



# Annual Report

2023-2024

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Be part of it!



Westmorland  
& Furness  
Council



Active  
Partnerships



# Who we are

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Active Cumbria is one of 43 active partnerships covering every part of England, primarily funded by Sport England to increase the number of people taking part in physical activity. We prioritise our work into the places of greatest need, and we work with a wide range of local partners to achieve our outcomes, these include local authorities, health, education, and many voluntary sector organisations who reach into and connect with our communities.

## **Our Vision**

Everyone in Cumbria is enjoying an active lifestyle

## **Our Aims**

- Increased levels of physical activity has reduced health and wellbeing inequalities across Cumbria
- Increased levels of physical activity has contributed to a reduction in the carbon footprint across Cumbria
- Physical activity is recognised as a priority in improving people's lives
- Active Cumbria is a sustainable, high performing organisation, which is valued by customers and partners

# Welcome

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It gives me great pleasure to welcome you to the Annual Report for 2023-24.

As we come to the end of another year, it provides us with an opportunity to reflect on yet another period of significant change. Our transition into our new host, Cumberland Council has gone smoothly, which is testament to all the preparatory work undertaken over the last two-years. Despite the changes, our remit remains county-wide, and we continue to focus our work across the whole of Cumbria, particularly in the places in need of the most support.

It's been pleasing to see the strong focus that both new councils have placed on health and wellbeing, and the recognition of the role physical activity can play in supporting communities to thrive. This approach has allowed a great deal of momentum to gather around the importance of physical activity and active wellbeing, and the role we can play to support these aims. We look forward to building on this as we move forward.

The focus of this year's report is very much one of change. Whilst our host authority has changed, we believe that our work continues to make significant change and benefit to the communities we serve, be these geographic, organisational, or audience specific. The inspiring case studies provided later in this report really shine a light on the change that we are helping to facilitate across both new council footprints through physical activity.





It is also worth reflecting on other change related work that has progressed during the period. In November, we were delighted to be selected to be part of Sport England's new Place Expansion work. This will see new partnerships formed across three areas of Cumberland, in and around Maryport, Workington, and Whitehaven, looking at how long term system change can support these communities to be more active. Although we are just setting out on this work, the early engagement from organisations working in these three communities has been really encouraging.

Our work on Travel Actively has started to make real progress, with numerous projects supported in the Carlisle and Barrow-in-Furness areas, all designed to enable more people to change habits and choose active travel methods to support their daily routines. This programme is significantly contributing to our strategic ambition of increasing active travel and reducing the carbon footprint across Cumbria.

In March we held our first large scale conference focussing on the importance of physical activity for those working in physical education. The conference, supported by our partners at New Balance Foundation, was attended by around 100 delegates, and focussed on the importance of whole school approaches to physical activity, as well as providing multiple learning and networking opportunities.

The following pages bring to life our work, which are all in keeping with the theme of change. These are set out to align with the new council footprints of Cumberland, and Westmorland & Furness.

Finally, I would like to thank all our partners, old and new, who have been so enthusiastic and supportive over the last year, to members of the Advisory Board for their insight and vision, and to Richard, Bruce and all the staff in the Team for their continued hard work and commitment.



**Lorraine Smyth**  
Chair of Active Cumbria Advisory Board

# Opportunities in Changing Times

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Local Government Reorganisation (LGR) came into effect on 1st April 2023, with two new unitary councils covering the footprint of Cumbria. Cumberland Council to the north and west, taking in the former authority boundaries of Carlisle, Allerdale, and Copeland, and Westmorland and Furness Council to the east and south covering the previous areas of Eden, South Lakeland, and Barrow-in-Furness. Active Cumbria's geographic remit did not change because of this process, and we continue to cover the whole county footprint as the active partnership for Cumbria.

Although we are now hosted within Cumberland Council, within the Public Health & Communities Directorate, we are already engaging across both unitaries around the important role that physical activity can play in supporting our communities to lead healthy and happy lives. We have embraced new opportunities through LGR and have been involved in initiatives such as the Corporate Induction sessions, Change Champions programmes, and in the development of Active Wellbeing Strategies for both councils, making valued contributions to these processes.

