

News Sources

Radio:

[The Bay \(external link\)](#) 96.9 FM / 102.3 FM / 103.2FM

[BBC Radio Cumbria \(external link\)](#) 95.6 FM / 96.1 FM / 95.2 FM / 104.2 FM / 104.1 FM

756 AM / 837 AM / 1458 AM

[105.4 Century FM \(external link\)](#) 105.4 FM (South Cumbria only)

[CFM \(external link\)](#) 96.4 FM / 102.2 FM / 103.4 FM

[Lakeland Radio \(external link\)](#) 100.8 FM / 100.1 FM

Other local media

[BBC Cumbria \(external link\)](#)

[Cumberland News \(external link\)](#)

[Cumberland and Westmorland Herald \(external link\)](#)

[ITV Border \(external link\)](#)

[News and Star \(external link\)](#)

[North West Evening Mail \(external link\)](#)

[Times and Star \(external link\)](#)

[Westmorland Gazette \(external link\)](#)

[Whitehaven News \(external link\)](#)