



Activities and Social Groups in the Cockermouth Area

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.ageuk.org.uk/westcumbria

Reg. Charity no: 1122049



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Health and Social Wellbeing
System' supported by
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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:

Beading & Embroidery

Shills Restaurant, South Street, Cockermouth, weekly Tuesdays 10.00am-12.00pm. Contact: Elaine Nicholson: 01900 823389

Brigham Gardeners

Brigham Memorial Hall, Brigham, monthly 3rd Monday of month 7.30-9.00pm (except Dec and Jan). Contact Joan Lawson: 01900 64642

Craft Class

Broughton Village Hall, Little Broughton, weekly Thursdays 1.30–3.30pm. Contact Sheila Relph: 016973 20198 or Jean Nicholson: 01900 826524

Craft Club

Meet at homes, Fortnightly alternate Tuesdays 1.30-3.30pm. Contact Margaret Hall: 01900 821128

Glitter Girls Craft Group

Cockermouth Age UK, 93 Main Street, Cockermouth, weekly Mondays 10.00am-12.00 noon (Downstairs) Contact - 01900844680

Life Art

Papcastle and Belle Vue Village Hall, Papcastle, fortnightly alternate Tuesdays 10.00am-1.00pm (term time only). Contact Susan Fleming: 01900 823543

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.)

Victoria Crafters knit and Natter Group

Cockermouth Age UK, 93 Main Street, Cockermouth, weekly
Tuesdays 1.00-3.00pm. Contact Age UK: 01900 844680

Watercolour Art Group

Cockermouth Age UK, 93 Main Street, Cockermouth, weekly
Tuesdays 10.00am-12.00pm, £2. Contact Age UK: 01900 844680

Dance Classes and Clubs:

Argentine Tango Classes

Eaglefield Village Hall, Fridays, 6.00-8.00pm. Everyone welcome, all abilities. Contact Phil Edger: 01900 825407

Ballroom & Latin Dancing with Foxes Dance

L.I.D.T.A registered qualified dance teacher. Brigham Memorial Hall, Brigham, weekly Tuesdays 8.30-10.30pm. Contact Therese Southgate: 01900 825382 private dance tuition available on request.

Ballroom & Latin Dancing U3A

Learn to dance in Cockermouth with University of the Third Age, we want to encourage retired people of all ages to get up and dance. Whether you are a beginner or a more experienced dancer wishing to practise or improve your style, technique and repertoire there is plenty of opportunity, there are workshops run by two teachers each week. Methodist Church Hall, Lorton Street, Cockermouth, weekly Tuesdays 10.00am-12.00pm. For more information contact Greg & Gill Greenhalgh: 01900 826500

Belfagan Womens Morris Dancers

Eaglesfield Village Hall, Eaglesfield, weekly Mondays 8.00-10.00pm September-April. During the summer months we dance out around the Western Lakes on Monday evenings. For more information contact: Jan Dickins: 016973 21375, jandickins230@gmail.com or belfagan.blogspot.co.uk

Circle Dancing

Methodist Church, Lorton Street, Cockermouth, monthly 1st Wednesday of month 2.00-4.00pm. Contact Patsy: 017687 77244

Cockermouth Club Latino

Salsa, Rumba, Lambada and Samba lessons, Saints Rooms, Kirkgate, Cockermouth, weekly Mondays beginners 7.00pm, Improvers 8.00pm and Intermediate and social dancing 9.00pm. Contact Manuel and Julie: 01900 826564

Line Dancing

Broughton Village Hall, Little Broughton, weekly Tuesdays 1.00-2.00pm. Contact Sarah Buglass: 01900 823788 or Jean Nicholson: 01900 826524

Scottish Country Dancing

Methodist Church Hall, Lorton Street, Cockermouth weekly Thursdays 7.00pm (Sept to May). Contact Marion Monckton: 01900 817045 or www.derwentscdc.com

