



Annual Report 2025-2026

Be part of it!



Who We Are

Active Cumbria is one of 42 active partnerships covering every part of England, primarily funded by Sport England to increase the number of people taking part in physical activity. We prioritise our work into the places of greatest need, and we work with a wide range of local partners to achieve our outcomes. These include local authorities, health, education, and many voluntary sector organisations who reach into and connect with our communities.

Our Vision
Everyone in Cumbria is enjoying an active lifestyle

Our Aims

- Increased levels of physical activity has reduced health and wellbeing inequalities across Cumbria
- Increased levels of physical activity has contributed to a reduction in the carbon footprint across Cumbria
- Physical activity is recognised as a priority in improving people’s lives
- Active Cumbria is a sustainable, high performing organisation, which is valued by customers and partners

Welcome

It gives me great pleasure to welcome you to the Active Cumbria Annual Report for 2025–26.

As has become increasingly common in recent years, we close another year shaped by significant change and evolution across local government, health and the wider public sector landscape. Devolution in Cumbria is now firmly becoming a reality, with the Cumbria Combined Authority formally established in February and Mayoral elections planned for 2027. Alongside this, health structures across the county continue to develop and adapt. Throughout this period of change, our Advisory Board has continued to monitor developments closely, identifying opportunities to ensure physical activity and movement remain central to improving health and wellbeing across our communities.

Reflecting this wider evolution, Active Cumbria itself underwent a significant period of organisational change this year, with a new leadership and functional team structure introduced in September. While periods of transition are never without challenge, I am delighted with the progress made and the opportunities this has created for colleagues to grow and develop within the organisation. I would also like to place on record my sincere thanks to both Bruce Lawson and Richard Metcalf who retired this year. Bruce had co- led the organisation for 14 years, and Richard led our workforce development functions for many years, both made a tremendous contribution to Active Cumbria and the wider sector.

As the impact of climate change continues to shape the world around us, it is vital that we respond both as an organisation and as a sector. I was therefore pleased to support the development of our Environmental Sustainability Action Plan (ESAP), approved by the Advisory Board in March. This important piece of work will help ensure environmental sustainability is embedded within our decision making and will support the sector to become more resilient in the years ahead.

As we enter the final year of our current Sport England funding agreement for System Partner work, we continue to strengthen collaboration across our four priority systems: local government, health, children and young people, and the sport and physical activity sector. We are also excited to continue supporting Sport England’s Uniting the Movement ambitions over the next five years.

Our Travel Actively programme has continued to go from strength to strength during this final full year of delivery. Through the Travel Actively Fund, we have supported 28 organisations across Carlisle and Barrow-in-Furness, helping deliver community-led projects that encourage more people to choose active travel for everyday journeys. The launch of www.travelactively.co.uk also provides an important legacy for this work.

Meanwhile, our Sport England-funded Let’s Move programme continues to build strong foundations across Maryport, Workington and Whitehaven. This year has seen the development of a range of test-and-learn projects, ongoing discussions around four capital projects, support for 80 partners through the LGA System Leadership courses, and the growth of thriving locality-based working groups. We are also excited to be finalising plans to launch Let’s Move in Barrow-in-Furness in early 2026–27.

The following pages highlight the breadth and impact of our work over the past year, aligned to the council footprints of Cumberland and Westmorland & Furness.

Finally, I would like to thank all our partners, Advisory Board members and the entire Active Cumbria team for their continued commitment, support and enthusiasm throughout another year of progress and change.



Lorraine Smyth
Chair of Active Cumbria Advisory Board

A Period of Evolution

This year marks a period of significant evolution for Active Cumbria. Following more than 14 years of co-leadership alongside my colleague Bruce Lawson, a team restructure in September created the opportunity for Bruce to move into retirement and for us to introduce a refreshed leadership and functional structure. These changes have strengthened our organisation, creating new opportunities for colleagues to step forward, grow, and lead across all areas of our work. I would like to extend my sincere thanks to both Bruce and Richard Metcalf, who also retired as part of this transition, for their longstanding dedication and contribution.

As an organisation, our work continues to adapt to meet changing needs. Over the past year, several long-standing programmes have concluded, including Live Longer Better in Cumbria and the Reconditioning Fund, alongside the completion of our UK Shared Prosperity Fund work with Westmorland and Furness Council. These initiatives have made a lasting impact, enabling many people to become more active and strengthening the recognition of physical activity within health and local government systems.

