



Activities for Older Adults in Copeland

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
Better Leisure Centres: <ul style="list-style-type: none">Whitehaven Sports CentreCopeland Swimming Pool and Fitness CentreCleator Moor Activity Centre	Classes, Swimming Pool and Gym	Whitehaven office: 01946 695666 Copeland office: 01946 696049 Cleator Moor office: 01946 815100 https://www.better.org.uk/leisure-centre/copeland-
Millom Recreation Centre	Health, Fitness, Strength and Balance	https://www.millomrecreationcentre.co.uk/ 01229774985
U3As: <ul style="list-style-type: none">West Cumbria BranchWest Lakes Branch	A wide range of activities and clubs	West Cumbria: https://westcumbriau3a.co.uk/ 07851482822 West Lakes: https://u3asites.org.uk/west-lakes/welcome
Joy App	Cumberland Council Social Prescribing App	https://services.thejoyapp.com/en/listings/808-copeland-borough-council-social-prescribing
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	Find activities taking place near you	www.activecumbria.org
The Hiking Household	Whitehaven to Ennerdale Cycle Path - a walk to help people Live Longer Better	Download the leaflet at: https://www.activecumbria.org/behealthybeactive/activities/walking/