Sequence Dancing

Broughton Village Hall, Little Broughton, weekly Wednesdays 7.30 - 9.30pm. £1.50. Very friendly group, everyone welcome, all abilities. Bring your own refreshments. Contact Eric & Sue Lowes: 01900 822594 or Brian Thomason: 01900 824663

Singing and Music Groups:

All Saints Community Rock Squad

Singing group. All Saints School, Slatefell Drive, Cockermouth, weekly Mondays 6.30-7.30pm. Contact Brian Melville: 01900 823431 or brianmelville@hotmail.com

Local Libraries:

Cockermouth Library, Main Street, Cockermouth, Monday - Fridays 10.00 - 4.00pm Saturdays 10.00 - 2.00pm Contact: 01900 828205

Mobile Libraries, Home delivery service—Ring Workington Library 01900 706170

Women's Institutes:

Cockermouth, United Reformed Church, Main Street, Cockermouth, 1st Tuesday of month 7.00pm. Contact the Secretary: 01900 386064 or cockermouthwi@gmail.com. We also have other meeting times in the month for groups such as a Book group, Quilting, Craft Group and a Walking group for more information on those contact the secretary.

Dovenby, Dovenby School, 2nd Thursday of month 7.30pm. Contact Mrs Sheila Martin: 01900 828426

Embleton, Village Hall, 2nd Wednesday of month 7.30pm. Contact Mrs C Milliken: 01768776659

Greysouthen, Village hall, 3rd Tuesday of month 7.15pm. Contact Mrs B Manseigh: 01900 825216

Lorton, Yew Tree Hall, 2nd Tuesday of month 7.15pm. Contact Kris Longshaw: 01900 826042

Support and Advice Groups:

Hospice At Home

Family/Bereavement Friendship Group, One-to-one counselling may also be available, United Reformed Church, Main Street, Cockermouth, weekly Tuesdays 10.00am-12.00pm. Contact: 01900 873173

Memory Lane

Support for people living with memory loss or Dementia and Peer Support with fun and friendship, Cockermouth Age UK, 93 Main Street, Cockermouth, weekly Fridays 1.00-3.00pm. For more information contact Age UK: 01900 844680

Speech After Stroke Scheme

Groups suitable for anyone who has a stroke that has affected their communication. Kirkland's, Cockermouth Tuesdays 2:00-4:00 (Other groups available). For more information contact Alison Tams 01900 705082

Support and advice for people with hearing loss

Drop In sessions Cockermouth Age UK, 93 Main Street, Cockermouth, monthly 1st Wednesday of month 9.30am-12.00pm. Contact Caritas Care: 01228 595937

Bell Ringing

Cockermouth All Saints Church, Kirkgate, Cockermouth, weekly practice Wednesdays 7.30pm and Sundays 8.55am. Contact Mr Cubey: 01946 862972 or rowrah39@yahoo.co.uk

Castlegate Singers

United Reformed Church, Main Street, Cockermouth, Wednesdays 7.00-9.15pm. New members welcome. Contact Liz Jackson: 01900 825799

Cockermouth Mechanics Band

Brass Band, Methodist Church rooms, Lorton Street, Cockermouth weekly Mondays beginners 6.00-7.00pm seniors 7.30-9.00pm and Thursdays just seniors 7.30-9.00pm. Contact: Brian McCallam 01900 824409

Cockermouth Music Society

Music concerts and free drop in recitals usually held at the United Reformed Church, Main Street, Cockermouth or the Christ Church, South Street, Cockermouth. 2nd, 3rd & 4th Tuesday of the month. 7.30 - 9.30pm For more information and dates contact Susan Allison: 016973 71397 or susan.felledge@btopenworld.com or www.cockermouth-music-society.org.uk

Derwent Strings Orchestra

St. Joseph's Catholic Church Hall, Main Street, Cockermouth, weekly Wednesdays 7.00-9.00pm. Contact David Shirt: 01900 814840

Sunday Singalongs

Cockermouth Age UK, 93 Main Street, Cockermouth. 7.15pm Monthly, for details contact 01900 844680.