Looking ahead, our focus will continue to evolve. We are increasingly positioning physical activity as a key contributor to outcomes across four interconnected systems: health, local government, children and young people, and the sport and physical activity sector. This report highlights a range of examples that demonstrate the value of this approach.

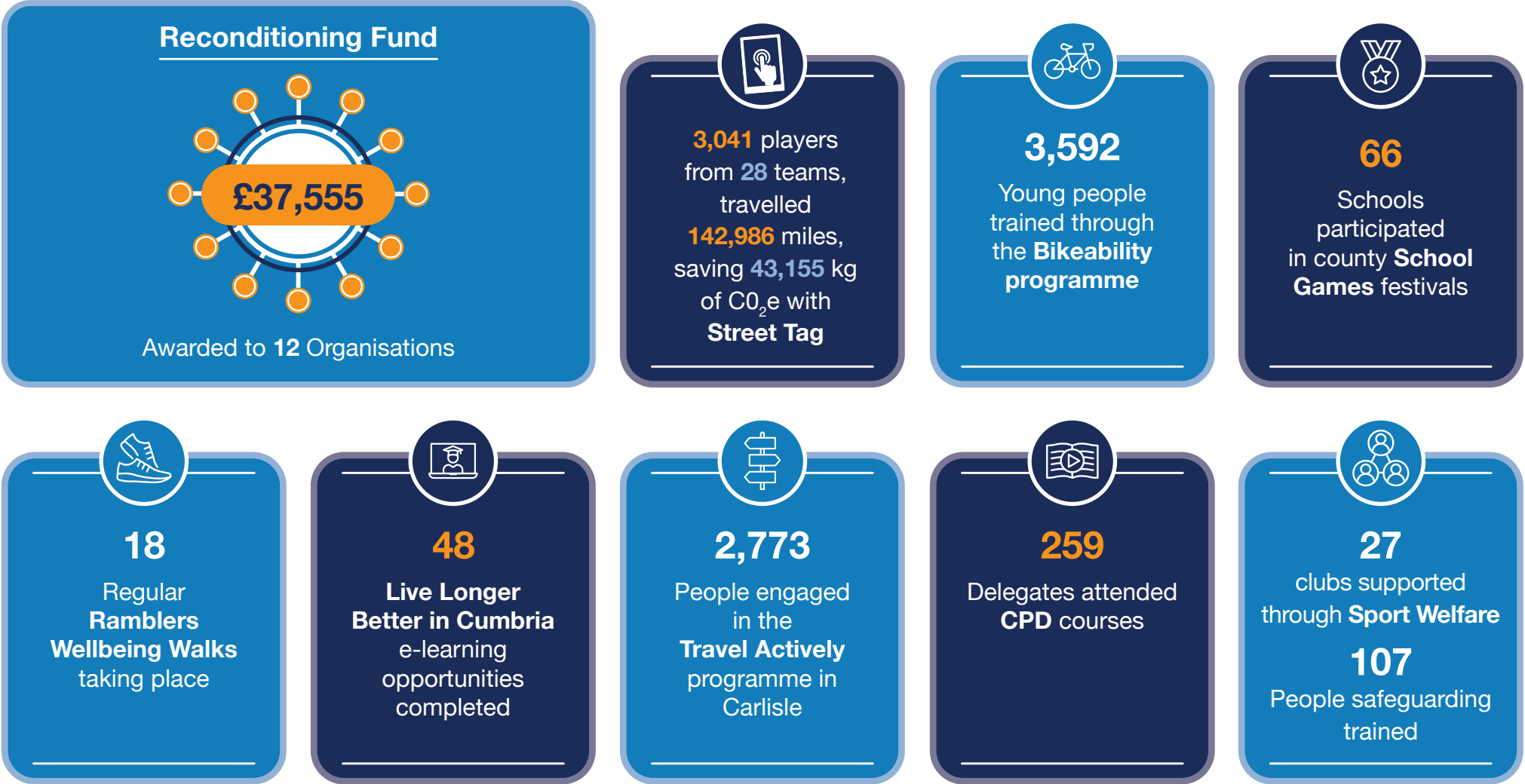
At the same time, our commitment to place-based working remains as strong as ever. Our Let's Move work in West Cumberland continues to build momentum, enabling meaningful partnerships across sectors and creating the conditions for communities to thrive through increased activity. We are also excited to expand this work into Barrow-in-Furness in the year ahead.

It is encouraging that the importance of physical activity is now widely recognised. We look forward to continuing to work collaboratively with partners across Cumbria to support healthier, more active communities.



