

**The BECBC Business Support Group (BSG) is comprised of members who do business together, collaborate and cross sell services, whilst offering professional support services to other BECBC members.**

**Listed below are some of our BECBC BSG members:**

## Accommodation

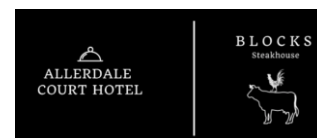
**1692 Wasdale**      1692wasdale.co.uk  
*Brand new contemporary accommodation in a unique setting. 5 luxury en-suite, superKing bedrooms. Friendly, bespoke, discrete. 12 person meeting room available. Whole property options. Ample on-site parking, helicopter landing area.*  
Faith Newell   M: 07756 939202   faith@1692wasdale.co.uk



**Armathwaite Hall Hotel and Spa**      www.armathwaite-hall.com  
*Accommodation, conference and events venue – unique, privately owned, 4\* venue for any occasion with 46 bedrooms, 2 AA Rosette Lake View Restaurant and Courtyard Bar and Brasserie, 2 meeting/event rooms (2–200 delegates) and an onsite multi million pound spa.*  
Leeann Lennox-Burrough   T: 017687 76551  
leeann@armathwaite-hall.com



**The Court Hotel Group Limited**      www.allerdalecourthotel.co.uk  
*The Allerdale Court Hotel and BLOCKS Steak House", award winning restaurant in Cockermouth. Offering fantastic value for corporate guests. Free parking, free WiFi, luxury toiletries. Corporate private dining also available.*  
Jacqueline Finegan   M: 07502 561562  
thecourthotelgroup@outlook.com



**Grisdales Estate Agents**      www.grisdales.co.uk  
*Residential Sales, Residential Lettings, Property Management, Property Investment, Mortgage Services, Surveys.*  
Rachel Ritson   T: 01946 693931   rachelritson@grisdales.co.uk



**Impact Furniture Services**      (part of Impact Housing Association – www.impacthousing.org.uk)  
*We collect reusable furniture and white goods and sell to the general public at affordable prices. We offer employment skills and work experience to volunteers and are dedicated to reducing waste going to landfill.*  
Jo Ritson   M: 07551 158165   jor@impacthousing.org.uk



**North Lakes Hotel & Spa**      www.northlakeshotel.co.uk  
*4 Star Accommodation offering 84 sophisticated bedrooms, open fireplaces, 10 conference rooms with conference cafés. FYR, an open fire grill restaurant and Spa facilities. Free car parking and WiFi.*  
Sharon Brook   M: 07384 516182  
sharonbrook@northlakeshotel.co.uk



## Accommodation *continued*

**The Trout Hotel** [www.trouthotel.co.uk](http://www.trouthotel.co.uk)  
AA 4\* hotel accommodation with 49 rooms in Cockermouth.  
Lorraine Barr T: 01900 820850  
[lorraine.barr@trouthotel.co.uk](mailto:lorraine.barr@trouthotel.co.uk)



## Accountancy and Financial Services

**Armstrong Watson** [www.armstrongwatson.co.uk](http://www.armstrongwatson.co.uk)  
Leading independent accountancy firm employing over 400 staff in 16 offices across Cumbria, Northern England and Scotland.  
Richard Askew T: 01900 310440  
[richard.askew@armstrongwatson.co.uk](mailto:richard.askew@armstrongwatson.co.uk)



**Brewin Dolphin Limited** [www.brewin.co.uk](http://www.brewin.co.uk)  
Our financial planners and investment managers will remove the complexity from managing your money enabling you to make the most of your wealth.  
Tom Melling T: 01768 861710  
[penrith@brewin.co.uk](mailto:penrith@brewin.co.uk)



**Dodd & Co** [www.doddaccountants.co.uk](http://www.doddaccountants.co.uk)  
Chartered Accountants working alongside our Independent Financial Advice firm Dodd Wealthcare – locally based and speaking your language, our team of over 180 will help you reach your business and life goals whatever they may be!  
Alison Johnston T: 01228 530913  
[alison@doddaccountants.co.uk](mailto:alison@doddaccountants.co.uk)



**Marubeni** [Europe.marubeni.com](http://Europe.marubeni.com)  
Japanese trading company dealing with trading and investments.  
Daizo Oda T: 01925 833465 [oda-d@marubeni.com](mailto:oda-d@marubeni.com)



## Architects and Chartered Surveyors

**Align Property Partners** [www.alignpropertypartners.co.uk](http://www.alignpropertypartners.co.uk)  
An award winning multi-disciplinary team delivering a single source building design consultancy with architects, building surveyors, project managers, mechanical and electrical engineers, structural/civil engineers, quantity surveyors, property advisors, CDM and fire advisors.  
Andrew Booth T: 01228 381602  
[Andrew.booth@alignpropertypartners.co.uk](mailto:Andrew.booth@alignpropertypartners.co.uk)



**Day Cummins Limited** [www.cumbriafoundation.org](http://www.cumbriafoundation.org)  
Architects and Chartered Surveyors. Providing innovative design solutions and a professional RICS building surveying and property advice service across Cumbria  
Andrew West T: 01900 820700  
[andy.west@day-cummins.co.uk](mailto:andy.west@day-cummins.co.uk)