Come along and give it a go, singing is a great way to feel good. £1 Refreshments provided.

Voices Dot Com

Community choir, Plumbland Village Hall, Plumbland, weekly Sundays 7.00pm. Everyone welcome, come along, join in and have fun. Contact: gillgreenhalgh@tiscali.co.uk or www.voicesdotcom.org

Keep Fit/Exercise Classes/Sport Clubs:

Adult Only Swimming

Cockermouth Leisure Centre, Castlegate Drive, Cockermouth.
Sundays 9.00 - 10.30am. For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermouth-leisure-centre/timetable

Adult Swimming Lesson's

Cockermouth Leisure Centre, Castlegate Drive, Cockermouth.
Weekly Tuesdays 11.00 - 12.00 For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermouth-leisure-centre/timetable

AJK Karate Cockermouth

Christ Church Rooms, South Street, Cockermouth, Saturdays 4.00 - 5.30pm & Thursdays 5.45 - 8.00pm. beginners courses available places limited, those interested in joining should contact Iain Abernethy: 01900 829406, iain@ianabernethy.com, www.iainabernethy.co.uk/karate-martial-arts-and-self-defence-cockermouth-cumbria

Bassenthwaite Sailing Club

Meet at Bassenthwaite Sailing Club, Dubwath, Cockermouth, training from Easter - November, weekly Saturdays 9.00am-12.30pm, racing is on Saturdays and Sundays. Thursday evenings - race evening followed by social 7.00pm onwards. The club offers 6 free sessions as a taster to the club. 14th May 'Push the Boat Out' weekend - paddle, row and sail for free. For more information please contact: 016973 20082, 017687 76341 or bassenthwaite-sc.org.uk

Writing, Reading and Library Groups:

Book Club

The New Book Shop, Main Street, Cockermouth, monthly 2nd Monday and 2nd Tuesday of month 7.30pm. Contact Catherine Hetherington: 01900 822062

Reading Group

Cockermouth Library, Main Street, Cockermouth, monthly 1st Monday of month 1.30-2.30pm. Contact the Library: 01900 828205

Computer Classes and Drop in Sessions:

Cockermouth Digipals

Drop in for Help and advice for all computer needs. Cockermouth Age UK, 93 Main Street, Cockermouth, weekly Wednesdays 1.00-3.00pm and Thursdays 10.00am-12.00pm. Contact Age UK: 01900 844680

Loweswater IT Group

Loweswater Village Hall, Loweswater, fortnightly Thursdays 1.00-3.00pm. For more information contact Jan Collins-Webb: 01900 85609

German Discussion Group, Mondays 10.12
Intermediate German, Art, Alternate Mondays 10.00am Methodist
Beading, 2nd Friday morning each month 9.30 - 11.45 Methodist
Cardmaking, fortnightly Tuesdays 2.00-4.00pm Methodist
Easy Dinners Group,
Geology Study Group, 4th Mondays each month 9.30 - 4.30pm at Methodist Hall
Harder Walks, 9.15am Thursday Fortnightly , Sullart Street Car Park
Line Dancing,
Literature Group, Wednesdays 10.00am, Garden Room, Lorton Street Methodist Church
Mah-jong, 10.00am and Fridays 7.00pm-10.00pm 4 Newlands Road
Moderate Walks, Alternate Thursdays 9.00am Sullart Street Car park
Music, Third Monday 7.30 - 9.30pm
Reading for pleasure, Tuesday 7.30pm
Singing for pleasure, 2nd Wednesdays 7.30pm Quaker Meeting House
Ukulele, Thursdays 7.15pm, St Josephs Church Hall
Beginners Uklele, 4.00pm Tuesdays St Joseph's Hall
Wine Groups B and C, Mondays and Fridays 7.30pm
Writing Group, Alternate Monday 10.00am Methodist Hall
Looking at pictures, Alternate Thursdays 2.00pm St Josephs Hall
Quilting, Fridays 10.30am or 1.00pm, St Joseph's Hall
Science and Technology, Mondays 2.00pm Methodist Hall
Yoga, Thursdays fortnightly Methodist church rooms
Latin Formation Team Dancing, Monday 10.00am Cockermonth Rugby Club
Keepfit, Badminton and Table Tennis, Wednesdays 1.00pm Cockermonth Sports Centre
Drama, Thursdays 9.45am St Joseph's Hall

