

Organisation	What its About	Where and When	Contact
Volunteering			
Ulverston Resilience Group	Lots of volunteering opportunities to support each other as a community	See Rotacentral	https://ulverston.com.urg@ulverston.com Tel: 01229 357951 https://www.facebook.com/groups/ulverstonresiliencgroup/about/
Ulverston Food Project	Looking for volunteers	Parish Centre, Church Walk, Ulverston, LA12 7EN	mail@ulverstonfoodproject.org
Ford Park	Volunteering - maintaining the park	Ford Park	moray.laxton@ford-park.org.uk , info@ford-park.org.uk or 01229 580666
Riding for the Disabled at Seaview, Walney	Volunteering - training will be given		Caroline Munday
Brantwood	Volunteer in the garden or museum. Lots of interesting practical and research roles	Brantwood, Near Coniston	Contact general enquires or bethan@brantwood.org.uk
Manjushri Kadampa Meditation Centre	Volunteering opportunities in different areas	Manjushri Kadampa, Conishead Priory, Priory Road, Ulverston	Email: info@manjushri.org
Ulverston Repair Cafe - Fix it, don't bin it	Are you practical? Do you enjoy mending things? Then maybe think about joining the volunteers at the Ulverston Repair Cafe	2nd Tuesday of every month at the Croftlands Community Centre, Ulverston	Facebook at Ulverston Repair Cafe or http://ulverstonrepaircafe.org
Ulverston Bike Project	Revamping donated bikes and reselling them. Funds go to Community Solutions. Teaching basic bike maintenance	Wednesday afternoons (3 til 6) behind the Library	Grant Huck 07970 088048 Community Solutions
Furness Tradition	Furness Tradition is run entirely by volunteers who aim to promote awareness of, and participation in, the folk music traditions of Cumbria		https://furnesstradition.org.uk/ or by post to 36 The Gill, Ulverston LA12 7UN

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Furness Refugee Support	For people who want to help refugees who have been resettled in this area as well as those still in refugee camps. We help with practical support, such as going shopping, creating a home, going to appointments, learning english and dealing with agencies for example.		furnessrefugeesupport.co.uk
Read Easy	Read Easy is a volunteer organisation which provides free and confidential and one-to-one coaching for adults		Karen Wood on 07763442924 or emailkaren@readeasy.org.uk or Trish Tyson mbpioneer@readeasy.org.uk
Exercise			
Chair Based Exercise	Exercise, brew and a chat. Free	Croftlands Community Centre, Tuesdays 2:15 to 3:15	Ruth Parker
Christopher Shaw: Tai Chi, Qigong, Meditation	Tai Chi, Qigong, Meditation	Ford Park. Wednesdays at the Coach House. 7:45pm -9:15pm £9	Christopher Shaw www.ford-park.org.uk
Over 50s Walking Football	Walking Football	Ulverston Tennis Centre Term Times Fridays 11:30 to 12:15, £2 per session	hannah.paling@gll.org or 01229581123
Walking Netball	Come along and have fun, make new friends and keep fit	Ulverston Tennis Centre Term Times Tuesdays 2:00 to 3:00, Suggested donation £2.50 per session	hannah.paling@gll.org or 01229581123
Dance Fit	Dancing for fitness	Ulverston Health Club, North Lonsdale Road. Wednesdays at 9:15 am	Louise Walton
Walk and a Chat	Short Walk and a chat	Parish Churchyard at 4pm	Rita Baugh and Facebook page for Sustainable Ulverston
Ford Park Run	Free 5k event	Takes place every Saturday at 9:00 am	https://www.parkrun.org.uk/ford/
Walk and Talk Group		Starting up soon	Grant Huck 07970 088048 Community Solutions

