



# EALC

Making Eden voices heard



## Supportive Communities EALC workshop with Cumbria County Council

All communities aim to look after their own people and do the 'right' thing by them.

- **Social prescribing**, sometimes called 'community referral', involves directing people to a range of local, non-clinical services to address their health needs in a holistic way. It can involve a variety of activities from volunteering, painting and drawing, dancing, gardening and befriending through to making marmalade, repair workshops and a range of sports activities.

Studies suggest that one of the biggest benefits is that it can reduce feelings of loneliness and boost a person's sense of belonging - but does it really work and can it help your community?

- **Working together** is a newly established approach to working with others that enables communities to participate in the maintenance of their local environment through safe, authorised and well-managed arrangements around the local highways.

Your community may prefer to do things for themselves - but do you always know the best way of going about it?

**Date: Wednesday 20 March 2019**

**Time: 7pm for 7.30pm start** (30 mins to visit information stalls)

**Place: Cumbria Fire and Rescue Service HQ,  
Kemplay Bank, Penrith CA10 2FA**

Information stands will provide details on CCC fostering, community transport, and ACT's Neighbourliness scheme

Come along and tell Cumbria County Council what your parish needs to be a supportive community...