If you are interested in joining the U3A in your area please contact Paul Tharagonnet the Membership Secretary for Cockermonth: 01946 329404, mcassgraham@btinternet.com or www.cockermonthu3a.org.uk. There is a membership fee for the U3A please contact for more details.

Circuits

Cockermonth Leisure Centre, Castlegate Drive, Cockermonth. Weekly Monday 6.00-7.00pm, Tuesday 9.30-10.30am, Wednesday 9.30-10.30am and Thursday 6.00-7.00pm. For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermonth-leisure-centre/timetable

Cockermonth Company of Archers

Grassmoor Sports Centre, Strawberry Howe, Cockermonth, weekly Tuesdays and Thursdays 6.30-10.00pm (March-Sept outdoor shooting). Dean School, Dean, weekly Tuesdays 7.00-9.00pm (October-March Indoor shooting). Contact: craig.ball@yahoo.co.uk or www.cockermonthcompanyofarchers.co.uk

Cockermonth Squash Club

Highfield Squash Courts, Highfield Road, Cockermonth. Tuesday 6.00 - 7.00pm Contact Ian Wood : 07860 967504

Cockermonth Tennis Club

Grassmoor Sports Centre, Strawberry Howe, Lorton Road, Cockermonth, weekly Mondays and Thursdays 6.30pm. Contact Chris Lockyer: 07900286909, chris@westdesign.plus.com or Jane Hunter: 01900 826920, hunters7@sky.com or www.cockermonthtennis.org

Core Stability

BodyFit workout with a gym ball, Methodist Church Hall, Lorton Street, Cockermonth (unless otherwise stated), weekly Tuesdays 5.50-6.50pm, Wednesdays 9.30-10.30am and Fridays 9.10-10.10am. Contact Sam Ayers: 01900 825974, 07805094701, asksam@bodyfitcumbria.co.uk or www.bodyfitcumbria.co.uk

Croft Bowling Club

Croft Bowling Club, Challoner Street, Cockermonth, daily 2.00pm onwards (April to September). If you are interested in joining contact: Dixon Barwise: 01900 829300 or 07739172756

Harris Park Bowling Club

Harris Brow, Cockermouth, daily 1.00pm onwards and evenings, (Outdoor Apr-Sept and Indoor Sept-April). Contact: 01900 826541

Herdwick Fencing Club

Cockermouth School, Castlegate Drive, Cockermouth, weekly Fridays 7.30-9.30pm. During school summer holidays club usually meet elsewhere. For more information visit their website herdwickfencingclub.wordpress.com, can message the club on the contacts page.

Indoor Bowling

Broughton Village Hall, Little Broughton, weekly Fridays 2.00-4.00pm and 7.00-9.00pm. Contact : Jean Nicholson: 01900 826524

Lorton Indoor Bowling Club

Yew Tree Hall, Lorton, weekly Mondays 7.00-9.30pm. Contact Roger Peek: 01900 85236

Lorton Tennis Club

Lorton Tennis Club, High Lorton, weekly social Saturday sessions 10.00am. New members of all abilities are welcome. For more information on membership and other club sessions contact: Jonathan McCann: 07754678426, jgmccann345@hotmail.com or Anghie Cooley: anghie.cooley@talktalk.net