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Yoga for All	Yoga Cultivate stability, strength, mobility and ease in the body	Various location	wellbeingwithhilary@gmail.com Mob 07796694466
Sounds and Gong Baths	Guided relaxation accompanied by singing bowls and other instruments to help you relax. The be bathed in the sounds and vibrations of the gongs, taking you to a deeper state of consciousness, a place of peace where your own healing can begin	Bardsea Malt Kiln - Monday 7 to 8:15 pm 19th Sept, 31st Oct 7th Nov, 19th Dec Croftlands Community Centre - Sunday 7 to 8:15 pm 25th Sept, 9th Oct, 27th Nov, 11th Dec	Email: bathedinsounds@gmail.com Mob: 07796694466
Furness Ramblers	A group for all ages and abilities, organising regular walks around the Lake District and beyond	Normally on a Sunday	https://www.furnessramblers.org.uk/
Table Tennis	Table tennis. All abilities welcome	Croftlands Community Centre, First and third Tuesday from 20th Sept 7-10pm. £3 per session	keith62@uwclub.net
Bat and Chat - Seniors Table Tennis	Over 55s table tennis	Croftlands Community Centre. Starting on the 4th November 2:30 to 5pm. £4. Just turn up. Tea, coffee and biscuits provided	
James Reeder Dance	No dance partners needed, fun friendly environment, make new friends, great for physical and mental health, learn new steps and correct dance technique	St Mary of Furness Catholic Church, Victoria Road, Ulverston Wednesday 3:15-4:15pm £6 per person	james@reedersdance.co.uk 07778919689 https://reedersdance.co.uk/classes/ulverston-solo-dancing/
Movement Magic	Gentle Nia	Buccleugh Hall, Lindal. A mix of dance, Tai Chi and moving meditation	
Crafts			
Knitt or Knot	Bring your small crafts and join for a gossip. £2 for tea or coffee and cake	Saturday 1 til 3 at Croftlands Infants and Nursery	Clare Parkin

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Absolute Beginners Creative Workshops	Learn a new craft, eat cake, drink tea? Coming up: needle felting, wreaths, crochet, glass painting, Christmas decorations	Swarthmoor Reading Rooms from 7 pm	Facebook page Absolute Beginners or Tel: 07955007588
Gleaston Craft Group	Various crafts, regular workshops	Tuesdays 7pm to 9pm	Gleaston Village Hall Contact Barbara on 01229 869968
Furness Shoreline Quilters and Crafters	Cartmel Village Hall	4th Wednesday of every month	01229 836367 or 583372
Crafty Wednesday at the Globe	Paper craft, Quilling, Kirigami, stencilling, card making, felt creations and more	Ever Wednesday until the 14th Dec. £7 per person	
Outdoors/Gardening			
Incredible Edible	Through Incredible Edible Ulverston we help people to: - Learn more about planting, growing and cooking their own food - Create spaces for food growing - Promote businesses selling local produce - Be healthier through good food, exercise and community building		https://www.incredibleedible.org.uk/find-a-group/incredible-edible-ulverston-ulverston-in-bloom/ Kim Farr
Gill Banks Action Group	Improving the habitat of Gill Banks, clearing brambles and sticky weed, surveying the ecosystem to monitor what flowers, insects, plants and birds are now there as a result.	Sunday morning	farraway@hotmail.co.uk https://www.facebook.com/IncredibleEdibleUlverstonInBloom

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Ulverston in Bloom	Volunteers meet every Wednesday morning to plant, weed and chat. Love the beautiful displays of flowers in town? - that's what they do. Social events periodically.	Every Wednesday 9:30 to 11:30	https://www.facebook.com/IncredibleEdibleUlverstonInBloom
Mycelium Thinking			
Clubs			
Ulverston Cons Bowling Club	All ages, all abilities, come along and revitalise the club	Church Walk	Jeff W Benson 07907861201
Kings Head Bowling Club	More bowling		http://kingsheadbowling.co.uk
Ulverston Scrabble Club	Playing scrabble - all levels welcome	7pm Mondays at the Stan Laurel Inn	Angela Corrie Home: 01748831615, Mobile: 07896092811 or email corrie514@btinternet.com
Film Club at the Roxy	Shows quality films from around the world	2nd Thursday of the month between September and June	Pfilmclubattheroxy.org
Lightburn Park Railway	Railway enthusiasts running a miniature railway in Lightburn Park	First Thursday in the month at 7:30pm	Email adriandixon@yahoo.co.uk
Book Clubs			
Reading Group Ulverston Library		1st Wednesday of the month at 1:30pm	
Ulverston Book and Wine Club			
Organisations			