## Business Philanthropy Support Services

### Cumbria Community Foundation

[www.cumbriafoundation.org](http://www.cumbriafoundation.org)  
*Providing bespoke philanthropic services to individuals, families and businesses and manages 90 grant making funds across Cumbria. Our expertise in supporting corporate philanthropy can help you fulfil your corporate social responsibility strategically and effectively. Strengthening the communities where you work, invest and live.*  
T: 01900 825760



## Business Management Services

### Camerton Consultants

*Liaising directly with customers' clients to seek out and secure new manufacturing opportunities by assessing potential new markets from a portfolio client base to maximise new and existing prospects.*  
Stephen Shepherd T: 01900 603732  
[s.shepherd22102btinternet.com](mailto:s.shepherd22102btinternet.com)



### CBI (Confederation of British Industry)

[www.cbi.org.uk](http://www.cbi.org.uk)  
*CBI is the UK's most effective and influential business organisation, providing members the influence, insight and access needed to plan with confidence and deliver growth.*  
Alistair Westwood M: 07817 799181  
[Alistair.westwood@cbi.org.uk](mailto:Alistair.westwood@cbi.org.uk)



## Business Support

### Athena

[www.athena-ltd.co.uk](http://www.athena-ltd.co.uk)  
*We exist to connect people through language. Services offered include interpretation, translation, transcription and transcreation. Specialists in rare languages too.*  
Michelle Rae T: 01204 290125  
[michelle@athena-ltd.co.uk](mailto:michelle@athena-ltd.co.uk)

### Lake Mill Consulting Services Ltd

[www.lakemillconsulting.co.uk](http://www.lakemillconsulting.co.uk)  
*Supporting businesses in training and compliance in GDPR and data protection. Analysing your business and system processes, including implementing and project managing new solutions. Certified implementation partner of Breathe HR online HR system, taking care of your day to day HR processes and saving you time to spend on developing your employees.*  
Lorraine Millican M: 07789 658231  
[lorraine@lakemillconsulting.co.uk](mailto:lorraine@lakemillconsulting.co.uk)



### Solar Flare Services

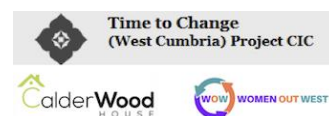
[www.solar-flare.co.uk](http://www.solar-flare.co.uk)  
*Specialists in achieving growth. Commercial Growth – increasing your financial strength, Socio-Economic Growth – for when it's not about the profit, Personal Growth – increasing your impact and effectiveness.*  
Stuart Harrison T: 01228 586496  
[enquiries@solar-flare.co.uk](mailto:enquiries@solar-flare.co.uk)



## Charitable Organisations

### Time to Change (West Cumbria) Project CIC

[www.calderwoodhouse.co.uk](http://www.calderwoodhouse.co.uk)  
[www.womenoutwest.co.uk](http://www.womenoutwest.co.uk)  
*An award winning Social Enterprise, operating Calderwood House homelessness hostel and the Women Out West Centre.*  
Rachel Holliday T: 01946 439312  
[rachel.holliday@ttcwestcumbria.org](mailto:rachel.holliday@ttcwestcumbria.org)



### Hospice at Home West Cumbria

[www.hospiceathomewestcumbria.org.uk](http://www.hospiceathomewestcumbria.org.uk)  
*Providing high quality palliative and end of life care and support to adults with life limiting conditions; family and bereavement support; specialist lymphoedema care. All our services are delivered free of charge, when and where they are needed.*  
Julie Monk (CEO) T: 01900 873173  
[Julie.monk@hhwc.org.uk](mailto:Julie.monk@hhwc.org.uk)  
Hayley McKay (Head of Marketing and Income Generation)  
[Hayley.McKay@hhwc.org.uk](mailto:Hayley.McKay@hhwc.org.uk)



### Team Evie

[www.teamevie.org](http://www.teamevie.org)  
*Local charity fundraising to help sick children and their families. Funds also used to provide vital equipment and staff training for wards and medical teams across the North East and Cumbria.*  
Greg Johnston [greg@teamevie.org](mailto:greg@teamevie.org)



### West Cumbria Carers

[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)  
*Local charity supporting unpaid Carers in West Cumbria.*  
Michelle McGibbon  
[general@westcumbriacaters.co.uk](mailto:general@westcumbriacaters.co.uk)



## Cleaning and Facility Management Services

### Britton Hillary Ltd Contract Cleaning

[www.brittonhillary.co.uk](http://www.brittonhillary.co.uk)  
*Providing a range of Cleaning Services across Cumbria, delivered by our excellent team of dedicated staff. Our reputation is built on reliability, hard work and flexibility. Caring for our staff and clients is our number one priority.*  
Fiona Britton T: 016973 23393 M: 0750 5000 470  
[fiona@brittonhillary.co.uk](mailto:fiona@brittonhillary.co.uk)



### CRS Facility Management

[www.crs-fm.com](http://www.crs-fm.com)  
*Providing security, systems, cleaning and commercial grounds maintenance.*  
Brian Goulding T: 01946 813270  
[brian@crs-fm.com](mailto:brian@crs-fm.com)





## Communication and Marketing

**Business Toolbox Cumbria** [www.businessstoolboxcumbria.co.uk](http://www.businessstoolboxcumbria.co.uk)

*BTC offers tailored training and open courses in social media and marketing. We also offer web design, graphic design and a wide range of marketing services.*