MetaFit

BodyFit workout with a gym ball, Methodist Church Hall, Lorton Street, Cockermouth (unless otherwise stated), weekly Tuesdays 7.15-8.00pm and Fridays 5.30-6.15pm. Contact Sam Ayers: 01900 825974, 07805094701, asksam@bodyfitpersonaltraining.co.uk or www.bodyfitpersonaltraining.co.uk

MokyFit

Saints Rooms, Kirkgate, Cockermouth, weekly Mondays 6.00-7.00pm. Lorton Road, Dance Studio, Lorton Street, Cockermouth, weekly Mondays 6.00-7.00pm and Saturdays 10.00-11.00am. Contact Laura Holloway: 07591594752

RSPB West Cumbria Group

United Reformed Church, Main Street, Cockermouth, 1st Tuesday of month September—April 7.30-9.30pm. Contact Mrs M Hutchin: 01900 825231 or www.rspb.org.uk/groups/westcumbria

Soroptimist International Cockermouth

VeeVa in Cockermouth 1st and 3rd Thursday of month 7.45pm. Contact: cockermouthsoroptimists@gmail.com or www.cockermouthsoroptimists.co.uk

Wednesday Fellowship

2pm Lorton St. Methodist Church, All Welcome

West Cumbria Skeptics in the Pub

The Bush Inn, Main Street, Cockermouth, 3rd Wednesday of month 8.00pm. Contact: <http://westcumbriasitp.org> or cumbrianskeptic@gmail.com

Women in Sheds

93 Main Street Cockermouth, Weekly Tuesdays 1.00pm-4.00pm. For more information contact Age UK: 01900 844680

U3A: University of the Third Age:

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

Scrabble Club, Alternate Thursdays afternoon, 2pm Methodist
Ballroom and Latin Dancing, Tuesdays 10.00am, Methodist Church
Birdwatching, Sollart Street Car park 10.00am, First Friday of month
Bridge Club, Tuesdays 2.00pm
Carpet Bowls - Indoor Bowling, Fridays 2.00pm, Sports Centre, Cockermouth
Digital Photography, First Thursday morning of each month 10.00am, Embleton Village Hall
Easier Walks, 9.30am every Thursday from Sullart Street Car Park
Garden Group,
Circle Dancing, First Wednesday of month 2.00pm at Methodist Hall

Fine Dining Club with Cumbria on a Plate

Full list of events and venues to choose from. The Club is an excellent way to dine out on Cumbria's finest food, learn more about the ingredients and wine from expert speakers and to meet new friends. Annual membership £25 if you are interested in joining or would like more information contact Annette Gibbons: 01900 881356, 07734424856, www.cumbriaonaplate.co.uk or annette@cumbriaonaplate.co.uk

Friendship Club

Brigham Memorial Hall, Brigham, monthly 2nd Wednesday of month 7.30pm (except Dec & Jan).

Friendship Group

Cockermouth Age UK, 93 Main Street, Cockermouth, weekly Thursdays 1.00-3.00pm. Contact Age UK: 01900 844680

Lorton and Derwent Fells Local History Society

Yew Tree Hall, High Lorton. 2nd Thursday of alternate months 7.30pm. Contact Sandra Shaw: 01900 829812 or Anne Asquith: 01900 822969, www.derwentfells.com

Loweswater Ladies

Loweswater Village Hall, Loweswater, monthly 2nd Wednesday of month 7.15pm. Contact Alison Greer: 01946 861147 or Ann Hiley: 01900 85040

Older Adult Exercise Class

Methodist Church Hall, Lorton Street, Cockermouth, weekly Tuesdays 4.30-5.30pm and Fridays 10.30-11.30am. Contact Mrs Sam Ayers: 01900 825974, 07805094701, www.bodyfitpersonaltraining.co.uk or asksam@bodyfitpersonaltraining.co.uk

