

LIVE LONGER BETTER.

in Cumbria



Activities for Older Adults in Carlisle

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
ICan Wellbeing Group CIO	Fitness Centre and Outreach Activities aswell as Wellbeing Centre	Focusing on physical, emotional and social wellbeing https://www.icanfitnesscumbria.co.uk/ call: 01228 819101
Currock Community Centre	Variety of activities on offer including Yoga, Pilates, Resistance band strength	Also have regular Wellbeing walk and Young at Heart sessions Email: info@currockcc.co.uk Call: 01228 591868
BETTER - The Sands Centre	A wide range of Senior activities now available on Mondays, Wednesdays and Fridays each week	https://www.better.org.uk/leisure-centre/cumberland/the-sands-leisure-centre/senior-activities or call 01228 633766
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
Carlisle United Community Sports Trust	Silver Foxes sessions and monthly United in Memories Dementia Cafe	Contact - inclusion@carlisleunitedcst.co.uk for further details and information
Susie Tate - About Being	Sociable weekly dance group for stroke survivors and their carers	Contact Susie - susietate8@gmail.com for further details and information
The Hiking Household	A walk around Petteril Valley, Carlisle to help people Live Longer Better	Download the leaflet at: https://www.activecumbria.org/behealthybeactive/activities/walking/