and Drop in Sessions:

Coffee and Computers

Greta Gardens Retirement Housing, The Headlands, Keswick, weekly Wednesdays 10.00am-12.00pm. Contact Age UK: 08443 843 843

Internet Taster Sessions

Keswick Library, Heads Lane, Keswick. For those with little or no Internet experience, available at various dates and times, to book a session contact the Library: 017687 72656

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. Keswick Library, Heads Lane, Keswick, monthly 1st Wednesday of month 10.00am-12.00pm. Need to book an appointment. Contact West Cumbria Carers: 01900 821976

Citizens Advice Bureau Drop In

Keswick CAB office, Heads Lane, Keswick, weekly Mondays 10.00am-3.00pm. Contact 017687 73472

Information and Advice Drop in

Bank Street Surgery, Keswick, monthly last Wednesday of month 1.00-2.30pm, no appointment necessary. Contact Age UK: 01768 245698, 08443 843 843

Support and advice for people with hearing loss

Drop In sessions Keswick Hospital, Crosthwaite Road, Keswick, monthly 2nd Wednesday of month 9.00am-12.00pm. Contact Caritas Care: 01228 595937

Local Libraries:

(with internet access for public use)

Keswick Library, Heads Lane, Keswick, Mondays-Saturday 9:30-12pm Monday, Tuesday, Wednesday and Friday 1-5pm Contact: 017687 72656

Mobile Libraries, High Portinscale No.8, St Johns in the Vale, Threlkeld Quarry, Threlkeld Village St Mary's, Highside Farm Bassenthwaite, Bassenthwaite Village. For more information on dates and times contact Workington Library: 01900 706170 or 01900 706173

Women's Institutes:

Bassenthwaite, Church Room, 2nd Thursday of the month, 7.30pm, Contact: Mrs M Green, Tel: 017687 76175

Portinscale, Village Hall, 2nd Tuesday of the month 7.30pm except Jan and Feb when we meet 2nd Monday 2.00pm. Contact Mrs Freda Kneeshaw: 017687 74166

Thorntwaite, St Herbert's Church Hall, Braithwaite, 2nd Monday of the month, 7.30pm. Contact Christine Lewis: 017687 78108

Thirlmere, Recreation Hall, 2nd Thursday of the month (except August), 7pm. Contact: Margaret Oliver: 017687 73151

Keswick

Quaker meeting House, Keswick 3rd Wednesday of each month at 7:30pm

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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.)

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



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.ageukwestcumbria.org.uk

Reg. Charity no: 1122049

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