

## Activities and Social Groups in the Millom 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:**

### **Craft Group**

Thwaites Village Hall, fortnightly, Wednesdays 2.00-4.00pm, Soup & Pudding lunch available prior to group 12.00-1.30pm (no sessions during summer months restarts in September). Visit the Website: [www.thwaitesvillagehall.co.uk](http://www.thwaitesvillagehall.co.uk)

### **Haverigg Sewing Group**

St. Luke's Institute , St. Luke's Road, Haverigg. Weekly Wednesdays 7:30-9:30pm (Term time only). Contact Pam 07790116082

### **Kirksanton Art Group**

Kirksanton Village Hall, Kirksanton, weekly Tuesdays 1.00-3.00pm and Thursdays 6.30-8.30pm. Contact Dot Williams: 01229 776683

### **Kirksanton Quilters Group**

Kirksanton Village Hall, Kirksanton. Fortnightly - Wednesdays 2.00 to 4.00 pm. No meetings in July & August. New visitors welcome.  
Contact: Mrs M Griffiths 01229 773983

### **Needles & Hooks**

Knitting and Crocheting group, come along and join in the fun or just call in for a natter and friendly advice. Millom Library, St George's Road, Millom, weekly Mondays 2.00-4.00pm, refreshments provided 50p donation. Contact the Library: 01229 772445

### **Millom & District Flower Club**

A monthly programme of demonstrators showcasing their diverse floral artistry, plus None members always welcome. Pensioners Hall, Mainsgate Road, Millom. Meets monthly last Thursday of the month 7.00pm. Contact Mrs Cunningham: 01229 774283 or Mrs Maureen Gleaves 01229 778189

## **Dance Classes:**

### **Old Time / Sequence Dancing**

Masonic Hall, Cambridge Street, Millom, weekly Wednesdays 7.30-9.00pm. Contact Mr N Thompson: 01229 773836

### **Folk Dancing**

Masonic Hall, Cambridge Street, Millom, most Tuesdays, 7.30-9.30pm (Sept to May). To find out when the next session is contact Mr John Tupper: 01229 771522

### **Scottish Dancing**

Silecroft Village Hall, Main Street, Silecroft, weekly Tuesdays, 7.00-9.00pm (September to May), no partner necessary. Contact Mrs M Smith: 01229 718649 or Mrs D Taylor: 01229 718234.

## **Singing and Music Groups:**

### **Phoenix Singers – Ladies Musical Group**

Millom Baptist Church, Crown St, Millom, weekly Wednesdays 7.30-9.00pm, (School term-time only) for rehearsals and song from choral to musicals, new members always welcome. Contact Mrs J Liney: 01229 774863

## **Keep fit/Exercises classes/Sport Clubs:**

### **BeActive Aerobics**

Thwaites Village Hall, weekly Tuesdays 5.45-6.30pm, see the Thwaites Village Hall website [www.thwaitesvillagehall.co.uk](http://www.thwaitesvillagehall.co.uk)

### **Gentle Exercise**

Gentle Exercise Class, The Hill Village Hall, The Hill, weekly Wednesdays 4.00–5.00 pm, session run by Sheila Ellwood, Fitness & Health & Wellbeing Therapist. Contact Sheila Ellwood: 01229 777885, 07842825104 or email [sheila.ellwood@tiscali.co.uk](mailto:sheila.ellwood@tiscali.co.uk)

### **Exercise Class – The Hill**

The Hill Village Hall, weekly Wednesdays 6.00-7.00pm (no classes during summer school closure)

### **Indoor Bowls**

Thwaites Village Hall, Mondays 1.30- 4.30pm, (closed between May and Sept), see the Thwaites village hall website, [www.thwaitesvillagehall.co.uk](http://www.thwaitesvillagehall.co.uk)

### **Jiu Jitsu**

St Luke's Institute, St Luke's Road, Haverigg, weekly Mondays and Fridays 7.45-9.15pm, £5.00. Contact Mr Stuart Akers: 01229 773736