Richard Johnston
Senior Manager

Our Impact Across Cumberland





Case Study:

Safeguarding Adults in Outdoor Settings

Partnership working between Active Cumbria and The Outdoor Partnership identified a need for safeguarding adults training tailored to those leading outdoor activities. In response, a programme of face-to-face training sessions was developed to provide practical guidance and enable peer learning across the sector.

Two sessions were delivered, one for outdoor practitioners, primarily from climbing and mountaineering backgrounds, and another for representatives of wild swimming groups and organisations. In total, 38 participants completed the training.

While safeguarding training is increasingly delivered online, participants valued the opportunity to meet in person, discuss real-life scenarios and learn from one another's experiences. The sessions combined core safeguarding principles with practical discussions, allowing attendees to explore challenges specific to their activities and local settings.

The training was funded through the sport welfare budget, while The Outdoor Partnership provided the venue and event support. This collaborative approach enabled the sessions to be delivered free of charge, helping smaller organisations and volunteer-led groups access training that may otherwise have been difficult to afford.

The different audiences highlighted the varying levels of safeguarding support available across the outdoor sector. Many of the climbing and mountaineering participants were affiliated with the British Mountaineering Council and had existing access

to safeguarding resources. By contrast, only one participant from the wild swimming session was linked to a National Governing Body. As a result, discussions often focused on the challenges of safeguarding within informal community groups.

A key benefit of the sessions was the opportunity for participants to share experiences and practical solutions. Wild swimming groups, in particular, discussed real-life situations they had encountered and exchanged simple safety measures that could help support participants in outdoor environments. The training also raised awareness of local safeguarding resources and support services available across Cumbria.

The sessions explored some of the complexities unique to adult safeguarding, including consent, capacity and balancing individual choice with duty of care responsibilities. Reflecting on the training, Outdoor Learning Consultant Dave Harvey said:

“It was also a chance to share experiences and knowledge and to reflect on our own practice. Amongst the many things I took away was a reminder of the importance of kindness in our interactions with the people we work with.”

The programme generated further requests for safeguarding adults training and created pathways into additional learning opportunities, including Mental Health First Aid training, helping to strengthen welfare and safeguarding knowledge across the outdoor sector in Cumbria.

Case Study:

Evolving to Active Wellbeing in Cumberland

The creation of Cumberland Council in April 2023 marked a pivotal opportunity to evolve how physical activity contributes to health, prevention and tackling inequalities. Historically, leisure provision across the area had been shaped by legacy contracts inherited from former district authorities, with a primary focus on facilities and sporting activity. This fragmented model presented an opportunity to move beyond siloed delivery and reposition physical activity as a core contributor to population health within a unified council vision.

Cumberland Council commits to ‘Improving Health and Wellbeing’ as a golden thread running through all services. This commitment triggered a comprehensive review of leisure provision, which led to the development of ‘Cumberland on the Move’. More than a strategy, it became a catalyst for change, helping shift thinking from leisure services to an active wellbeing approach centred on prevention, health inequalities and population outcomes. Developed collaboratively across council departments, it reframed physical activity as a solution to wider system challenges rather than a standalone service.

Alongside this, Active Cumbria accelerated the evolution through the Let's Move! programme. Acting as both a convenor and system connector, Active Cumbria brought together local authorities, health partners, community organisations and the voluntary sector to develop a shared understanding of local need. Through place-based engagement and collaborative design, Let's Move! helped

partners move beyond organisational boundaries and align around common goals. Importantly, Active Cumbria connected learning and insight directly into the development of ‘Cumberland on the Move’, ensuring local experiences shaped strategic thinking.

The impact of this evolution is already evident. Physical activity is now recognised as a key part of Cumberland's prevention agenda, with stronger legitimacy across departments and deeper partnership involvement in decision making. Active Cumbria and system partners are influencing strategic direction, while the leisure contract itself has evolved into a tool for delivering wider health and wellbeing outcomes. Together, these changes have strengthened shared ownership and increased readiness across the system to address inactivity and inequalities through a place-based approach, with partners increasingly aligned around shared outcomes rather than organisational priorities.

Importantly, the experience demonstrates that system change is less about individual programmes and more about creating the conditions for alignment and collaboration. Overall, Cumberland's journey reflects a clear evolution from delivering leisure services to enabling active, healthier communities, through a connected place-based system.



