



Activities for Older Adults in Barrow

Activity Provider	What's On Offer	More Information / Contact
Age UK Barrow & District	A wide range of activities, information and advice	To get involved and book your place on any groups, activities or events call: 01229 831425 https://www.ageuk.org.uk/barrow/activities-and-events/
Advantage! Barrow Raiders Community Foundation	Programme to improve the physical and mental wellbeing of adults	advantage@barrowrlfc.com Call 07394 691827
Barrow Park Leisure Centre	Gym, swim and fitness classes	Call 01229 871146
Dalton Leisure Centre	Gym, swim and fitness classes	Call 01229 463125
Ramblers Wellbeing Walks	Guided short walks suitable for all abilities	https://www.ramblers.org.uk/go-walking/wellbeing-walks
Active at home	Ideas for keeping active at home	https://www.activecumbria.org/activities/active-home/home-exercise-older-adults/
Active Cumbria Activity Finder	An easy to use search tool to find activities taking place near you	www.activecumbria.org
St.Mary's Hospice	Sporting Memories Club – A chance to come together and reminisce about the power of sport.	On Tuesday's from 1pm until 3pm. Referrals only by contacting 01229 580305 or Janice.mckenna@stmaryshospice.org.uk
The Hiking Household	A walk around Barrow Park to help people Live Longer Better	Download the leaflet at: https://www.activecumbria.org/behealthybeactive/activities/walking/

www.activecumbria.org/livelongerbetter Call: 01228 226885