Pilates

Cockermouth Pilates Studio, Banks Court, Market Place, Cockermouth, weekly Mondays essential 9.30am, 4.00pm, 6.00pm and 8.00pm, Intermediate 10.30am and 7.00pm, Gentle 11.30am, Tuesdays essential 9.30am, 10.30am, 6.00pm and 8.00pm, intermediate 7.00pm, Wednesdays essential 10.30am, 11.30am, 1.00pm and 6.00pm, intermediate 9.30am and 8.00pm, beginners 2.00pm and back care 7.00pm, Thursdays essential 10.30am and 8.00pm, intermediate 9.30am, 6.00pm and 7.00pm, Fridays essential 9.30am, 11.30am and 6.00pm, beginners 7.00pm and back care 10.30am. Class times change during school holidays contact Cockermouth Pilates Studio: 01900 825139, cockermouthpilates@gmail.com or www.cockermouthpilatesstudio.co.uk

Pilates

Cockermouth Leisure Centre, Castlegate Drive, Cockermouth. Weekly Tuesdays 7.45-8.45pm and Thursdays 7.00-8.00pm. For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermouth-leisure-centre/timetable

Positive Steps Exercise Class

Cockermouth Age UK, 93 Main Street, Cockermouth, gentle exercise group to get you moving recommended for falls prevention or even if you've had fall and would like to get steady on your feet again. Anyone can attend, weekly Mondays 1.00 - 2.00pm. For more information contact Age UK: 01900 844680

Positive Steps Seated Exercise Class

Cockermouth Age UK, 93 Main Street, Cockermouth, gentle seated exercise class recommended if you have had a fall and would like to get back on your feet can progress into the standing positive steps class once you feel more confident, weekly Mondays 2.00 - 3.00pm. For more information contact Age UK: 01900 844680

Running Coaching for all

BodyFit, Lakes Home Centre, Low Road, Cockermouth (unless otherwise stated), weekly Mondays advanced 6.00-7.15pm, coaching for all abilities 7.30-8.30pm, Tuesdays coaching for all abilities 9.30-10.30am and Thursdays master run 6.00-7.00pm, coaching for all abilities 7.15-8.15pm. Contact Sam Ayers: 01900 825974, 07805094701, asksam@bodyfitpersonaltraining.co.uk or www.bodyfitpersonaltraining.co.uk

Striding Out Walking Group

Gentle walking group, come and join us if you fancy a nice walk with friends and its good way to get some exercise, meet at Cockermouth Age UK, 93 Main Street, Cockermouth, fortnightly every other Wednesday at 12.00pm. Contact Age UK: 01900 844680

Swim for 50+

Cockermouth Leisure Centre, Castlegate Drive, Cockermouth. Weekly Monday 2.45-3.45pm, Wednesday 2.45-3.45pm and Friday 2.30-3.30pm. For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermouth-leisure-centre/timetable

Tai Chi

Egremont Rooms, Kirkgate Centre, weekly Wednesdays 10.00 - 11.00am (Beginners) & 11.00am - 12.00pm (Intermediate) with Judith Brown. Contact Age UK: 01900 844680

Tai Chi

Scout Centre, St Helens Street, Cockermouth, weekly Thursdays 1.15-2.15pm. Contact: Rosalind Smith 07742594085

Broughton Over 60's

Broughton Village Hall, Little Broughton, Fortnightly alternate Tuesdays 7.00-9.30pm. Contact Sheila Relph: 016973 20198 or Jean Nicholson: 01900 826524

Cockermouth Allotment & Garden Association

Meet at The Swan Inn, 52-56 Kirkgate, monthly last Tuesday of month 7.15pm. Contact The Swan Inn: 01900 822425

Cockermouth Astronomical Society

St Joseph's Church Hall, Crown Street, Cockermouth, monthly (most months) last Tuesday of month 7.30-9.00pm. Contact Chris Darwin: chris@cockermouthastronomy.co.uk or www.cockermouthastronomy.co.uk

