

Activities and Social Groups in the Whitehaven Area



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

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

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

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

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

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,

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

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

Aqua Natal

Copeland pool, Cleator Moor Road, Whitehaven, weekly Wednesdays 10.15-11:00am. Contact Copeland Pool, Whitehaven: 01946 696049, 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

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.northcountryleisrue.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

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 or email 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

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.

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

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

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 or 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, 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

Interval Training

Whitehaven Sports Centre, Flatt Walks, Whitehaven, weekly Mondays 9.30-10.30am. Contact Sports Centre: 01946 695666 or 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

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

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

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

Kettlercise class

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

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 or email 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 or email 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

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

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

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

Whitehaven Sub Aqua Club

Meets at The Copeland Pool, Cleater Moor Road, Whitehaven on Mondays at 7pm 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

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

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

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

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.

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

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

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

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 8833351

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>

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

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

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.

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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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