“I don’t really get out an about as much as I used to but, when I come here, everything is just brilliant.” **VIP**

“I feel better in myself and what I am doing. I feel more worthy that may sound a bit odd but, I feel like I have a place in life.” **VIP**

R&R Day Services, Whitehaven

Case Study:

Evolving Support Through Movement: R&R Day Services

R&R Day Services in Whitehaven has always recognised the importance of helping older adults remain or become more active and independent. The organisation identified an opportunity to evolve its offer and respond to the changing needs of their members, known as VIPs.

With support from Active Cumbria’s Live Longer Better in Cumbria programme and the Reconditioning Fund, R&R enhanced its approach to physical activity through the introduction of two new initiatives to support the VIPs, aged between 56-101.

Staff completed British Gymnastics Foundation’s Love to Move training, which enabled delivery of inclusive seated exercise sessions set to music, specifically improving movement, coordination, and cognitive function. Simultaneously, R&R were receiving an increase in referrals involving people living with early-onset dementia, who wanted to take part in walking football. Through staff development and equipment investment the sessions have become a popular addition to the weekly programme, offering participants a fun way to improve movement, confidence and connection.

The programme has been strengthened through collaboration with partners including Adult Social Care, Memory Matters, GP Care Coordinators and Community Nursing teams, helping to ensure those who could benefit most are able to access the activities.

The impact has been significant. Staff now have the skills and confidence to deliver a broader range of activities in-house,

creating sustainability long after initial funding has been utilised. 58 VIPs benefit from regular opportunities to improve mobility and wellbeing, while carers and families gain a greater understanding of the role movement plays in healthy ageing.

By evolving its services in response to community needs, R&R Day Services is demonstrating how strong partnerships and targeted investment can help more people live healthier, more active and independent lives. Those wanting to see the impact first hand can watch the video that shows the activities in action and highlights the enthusiasm of participants.

“The courses were intensive but opened my eyes into how to deliver the sessions. Motivation is needed but, it is worth it. It has helped me develop further and my confidence.”

Staff member

“We have seen people grow in confidence and we’ve seen people who don’t do a lot of activity gain more strength.”

Staff member



[Watch R&R Day Services in action »](#)

Case Study:
Starting Strong Together: Maryport Junior parkrun

Access to free, structured physical activity for children and young people (CYP) remains a challenge in many communities. In Maryport, despite the success of the adult Promenade parkrun, there were limited opportunities for younger children to be active outside of school in a safe, inclusive, and accessible way.

The launch of the Maryport Junior parkrun in February 2026 represents a key step forward, demonstrating how collaborative, place-based work can evolve to meet local need. Designed as a free weekly 2km event for those aged 4–14 years, the initiative was built not just to increase activity, but to embed long-term habits and confidence.

At the heart of this work is partnership. The Maryport Promenade parkrun team brought experience, infrastructure, and community credibility. Active Cumbria, through Let’s Move!, provided coordination, insight, and a behaviour-change approach, working closely with local schools including Ewanrigg Junior School and Broughton Moor Primary. National partners such as parkrun UK and New Balance also played key roles in governance and incentives.

What sets this initiative apart is how it evolved. Rather than relying on children and families to self-engage, a school-centred model was introduced. Over 300 pupils took part in curriculum-time test events, helping them understand the route, build confidence, and feel part of the experience alongside their peers.

This approach reduced barriers around awareness, confidence, and social anxiety, all key factors that often prevent participation.

The impact has been immediate. At the first official event, 33 children attended, 31 of whom were completely new to parkrun, demonstrating a 94% reach into new audiences. Schools and families have since become active champions, helping to build momentum and normalise participation within the community.

Let’s Move! played a crucial enabling role, bringing partners together, sustaining momentum through national delays, and ensuring the model remained community-owned and sustainable.

Maryport Junior parkrun highlights how locally driven collaboration, supported by insight and strong partnerships, can evolve into a sustainable system for change. By connecting schools, communities, and national networks, it demonstrates how targeted, place-based approaches can reduce inequalities, empower communities, and create lasting opportunities for children and families to be active.