Cockermouth Civic Trust

The Friends Meeting House, Kirkgate, Cockermouth, monthly 1st Wednesday of month (October-April except January). Contact John Dent: 01900 824544, jrdent@dsl.pipex.com or www.cockermouthcivictrust.co.uk

Cockermouth Heritage Group

Kirkgate Centre, Cockermouth, weekly Mondays 7.45-9.30pm. Contact Gloria Edwards: 01900 823966, cockermouthheritagegroup@outlook.com or cockermouthheritagegroup.org.uk

Cockermouth Society for the Blind Social Group

Lorton Street Methodist Church Hall Rooms. Monthly first Thursdays for the month 10:00-12:00 noon

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

Embleton Seniors Group

Embleton Village Hall, Embleton, monthly last Friday of month 12.00-2.00pm. Contact Mrs Margo Fish: 017687 76623

Soup & Sandwich

Methodist Church Hall, Lorton Street, monthly 3rd Saturday of month 11.00am-1.00pm (Sept-March). Contact Keith Rushton: 01900 82327

Bingo and Games:

Ace of Spades Card Club

93 Main Street, Cockermouth, weekly Friday 10.00am. £2.50 fee. Come along join our luncheon club and learn to play whist, crib and many other card games. Entertainment provided, as well as guest speakers, soup, a roll and a top notch cake. For more information contact Sarah Bromiley 01900 8444680 or sarah.bromiley@ageukwestcumbria.org.uk

Bingo

Broughton Village Hall, Little Broughton, weekly Mondays, Wednesdays and Saturdays 6.30pm. Contact Sheila Relph: 016973 20198 or Jean Nicholson: 01900 826524

Cockermouth Bridge Club

Conservative Club, Main Street, Cockermouth, weekly Tuesdays and Fridays 7.00pm. All abilities, on Tuesday evenings we have a host so no partner necessary. Contact Janet Sheppard: 01900 821421

Social Groups and Clubs:

Briar Bank Home Supper Club

14 Briar Bank, Cockermouth, Why not join us at one of our fantastic supper club meals in Cockermouth? Recently featured in the Guide magazine, the delicious 5 course meals use our fabulous organic, Cumbrian produce. Eat as much or as little as you want. Vegetarians welcome. An excellent way to eat out and make new friends as a couple or on your own in a relaxed, friendly atmosphere. Bring your own bottle. Guide price £25 but you pay what you think the meal is worth. For more information or to make a booking contact Sharon Watson 01900 826635 or visit the website www.bbhsupperclub.co.uk

Walking 4 Health

Meet at Wakefield Rd car park or Kirkgate Centre, fortnightly alternate Wednesdays times vary between 11.30am and 12.30pm. Transport from Wakefield Road to the walk location is on a car share basis. Passengers usually donate £2.00 towards fuel costs. We recommend sturdy shoes or boots for these walks. Walks are subject to weather conditions and may be replaced by an alternative walk. Please contact Gwyn Lloyd: 01900 829579 if you are interested in coming along.

Walking Group

Churches together in Cockermouth area (CTiCA)
There are 60+ people on our morning list. We usually have between 10 and 20 on our outings, which are generally between 4 and 7 miles with up 1,000 feet ascent. We like to think that we are a friendly, encouraging group who offer a safe and secure environment with plenty of opportunity to chat and to learn about our local history and geography, Walks between June and August are held on Thursdays evenings starting at 6:30. Walks between September and May are monthly, with a starting time of 10am. All walks are advertised in Cockermouth Post with a local meeting point at Christ Church, Cockermouth beforehand. No walking December - Jan. For information on walks up to the end of 2016 contact Stan (CTiCA Walking Group Leader): 01900828821 or 07936007168

