



# Activities for Older Adults in Allerdale

Activity Provider	What's On Offer	More Information / Contact
Age UK - North Cumbria	A wide range of activities, information and advice	To get involved and book your place on any groups, activities or events please call: 01228 536673
Fit4Life	Health and Rehabilitation Gym - Specialists in Exercise for Chronic Conditions and over 50's	Gyms in Maryport, Workington and Whitehaven Office: 01900 814782 Email: dougie@fit4lifecumbria.org
Together We	A range of services to support physical and mental health	Office: 01900 844 670 Email: info@togetherwe.uk
Better Leisure Centres: <ul style="list-style-type: none"><li>• Workington</li><li>• Maryport</li><li>• Cockermouth</li></ul>	Classes, Swimming Pool and Gym	Workington office: 01900 878720 Maryport office: 01900 811450 Cockermouth office: 01900 823596
Ramblers Wellbeing Walks	Guided short walks suitable for all abilities	<a href="https://www.ramblers.org.uk/go-walking/wellbeing-walks">https://www.ramblers.org.uk/go-walking/wellbeing-walks</a>
Active at home	Ideas for keeping active at home	<a href="https://www.activecumbria.org/activities/active-home/home-exercise-older-adults/">https://www.activecumbria.org/activities/active-home/home-exercise-older-adults/</a>
Active Cumbria Activity Finder	An easy to use search tool to find activities taking place near you	<a href="http://www.activecumbria.org">www.activecumbria.org</a>
The Hiking Household	A walk around Vulcan Park, Workington to help people Live Longer Better	Download the leaflet at: <a href="https://www.activecumbria.org/behealthybeactive/activities/walking/">https://www.activecumbria.org/behealthybeactive/activities/walking/</a>

[www.activecumbria.org/livelongerbetter](http://www.activecumbria.org/livelongerbetter) Call: 01228 226885