



Activities for Older Adults in South Lakeland

Activity Provider	What's On Offer	More Information / Contact
Age UK- South Lakeland	A wide range of activities, information and advice	https://www.ageuk.org.uk/southlakeland/about-us/contact-us/ Call: 01539 728118
Better Leisure Centres: <ul style="list-style-type: none">• Kendal• Ulverston	Classes, Swimming Pool and Gym	<u>Kendal office:</u> 01539 729777 https://www.better.org.uk/leisure-centre/westmorland-and-furness/kendal/activities <u>Ulverston office:</u> 01229 584110
HP Activities	Delivers classes and sessions for all ages	https://hpactivities.com/
Kendal Auld Greys	Walking Rugby	kendalrugby.co.uk auldgreys@gmail.com
Dignity in Dementia	A wide range of activities, information and advice	info@dignityindementia.org https://dignityindementia.org/ 07771 682378
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
The Hiking Household	A walk around Lightburn Park, Ulverston to help people Live Longer Better	Download the leaflet at: https://www.activecumbria.org/behealthybeactive/activities/walking/

www.activecumbria.org/livelongerbetter Call: 01228 226885