Kate Wilson M: 07970 898180  
kate@businessstoolboxcumbria.co.uk



**CFM Radio**

[www.cfmradio.co.uk](http://www.cfmradio.co.uk)

*Offering everything from mixed multi-media campaigns to promote your business, to corporate training. Being part of Bauer Media Group We Target 25-44 year olds, CFM delivers the perfect mix of music combined with witty, locally relevant banter, alongside essential news, travel and weather updates.*

Jack Messenger T: 01228 815505 jack.messenger@cfmradio.co.uk



**in-Cumbria**

[www.in-cumbria.com](http://www.in-cumbria.com)

*Dedicated business team, producing engaging content across in-Cumbria platforms; monthly business magazine, rolling online business news and daily AM news briefings.*

Mike Morris T: 01228 6122376 mike.morris@localiq.co.uk



**Marick Communications**

[www.marickpartners.co.uk](http://www.marickpartners.co.uk)

*Marick offers creative services in communications, events, video production and design in a variety of sectors. Work with us and experience the Marick difference!*

Janine Claber T: 0161 877 7693  
janine@marickcommunications.co.uk



**Stoneleigh Communications Limited**

[www.stoneleighcomms.co.uk](http://www.stoneleighcomms.co.uk)

*Stoneleigh Communications specialises in helping clients to find the right words and tell their stories to the right people in the right way.*

Sally Seed T: 01539 624732 sally@stoneleighcomms.co.uk



**Zeitgeist Communication Ltd**

[www.zeitgeistcomms.com](http://www.zeitgeistcomms.com)

*Strategic marketing communication and PR. 25 years' experience serving Fortune 500 High-Tech companies and charities. We offer communication and marketing strategy development, media relations, social media, design, content creation, editorial and tailored leadership communications training.*

Jutta Devenish M: 07824 897976 jutta.devenish@zeitgeistcomms.com



## Conference and Events Venues

**Energus**

[www.energus.co.uk](http://www.energus.co.uk)

*Energus is a centre of excellence within the provision of training, education and event support. With a host of versatile meeting suites with state of the art facilities. Energus also deliver world class training and facilitates a portfolio of graduate and apprenticeship programmes.*

Faye Brown T: 01900 844958  
fayebrown@energus.co.uk



## Construction/Project Management and Consultancy

### Crux Associates

[www.cruxassociates.co.uk](http://www.cruxassociates.co.uk)

*Crux Associates is a Programme and project management consultancy. We offer a complete package of development solutions with expertise in civil and structural engineering design.*

Paul Crooks T: 01945 67182 M: 07713 564764

[paul@cruxassociates.co.uk](mailto:paul@cruxassociates.co.uk) / [susan@cruxassociates.co.uk](mailto:susan@cruxassociates.co.uk)

**Crux Associates**

### HKA

[www.hka.com](http://www.hka.com)

*Programme Performance; Commercial; Risk Management; Dispute Avoidance/Management/Resolution; Adjudication; Contractual Advice; Contract Drafting; Claims Preparation/ Appraisal/Defence; Seminars and Training; Forensic Technical Analysis; Delay and Disruption Analysis; Quantum Analysis.*

Helen Walker T: 01946 595834

[HelenWalker@hka.com](mailto:HelenWalker@hka.com)

**HK>A**

### IKM Consulting

[www.ikmconsulting.co.uk](http://www.ikmconsulting.co.uk)

*A multi-disciplinary consultancy with five key disciplines: Civil and Structural Engineering, Geo-environmental, Surveying, Mechanical and Electrical, Digital Solutions.*

Eddy Eddy Winters T: 01324 878822

[info@ikmconsulting.co.uk](mailto:info@ikmconsulting.co.uk)

**ikm**

### Missioncx Limited

[www.missioncx.co.uk](http://www.missioncx.co.uk)

*A specialist nuclear commissioning company, engaging high calibre industry professionals to provide specialist consultancy services, commissioning delivery including management, procedures and our intelligent commissioning delivery system.*

Craig Baker T: 0800 002 9731

[craigbaker@missioncx.co.uk](mailto:craigbaker@missioncx.co.uk)

**missioncx**

### Prima Uno Limited

[www.primauno.co.uk](http://www.primauno.co.uk)

*Prima Uno is an award winning specialist project controls, risk, dispute resolution, portfolio, programme and project management consultancy. Quality Management Consultancy Service including implementation, audit and support of ISO 9001:2015 and ISO 44001:2017.*

Sarah Purdham T: 01946 817209

[sarah.purdham@primauno.co.uk](mailto:sarah.purdham@primauno.co.uk)

**PRIMA UNO**

### QG Management Standards

[www.qgstandards.co.uk](http://www.qgstandards.co.uk)

*Cyber Essentials and GDPR Management Standard Accreditation Body, QG Management Standards, ISO Management Consultancy for ISO 9001, 14001, 18001 and 27001, HS&E on-line training.*

Brian Lightowler T: 01228 631681 [info@qgbiz.co.uk](mailto:info@qgbiz.co.uk)

**QG** MANAGEMENT STANDARDS

## Construction/Project Management and Consultancy *continued*

**TÜV SÜD Nuclear Technologies** [www.tuv-sud.co.uk](http://www.tuv-sud.co.uk)  
A specialist consultancy offering support to clients across the UK and European nuclear estate.  
Chris Dempsey T: 01946 68489 [chris.dempsey@tuv-sud.co.uk](mailto:chris.dempsey@tuv-sud.co.uk)