Workington Ramblers

Harrisons Butchers, Main Street, Cockermouth, fortnightly alternate Sundays 9.20am coach picks you up to go to walking destination. There are also walks on Sunday afternoons on alternate weekends to main walk. During April-Sept there are also walks on Tuesday evenings. Contact: 01900 62854 or woramblers@gmail.com

Iyengar Yoga

Eaglesfield Village Hall, Eaglesfield, weekly Fridays 9.15-10.15am. Contact Jo Cook: 07973509543 or www.jocookyoga.com
Greysouthen Village Hall, Greysouthen, weekly Thursdays 6.30-7.30pm. Contact Jo Cook: 07973509543 or www.jocookyoga.com

Iyengar Yoga

Mixed Ability, Methodist Church Hall, Lorton Street, Cockermouth, weekly Wednesdays 6.30-8.00pm. Contact Sue Roberts: 01946 861133 or sueroberts@pavaservices.com

Yoga and Mindfulness

Eaglesfield Village Hall, Eaglesfield, Cockermouth, weekly Mondays 6.00-7.30pm and Wednesdays 10.00am-12.00pm. Contact Linda Allam: 01697323286, 07931481026, linda.allam.yoga@gmail.com or www.northlakesyogagroup.org.uk

Yoga

Eaglesfield Village Hall, Eaglesfield, Cockermouth, weekly Tuesdays 9.30-10.45am 6.15-7.30pm (just strong flow), Wednesdays 6.30-7.45pm (just strong flow). Contact Sarah Kekus: 07712531365, www.thehealtharchitect.co.uk or info@thehealtharchitect.co.uk

Yoga

Cockermouth Leisure Centre, Castlegate Drive, Cockermouth. Weekly Mondays 11.00-12.00pm & 12.00-1.00pm. For more information contact the Leisure Centre: 01900 823596 or visit their website and check out the timetable www.better.org.uk/venues/cockermouth-leisure-centre/timetable

Zumba Fitness

Brigham Memorial Hall, Brigham, weekly Tuesdays 7.00pm and Thursdays 5.45pm. Cockermouth Leisure Centre, Castlegate Drive, Cockermouth, weekly Fridays 9.30am. Contact Danielle Smith: 01900 827394 or 07975521789

Zumba Gold

Brigham Memorial Hall, Brigham, weekly Tuesdays 11.15am and Fridays 12.30pm. Cockermouth Leisure Centre, Castlegate Drive, Cockermouth, weekly Thursdays 12.50pm. Contact Leisure Centre: 01900 823596 or www.cultureleisurelife.com/workington/cockermouth or Danielle Smith: 01900 827394 or 07975521789

Health and Dieting Support:

Weight Watchers

St Joseph's Church Hall, Crown Street, Cockermouth, weekly Wednesdays 10.00am. Contact Michelle McKenzie: 0345 677 7788

Christ Church Rooms, South Street, Cockermouth, weekly Thursdays 6.30pm. Contact Sarah Cooke: 07747 188804

Slimming World

Christ Church Rooms, South Street, weekly Tuesdays 9.30am. Contact Sharon: 01900 818281

Cockermouth Rugby Club, Saturday 9.00am, Wednesday 5.00pm & 7.00pm : Contact Jodie: 07939424566

Morning Coffees and Lunch Clubs:

Bridekirk Friendship & Lunch Club

St. Bridget's Church Rooms, Bridekirk weekly Mondays 12.00-2.00pm (except bank holidays). Contact: Mary: 01900 822689 or Carolyn: 01900 824222 Join us for fun and good crack £3.50

'Coffee is served-Coffee and a chat'

Methodist Church, Lorton Street, weekly Tuesdays, Wednesdays and Thursdays 10.00am-12.00pm. Contact Keith Rushton: 01900 824268

Lunch Club

Brigham Memorial Hall, Brigham, monthly 1st Monday of month 12.00-1.30pm. Contact Sue Earley: 01900 828380 or Anne: 01900 824104