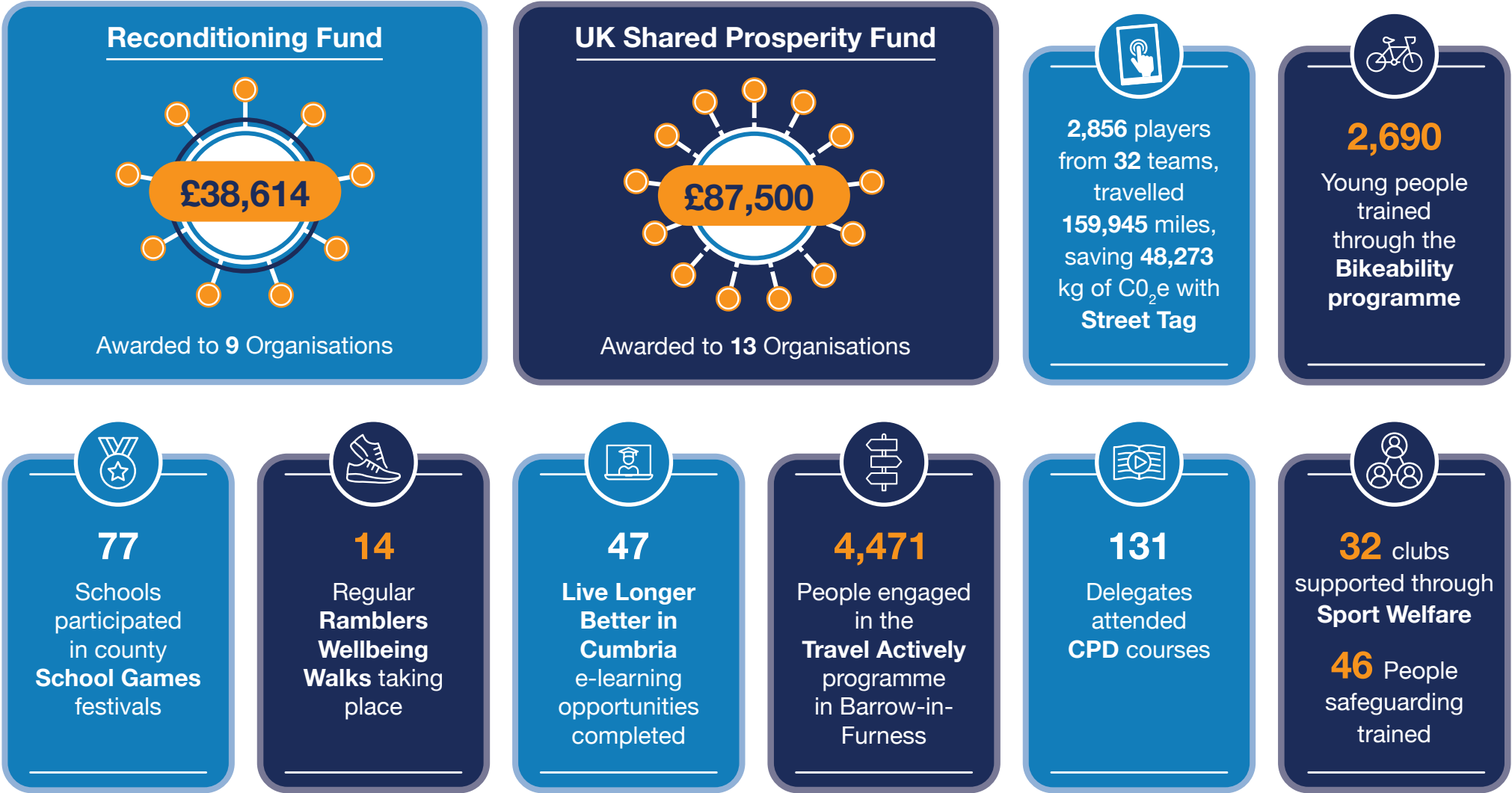
[Watch Maryport Junior parkrun in action »](#)



Maryport Junior parkrun

Our Impact

Across Westmorland & Furness



Case Study:

Girls’ Football Pitch Pilot: Creating Pathways for Participation

The Girls’ Football Pitch Pilot was developed to tackle barriers preventing girls from accessing football opportunities within Barrow-in-Furness. The project began with a collaborative workshop, bringing together key stakeholders across local football, including clubs, schools, and community organisations. This session provided valuable insight into the challenges faced, including the lack of a local girls’ league, limited access to pitches, and restricted access to qualified coaches.

Using this insight, a targeted delivery plan was created to increase participation and provide clear pathways into football for girls. A key partnership was formed with Barrow AFC, enabling the delivery of a six-week programme of after-school sessions across 12 local primary schools. These sessions focused on engaging Year 1 and 2 girls, many of whom were new to football, and aimed to build confidence, basic skills, and enjoyment of the game in a supportive environment.

