

ALWAYS ANOTHER WAY CIO

England & Wales · Charity number 1211553

Details

Other names	ALWAYS ANOTHER WAY, CUMBRIA LTD COMMUNITY INTEREST COMPANY
Status	Registered
Legal form	CIO
Registered	2025-01-03
Register	View on the Charity Commission register

Contact

Address	Frizington Youth & Community Centre Off Church St Frizington Cumbria Ca26 3ss CA26 3SS
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Website	www.alwaysanotherway.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS: FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT THE GOOD MENTAL AND PHYSICAL HEALTH AND WELLBEING OF THE INHABITANTS OF WEST CUMBRIA AND THE SURROUNDING AREA BY PROVIDING:A) ONE-TO-ONE COUNSELLING AND COMPLEMENTARY THERAPY SESSIONS;B) PROGRAMMES AND COURSES DESIGNED TO PROMOTE MENTAL HEALTH WELLBEING;C) GROUPS TO SUPPORT MARGINALISED AND SOCIALLY ISOLATED INDIVIDUALS, IN PARTICULAR BUT NOT EXCLUSIVELY THOSE WHO ARE LGBTQ+ OR NEURODIVERSE, WHO MAY BE STRUGGLING WITH POOR MENTAL HEALTH; D) WALKING FOOTBALL SESSIONS.

Activities: AAW aim to improve mental wellbeing in West Cumbria by delivering accessible support services including 1:1 coping strategies, counselling, adult and youth groups, walking football, alternative therapies and awareness training for organisations/schools. We remove barriers such as transport, cost and confidence, reducing isolation, building resilience and enabling early intervention before crisis.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Cumbria

Trustees

Name	Role	Appointed
Janette Tear	Chair	2016-07-01
Callum Bryan Hyslop		2024-07-17
Hedieh Rashidimalekshah		2025-07-24
Kathryn Jane Wildgoose		2023-08-15
Kerry Hyslop		2026-03-18
Megan Doran		2026-01-31
Nicola Gorrill		2024-01-19
Sonny David Smith		2019-11-02