

### Activities, Groups and Services open over the Christmas period 2025

Day	Activity/Service	Time	Location	Contact / Book
Wednesday 24th December 2025 (Christmas Eve)	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email jo@samaritans.org
	Waythrough have appointments available on Christmas Eve and Boxing Day for 121 support with mental health	Bookable appointments available	Workington	Call 0330 008 3911 or email communitysafehavens@waythrough.org.uk
	Citizens Advice Allerdale	9am-12pm	Workington	Call 01900 604735 or email advice@citizensadviceallerdale.org.uk
	Citizens Advice Copeland	9am-12pm	Cleator Moor	Call 01946 693321 or email advice@cacopeland.org
	Whitehaven and Workington Libraries - Warm spot, free WIFI, book borrowing	9am-1pm	Whitehaven and Workington	Whitehaven - 01946 506400 Workington - 01900706170
	Recovery Steps Whitehaven and Workington	9am-5pm	Whitehaven and Workington	Call 01900 512300 or email referrals@recoverystepscumbria.org
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	12-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website www.cemind.org for more details
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
Thursday 25th December 2025 (Christmas Day)	iCan Christmas get together - Morning walk from 10.30am, bring and share your favourite Christmas food from 11am and then enjoy Games and Festive Piano	10.30am	Carlisle - exact details given upon booking	Call 01228 819101 or email natasha@icanwellbeing.co.uk to book
	DeafBlind UK can call people living with any level of combined sight and hearing loss who will be alone on Christmas Day and Boxing Day	Bookable phone calls	Any area in the UK	Call 0800 132320 or email info@deafblind.org.uk before 19th December
	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email jo@samaritans.org
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	5-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website www.cemind.org for more details
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
Friday 26th December 2025 (Boxing Day)	Waythrough have appointments available on Christmas Eve and Boxing Day for 121 support with mental health	Bookable appointments available	Workington	Call 0330 008 3911 or email communitysafehavens@waythrough.org.uk
	DeafBlind UK can call people living with any level of combined sight and hearing loss who will be alone on Christmas Day and Boxing Day	Bookable phone calls	Any area in the UK	Call 0800 132320 or email info@deafblind.org.uk before 19th December
	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email jo@samaritans.org
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	5-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website www.cemind.org for more details
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
Saturday 27th December 2025	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email jo@samaritans.org
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>

	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	5-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>
Sunday 28th December 2025	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	5-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>
Monday 29th December 2025	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Employment advice and guidance	9am-3pm	Phoenix House, Jacktrees Rd, Cleator Moor, CA25 5BD	Call 01946813555 or email <a href="mailto:admin@phoenixenterprisecentre.co.uk">admin@phoenixenterprisecentre.co.uk</a>
	Whitehaven, Egremont & District Credit Union - Support with managing finances, savings and affordable loans	10am-12pm	24 James St, Whitehaven	Call 01946 66755 or email <a href="mailto:info@wedcu.co.uk">info@wedcu.co.uk</a>
	Whitehaven and Workington Libraries - Warm spot, free WIFI, book borrowing	9am-5pm	Whitehaven and Workington	Whitehaven - 01946 506400 Workington - 01900706170
	Recovery Steps Whitehaven and Workington	9am-5pm	Whitehaven and Workington	Call 01900 512300 or email <a href="mailto:referrals@recoverystepscumbria.org">referrals@recoverystepscumbria.org</a>
	Always Another Way - Walking football seasonal friendly, all welcome to have a go, spectate or have a coffee	11am-12pm	Whitehaven Amateurs FC	Email <a href="mailto:walkingfootball@alwaysanotherway.co.uk">walkingfootball@alwaysanotherway.co.uk</a>
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	12-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>
Tuesday 30th December 2025	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Employment advice and guidance	9am-3pm	Phoenix House, Jacktrees Rd, Cleator Moor, CA25 5BD	Call 01946813555 or email <a href="mailto:admin@phoenixenterprisecentre.co.uk">admin@phoenixenterprisecentre.co.uk</a>
	Whitehaven, Egremont & District Credit Union - Support with managing finances, savings and affordable loans	10am-12pm	24 James St, Whitehaven	Call 01946 66755 or email <a href="mailto:info@wedcu.co.uk">info@wedcu.co.uk</a>
	Whitehaven and Workington Libraries - Warm spot, free WIFI, book borrowing	9am-6pm/ 9am-5pm	Whitehaven and Workington	Whitehaven - 01946 506400 Workington - 01900706170
	Recovery Steps Whitehaven and Workington	9am-5pm	Whitehaven and Workington	Call 01900 512300 or email <a href="mailto:referrals@recoverystepscumbria.org">referrals@recoverystepscumbria.org</a>
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
	Hope Haven - Walk in support	9:30am-4:30pm	Senhouse Centre	Drop in
	Hope Haven - Family and friends carers drop in	12:30pm-2:30pm	Senhouse Centre	No booking required

	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	12-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>
Wednesday 31st December 2025 (New Years Eve)	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Employment advice and guidance	9am-3pm	Phoenix House, Jacktrees Rd, Cleator Moor, CA25 5BD	Call 01946813555 or email <a href="mailto:admin@phoenixenterprise.co.uk">admin@phoenixenterprise.co.uk</a>
	Whitehaven and Workington Libraries - Warm spot, free WIFI, book borrowing	9am-1pm	Whitehaven and Workington	Whitehaven - 01946 506400 Workington - 01900706170
	Recovery Steps Workington	9am-5pm	Workington	Call 01900 512300 or email <a href="mailto:referrals@recoverysteps.cumbria.org">referrals@recoverysteps.cumbria.org</a>
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	12-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>
Thursday 1st January 2026 (New Years Day)	Samaritans	24 hours a day, every day of the year	Any area in the UK	Call 116123, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Hope Haven - Virtual Safe Haven online appointment	Appointments 4pm-midnight everyday	Online for people living in the legacy Copeland area	Book an appointment on the website - <a href="https://wcmhp.org.uk/hope-haven/">https://wcmhp.org.uk/hope-haven/</a>
	Hope Haven - Wellbeing walk	11am	Starting outside 40 King Street, Whitehaven	No booking required
	Mindline Cumbria Telephone, webchat, email and text service for anyone in Cumbria struggling with mental health issues, supporting someone in crisis or needing mental health support information or signposting	5-11pm	Cumbria wide	Telephone 0300 561 0000 or visit website <a href="http://www.cemind.org">www.cemind.org</a> for more details
	Watchtree Nature Reserve - outdoor activities including bike hire, accessible trails, exploring wildlife and cafe	9am-5pm	Near Wiggonby, Carlisle, Cumbria, CA5 6NL	Phone 01228 712539 or email <a href="mailto:wnr@watchtree.co.uk">wnr@watchtree.co.uk</a>

Various church services within the Grasmoor Mission Community	Many services offer cuppa and chat afterwards	<a href="#">Christmas Services - Grasmoor Mission Community</a>
---	---	---