To ensure continuity beyond the school setting, weekly Wildcats sessions were introduced, taking place every Sunday morning, delivered by qualified Barrow AFC coaches. Crucially, the project secured exclusive access to astroturf pitches between 9am and 1pm, creating a safe, welcoming space solely for girls to participate. This consistent and visible provision helped to foster a sense of belonging and encouraged regular attendance.

Additional support was provided to sustain participation during the winter months. The local Under-10s girls’ league was given free access to a 7v7 pitch, ensuring that fixtures and training could continue despite seasonal challenges. This removed financial and logistical barriers, allowing more girls to remain active year-round.

The long-term aim of the pilot was to establish a clear and sustainable participation pathway, with girls actively encouraged to progress from school sessions into Wildcats, then into local clubs, and eventually into a dedicated girls’ league.

Overall, the pilot has demonstrated a strong model for increasing girls’ engagement in football while building a foundation for long-term sustainability within the local community.





Travel Actively, Barrow



Case Study:

Clear Pathways: Supporting Access to Work Through Active Travel

Clear Pathways CIC DWP Referral Programme demonstrates how active travel can support wider social and economic outcomes. As Active Cumbria continues to promote physical activity and active lifestyles, this project highlights the value of integrating active travel into employability support.

Clear Pathways CIC was established in 2025 to support Barrow residents experiencing long-term unemployment, particularly those facing additional barriers to work. Early discussions with participants identified a common challenge: limited access to reliable transport made it difficult to attend Jobcentre appointments, training courses and interviews.

In response, Clear Pathways CIC, Travel Actively and the DWP developed a partnership that incorporated active travel into a wider programme of employability support. With initial funding of £7,960, the first cohort was offered access to bicycles, cycle maintenance skills, structured physical activity and additional wellbeing support. Funding also enabled the installation of secure bike storage at the training venue, allowing participants to safely store their bikes while attending the programme.

Twelve people were recruited to the first 12-week cohort, with ten remaining engaged throughout. Seven participants received new bicycles, while three refurbished their own. For many, access to a bike provided a practical and affordable way to travel to appointments, training and other activities.

Participants reported increased levels of active travel, greater confidence and reduced feelings of isolation. Many also used their bikes for day-to-day journeys, leisure activities and visiting family and friends. The programme’s combination of physical activity, practical skills, volunteering opportunities and wellbeing support helped participants build routines and develop confidence at their own pace.

Positive changes in wellbeing and physical fitness were commonly reported. Two participants progressed into employment or education and later returned to support new cohorts as peer mentors.

The programme was well received by local partners, including the DWP, healthcare providers and community organisations, who recognised the benefits it was delivering for participants. It also received local recognition through an award nomination.

The success of the first cohort helped establish stronger referral pathways and generated interest from future participants. Clear Pathways CIC continues to work alongside the Travel Actively team to deliver further cohorts and secure additional funding, helping to ensure the programme remains sustainable and accessible in the future.



[Watch Clear Pathways in action »](#)



Cumbria School Games 2025

Case Study:

The Cumbria School Games: From County Finals to Inclusive Festival

The Cumbria School Games began in 2006 as a competitive programme. School Games Organisers held local competitions leading to district finals, with winning teams progressing to County Finals. County winners then competed at the National School Games Finals, a multi-sport event showcasing talented young athletes from across the UK.

Following the Covid-19 pandemic in 2020, the School Games outcomes changed. Competition was reframed to provide inclusive opportunities for inactive young people to improve their physical, emotional and social wellbeing. Embedding this significant shift required time, energy and resilience.

Creating this change brought challenges. Schools, parents/carers, sports providers and SGOs initially found the new approach difficult. Clear communication was essential to explain the changes and ensure the right children attended. Target audiences included less active children, those with SEND (special educational needs and disability), and pupils unlikely to represent their school at traditional sporting events. This message was reinforced through meetings, handbooks and communications, resulting in a visible shift in understanding.

As the School Games operate across Cumbria, effective collaboration between SGOs, sports providers, schools and parents/carers was vital. Understanding and perceptions evolved

gradually over several years. Active Cumbria run a range of County Events for primary, secondary and special schools including Boccia, Kurling, Multi-Skills and Transition Festivals for Year 6 and 7 pupils. The year of events culminates each year with the County Festival where 1000 children and young people come together.

Schools now bring the intended target audiences, with a focus on enjoyment and positive experiences rather than competition. One school who attended the County Festival shared:

“This event has been the highlight of the year for my pupils that struggle academically, and my pupils who attended the event to ‘give it a go’ left loving the sport. When we got back to school every Year 6 pupil that attended wrote on their report cover that the highlight of their school experience was attending Cumbria School Games!”