However, our strategic approach to working in place hasn't changed. Our 43 identified priority places as outlined in our 2021-26 Implementation Plan continue to provide a real focus for our work, and organisations within these places have benefited from recent investment from numerous sources including Sport England, through the Together Fund, the DfE Opening Schools Facilities

investment, the DfT funded Travel Actively programme, and our Reconditioning Fund.

Our place based approaches have also been recognised by our main funder Sport England, and in November, following a robust process, three communities in the Cumberland area, within the towns of Maryport, Workington, and Whitehaven were selected to be part of the first phase of their Place Expansion work. This five-year investment will enable us to work in depth within these places to really change how organisations work together to increase levels of physical activity in a meaningful and sustainable way.

The important role physical activity can play in enabling our communities to thrive is thankfully widely understood, and we very much look forward to continuing to work in partnership to help make this change happen.



**Richard Johnston**  
Senior Manager (Operations)



**Bruce Lawson**  
Senior Manager (Development)





Young person enjoying activities with ESKK Martial Arts in Whitehaven

# Our Impact Across Cumberland

## Reconditioning Fund



Awarded to **12** Organisations



**2,502** players from  
**39** organisations travelled  
**439,840** miles  
as part of **Street Tag**

## Opening School Facilities Fund



Awarded to **10** Schools

**3,493** Young people trained through the  
**Bikeability** programme

**24** Regular **Ramblers Wellbeing Walks** taking place

**48** **Live Longer Better in Cumbria**  
e-learning opportunities completed

**18** Settings received training via  
**Active Start**

**840** People engaged in the **Travel Actively** programme in Carlisle

**359** Delegates attended **CPD courses**

## Case Study:

# Supporting Asylum Seekers to Travel Actively

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Travel Actively supports older adults, people with a disability or with a long-term health condition(s), those from our poorest communities, people from ethnically diverse backgrounds, children and young people and individuals socially prescribed or signposted to adopt active travel, making everyday journeys in physically active ways such as walking, cycling, and wheeling.

Through a range of initiatives, including the Travel Actively Fund, we support people to overcome barriers, develop relevant skills and increase confidence. This is resulting in positive behaviour change towards travelling actively and individuals adopting a more active lifestyle. An example of this is the work we have done with Carlisle Refugee Action Group (CRAG).

CRAG provide practical support to refugees and asylum seekers living here and abroad either in refugee camps or resettlement situations. They also raise awareness about issues faced by refugees and asylum seekers to bring about practical and political solutions.

Travel Actively provided CRAG with funds to purchase 35 bikes, plus helmets and locks, for the use of refugee and asylum-seeking men and women based in Carlisle. Having access to bikes allows them to travel actively to local amenities such

as city centre shops, to attend appointments with doctors or dentists, formal and informal classes, and advice sessions. Having an independent means of travel has increased their chances of securing volunteering roles and ultimately work in the future.

To help ensure cyclists had the necessary skills and awareness to stay safe on the roads Travel Actively hosted cycle confidence sessions. CRAG have brought groups to these sessions. The groups engaged in different activities and exercises designed to increase their awareness and ability of road safety and to give them the confidence to cycle on roads. All participants were engaged throughout; there were lots of smiles and happy chatter. By the end of the session all members of the group had developed their cycling skills and abilities, and this has enabled them to travel actively.

We are proud to support CRAG and the vitally important work they do, and we look forward to continuing to work with them in the future.