### **Millom Recreation Centre activities and classes**

Millom Recreation Centre, Lapstone Road, Millom, has a range of fitness classes and sport clubs daily for all ages. For more information contact the Recreation Centre: 01229 774985 or visit their website and check out the timetable [www.millomrecreationcentre.co.uk](http://www.millomrecreationcentre.co.uk)

### **'Mix it up' Cardio**

Millom Guide Hall (behind Library), weekly Tuesdays 9.30–10.30am, session run by Sheila Ellwood, Fitness & Health & Wellbeing Therapist. Contact Sheila Ellwood: 01229 777885, 07842825104 or email [sheila.ellwood@tiscali.co.uk](mailto:sheila.ellwood@tiscali.co.uk)

**Pilates**

Millom Guide Hall (behind Library), weekly Mondays 9.15–10.15am, Thursdays 6.00–7.00pm, session run by Sheila Ellwood, Fitness & Health & Wellbeing Therapist. Contact Sheila Ellwood: 01229 777885, 07842825104 or email [sheila.ellwood@tiscali.co.uk](mailto:sheila.ellwood@tiscali.co.uk)

**Pilates using gym balls**

Millom Guide Hall (behind Library), weekly Fridays 9.15–10.15am, session run by Sheila Ellwood, Fitness & Health & Wellbeing Therapist. Contact Sheila Ellwood: 01229 777885, 07842825104 or email: [sheila.ellwood@tiscali.co.uk](mailto:sheila.ellwood@tiscali.co.uk)

**(PIYO) Pilates / Yoga**

Combined Pilates and Yoga session. Millom Recreation Centre, Millom. Weekly – Monday 8.00 – 9.00 pm and Thursday 6.00 – 7.00 pm. Contact Recreation Centre: 01229 774985 or see website [www.millomrecreationcentre.co.uk](http://www.millomrecreationcentre.co.uk)

**Silecroft Golf Club**

A full range of memberships in all categories and introductory membership available. Coaching also open to people of all ages and abilities. For further details visit the website: [www.silecroftgolfclub.co.uk](http://www.silecroftgolfclub.co.uk) or follow on Facebook.

**Snooker Club & Table Tennis Evening**

Thwaites Village Hall, weekly Wednesdays and Thursdays 6.00–7.30pm, occasional coaching available. Additional sessions available on request. Contact Peter Foord 01229 777928 or visit the website [www.thwaitesvillagehall.co.uk](http://www.thwaitesvillagehall.co.uk)

**Sports for the Disabled Club**

Guide Hall, St Georges Road, Millom, monthly 2nd Friday of the month 7.00-9.00pm, Dominoes, Bowls & games. Contact Mrs P Nelson: 01229 772981

**Young at Heart (Over 50's)**

A gentle class for beginners who want to keep fit and look after their Heart. Millom Recreation Centre, Millom, weekly Tuesdays and Thursdays 10.45-11.45 am. Contact Recreation Centre: 01229 774985 or see website [www.millomrecreationcentre.co.uk](http://www.millomrecreationcentre.co.uk)

**Young @ Heart (Ages 50+)**

Millom Guide Hall (behind Library), weekly Tuesdays 10.45-11.45am and Fridays 10.30–11.30am, session run by Sheila Ellwood, Fitness & Health & Wellbeing Therapist. Contact Sheila Ellwood: 01229 777885, 07842825104 or email [sheila.ellwood@tiscali.co.uk](mailto:sheila.ellwood@tiscali.co.uk)

**Health and Dieting Support:****Slimming World**

Sessions being held at Millom Rugby League Club, Devonshire Rd, Millom, weekly Mondays 3.00pm, 5.00pm & 7.00pm, Tuesdays 5.00pm & 7.00pm. Contact Dawn 01229 772938, 07720612734 or [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk), 0344 897 8000

**Morning Coffees and Lunch Clubs:****Bootle Coffee Mornings**

Call in for coffee, tea & chat, all welcome, Bootle Evangelical Church (in association with Rural Ministires), Chapel Lane, Bootle, weekly Tuesdays 10.00am-12.00pm.