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Rotary Club	A global network of volunteers trying to make the world a better place	Mondays at 18:30 to 19:00 at the Ulverston Golf Club, Bardsea Park	Tel: 01229582824
U3A	The U3A exists to provide a framework in which people can get involved in helping to create, join and run lots of different learning-based and fitness activities, which improve their knowledge and skills and physical and mental wellbeing and keep them socially connected. It is aimed at people no longer in full time employment.	Look on line for groups and events. Monthly meetings are on the second Tuesday of the month at the Coronation Hall Drop in sessions are also held once a month from 2 to 3:30pm to find out what the U3A offers. These are held at the Methodist rooms on Neville Street on the 4th Tuesday of the month.	https://furnessu3a.org
WI Osmotherley and Mansriggs at Broughton Beck	Speakers, social afternoons where you can play games like Rummikub or have craft sessions. Visits on birthday months, Christmas lunch in January.	1:30pm on the 2nd Thursday of the month	lynne.woodburn@gmail.com
WI Cumbria Westmorland Federation Office, Kendal	Various committees: they arrange outings, craft sessions like painting, lace making and dabble days. Reading aloud and quiz nights also take place.		
WI meeting for Scales	Walking group and a book club	Third Thursday of the month at Aldingham Parish Hall at 7:30pm	
Music and Drama			
Ulverston Outsiders	Amdram society who put on two full-scale plays each year at the Coro		Website: www.ulverstonoutsiders.org Secretary: emma.bonney55@gmail.com
Ulverston Town Band	Playing in a brass band	Canal Head band room, Fridays 7:30 to 9:30pm	Email: gill@ulverstontownband.co.uk Call Gill on 07423057144

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Song Birds	Community singing & well being workshops led by Kirsten Taylor	Back Room Ulverston Methodist Church, Hartley Street Mondays 7pm and Thursdays 10:30 am. Booking essential Starts Monday 19th September/Thursday 22nd September	To book/join contact Kirsten Taylor at feelgoodsingers@outlook.com
Barrow Male Voice Choir	Singing		
Furness Bach Choir	Weekly rehearsals and regular concerts	Tuesday Evenings	Furness Bach Choir on Facebook or furnessbachchoir@gmail.com
Furness Music Centre	Orchestra and Choir. All abilities, all ages. Training orchestra for beginners or nervous returners	Saturday mornings, term time, at Dowdales School	contact@furnessmusiccentre.com
Furness Morris	Looking for new dancers. Great way to make new friends, keep fit, visit new places and keep a great English tradition alive	Practice season starts 16th September at Swarthmoor Reading Rooms at 7:30	email us on bagman@furnessmorris.org.uk or use our Facebook page.
Social			
Ulverston Womens Social Support Group	Social wellbeing, community partnerships and the promotion of good mental health strategies. Activities include film nights, board games, bingo, shopping trips, woodland projects, stone balancing and are suggested and shaped by the attendees.	Ulverston Library Tuesday at 6:30	Grant Huck 07970 088048 Community Solutions
Ulverston Mens Group		Ulverston Library Monday at 6:30	Grant Huck 07970 088048 Community Solutions
Ulverston Methodist Church Lunch	Lunch (homemade soup, bread roll and butter pudding and a drink for £2.50), company and a chat	Tuesdays at 12	Helen Wren

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Mens Discussion Group	A small informal discussion group using books and library resources for information and inspiration	Tuesday afternoons 1:30 to 3pm In the quiet reading room, Ulverston Library	Mind in Furness are now offering support services in Ulverston on 01229 827094 Email: schoolstreet@mindinfurness.org.uk
Bethany Church	Free coffee club	Friday 10:30	