This approach supports the priority of helping inactive children become more active. Many attend unsure about sport and physical activity but leave feeling more confident, engaged and smiling. All the children receive a medal so they all leave as winners.



Case Study:

Step Up: Building Active Travel Habits Through Digital Engagement

The Step Up project represented an opportunity for Active Cumbria to explore how digital technology can support behaviour change and encourage more active travel. The project focused on whether wearable technology could influence daily movement patterns by providing participants with access to activity data, goal setting and regular feedback.

At the start of the project, participants submitted baseline step count information using data from the activity trackers on their mobile phones. This provided a benchmark against which changes in activity levels could be measured once Garmin watches were introduced.

A total of 23 participants received a Garmin device at the beginning of the programme. Over the six-month period, 17 participants completed the project, demonstrating consistent engagement with both the technology and the reporting requirements. Of the six who did not complete the programme, three withdrew due to injury and three stopped responding after collecting their device.

The results suggested a positive relationship between the use of wearable technology and increased physical activity. Among participants who completed the programme, nine increased their average daily step count by more than 75%, two by more than 50%, and four by more than 25%. Only two participants recorded a reduction in their average daily step count over the project period.

Participant feedback indicated that regular monitoring and monthly reporting helped maintain motivation. Many reported that knowing they would be sharing their progress encouraged them to pay greater attention to their daily activity levels and make conscious choices to walk more often.

The project demonstrated that wearable technology can be a useful tool in supporting behaviour change when combined with regular engagement and accountability. In addition to tracking activity levels, participants reported becoming more aware of their everyday travel habits and the contribution that small changes could make to their overall activity levels.

Following the findings from the initial cohort, Active Cumbria has funded two further programmes. A second cohort in Carlisle followed the same model to explore whether results differ in a different location. A further cohort in Barrow-in-Furness will build on the original approach by incorporating additional behaviour change activities, including guided walks, to assess whether these interventions lead to further increases in active travel.

Governance

The Active Cumbria core team is part of Cumberland Council and is hosted within the Public Health, Customer & Community Wellbeing Service.

We use the policies and procedures of our host to carry out our work. As a hosted active partnership, a signed Agency Agreement is in place between our host authority and our main funder Sport England which articulates the roles and responsibilities of each party in relation to Active Cumbria.

Our Active Cumbria Advisory Board is made up of 8 independent skills-based representatives, and 4 ex-officio members, and operates under agreed terms of reference.

The functions of the Advisory Board are as follows:

- Ensure clarity of vision, values, and strategic direction.
- Provide oversight, input, and challenge.
- Actively promote and further the work of Active Cumbria.

We remain committed to ensuring on-going compliance with all aspects of highest level of the Code for Sports Governance, and we have detailed action plans in place to continue to meet these standards.

Our Annual Governance Statement outlines the specific progress and achievements made during the year, which can be viewed via www.activecumbria.org.

We are committed to placing Equality, Diversity & Inclusion at the heart of everything we do. We have in place an ambitious independently approved Diversity and Inclusion Action Plan. This, alongside our most recent Annual Diversity and Inclusion Progress Report can be viewed via www.activecumbria.org.

As an organisation we take our environmental responsibility seriously and have formed an Environmental Sustainability Action Group who have developed an ambitious Environmental Sustainability Action Plan, which was approved by our Advisory Board at their meeting in March 2026. This Plan can be viewed via www.activecumbria.org. This Group consists of an identified Champion from our Advisory Board, and Core Team to ensure this issue is at the forefront of our decision making moving forward.

We know that our People are our most important resource. Through our People Plan we have identified a number of priorities to ensure we recruit, retain, develop, and grow our people. The People Plan and our most recent People Plan Progress Report, which was approved by our Advisory Board at their meeting in May 2026, can be viewed via www.activecumbria.org.