**Bootle Light Lunches**

Bootle Evangelical Church (in association with Rural Ministires), Chapel Lane, Bootle, monthly 1<sup>st</sup> Monday of month 11.45am–1.00pm, donations, no booking required, all welcome.

**Charity Soup & Drink**

The Hill Village Hall, The Hill, monthly 1st Tuesday of month 12.00-1.30pm. Followed by Craft Group 2.00-4.00pm, no sessions during the summer months starts again Sept 2016. Contact Linda Kilburn: 01229 778673

**Coffee and Crack**

Millom Library, St George's Road, Millom, weekly Tuesdays 2.00-4.00pm. Contact the Library: 01229 772445

**Haverigg Lighthouse Centre Community Lunches.**

Two-course community lunch, £5.00, Haverigg Lighthouse Centre, Atkinson St, Haverigg, weekly Wednesdays serving at 1.15pm (term-time only), Booking required. Contact: Caroline Knowles 01229 719910

**Millom Baptist Church Coffee Mornings**

Millom Baptist Church, Crown Street, Millom, weekly Tuesdays 10.00am-12.00pm, all welcome for social chat and refreshments. Contact Millom Baptist Church: 01229 774601

**Millom Methodist Church Coffee Mornings**

Millom Methodist Church, Queen St, Millom, weekly Fridays 9.30-11.00am, all Welcome.

**Salvation Army Drop-in,**

Coffees, Teas, light lunches and Bric-a-Brac sale, all welcome, Millom Salvation Army Citadel, Nelson Street, Millom, weekly Wednesdays 8.30am-12pm.

**Salvation Army Lunch Club**

Millom Salvation Army, Nelson Street, Millom, weekly Tuesdays  
12.30pm, two course lunch and drink. Contact Mrs Sandra Goodwin:  
01229 772105

**Silecroft Social Mornings**

Call in for coffee, tea & biscuits, home made cakes and some friendly chat and take advantage of the outreach Post Office service, Silecroft Village Hall, Silecroft, weekly Wednesdays 9.30-11.00am.

**Soup & Pudding – Thwaites**

Thwaites Village Hall, fortnightly, Wednesdays 12.00-1.30 pm, followed by Craft Group 2.00 pm to 4.00 pm, no sessions during summer months, restarts in September. See the website - [www.thwaitesvillagehall.co.uk](http://www.thwaitesvillagehall.co.uk)

**'Take A Break' at the Drop-in & Internet Café**

Call in at your leisure; socialise and chat with friends, good cuppa and light snacks. Access free information and advice from Resource area or use the Internet Café. Age UK, The Bradbury Centre, St George's Road, Millom, weekly Thursday 9.30-11.30am. Contact The Bradbury Centre, Age UK: 01229 774573 or 08443 843 843.

**Bingo and Games:****Kirksantion & Silecroft Friday Night Whist Drive**

Meets monthly at alternative venues of the Village Hall, Main Street, Silecroft or Kirksanton Village Hall, 7.30pm. For more information contact Anne Wright 01229 772520

**Social Groups and Clubs:**



**Bootle Model Railway Club**

Meets at the Bootle Evangelical Church, Chapel Lane, Bootle, weekly Fridays 6.30– 8.30pm. All enthusiasts welcome from school age upwards.

