

<b>ORGANISATION</b>	<b>LOCATION</b>	<b>OPEN</b>	<b>ON OFFER</b>
Kendal Library- W&F Council 0733665794 Lauren Martin	Kendal Library Stricklandgate Cumbria LA12 0DL	<b>Mon to Sat</b> Each library is different-but majority Mon-Fri 9.30am to 5pm Sat 9.30am to 4pm	Various activities for all ages. Free wi-fi. Public PCs to all members, easy to join. Books and online resources available to members.
<b>Ambleside Library</b> Kelsick Road <b>Windermere Library</b> Ellerthwaite Broad St <b>Sedbergh Library</b> Main Street <b>Kirkby Lonsdale Library</b> Chapel Lane <b>Grange Library</b> Grange Fell Road <b>Milnthorpe Library</b> The Square-Milnthorpe		<b>Mon to Sat</b> Each library is different-but majority Mon-Fri 9.30am to 5pm Sat 9.30am to 4pm	Various activities for all ages. Free wi-fi. Public PCs to all members, easy to join. Books and online resources available to members.
<b>ULVERSTON AND SURROUNDING AREA</b>			
<b>Bethany Church</b> Matt Rich (Pastor)	Bethany Church Lightburn Road Ulverston Cumbria LA12 8DT	<b>Friday</b> <b>10:00 to 14:00</b>	Free tea, coffee, cakes. A warm comfy and friendly environment. Meet new friends.
<b>X112 Coffee Morning</b> 01229 582205 (Church)	St Marys Church Hall Ulverston Road Ulverston LA12 0BY	<b>Every 3<sup>rd</sup> Thurs of the month</b> <b>10:00 to 12:00pm</b>	£1.00 entry Tea, Coffee, Biscuit. A warm welcome awaits you.
<b>Kirkby-in-Furness Community Centre</b> 07845 496442 Anne Holroyd	Kirkby-In Furness Community Centre Beckside LA17 7TG	<b>Thurs</b> 10-12 each Thursday extending to 2.30 on 2nd Thursday when there is a soup lunch.	Warm drink and biscuits with soup and bread on 2nd Thursday of the month.
<b>Ulverston Parish Church</b> 01229588081 Helen Barbara Huck	Church walk, Ulverston Cumbria LA12 7EN	<b>Thurs</b> <b>2pm to 4.00pm</b>	

<b>SEDBERGH, KIRKBY LONSDALE AND SURROUNDING AREA</b>			
<p><b>Kirkby Lonsdale Community Cupboard</b></p>	<p>Lunesdale Hall Kirkby Lonsdale Cumbria LA6 2BG</p>	<p><b>Monday 12-3pm</b> Community lunch (prebookable) and Knit and natter group</p> <p><b>Tuesday 12-2pm</b> Soup and film</p> <p><b>Last Friday in the month 10-12pm</b> Dementia Friendly Café</p>	<p>Hot drink in a warm friendly community hall, opportunity to either have a drink each day or book in for lunch (Monday), Soup and a film (Tuesday) or simply a drink and cake (Friday). We operate a pay as you are able service</p>
<p><b>New Hutton Institute</b> 07885 649655 Kath Twist</p>	<p>New Hutton Institute New Hutton Kendal Cumbria LA8 0AS</p>	<p><b>Last Thursday in the month 2.30 - 4pm</b></p>	<p>Tea, Coffee, Cake</p>
<p><b>Zero Waste Sedbergh</b> 07833534710 Suzie Pye</p>	<p>Cornerstone Community Church New Street, Sedbergh Cumbria LA10 5AF</p>	<p><b>Thurs 2pm and 4pm</b></p>	<p>Free hot drink and slice of cake. Friendly chat, warm space, relaxed atmosphere. Gentle activities - knit and natter on the 2nd Thursday in each month for example.</p>
<p><b>St Mary's Church, Kirkby Lonsdale</b></p>	<p>Kirkby Lonsdale Cumbria LA6 2AX</p>	<p><b>Thurs, Sun</b> <b>Thursdays 11am - 1pm</b> <b>Sundays</b> <b>12noon - 2pm</b></p>	<p>The Church is always open but it will be heated specifically for these times</p>

