

Household Services	
Shopping, Cleaning & DIY Justin Tracey	07899 836 362
Cleaning - Maid2Clean <a href="http://www.maid2clean.co.uk">www.maid2clean.co.uk</a>	0800 612 4428
Lauren Walker—Cleaning Service—Penrith Area	07455 013641
Someone2 cleaning, shopping, gardening -Penrith and surrounding Villages	07721920429
BEE Home Care Shopping, light housework & companionship	07443220460
Adventure Companion Service Sitting Service, Shopping, Trips Out	07802 715 223

Foot Health / Chiropody		
Julie Downes		07738014 699
Eden Happy Feet		07759 572 563
Natalie Graham	Home Visits	07812 217 302
John Peart	Chiropodist	01768 899600

\*Westmorland & Furness Council have contracted with PPP Taking Care to provide personal alarms. There are other agencies that can provide personal alarms. Visit the Westmorland & Furness Council website and search for 'Telecare and Alarms'

Notes

The Office, Mardale Road, Penrith CA11 9EH  
 Charity Reg No. 1101719 Company Reg 4929903  
 Phone: 01768 890280 / 01228 580214 email: [enquiries@carlisle-eden-carers.org.uk](mailto:enquiries@carlisle-eden-carers.org.uk)



## HANDY GUIDE TO SERVICES—Eden

Carer Support Carlisle & Eden has compiled a short directory of useful services to assist Carers.

These contact details are not a comprehensive guide to all available services, so if you have any queries or would like additional information, please get in touch with us.

Local contact numbers have been provided where possible.

Carer Support Carlisle & Eden

☎ 01768 890 280

01228 580 214

February 2025

***This directory has been compiled in good faith that the information is correct at the time of publication. Carer Support Carlisle & Eden does not accept responsibility for errors or omissions. The services shown are not in any way favoured or exclusive recommendations of Carer Support Carlisle & Eden.***

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SUPPORTING UNPAID CARERS

**Carer Support Carlisle & Eden HUBS are monthly social and practical get-togethers run by staff and volunteers. A full list of dates and times is available from the office ☎ 01768 890 280**

<b>Alston Hub</b> Last Thursday of the month	The Chat Room, Front Street, Alston
<b>Appleby Memory Club</b> Second and Fourth Wednesday on each month - Carer Support Carlisle and Eden join with the club on certain dates	Methodist Church on the Sands, Appleby
<b>Court Thorn Hub</b> First Monday of the month	Court Thorn Surgery, Low Hesket
<b>Penrith Lunch Hub</b> Third Wednesday of the month	Cafe4Eden, St Andrew's Parish Rooms, Penrith
<b>Penrith Hub</b> First Tuesday of the month	George Hotel, Penrith
<b>Men's Hub</b> Second Tuesday of the month	Various locations
<b>Kirkby Stephen Memory Club - Carer Support Eden</b> join with the club on certain dates	Methodist Church Hall

### Carer Support Carlisle & Eden Volunteer Services

Free of charge but limited availability, please call the office to book.

**IT Support** - our IT volunteer will come to your home and help Carers with IT issues

**Sitting Service** - to give Carers a break from their caring role

**Relaxing Treatments for Carers** - provided by local spas

**Companionship Calls for Carers**—for anyone who is feeling lonely or isolated

### Taxi Services

Appleby Taxi's	017683 52 772 / 07710 609 307
BD Taxi's Kirkby Stephen	017683 716 82
Jackie's Taxi Penrith	01768 867 890
A1 Acclaim Penrith	01768 866 842

### Care Homes

Appleby Grange, Appleby	017683 51503
HC One Cold Springs Park, Penrith	0333 999 8699
Croft Avenue, Penrith	01786 867 155
HC One Winters Park, Penrith	0333 999 8699
Christian Head, Kirkby Stephen	017683 714 29
Croftfield, Armathwaite	01228 560 316
Grisedale Croft, Alston	01768 812229
Stobars Hall, Kirkby Stephen	017683 712 91

### Mobile Hairdressers

<b>Luiza Oliver</b>	Penrith	07778 501 546
<b>Judith Hall</b>	Penrith area	0777 193 3006