**Inner Wheel Club of Millom**

Da Vinci Ristorante, West County Hotel, Market Square, Millom, monthly 3rd Monday of month 7.30pm, Open to wives of Rotary Club members. Contact Doreen Jackson: 01229 771588

**Ladies Supper Club**

Conservative Club, Lapstone Rd, Millom, monthly 1st Tuesday of month 7.15pm, no meetings June, July or August. Contact Mrs J Liney: 01229 774863

**Mens Group**

Social evening with games and refreshments, don't have to be a Church member to attend, all welcome, Millom Baptist Church, Crown St, Millom, monthly 1<sup>st</sup> Friday of month 7.30-9.00pm. For more information contact Mrs J Liney: 01229 774863.

**Millom Pensioner's Association**

All meetings held in the Pensioners Hall, Mainsgate Rd, Millom, monthly Wednesdays 2.00 pm, plus additional programme of monthly excursions and special social events. For more information on membership and annual programme contact Mrs Pauline Atree: 01229 772081

**Millom & District History Society**

Methodist Church, Queen Street, Millom, monthly 1st Friday of month 7.30pm, (term-time only). For programme of speakers visit: [www.millomlocalhistorysociety.btck.co.uk](http://www.millomlocalhistorysociety.btck.co.uk)

**Mother's Union**

St. Luke's Institute, St Luke's Road, Haverigg, monthly 1st Wednesday of month 2.00pm, no meetings in July and August. Contact Audrey Akers: 01229 773736

**Millom Railway & Scale Modellers**

Meets at Unit 11A, Devonshire Road Industrial Estate, Millom, weekly Wednesdays & Thursdays 7.00 pm, all enthusiasts welcome from school age upwards. For further information contact Peter Cheshire: 01229 774930

**The Hill - Open House Evenings**

The Hill Village Hall, The Hill, monthly 1<sup>st</sup> Saturday of month 6.00pm, Time to catch up with neighbours, simple nibbles provided, bring your own drink.

**The Ladies Guild**

Pensioner's Hall, Mainsgate Rd, Millom, monthly 2<sup>nd</sup> Thursday of month 7.00-9.00pm, no meeting in Aug, Sept or Jan. Contact The Secretary Mrs R Swallow: 01229 773311

**Computer Classes and Drop in Sessions:****Bootle Internet Drop-in**

Call in for friendly help and support with any internet problems, all welcome, Bootle Evangelical Church, Chapel Lane, Bootle, weekly Wednesdays 10.00am-12.00pm.

**Internet Taster Sessions**

Basics how to use the internet, use emails, online shopping, online searches, Millom Library, St George's Road, Millom. Pop into the library to book a one to one session or contact the library: 01229 772445

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

### **Reading Group**

Millom Library, St George's Road, Millom, monthly 2nd Thursday of month 4.00-5.00pm. Contact the Library: 01229 772445

## **Support and Advice Groups:**

### **Barrow & District Society for the Blind – Millom Club**

Social Group, Millom Salvation Army Citadel, Nelson St, Millom, weekly Fridays 1.00-3.00pm. Contact Barrow & District Blind Society: 01229 820698 or visit the website [www.barrowblindsociety.org.uk](http://www.barrowblindsociety.org.uk)

### **Hope & Cope Support Group**

A friendship group for people with chronic, debilitating or long-term conditions to get together and support each other, Millom Pensioners Hall (Tin Chapel), Mainsgate Rd, fortnightly Tuesdays 6.00-8.00 pm. Contact Jenny: 07793613557 or email: [jennybrumby@btinternet.com](mailto:jennybrumby@btinternet.com)

### **Millom Carers and Former Carers Group**

Friendly and informal group for those in a caring role or former carer, light lunch followed by a speaker, Millom Methodist Church, Queen St, Millom, monthly 3<sup>rd</sup> Wednesday of month 1.00-3.00pm. For more information contact Carol Davis: 01229 774101.

### **MIND in Furness – 'Safe Space' in Millom**

A safe and caring environment where everyone can feel listened to, supported and included, Millom Pensioners Hall (Tin Chapel), Mainsgate Rd, weekly Mondays 12.00-3.00pm, For further information contact MIND in Furness, Barrow office: 01229 827094.