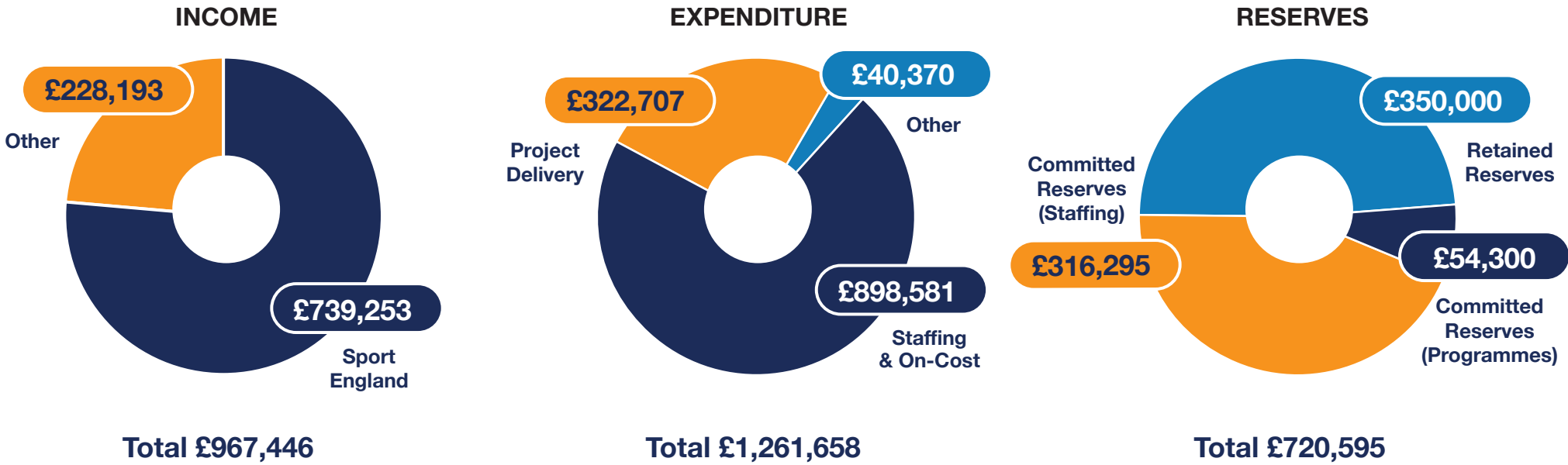
Accounts

Active Cumbria’s annual statement of accounts is prepared in accordance with the financial policies and procedures of Cumberland Council

Our Advisory Board has a designated **Audit & Governance Committee**, which is in place to assist the Advisory Board in fulfilling its oversight responsibilities for the financial reporting process, the system of financial controls, the audit process, Reserves Policy, and the process for monitoring financial and governance compliance.

An **annual audit** of our accounts is undertaken in line with the external auditing of Cumberland Council’s accounts, and we also produce a detailed stand-alone set of accounts specifically for our income and expenditure in line with the reporting requirements of the **Code for Sports Governance**.

A summary of the income and expenditure, as well as a position statement regarding our reserves are provided below.



Summary income and expenditure position for the period ended 31 March 2026.
A copy of the full set of accounts is available via our website www.activecumbria.org



Bikeability Session, Barrow

Partner Survey

We constantly strive to provide the best possible service to the individuals and organisations we work alongside. Each year we ask for feedback through our Partner Survey. Our most recent survey was held in March 2025 and was completed by around 70 people from a range of organisations.

“

Their proactive approach in connecting us with the right people and providing practical advice allowed us to refine and strengthen our delivery

”

Likely to recommend Active Cumbria to a colleague



81.4%

Agree there is trust and respect for each other

Four icons in a 2x2 grid: a handshake, two people standing, a lightbulb, and a person climbing a ladder.

81.5%

Agree we have a clear shared purpose for why we work together

A target icon with an arrow hitting the bullseye.

“

I feel that I can pick up a phone and call or email any of the Active Cumbria staff and they know me and my organisation and will do their best to help or advise.

”

“

There is a greater sense of ownership regarding local issues and the ability to help amongst local organisations working collectively.

”

65.7% Working together has a very positive impact on the organisation



“

Active Cumbria’s collaborative spirit and focus on making a positive, lasting impact make them an exceptional partner, and it’s been a privilege to work alongside an organisation that is so committed to making a difference.

”

87.1%

Very satisfied with the professionalism and helpfulness of Active Cumbria staff

Four icons in a vertical stack: a target, a lightbulb, a medal, and a person with arms raised.

“

Our initial request for help with funding was responded to quickly and constructively. As we progressed our application, the assistance from the Active Cumbria team was very focussed on our requirements and the help and guidance given was much more than we expected.

”

82.3%

Very satisfied with the quality of support and advice provided by Active Cumbria

A diamond icon with a cross inside.



**Cumberland
Council**

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للوصول إلى هذه المعلومات بلغتك، يرجى الاتصال **01228 226885**

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে **01228 226885** নম্বরে টেলিফোন করুন।

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