<p><b>St. George's Church, Kendal</b> 01539 720018</p>	<p>Castle Street, Kendal Cumbria LA9 7AS</p>	<p><b>Thurs 11.30 to 1.30pm</b></p>	<p>Community-based Cafe environment Hot drinks, together with soup, sandwiches, cake and fruit.</p>
<p><b>Outside- In Cumbria</b> 01539723924 Andrew Nixon</p>	<p>Beezon Road Cumbria LA9 6EL</p>	<p><b>Tues 3.00 pm - 5.45 pm</b></p>	<p>We offer a play and warm hot meal for a family at cost prices, £5 per child and adult. We also have some free places available.</p>
<p><b>KENT ESTUARY AND CARTMEL PENINSULA</b></p>			
<p><b>Grange Over Sands Community Foodshare</b> 07985 505 415 Rahina Borthwick</p>	<p>Main Street Grange Over Sands Cumbria LA11 6DP</p>	<p><b>Mon 10am to 6pm Fri 10am to 3pm Sat 10am to 3pm</b></p>	<p>Our strap line is There Will Be Soup, so always something delicious, vegetarian and hot on offer to eat in &amp;/or takeaway. Homemade cake, friendly, listening ear and big smiles!</p>
<p><b>St Paul's church</b> 07814207889 Penny Ward</p>	<p>Church hill Grange over sands Cumbria LA11 6DB</p>	<p><b>First Weds in the month 2.30-4.30 pm</b></p>	<p>Cuppa and cake offered free of charge</p>
<p><b>Abbeyfield (Lakeland Extra care) Society LTD</b> 015395 62251 Leanne Scrogam</p>	<p>Hartland House Beetham Road Milnthorpe Cumbria LA7 7QW</p>	<p>7 days a week Sun through to Sat 14:00 to 16:00</p>	<p>Lovely and cosy residential care home where you will get to feel very welcomed. Private area to sit and relax in one of our lounges. Warm drink, cakes, biscuits</p>
<p><b>The Lighthouse CMHH</b> <a href="https://thelighthousecmhh.org/mental-health-social-activities-and-services/">https://thelighthousecmhh.org/mental-health-social-activities-and-services/</a></p>	<p>Grange Community Foodstore, Grange-over-Sands, Cumbria LA11 6AL</p>	<p>Monday 1.30-4.30pm</p>	<p>Small group meet for cuppa and chat. Warm drink and biscuits.</p>



<p><b>Manna House (Cumbria)</b></p>	<p>The Stephenson Centre Ann Street, Kendal Cumbria LA9 6AA</p>	<p><b>Tues, Weds, Fri 10am - 2pm</b></p>	<p>Community Centre with advisors for benefits and housing issues; computers and phone; showers, clothing, outdoor equipment; referrals to other agencies, including food bank. Free lunch at 12noon; free coffees and teas throughout the day; often free toast, biscuits, etc.</p>
<p><b>The Lighthouse CMHH</b>  <a href="https://thelighthousecmhh.org/mental-health-social-activities-and-services/">https://thelighthousecmhh.org/mental-health-social-activities-and-services/</a></p>	<p>Stricklandgate House, 92 Stricklandgate Kendal Cumbria LA9 4PU</p>	<p>Tues 10am to 12 noon and Thursday 1-3pm, Kendal.  Wednesday 1pm to 3pm, Kendal, women's group.</p>	<p>Small group meet for cuppa and chat. Warm drink and biscuits.</p>
<p><b>St. Thomas' Community Connections</b> 01539 730683  Admin@stkmail.org.uk</p>	<p>Stricklandgate, Kendal Cumbria LA9 4QG</p>	<p><b>Thurs 1.30 pm to 3.30 pm</b></p>	<p>Church Lounge environment including settees and comfortable chairs. Welcome team of volunteers Warm or cold drinks Help yourself biscuits / cakes Board games toddler toys newspapers social chat</p>
<p><b>South Lakes Foyer</b> 01539 741002 Helen Mitchell</p>		<p><b>From Mon 20<sup>th</sup> Nov 23 – March 24 10:00 to 1:30pm</b></p>	<p>Offering tea, coffee, soup, hot chocolate and biscuits. Plus free wi-fi.</p>
<p><b>Parr Street Church</b> 01539 731689 Brian Maiden</p>	<p>Parr street Cumbria LA9 7DH</p>	<p><b>First Saturday in month 4pm - 6.30pm International Cafe</b></p>	<p>International Cafe. Opportunity to meet people of different nationalities. Socializing. Craft for children. Food and drink. Short epilogue.</p>
<p><b>Kendal People's Cafe</b></p>	<p>South Lakes Foyer 95 Stricklandgate Kendal, Cumbria LA9 4RA</p>	<p><b>Sat 11:30 to 14:00</b></p>	<p>We serve hot and cold drinks, snacks, cakes and hot lunches on a pay as you can donation basis. We also offer takeaways and a community larder of groceries.</p>

