What's on in November 2026

Hope Haven

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Chair based activity 10.30 to 12.30pm Hope Haven, King Street CA28 7JN		
	Walking Rugby 1.00 to 2.00pm Starting 17th November Wath Brow Hornets Rugby Club Cleator CA23 3EW		**Wellbeing Walking group** 11.00 to 12.00pm Hope Haven, King Street CA28 7JN	**Chatty Café** 10.00 to 12.00pm Cross's Café, 59 Roper Street CA28 7AU		
	Chair Based exercise 4.00 to 4.45pm Red Lonning Community Centre CA28 6XQ		**Debt Support Session with Christians Against Poverty *05th November & 19th November only***	**Ikigai** 12.30 to 2.30pm Hope Haven, King Street CA28 7JN		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Friends & Family Hub 1.30 to 5.00pm Hope Haven, King Street CA28 7JN	**Bellicon Beginners**		

***Please speak to a member of Hope Haven staff about whether this group would be right for you – our contact details are below.**

Group descriptions

Physical health		
Chair-based exercise	This gentle exercise session is ideal for beginners and for those who prefer or need to exercise while seated. It is suitable for people of all ages and abilities. Chair-based exercises can help improve flexibility, balance, and strength, while also supporting overall health and wellbeing.	
Bellicon Beginners	Bellicon is a low-impact exercise that uses mini trampolines. It can help improve lymphatic drainage, strengthen the lower body, core, and back muscles, and support better balance, coordination, and cardiovascular health. **Spaces are limited, so please book a place – our contact details are below.**	

Walking Rugby	Walking Rugby is a fun and inclusive activity suitable for people of all ages and abilities. No previous rugby experience is required. The game is played at a walking pace with no tackling, making it a safe and accessible way to stay active. It is ideal for those returning to sport after injury or retirement, as well as anyone looking to improve fitness, social connections, and overall wellbeing.	
Wellbeing walks	Our walks usually last around one hour, with the pace and route adjusted to suit those attending. We use easy and accessible paths around Whitehaven, with opportunities to stop and rest along the way. The walks start and finish at Hope Haven, where participants are welcome to stay for a chat and a cup of tea afterwards.	
Wellbeing		
Ikigai	Ikigai is a Japanese concept that means “reason for being.” This 4-week programme helps you explore what gives purpose and meaning to your life. Sessions focus on your interests, strengths, values, and opportunities. Through discussion and reflection, you will be supported to identify personal goals and develop a greater sense of purpose and wellbeing.	
Support groups		
Friends and Family Hub	These sessions are for family members and friends who provide care and support to someone aged 14 or over with mental health difficulties. They offer a safe and relaxed environment where carers can feel listened to, understood, and supported.	
Chatty Café	The Chatty Café is a national initiative that helps reduce loneliness and social isolation by encouraging friendly conversations. The Chatty Table provides a welcoming space where people can meet, talk, and connect with others. Look out for the yellow table sign and volunteers wearing yellow lanyards, who are there to help start conversations and ensure everyone feels welcome and included.	

Debt Support Sessions – Christians Against Poverty	Christians Against Poverty (CAP) provides a free and confidential support service at Hope Haven. The service offers advice and guidance on budgeting, money management, and debt concerns, helping people improve their financial wellbeing and build confidence in managing their finances. **Please speak to a member of Hope Haven staff about whether this session would be right for you – our contact details are below.**	

Venues

Hope Haven, 40 King Street, Whitehaven, CA28 7JN

Wath Brow Hornets Rugby Club, Cleator, CA23 3EW

Red Lonning Community Centre, Red Lonning, Whitehaven, CA28 6XQ

Cross's Café, 59 Roper Street, Whitehaven, CA28 7AU

Get in touch

Call us 01946 556 136, Monday to Friday, 9am to 5pm. Your call will be answered by our trained mental health and peer support workers.

You can also visit our website at **wcmhp.org.uk/hope-haven/** or follow us on Facebook **@HopeHavenCumbria**.