Nuclear Technologies

## Delivery Services

**Lakes Electric Delivery Service (LEDS)** [www.lakeselectricdeliveryservice.co.uk](http://www.lakeselectricdeliveryservice.co.uk)  
Cumbria's first and only collection/delivery service using a 100% electric van. Reduce your company's carbon footprint and be seen to be green. Covering Cumbria, the North East and into the Borders. Delivering and collecting any item from an envelope up to 2 euro pallets and a maximum of 650Kg.  
Simon Brace M: 07885 937498 [simonbrace@deliveryman.com](mailto:simonbrace@deliveryman.com)

**Lakes  
Electric  
Delivery  
Service**

## Design and Creative Services

**A Digital** [www.adigital.co.uk](http://www.adigital.co.uk)  
Specialises in building highly customised websites and ecommerce applications for companies who want to be leaders in their field. We exist to solve the problems growing companies face as they struggle to create, maintain or promote their digital content, enabling them to make a greater impact on their customers and communities. To measure your marketing strengths and start mapping out your own digital strategy, please visit our interactive scorecard assessment tool at <http://scorecard.adigital.agency>.  
Andrew Armitage T: 01539 720877 [hello@adigital.co.uk](mailto:hello@adigital.co.uk)



**AS Design** [www.asdesigncumbria.co.uk](http://www.asdesigncumbria.co.uk)  
Offering a complete business promotion service.  
Adam Ross T: 01946 811000  
[sales@asdesigncumbria.co.uk](mailto:sales@asdesigncumbria.co.uk)



**Design Code** [www.design-code.co.uk](http://www.design-code.co.uk)  
A 3D design and digital fabrication company, producing innovative design solutions using the latest technology: Architectural models, exhibition displays, bespoke signage and commercial interior decor.  
Zoe Crossan T: 01900 825080  
[zoe.crossan@design-code.co.uk](mailto:zoe.crossan@design-code.co.uk)



**Firpress Printers** [www.firpressprinters.co.uk](http://www.firpressprinters.co.uk)  
Offering inhouse graphic design and professional printing.  
Paul Williamson T: 01900 68141  
[paul@firpressprinters.co.uk](mailto:paul@firpressprinters.co.uk)



**Metalwork Solutions UK Ltd** [www.metalworksolutionsuk.com](http://www.metalworksolutionsuk.com)  
Experienced draughtsmen, fabricators and on-site fitters ready to design and fabricate most metal projects from industrial steel buildings, to the more bespoke secondary steel projects.  
Vicky Jefferson T: 01228 599487  
[vicky@metalworksolutionsuk.com](mailto:vicky@metalworksolutionsuk.com)



## Design and Creative Services *continued*

### TSP Design Services

(a trading name of  
TSP Engineering)

[www.tsp-engineering.co.uk](http://www.tsp-engineering.co.uk)

*TSP provides bespoke design services from pure mechanical challenges through fluid power, water systems, pipe-work layouts to electrical including SCADA, PLC programming and system upgrades.*

Craig Kenyon (Business Development) T: 01900 68000  
[craig.kenyon@tsp-engineering.co.uk](mailto:craig.kenyon@tsp-engineering.co.uk)



### Wombat Creative Ltd

[www.wombatcreative.co.uk](http://www.wombatcreative.co.uk)

*Offering a full range of creative digital services including web design, digital and social media marketing. Helping clients structure their digital marketing strategy around their clients to maximise user engagement and ROI.*

Fraser Hannah T: 01900 821628  
[fraser@wombatcreative.co.uk](mailto:fraser@wombatcreative.co.uk)



## Financial Modelling and Analytical Services

### Kirsten Prosser Financial Insights

[www.financial-insights.co.uk](http://www.financial-insights.co.uk)

*Specialist financial modelling, analysis and strategic, commercial finance support to help your business make more robust, informed decisions with better results, greater confidence and lower risk.*

Kirsten Prosser M: 07718 518019 k  
[irsten@financial-insights.co.uk](mailto:irsten@financial-insights.co.uk)



## Food Suppliers and Catering

### Fruit & Veg Box Co

*Delicious fresh fruit and veg from our business to yours!*

*We will deliver weekly or fortnightly boxes of fruit and vegetables direct to your workplace. Local produce sourced when available.*

Nicola Myers M: 07769 904663 [myers9@btinternet.com](mailto:myers9@btinternet.com)



## Health and Safety

### Arco Ltd

[www.arco.co.uk](http://www.arco.co.uk)

*The UK's leading supplier of personal protective equipment, workwear, and workplace safety solutions, offering a world class range of products.*

Sean Churchill and Nicola Potts T: 01900 604706  
[sean.churchill@arco.co.uk](mailto:sean.churchill@arco.co.uk) and [nicola.potts@arco.co.uk](mailto:nicola.potts@arco.co.uk)



### DMA Safety Management Ltd

[www.inspiresafety.co.uk](http://www.inspiresafety.co.uk)

*DMA work with organisations to help them improve their health, safety and wellbeing programmes. Supporting SMEs and global businesses at all levels to develop strategies, engage leaders and implement systems leading to a healthier and safer workplace.*