<p><b>Chatter Matters</b></p>	<p>Ulverston Leisure Centre Priory road Cumbria LA12 9HT</p>	<p><b>When:</b> Every Monday, 11.30am - 1.00pm (11.30am - 12.15pm for optional gentle exercise class.) <b>Where:</b> Fitness studio at pool site. <b>Includes:</b> Tea, coffee, biscuits, light lunch &amp; games. £2 pp payable by card.</p>	<p>A warm, friendly space to make new friends and have a good old chat.</p>
<p><b>Emmanuel Christian Centre</b> 01229584363 Sue Thornhill</p>	<p>Emmanuel Christian Centre Mill Street, Ulverston Cumbria LA12 7EB</p>	<p><b>Friday 10:00 to 3:00pm</b></p>	<p>Coffee Shop, Tea, coffee, cakes available to purchase</p>
<p><b>Burton Memorial Hall</b> 01524 781306 Anne Nichols</p>	<p>Main Street Burton in Kendal Cumbria LA6 1NA</p>	<p><b>Wednesday 12:30 to 16:00 Hot Food btw 1:00 to 2:00</b></p>	<p>Village hall open as warm hub supplying hot drinks and food and social activities / board games / jigsaws etc</p>
<p><b>LAKES AREA</b></p>			
<p><b>Grasmere Village Hall</b> Sam Dixon 07729247039</p>	<p>Broadgate Grasmere Cumbria LA22 9TA</p>	<p><b>Weds 10.00 to 12.30</b></p>	<p>Very welcoming community based cafe Tea, coffee and biscuits. Occasionally people will bring along 'tasty treats' Table tennis available for people to use.</p>
<p><b>Newby Bridge Hotel</b> 01539 531222</p>	<p>Newby Bridge Cumbria LA12 8NA</p>	<p><b>Mon to Sun 7.00am - 10.00pm</b></p>	<p>Hotel Lounge area, central Heating, Open Fire, Comfy Sofas, Member of Staff on duty at all times. Scrabble, playing cards</p>
<p><b>Marchesi centre / Community Club CIC</b> 07810 430933 Anita Baxter</p>	<p>Marchesi Centre Holly Road Cumbria LA23 2AZ</p>	<p><b>Tues and Friday 10am to 2pm</b></p>	<p>Warm welcome. Refreshments -hot drinks/ juice. Homemade hot soup from 12pm to 2pm. Reading materials. Quiet areas.</p>

<p><b>Coniston Fudge, Gifts and Gallery</b> 07982424901 James Buller</p>	<p>Unit 4A Lake Road Cumbria LA21 8EW</p>	<p><b>7 days a week Sun through to Sat 14:00 to 16:30</b></p>	<p>A warm welcoming shop which provides hot drinks, snacks and an art gallery. Hot drinks and sweet treats available to purchase and a gallery to browse</p>
<p><b>KENDAL AND SURROUNDING AREA</b></p>			
<p><b>Staveley with Ings Together</b> 07717580600 Deborah Michel 07763863888 Boyd Gilmore</p>	<p>Staveley Institute Windermere Road Staveley LA8 9NS</p>	<p><b>Tues, Thurs 11 am to 2 pm</b></p>	<p>An opportunity to chat, information about our village and what is going on, friendly people, magazines and games. Tea/coffee and biscuits, Soup and Roll from 12.30. pudding or tray bake.</p>
<p><b>Connect Café</b> 07908873906 Anne Underwood</p>	<p>Salvation Army Building (opposite Captain French) Gillinggate, Kendal LA9 4JE</p>	<p><b>Tues 12:30 to 3:00pm</b></p>	<p>Providing a simple lunch and activities. Free but welcome donations.</p>
<p><b>Holy Trinity Church Kendal</b> 07494704288 Shanthi Thompson</p>	<p>Kendal Parish Church Kirkland Kendal LA9 5AF</p>	<p><b>Weds 10:00 to 12:00</b></p>	<p>Warm welcome, coffee, cake and company (also Charity Christmas Tree Festival during December)</p>
<p><b>Chatter Matters</b></p>	<p>Kendal Leisure Centre The Gallery burton road Kendal Cumbria LA7 9HT</p>	<p><b>When:</b> Every Friday, 12noon - 2.00pm (1.30pm for optional gentle exercise class/seated games.) <b>Where:</b> The Gallery, Kendal Leisure Centre.</p>	<p>A warm, friendly space to make new friends and have a good old chat. <b>Includes:</b> Tea, coffee, biscuits, light lunch &amp; games.</p>
<p><b>Gateway Church - Neighbourhood Chaplains</b> 07584052102 Jonny Gios</p>	<p>Kendal town hall Highgate Cumbria LA9 4DL</p>	<p><b>Wednesday 10am - 1pm</b></p>	<p>Warm drinks, hot water bottles to give people free, blankets, and hats for cold weather. People can chat to our neighbourhood chaplains or get involved in the many activities we have on offer.</p>