### **Millom Citizens Advice Drop In Sessions**

Millom office, 31 Katherine Street, Millom, LA18 4DG. Monday 10:00am-2:00am, Thursday 9:00am-3:00pm, specialist appointments alternate Wednesdays. Contact Millom office 01229 772395 or Adviceline Cumbria 03444 889 624 9:00am-4:00pm or Citizens Advice Consumer helpline: 03454 04 05 06 or visit the website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Millom Diabetes UK 2s R Us Community**

A Diabetes support to enable people to support each other, share ideas and experiences, friendly chat, information and refreshments, relatives and carers welcome, Millom Pensioners Hall (Tin Chapel), Mainsgate Rd, monthly Thursdays 1.30-3.00pm. For more information & dates contact Karen: 01229 364181

**Millom & District Bereavement Support Group**

Share and receive support from one another in a comfortable and safe environment, The Bridge Café, Millom, meets monthly Wednesdays 6.30pm. Contact for more details & dates: lindajohns1952@gmail.com

**South Copeland Disability Group (SCDG)**

Advice, guidance and advocacy for disabled people, Millom Network Centre, Salthouse Rd, Millom, monthly 2<sup>nd</sup> Monday of month 10.30am, Contact The Secretary, Mr N Moore: 01229 773341 or email rocky.moore95@btinternet.com or visit the website www.southcopelanddisabilitygroup.btik.com.btck.co.uk

**West Cumbria 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, Millom Library, St George's Street, Millom, monthly 1st Tuesday of month 10.00am-12.00pm. Need to book an appointment. Contact West Cumbria Carers: 01900 821976

**Local Libraries:**

(internet access for the public)

**Barrow In Furness**, Ramsden Square, Barrow in Furness, open Mondays, Wednesdays 9.30am-7.00pm, Tuesdays, Thursdays and Fridays 9.30am-5.00pm, Saturdays 10.00am-4.00pm and Sundays 12.00-4.00pm. Contact: 01229 407370

**Gosforth**, Public Hall, Gosforth, open Mondays 1.00-3.30pm, Wednesdays 3.00-5.30pm and Saturdays 10.00am-12.00pm. Contact: 019467 25425

**Millom**, St. George's Road, Millom, open Mondays, Tuesdays, Thursdays & Fridays 9.00am-12.00pm and 1.00-5.00pm, Wednesdays & Saturdays 9.00am-12.00pm. Contact: 01229 772445 or email [Whitehaven.library@cumbria.gov.uk](mailto:Whitehaven.library@cumbria.gov.uk) for more information on the free home delivery service.

**Seascale**, Gosforth Road, Seascale, open Mondays, Wednesdays and Fridays 10.00am-12.30pm and 1.00-5.00pm. Contact: 019467 28487

## **Women's Institutes:**

**Bootle**, Capt. Shaw's School, 2nd Tuesday of month 7.15pm. Contact Miss W Craghill: 01229 718782

**Gosforth**, Public Hall, 1st Tuesday of month 7.15pm (please note meetings in Jan, Feb, Nov and Dec meetings are held at 2.00pm). Contact Gillian Highham: 019467 25156

**Ravenglass**, Village Hall, 2nd Wednesday of month 7.00pm

**Santon Bridge**, Village Hall, 1st Monday of month 7.30pm. Contact J McElroy: 019467 28443

**Silecroft**, Village Hall, 4th Wednesday of month, 7.00 pm. Contact Mrs Maggie Cummings: 01229 772849

**Seascale**, Methodist Church Hall, 2nd Tuesday of the month 7.00pm. Contact S Thompson: 019467 28491

**Thwaites**, Village Hall, 3rd Tuesday of month 7.30 pm. Contact Helen Chew: 01229 776833 or Sheila Slack 01229 773131

**Waberthwaite**, Village Hall, 3rd Thursday of month 7.30 pm. Contact Mrs Earley: 01229 717181

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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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