

## Activities and Social Groups in the Maryport 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 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

## 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](http://www.fit4lifecumbria.org)

**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](http://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](http://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](http://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](http://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](http://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

**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](http://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

**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

## 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

## 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

## 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**, Crosscanonby 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

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

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

Reg. Charity no: 1122049

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