## Case Study:

# Increasing Opportunities at Whitehaven Academy

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We have been working with Whitehaven Academy as part of the Opening School Facilities programme since phase 2 began in 2021. Since then, the school has received nearly £25,000 with a further £8,000 secured for this academic year. The funding has been used to allow the school to open its indoor and outdoor facilities to pupils, staff, and the wider community. There is now a wide offer available including: football, gymnastics, netball, badminton, dance, futsal, tennis, yoga, trampolining, rollerblading, basketball, orienteering, fell running, cricket, and dodgeball! The funding has enabled Staff capacity to increase to enable the school to hire out their sports hall during evenings, weekends, and holidays, which in turn covers any small ongoing costs incurred by delivery of other activities. This year the facilities are being further improved by the creation of an indoor gym.

Throughout the project, engaging a wide audience has remained at the heart. The school listens to its pupils and to the local community. With multiple projects on offer, target audiences have been carefully selected to ensure there is truly something for everyone. The impact has been immense – the facilities are now fully booked most weeks with participation data showing the vast number of regular users.

An integral feature of the OSF programme is to help schools develop a sustainable business model. In addition to the income generated from external sports hall bookings, CPD has been provided for

staff and young leaders, including first aid workshops for students, allowing sessions to be delivered sustainably.

Whitehaven Academy have fully embraced this opportunity and, with hard work, passion, and determination, have surpassed the programme objectives. The school is now a real community hub for physical activity with the changes benefiting students, staff, and the wider community. John Battrick, Project Officer said “It is a delight to work with Whitehaven Academy and we are excited to continue supporting them enhancing and expanding their offer.”

“ The OSF funding has helped hugely in enabling us to open up our facilities to the community, allowing positive change in the exercise habits of our students and bringing additional income which will enable our projects to continue long-term.

”

Kirsty Lewis, Curriculum Leader for PE, Whitehaven Academy



## Case Study:

# Partnership Working to Enable Millom to Move More

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Active Cumbria was approached by The Outdoor Partnership (TOP) on behalf of Millom School in early 2023. TOP had piloted several outdoor adventure activities across the former Copeland region, most of which had been oversubscribed, except for in Millom, thereby suggesting a need for more targeted provision in this area.

TOP were supporting Millom School to establish an outdoor activity club, with the intention of inspiring the creation of a self-sustaining community club and removing barriers to young people's participation in outdoor pursuits. TOP were successful in securing some funding from Cumbria Community Foundation to cover initial training and operational costs.

One of the proposed activities was a Mountain Bike (MTB) Club as part of the school's enrichment programme, where children would take part in a six-week course on the basics of MTB (bike handling and maintenance skills), in turn supporting them to be able to take part in mountain biking sessions away from school. To make the club accessible for all students the school wanted to buy a fleet of bikes. Following consultation with TOP and Millom School, Active Cumbria's Active Travel to School Team were able to provide around £6,000 of funding for the purchase of 12 bikes and helmets, on the condition that the school were custodians of the bikes and that they

would be available to other community organisations on request. Officers from Active Cumbria visited the school to see the project in action and were pleased to note that most participating young people were using the bikes bought with the funding provided, demonstrating the improved accessibility and uptake generated by our involvement.

Since the inception of the school MTB Club, Millom Velo Club (MVC) has been established as a constituted organisation and is now affiliated with British Cycling. Its aim is to promote cycling for young people, as well as support adults who are new into cycling, either as a leisure activity or mode of transport. The club is now providing regular opportunities for 50 young people, 30 older adults, 20 women and girls, and 10 people with long term health conditions to be active, furthermore, they have secured an additional £4995 from the Sellafield Physical Activity Fund to support the purchase of additional cycling equipment, tools, and first aid supplies.

*Front cover image: Millom Mountain Bike Club*

## Case Study:

# Place Expansion in West Cumberland

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Sport England have committed to invest £250m over the next 5 year period in to 80 – 100 places across England. This decision has been based on learnings from 12 Local Delivery Pilots which have been in existence since 2018 and supports the aims of their Strategy ‘Uniting the Movement’.