Elsa Mason T: 019467 25801  
[elsa@inspiresafety.co.uk](mailto:elsa@inspiresafety.co.uk)





## Health and Safety *continued*

**MEH Consultants Ltd** [www.mehconsultants.co.uk](http://www.mehconsultants.co.uk)  
*We are a modern and dynamic SME who offer truly bespoke Health and Safety Solutions to the nuclear sector and beyond. Our support is tailored to your needs and delivered by industry experts.*  
 James Heath M: 07400\_872981 james@mehconsultants.co.uk

**M|E|H Consultants Ltd**  
Woodview Barn, Middle Holly, Forton, UK, PO3 1AB | t: 0144 (0)7822954910 | jheath@mehconsultants.co.uk

**Woodward Safety Health and Environment Ltd** [www.woodward-group.co.uk](http://www.woodward-group.co.uk)  
*A family led SME who specialise in the delivery of Health, Safety, Construction, Fire and Environmental training courses accredited by NEBOSH, IOSH and Highfield (HABC)*  
 Tom Duggan, Business Development Manager  
 T: 01900 609175 tomaduggan@woodwardgroup.co.uk

**Woodward SHE Ltd**

## HR and Business Psychology

**Anchor Point** [www.anchorpoint.org.uk](http://www.anchorpoint.org.uk)  
*Long Anchor point offers mindfulness, combined with other relevant tools to support wellbeing, resilience, focus, safety, work-life balance and effective team working.*  
 Martin Summerfield M: 07971 554316 martin@anchorpoint.org.uk



**Better Bodies UK** [www.betterbodiesuk.com](http://www.betterbodiesuk.com)  
*Professional health and well-being centre providing personalised services to individual, group and corporate clientele. From Mental Health training to good nutritional courses, or employee health screening, we can tailor our packages to suit your requirements.*  
 Claire Bull or Jon Griffiths M: 07485 015722  
 claire@betterbodiesuk.com



**CIPD** [www.cipd.co.uk/learn/branches/cumbria](http://www.cipd.co.uk/learn/branches/cumbria)  
*The Chartered Institute of Personnel and Development is the professional body for HR and people development. We help people and organisations realise their potential and are the voice of a worldwide community of around 150,000 members.*  
 Melanie Kinsella M: 07943 623750  
 cumbria@cipdbranch.co.uk



**Collaboration Ltd** [www.collaboration.co.uk](http://www.collaboration.co.uk)  
*Long before 'collaboration' became a popular word in industry, we were designing, delivering and deploying bespoke behavioural change interventions.*  
*Does your organisation need one?*  
 Brad Meyer M: 07984 205700 bradmeyer@collaboration.co.uk



**de Fenzi Movement** [www.defenzimovement.co.uk](http://www.defenzimovement.co.uk)  
*Helping business retain the right people for the right job by nurture and engagement through the provision of unique wellbeing packages using Hanna Somatic Education.*  
 Karen Douglas de Fenzi M: 07515 884 640  
 karen@defenzimovement.co.uk



## HR and Business Psychology *continued*

### Lakeland Capabilities

[www.lakelandcapabilities.co.uk](http://www.lakelandcapabilities.co.uk)  
*A Business Psychology consultancy, specialising in helping organisations to attract, select, develop and retain the right people. Offering a range of services including psychometrics, team and leadership development, dyslexia in the workplace and employee wellbeing.*  
Joanne Chambers M: 07855 494378  
[joanne@lakelandcapabilities.co.uk](mailto:joanne@lakelandcapabilities.co.uk)



## IT Services and Equipment

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### M B Digital

[www.mbdigital.co.uk](http://www.mbdigital.co.uk)  
*M B Digital is a local, specialist supplier and service provider of office printers and copiers, who offer unrivalled service support throughout Cumbria and beyond.*  
Danny Askew T: 01539 731681  
[Danny.askew@mbdigital.co.uk](mailto:Danny.askew@mbdigital.co.uk)



### Yellowbus Solutions Ltd

[www.yellowbus.uk](http://www.yellowbus.uk)  
*Yellowbus are specialist's in providing and supporting managed IT, cloud and connectivity solutions within nuclear, engineering and joint ventures*  
Michael Douglass T: 01925 838386 [michael.douglass@yellowbus.uk](mailto:michael.douglass@yellowbus.uk)



## Information Security

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### Indelible Data

[www.indelible-data.co.uk](http://www.indelible-data.co.uk)  
*Cyber Essentials Certification Body and Information Security Services including ISO 27001.*  
Tony Wilson T: 016973 22468 M: 07773 080503  
[tony@indelible-data.co.uk](mailto:tony@indelible-data.co.uk)



## Legal Services

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### Baines Wilson LLP

[www.baineswilson.co.uk](http://www.baineswilson.co.uk)  
*Specialist business law firm, based in Cumbria, with significant experience of acting for local, national and international businesses in the nuclear sector.*  
Tom Scaife T: 01228 552600 [t.scaife@baineswilson.co.uk](mailto:t.scaife@baineswilson.co.uk)



## Leisure and Tourism

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### Beacon Museum (Copeland Borough Council)

[www.thebeacon-whitehaven.co.uk](http://www.thebeacon-whitehaven.co.uk)  
*An award-winning museum, recognised as punching "well above its weight". Focusing on delivering education and lifelong learning around history, science and heritage.*  
Elizabeth Kwasnik T: 01946 592302  
[Elizabeth.Kwasnik@copeland.gov.uk](mailto:Elizabeth.Kwasnik@copeland.gov.uk)