Private Care Providers		
Name	Area	Telephone
<b>Dawn's</b> Domestic Duties	10 mile radius Penrith	07985 318 112
<b>Val Ewing</b>	Kirkby Stephen	07817 475 587
<b>Sarah Elliott</b>	Penrith and 7 mile radius	07856 391 112
Tracey <b>Graham</b>	Carlisle to Penrith	07891 940 721
<b>Bev Hall</b>	Penrith 6 mile radius	07443 220 460
Gemma <b>Hodgson</b>	Penrith and 7 mile radius	07788 491 627
<b>Kim's</b> Care	Penrith to Pooley Bridge	07506 041 355
Doreen <b>Kirkbride</b>	Shap to Tebay	07876 377 202
Eileen <b>Males</b>	Penrith area	07780 763 203
Tracy <b>Pearson</b>	Kirkby Stephen	07888 748 240
Morag <b>Quail</b>	Carlisle to Penrith	07716 136 574
Angela <b>Ritchie</b>	Brampton to Penrith	07538 960 018
Kayley <b>Sowerby</b>	Appleby & Fellside	07929 303 507
Shirley <b>Wells</b>	Skelton to Penrith	07786 086 271
Sheila <b>Williamson</b>	Penrith Area	07764 947415
Sarah <b>Yallop</b>	Penrith Area	07557 955 365

Care Providers	
Beacon Home Care Penrith	01768 840 086
Bellcare Penrith	01768 891 900
Eden Country Care Penrith	01768 865 594
Good Companions	01768 216 003
Westmorland Home Care	01768 806 509

Useful Numbers	
Adult Social Care	0300 373 3301
Age UK	01228 536 673
Alzheimer's Society –Eden	01228 819 299
Benefits and Taxation - WAF	0300 373 3300
Blue Badge - WAF <a href="mailto:blue.badge@westmorlandandfurness.gov.uk">blue.badge@westmorlandandfurness.gov.uk</a>	0300 373 3300
Carlisle & Eden MIND Penrith	01228 543 354 0300 561 0000
Christians' Against Poverty Penrith Debt Centre	0800 328 0006
Citizens Advice Bureau Carlisle & Eden	0808 278 7844
Cowpers Mobility Penrith	01768 867 555
Cumbria Alcohol & Drug Advisory Service	0800 2545658
Diabetes UK North West (Penrith & District)	01925 653 281
Eden Integrated Care Hub	01946 853 333

Useful Numbers	
Dignity in Dementia—work with families / Carers to positively support people with Dementia	07771 682378 –Diane or 07816 895021 –Lesley
Eden Sight Support	01768 891 724
Fellrunner Bus: Serving the Community	07734 529 432
Hospice at Home Carlisle & North Lakeland	01228 608 942
Meals on Wheels	<b>01228 267 167</b> <b>01768 877 977</b>
Kirkby Stephen Local Links (information centre)	01768 812 045
Parkinson's UK Eden	0808 8000 303
Patient Transport (NWAS)	0345 112 0999
Rural Wheels –transport for those in rural areas	01539 713 350
Safety Net Support for adults and children in Cumbria who have experienced rape, exploitation, sexual and domestic abuse.	01228 515 859
Sound Advice Cumbria	01768 895 553
SSAFA Forces help	0800 260 6780
Stroke—Cumbria Stroke Recovery Service	07739 746098
Voluntary Car Scheme Cumbria CC	0333 240 6965
PPP Taking Care* Or contact Adult Social Care	0800 085 7371
Westmorland and Furness Council	0300 373 3300

Private Care Providers		
Name	Area	Telephone
Jan <b>Allinson</b>	Penrith Area	07470 070 399
Karen <b>Armstrong</b>	Kirkby Stephen	07891 826 226
Paula <b>Armstrong</b>	Kirkby Stephen Area	07549 877 460
Rosemary <b>Balmer</b>	Penrith & Fellside	07891 587 185
Sarah <b>Barden</b>	Appleby , Milburn, Kirkby Thore and surrounding	07549 370 067
Amy <b>Barrass</b>	Carlisle to Penrith	07701 074 668
<b>Bespoke</b> Care	5— 10 mile radius Penrith	07765 467 912
Andrea <b>Brough</b>	Penrith area	07771 191 991
Jane <b>Brunton</b>	Appleby to Kirkby Stephen	07837 779 739
Sandra <b>Burrell</b>	Appleby to Temple Sowerby	07884 331 922
Jane <b>Butterworth</b>	Penrith area	07842 424 535
Susan <b>Carruthers</b>	12 mile radius Penrith	07765 506 069
Lesley <b>Chaloner</b>	Penrith to Pooley Bridge	07717 070 094
Hazel <b>Collingwood</b>	Penrith	07765 344 894
Lorraine <b>Coward</b>	Penrith area	07734 208 286
Sharon <b>Dadley</b>	Penrith area	07957 247 835