System change is at the heart of the work, and although resources will be available through Sport England to increase the amount of physical activity on offer in these places, much of the work will be focussed on changing the way organisations behave in order to make physical activity more accessible to more people. The work has four key areas of focus: -

- Increasing Activity
- Decreasing Inactivity
- Tackling Inequality
- Providing positive experiences for children and young people

Sport England have identified three areas of Cumberland to be part of the initial tranche of around 50 places across England to be part of this work, these Medium Super Output Areas (MSOA's) areas being: -

- Flimby, Ellenborough & Broughton Moor (Maryport)
- Workington West (Workington)
- Mirehouse, Kells & Woodhouse (Whitehaven)

A launch event was held in November 2023 bringing together 60 delegates which included Cumberland Council Senior Officers, local and Cabinet Members, together with Senior Officers from the Health Sector, as well as many Voluntary Sector representatives. The event ensured strategic buy in, agreed support for the work, and a united front in terms of bringing Place Expansion to Cumbria.



Initial planning sessions have been held in each of the 3 places, each bringing together around 30 individuals from a range of organisations interested in supporting the work at a local level. These included representatives from the council, health, education, and voluntary sector organisations. These groups will be the driving force for this work moving forward and will continue to come together regularly to help shape the direction of travel within each place. This is just the beginning of this piece of work, with an investment submission being put into Sport England within the near future to fund a ‘discovery phase’ which will cover the initial 12 month period, along with plans to provide systems leadership training through a specific LGA Place Leadership course.





“

We are excited by the place expansion and the opportunities it will bring for people in communities across West Cumbria to be more physically active.

”

Dougie Pomfret, Manager, Fit4Life (Cumbria)



# Our Impact Across Westmorland and Furness

## Reconditioning Fund



Awarded to 6 Organisations



**2,176** players from  
**51** organisations travelled  
**349,344** miles  
as part of **Street Tag**

## Opening School Facilities Fund



Awarded to 6 Schools

**2,462** Young people trained through  
the **Bikeability** programme

**21** Regular **Ramblers Wellbeing  
Walks** taking place

**47** **Live Longer Better in Cumbria**  
e-learning opportunities completed

## UK Shared Prosperity Fund



Awarded to 4 Organisations

**14** Settings received training  
via **Active Start**

**557** People engaged in the  
**Travel Actively** programme  
in Barrow-in-Furness

**198** Delegates attended  
**CPD courses**

## Case Study:

# Activate at St Mary's Hospice – A Reconditioning Fund Project

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St Mary's Hospice in Ulverston were establishing their new Dementia Service, and in alignment with the aims of the Live Longer Better in Cumbria programme, we supported them to look at ways to embed physical activity from the outset. The hospice were already connected with local activity provider HP Activities and a project was developed to fund equipment, led Activate (skills based games) sessions, and capacity building for both paid and voluntary staff.

This approach ensured the availability of Activate at all 'Memory Lane café' sessions for dementia patients and their carers, as well as at any other sessions offered by the Compassionate Communities team of staff and volunteers.

Lynsey Lawson, Compassionate Communities Lead commented "This approach allowed us as Hospice staff to immerse ourselves in the training whilst observing the participants engaging with the activity. These sessions supported both staff and volunteers to grow in confidence in their training to become Activators as well as providing fantastic physical exercise for attendees which were adapted to their needs."

One of the trained volunteers stated "I feel confident to lead sessions alongside a member of staff, or to support clients

by taking part in sessions alongside them. Memory Lane Cafe clients really enjoy the activity sessions as part of the programme."

Lynsey continues "Our project has greatly benefited the Memory Lane Cafe groups of attendees, enabling us to introduce a diverse range of activities based on the group's interests. Each session at the cafe now begins with a brief chair-based exercise session followed by a short physical activity. Exercise routines, especially those that are structured and social, provide a sense of routine and purpose, fostering social interactions and reducing feelings of isolation. Overall, incorporating physical exercise into the daily lives of people with dementia can lead to improved quality of life and well-being"

This sustainable approach has ensured that physical activity is now embedded as a core offer within these sessions, with staff and volunteers confident to deliver the Activate sessions. The Hospice has now developed an approach to be the county's first Sporting Memories facility.