## Leisure and Tourism *continued*

**Rosehill Theatre and The Green Room Restaurant** [www.rosehilltheatre.co.uk](http://www.rosehilltheatre.co.uk)  
A professional theatre with a year round programme of excellent performing arts. Our 208 seat auditorium, foyer and meeting areas are available for hire. The Green Room restaurant can seat up to 60 people, and caters for all the needs of your event.  
David Jane T: 01946 692422 [david.jane@rosehilltheatre.co.uk](mailto:david.jane@rosehilltheatre.co.uk)  
To support the theatre: [richard.elder@rosehilltheatre.co.uk](mailto:richard.elder@rosehilltheatre.co.uk)



## Logistical Solutions

**Peterson (United Kingdom) Ltd** <https://energylogistics.onepeterson.com/en>  
We deliver integrated logistics solutions to the energy sector, setting industry-leading standards in safety, quality control, logistics support and related activities.  
Jason Hendry, Director – North of England M: 07464 546964  
[jhendry@onepeterson.com](mailto:jhendry@onepeterson.com)



## Membership Organisation

**NEPIC** [www.nepic.co.uk](http://www.nepic.co.uk)  
Award winning membership organisation for the chemical process industry and supply chain in the NE England. Privately-owned and led by industry, we work to support our member companies to become successful and sustainable organisations in a collaborative business environment that helps them to grow.  
Dawn Huntrod T: 0191 516 4400  
[dawn.huntrod@nepic.co.uk](mailto:dawn.huntrod@nepic.co.uk)



## NDT and Weld Inspection Services

**Responsive Ltd** [www.responsivendt.com](http://www.responsivendt.com)  
Responsive provides a specialist independent welding inspection, NDT and radiograph service including: Magnetic Particle Inspection (MPI), Dye Penetrant Testing (PT), Ultrasonic Testing (UT), X and Gamma Radiography Testing (RT), Phased Array (PA)  
Lee Grears, MD T: 01946 372220 ext 1008  
M: 07949 695625  
[lee.grears@responsivendt.com](mailto:lee.grears@responsivendt.com)



## Office Furniture

**Centric Office Solutions Ltd** [www.centric-office.co.uk](http://www.centric-office.co.uk)  
Besides been at the forefront of office furniture supplies for over 30 years we have been supplying Design, Space Planning, DSE Ergonomic Assessments and Agile Working Consultancy to Cumbria companies and throughout the UK.  
Jeff Winder, Sales Manager T: 01229 821212  
[jeff.winder@centric-office.co.uk](mailto:jeff.winder@centric-office.co.uk)



## Office Furniture *continued*

### Heatons mbi

[www.heatons.net](http://www.heatons.net)  
*Successfully furnishing businesses of Cumbria and beyond. Call to discuss your project, budget and deadline.*  
Elaine Fewtrell, Regional Manager  
T: 01768 890440 M: 07968 857194  
[elaine.fewtrell@heatons.net](mailto:elaine.fewtrell@heatons.net)



furnishing your  
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## Photography and Filming

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[www.adamediafilm.com](http://www.adamediafilm.com)  
*High impact videos and short films: Marketing/Promotion, Stakeholder Awareness, and Aerial Survey. Unique capabilities: Aerial and Ground Filming, Pre and Post Production, Project/Programme Management.*  
Adam Pearson T: 01946 841625  
[adam@adamediafilm.com](mailto:adam@adamediafilm.com)



### Carlos Reina Photography

[www.carlosreinaphoto.com](http://www.carlosreinaphoto.com)  
*Carlos Reina is a commercial and sport photographer, specialising in people and commercial photography with a unique style consisting of colourful and energetic imagery. Based in West Cumbria, Carlos and his team are ready to create outstanding visuals for you.*  
Carlos Reina M: 07708034911  
[carlosreinaphoto@gmail.com](mailto:carlosreinaphoto@gmail.com)



### Will McAllister Photography

[www.willmcallister.photography](http://www.willmcallister.photography)  
*Will is a commercial photographer based in Whitehaven, Cumbria; and takes advertising and promotional images for businesses throughout Cumbria, Northern England and Southern Scotland.*  
Will McAllister M: 07734 669539  
[will@wmphoto.co.uk](mailto:will@wmphoto.co.uk)



## Recruitment

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### All Together Cumbria

[www.alltogethercumbria.com](http://www.alltogethercumbria.com)  
*We work with you to find the right person for your organisation, whilst investing towards a more sustainable workforce for the future of Cumbria.*  
Sarah MacGregor T: 01946 65818  
[sarah.macgregor@alltogethercumbria.com](mailto:sarah.macgregor@alltogethercumbria.com)



### MacArthur Recruitment

[www.macarthurrecruitment.co.uk](http://www.macarthurrecruitment.co.uk)  
*Construction and engineering recruitment for Cumbria and surrounds. Delivering success for all, through relationships and partnerships.*  
Ewen Alcorn T: 01768 800260  
[ewen@macarthurrecruitment.co.uk](mailto:ewen@macarthurrecruitment.co.uk)

