

Groundwork North East and Cumbria

Groundwork North East (NE) and Cumbria is an environmental sustainability charity. They have 6 areas of their work:

- [Nature-based solutions](#) – using nature to improve ecosystems, create education and leisure activities and combat climate change.
- [Employment](#) – supporting people in to education, training or work and work experience opportunities in the energy efficiency sector.
- [Energy efficiency](#) – giving energy efficient advice, plans and home visits to help people stay warm, stay well, and save money on household bills.
- [Green land management](#) – managing parks and green spaces.
- [Health and wellbeing](#) – using community green spaces and projects to connect people and reduce isolation.
- [Youth](#) – projects and programmes to support young people.

Their projects include:

- [Land of Oak and Iron Heritage Centre and Café](#)
- [Green Doctors](#) operating throughout the whole of the NE and Cumbria, offering free energy advice for households
- [Home Energy Advice North East \(HEANE\)](#) offers free personalised home improvement plans with in-person energy advice at a home visit.
- [Northern Directions](#) – helps young people aged 16-24 living in Newcastle, Northumberland and North Tyneside, that are not in education, employment, or training,

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Cost: Free

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