## Case Study:

# Place Based Working – Central Ward, Barrow-in-Furness

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Central Ward in Barrow-in-Furness is a priority place for Active Cumbria due to high levels of inequality, deprivation, and physical inactivity. We have been working with many partners in the place to try to change how physical activity is perceived and offered, and at the same time increase aspirations within the community generally, and in this case specifically for children and young people.

A key element of this work has been to support four proactive primary schools, who were already working together delivering the Step Up and Play project, which brought together a collaboration of schools, sports clubs, community development staff and volunteers to remove the barriers which prevented children from attending local sports clubs. This project was initially offered as a few sessions each

week but has now grown into a seven day programme of activities covering multiple sports.

Working with three of the schools, we have also supported them through the Opening Schools Facilities Fund to develop a comprehensive cross-school offer for extra-curricular physical activity and sport at each of their respective sites, which is open to all children from each school to take part. The timings of these sessions have been carefully selected so as not to clash with any of the Step Up and Play activities. This has meant that children from this low income area can access high quality free activities every night of the week.

The final element of this work has seen us support the local club infrastructure in the area who are part of the Step Up and Play project, with facility improvement grants through our work in administering the Westmorland & Furness Shared Prosperity Funding for sports facilities. We have so far supported two different clubs to either improve their facilities or improve their service offer.

This change making approach has built strong and lasting partnerships between many organisations in the place and has also helped with the sustainability of the local clubs involved. Most importantly it has enabled many hundreds of children to be more active, increased their self-esteem, and supported long term behaviour change.





Young adult enjoying the activities at the Advantage! Barrow Raiders Community Foundation Able Raiders project

## Case Study:

# Supporting Older Adults in Rural Communities – Fit4All Aquafit

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The Upper Eden area of Westmorland and Furness is a very dispersed and rural population, with an ageing demographic, and as such, is regarded by Active Cumbria as one of its priority places.

Working in partnership with Eden Primary Care Network (PCN) and Westmorland & Furness (W&F) Council, funding was provided through our Reconditioning Fund to cover the costs of pool hire at Appleby Pool through the winter months to enable the Fit4All Aquafit programme to run all year round, building on the success of the summer sessions already offered in the rural outdoor pools.

This change to a year round option provides valuable physical, mental, and social benefits to each of the 59 different attendees who have attended sessions so far. Attendees report that “The sessions provide a social space to help overcome loneliness, and we stay for a coffee afterwards too”. Another attendee reports that “The sessions enable me to do exercise in water that I cannot do on land, I feel fitter, and get to meet other people and have fun”.

The fully qualified and experienced Fit4All Instructors said “Attendees can self-refer to the service or be signposted by their healthcare professional. We know that these types of activities are proven to strengthen weak muscles, improve posture and balance, aid relaxation, improve circulation, and provide pain relief. We’ve also seen the confidence, as well as cardiovascular fitness and endurance improve in those attending the classes. These are important benefits for all but particularly older adults and those with long term health conditions”.

The funding allowed the session to be subsidized for a lower cost to the participant. Eden PCN and W&F Council provided the staffing for the project and the Reconditioning Fund provided the cost of the pool. This initial project has also enabled Fit4All to secure other funding which has allowed Fit4Aquafit sessions to continue at Appleby Pool and further expand to Penrith Pool, meaning more residents have opportunities to attend this type of class.



## Case Study:

# The School as the Community Hub in a Rurally Isolated Place – Samuel Kings School

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Samuel Kings School in Alston is a relatively small secondary school co-located with Alston Primary School and serves the rurally isolated area of Alston Moor and surrounding valleys. The remoteness of the town is a challenge for students and a barrier to them being able to access physical activity provision. Students struggle to get to the nearest venues for clubs and for some independent providers it is not economically viable for them to travel to Alston to run clubs.