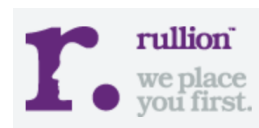




## Recruitment *continued*

### Rullion

[www.rullion.co.uk](http://www.rullion.co.uk)  
*Working with hundreds of leading organisations and companies across the UK trust our forward-thinking expertise for managing their recruitment needs.*  
James Chamberlain T: 01946 816642  
[james.chamberlain@rullion.co.uk](mailto:james.chamberlain@rullion.co.uk)



## Recycling

### West Coast Group

[www.west-coast-group.co.uk](http://www.west-coast-group.co.uk)  
*Locally based waste licensed site offering recycling services including green municipal waste, plasterboard and grade A timber and the supply of biomass fuels, kiln dried logs, compost, aggregates and more.*  
Helen Ingham T: 01946 328008 M: 07795 113434  
[info@westcoastcomposting.co.uk](mailto:info@westcoastcomposting.co.uk)



## Social Value and Corporate Social Responsibility

### Cumbria Exchange

[www.cumbriaexchange.co.uk](http://www.cumbriaexchange.co.uk)  
*An innovative web based platform sharing resources between business and "not for profit" organisations. We also identify and broker opportunities for: collaborative support from business to larger/more complex community projects; skills based volunteering through our "experteering" initiative; employer supported volunteering.*  
Helen Conway T: 01946 598317  
[info@cumbriaexchange.co.uk](mailto:info@cumbriaexchange.co.uk)



### Inspira Ltd

[www.inspira.org.uk/corporate](http://www.inspira.org.uk/corporate)  
*A leading career management and personal development organisation. We offer employers and individuals bespoke CPD solutions and options to meet CSR targets, linking business with educational institutions.*  
David Leadbetter M: 07725 678940  
[david.leadbetter@inspira.org.uk](mailto:david.leadbetter@inspira.org.uk)



### The Colourful North

[www.thecolourfulnorth.co.uk](http://www.thecolourfulnorth.co.uk)  
*The Colourful North is committed to ensuring Social Innovation is the primary social issue of which West Cumbria is in desperate need of ensuring success. As The Colourful North is dedicated to restoring and reversing economically deprived areas of our community through Colourful adaptations by softening the industrial environment through socially inclusive artistic events.*  
Matthew Labourne T: 01946 695470  
[info@thecolourfulnorth.co.uk](mailto:info@thecolourfulnorth.co.uk)



### Whitehaven Community Trust

[www.wct-whitehaven.co.uk](http://www.wct-whitehaven.co.uk)  
*A charity with a Healthy Living Centre, which brings together a range of activities and initiatives aimed at improving the health and quality of life of the local Whitehaven community.*  
Kerry Maxwell T: 01946 590590 [wct@shineadsl.co.uk](mailto:wct@shineadsl.co.uk)



## Training and Development (including Coaching and Mentoring)

### Acorn Coaching and Development

[www.acorncoaching.com](http://www.acorncoaching.com)  
*Acorn Coaching and Development pragmatically improves performance in areas including Project Start-up, Culture Change and Leadership Performance, resulting in tangible changes and measurable business benefits.*  
Claire Longney T: 01539 741511  
[claire@acorncoaching.com](mailto:claire@acorncoaching.com)



### Anchor Point

[www.anchorpoint.org.uk](http://www.anchorpoint.org.uk)  
*Training for Resilience, Performance and Safety Workshops, courses and mindfulness tools to reduce stress and enhance awareness and focus. Experience within safety critical workplaces (EDF Nuclear) and commercial and financial environments.*  
Martin Summerfield T: 07971554316  
[martin@anchorpoint.org.uk](mailto:martin@anchorpoint.org.uk)



### AS Business and Technical Solutions

[www.alansmithson.co.uk](http://www.alansmithson.co.uk)  
*If you are a busy business owner with growth ambition, Business support including: coaching; diagnostics, strategic review and tactical business planning; business plans and cash flow forecasts; technical support.*  
Alan Smithson [alan@alansmithson.co.uk](mailto:alan@alansmithson.co.uk)



### Peter Fleming Business Consultancy

[www.pfbusinessconsultancy.co.uk](http://www.pfbusinessconsultancy.co.uk)  
*Looking for clarity and obtaining a plan to take your business forward? Peter has over 30 years' experience in supporting managers and business owners in delivering positive sustainable change programmes.*  
Peter Fleming M: 07966 686112  
[peterfleming@pfbusinessconsultancy.co.uk](mailto:peterfleming@pfbusinessconsultancy.co.uk)



### Centre for Leadership Performance

[www.cforlp.org.uk](http://www.cforlp.org.uk)  
*An award winning, not-for-profit private limited company working to develop Cumbria's leaders for today and tomorrow through a range of innovative programmes. CfLP also delivers the Primary Business Partnership (PBP) throughout West Cumbria – a free brokerage service to help schools and businesses forge greater links to support career-related learning in the classroom.*  
Sarah Glass T: 01900 824822  
[info@cforlp.org.uk](mailto:info@cforlp.org.uk)



### Derwent Hill

[www.derwenthill.co.uk](http://www.derwenthill.co.uk)  
*Providing professional leadership, teambuilding and management training and development programmes for industry. We work with your organisation to identify training needs and design innovative training solutions that add value to your business.*  
Matthew Ellis, Centre Director T: 017687 72005  
[derwent.hill@sunderland.gov.uk](mailto:derwent.hill@sunderland.gov.uk)