The school joined the Opening School Facilities (OSF) Programme in Phase 3, from March 2023. There was a strong will from the school to change things for their students to get them more active for both physical and mental health benefits. Key to this was being able to bring activities to the town and school to reduce the physical and economic barriers. School led provision was a challenge due to limited staff numbers and it was important to create a model that provided consistency over time to create long term changes in behaviours.

Prior to investment through the OSF programme lunchtime and afterschool activities were very limited. However, the £36k funding to date to pay for equipment, training and coaching means that there is now a wide range of activities available

for students and the wider community, which include circuits, strength training, spinning, badminton, multi-sports, rugby, football and archery.

Many Year 7 and 8 students had missed out on swimming tuition due to Covid and periods of lockdown. They have been given the opportunity to have lessons to achieve the desired Key Stage 2 standard of a 25 metre swim and perform safe self-rescue, crucial for young people with easy access to their local river.

Plans for the final year of investment, which is expected to be £7.5k, include the addition of yoga classes for both students, staff, and community members, as well as establishing the archery sessions as an affiliate club to allow participation in and hosting of tournaments. It is hoped that given the success of many of the funded activities, that sustainable community provision will extend beyond the investment period into the future.





Young people enjoying Cumbria School Games, June 2023



The Active Cumbria Team are part of Cumberland Council and are hosted within the Public Health & Communities Directorate.

We use the policies and procedures of our host to carry out our work. As a hosted active partnership, a signed Agency Agreement is in place between our host authority and our main funder Sport England which articulates the roles and responsibilities of each party in relation to Active Cumbria.

Our Advisory Board is made up of 8 independent skills-based representatives, and 4 ex-officio members, and operates under agreed terms of reference. The functions of the Advisory Board are as follows: -

- Ensure clarity of vision, values, and strategic direction.
- Provide oversight, input, and challenge.
- Actively promote and further the work of Active Cumbria.

We remain committed to ensuring on-going compliance with all aspects of highest level of the Code for Sports Governance, and we have detailed action plans in place to continue to meet these standards. Our Annual Governance Statement outlines the specific progress and achievements made during the year, which can be viewed via [www.activecumbria.org](http://www.activecumbria.org)

## **Our commitment to Equality, Diversity & Inclusion**

We are fully committed to ensuring that we are champions in placing equality, diversity, and inclusion at the heart of everything we do. Whilst we accept that we are on a learning journey with this, during the last 12 months we have developed an ambitious Diversity and Inclusion Action Plan which was approved by our Advisory Board in September 2023, and which has since been independently approved. This can be viewed via [www.activecumbria.org](http://www.activecumbria.org)

## **Our commitment to Environmental Social Governance**

As an organisation we are committed to embracing ways of working which reduce our carbon footprint, such as doing more meetings on-line, or car sharing where we can. We will also make deliberate changes to how we deliver our services, such as not using single use plastic at our events. Although these changes on their own appear small, we are committed to promoting these internally and externally to our network of partners across Cumbria and beyond. We take our environmental responsibility seriously and have identified a Champion from our Advisory Board, and Team to ensure this issue is at the forefront of our decision making moving forward.

We are working with partners from across the country to better understand how we can continue to develop in this areas, including our host authority, Sport England, and other Active Partnerships.



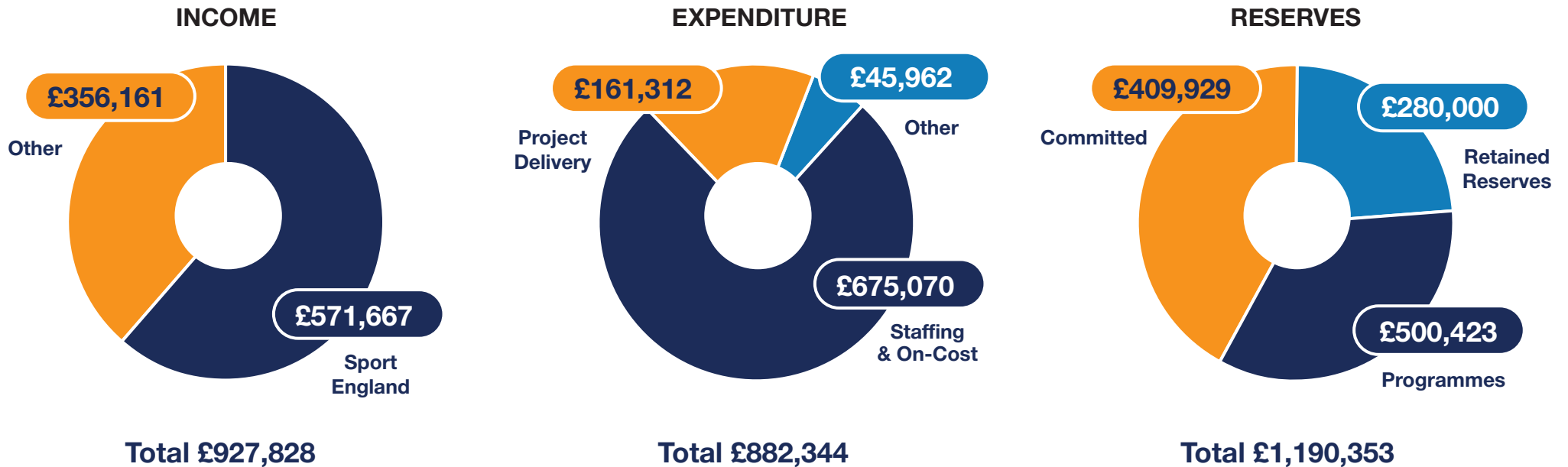
# Accounts

**Active Cumbria's annual statement of accounts is prepared in accordance with the financial policies and procedures of Cumberland Council.**

Our Advisory Board has a designated Audit & Governance Committee, which is in place to assist the Advisory Board in fulfilling its oversight responsibilities for the financial reporting process, the system of financial controls, the audit process, reserves policy, and the process for monitoring financial and governance compliance.

An annual audit of our accounts is undertaken in line with the external auditing of Cumberland Council's accounts, and we also produce a detailed stand-alone set of accounts specifically for our income and expenditure in line with the reporting requirements of the Code for Sports Governance.

A summary of the income and expenditure, as well as a position statement regarding our reserves are provided below.



A copy of the full set of accounts is available via our website [www.activecumbria.org](http://www.activecumbria.org)





Delegates enjoying Physical Activity and Movement – The Curriculum and Beyond! Conference, March 2024

# Partner Survey 2023-24

We constantly strive to provide the best possible service to the individuals and organisations we work alongside. Each year we ask for feedback through our Partner Survey. This year, our survey was undertaken in January, and was completed by around 60 people from a range of organisations.

**Likely to recommend Active Cumbria to a colleague**


**85.5%**



“  
Clear, timely communication. Helpful, problem solving attitudes, good skill sharing. Shared vision/motivation in benefiting the community. Open to discuss fresh ideas whilst remaining committed to supporting existing activities that are working well.  
”

**69%**

Agree there is trust and respect for each other



**66%**

Agree we have a clear shared purpose for why we work together



“  
Working with Active Cumbria has been and continues to be an absolute pleasure. Communication is fantastic and they are always ready to offer support and advice.  
”





“  
**Working in partnership has enabled us to offer activities to a group who would not usually join main stream activities.**  
 ”

**74%** Working together has a very positive impact on the organisation



“  
**The level of respect they have for my organisation. Always willing to hear what we would like to do and how it can be best implemented.**  
 ”



**90%**  
 Very satisfied with the professionalism and helpfulness of Active Cumbria staff

“  
**Active Cumbria is a big enough organisation to have excellent resources and partnerships yet small enough to be effective and well managed. There appears to be a balance between strong vision and the means to put that into practice. The individual members of staff I have worked with deserve a special mention for their warmth and skills.**  
 ”

**71%**  
 Very satisfied with the quality of the support and advice provided by Active Cumbria







## Cumberland Council

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