## Training and Development (including Coaching and Mentoring) *continued*

### Gen2

[www.gen2.ac.uk](http://www.gen2.ac.uk)  
*Gen2 is an Ofsted Outstanding Grade 1 training provider, with 5 training centres across Cumbria servicing the nuclear, engineering, business and advanced manufacturing sectors. Gen2 deliver apprenticeships, higher education, degrees, short courses and bespoke training packages.*  
Samantha Clark M: 07808 778 343  
[samantha.clark@gen2.ac.uk](mailto:samantha.clark@gen2.ac.uk)



### Harrison Network Ltd

[www.theharrisonnetwork.co.uk](http://www.theharrisonnetwork.co.uk)  
*To drive change, inspire innovation, challenge performance and support wellbeing in your organisation, talk to us. We build social intelligence. We build emotional intelligence. We build powerful conversation. Soft skills for tough jobs. #coaching #facilitation #training*  
Lucy Harrison M: 07766 546751  
[lucy@theharrisonnetwork.co.uk](mailto:lucy@theharrisonnetwork.co.uk)



### Kaefer Training

[www.kaeferltd.co.uk/bookacourse](http://www.kaeferltd.co.uk/bookacourse)  
Offering regulated First Aid and First Aid for Mental Health Courses certified by OFSTED and SCQF, UKATA approved Asbestos Training (all levels) and IOSH Health and Safety Training. All courses delivered by experienced and professional instructors.  
Contact Jim Haddon or Stuart Bowman T: 01946 556460  
[traininguk1@kaefer.com](mailto:traininguk1@kaefer.com)



### Kathryn Jackson Coaching

[www.kathrynjacksoncoaching.co.uk](http://www.kathrynjacksoncoaching.co.uk)  
*Supporting you and your teams to be the best you can be through authentic coaching. Creating a safe and creative space to realise both personal and professional goals and explore new pathways to success. Take your first step to excellence and contact*  
Kathryn Jackson M: 07971 447367  
[kathryn@kathrynjacksoncoaching.co.uk](mailto:kathryn@kathrynjacksoncoaching.co.uk)



### Lakes College West Cumbria

[www.lcwc.ac.uk](http://www.lcwc.ac.uk)  
*Lakes College is the largest provider of Further and Higher Education and HE in West Cumbria, offering Apprenticeships, training and qualifications.*  
Victoria Morgan M: 01946 839300  
[victoriam@lcwc.ac.uk](mailto:victoriam@lcwc.ac.uk)



### Lancaster University

[www.lancaster.ac.uk](http://www.lancaster.ac.uk)  
*Providing research and development expertise to SMEs supporting innovation and growth and programmes designed for manufacturing and engineering SMEs - transforming your productivity and working practices.*  
Stephen King / Pete Cornwall  
M: 07779 965574 / 07790 556143  
[s.king7@lancaster.ac.uk](mailto:s.king7@lancaster.ac.uk) / [p.cornwall@lancaster.ac.uk](mailto:p.cornwall@lancaster.ac.uk)



## Training and Development (including Coaching and Mentoring) *continued*

### NSAN

[www.nsan.co.uk](http://www.nsan.co.uk)

*The 'go to' place for skills for nuclear – providing valuable, cost-effective and practical support.*

Dawn Broad, Business Development Manager

M: 07720 737505 dawn.broad@nsan.co.uk



### Red Pike Education

[www.redpikeeducation.com](http://www.redpikeeducation.com)

*Academic training and educational consultancy*

James Kuechel T: 01900 63791 jamesk@redpikeeducation.com



### St Bees School *Where West meets East*

[www.stbeesschool.co.uk](http://www.stbeesschool.co.uk)

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Ceara Hayden T: 01946 828007

welcome@stbeesschool.co.uk



### Supply Chain Cumbria

[www.supplychaincumbria.co.uk](http://www.supplychaincumbria.co.uk)

*Providing procurement and supply chain advice, support and training to help you maximize the value of your purchases and boost your profits.*

Clare Farnworth M: 07771 874616

clare@supplychaincumbria.com



### The Energy Coast UTC

[www.energycoastutc.co.uk](http://www.energycoastutc.co.uk)

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Cherry Tingle T: 01900 606688

cherry.tingle@energycoastutc.co.uk



### Tom Crowe Procurement Solutions

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*Helping you to 'Level the playing field' by supporting the commercial and procurement needs of organisations of all shapes and sizes - from new entrants to established supply chain partners, from sole traders to multi-billion pound organisations.*

Tom Crowe M: 07803 698987

Email: tom@tomcroweprocuramentsolutions.co.uk



### University of Cumbria

[www.cumbria.ac.uk/enterprise](http://www.cumbria.ac.uk/enterprise)

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enterprise.services@cumbria.ac.uk





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**Liberty Work and Leisure Wear Ltd** [www.libertyworkandleisure.co.uk](http://www.libertyworkandleisure.co.uk)  
*Liberty are a supplier of company branded workwear, corporate suiting, PPE (Including hi-vis clothing and safety footwear) and branded promotional merchandise.*  
James Spark T: 01228 536751 [james@lwlw.co.uk](mailto:james@lwlw.co.uk)



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[hazel.duhy@becbusinesscluster.co.uk](mailto:hazel.duhy@becbusinesscluster.co.uk) T: 016973 44905