

Household Services	
GM Gardening Services (Gary)	07999 643 013
PAJ Gardening (Jordan)	07774 891 776
Gardening Maintenance (John)	07900 216 997
Cleaning Agencies	
Maid2Clean	0800 567 7216
Happy Days Cleaning (Sharon) 10mile radius of Carlisle	07702 589 850
Queen of Gleam Carlisle (Linda Turner)	07535 775 213
Bright and Beautiful Cleaning	01228 370569
Neat and tidy cleaning services	079857 15606

Other	
Kindness At Home (Kath) Covers Carlisle and surrounding areas.	Offering companionship, trips out, shopping, conversation, meal preparation, reading/hobbies, help getting to and from appts, prescriptions, washing ironing and light housekeeping. Contact: 07931 285 475 kindnessathome1@outlook.com

* PPP Takingcare Personal Alarms for those living independently in Cumbria. There are however other agencies who people can engage. Visit the Cumberland Council website and search for 'Personal Alarms'.

Moorhouse Courtyard, Warwick-on-Eden, CA4 8PA

Charity Reg No. 1101719 Company Reg 4929903

Phone: 01768 890280 / 01228 580214 email: enquiries@carlisle-eden-carers.org.uk



HANDY GUIDE TO SERVICES - Carlisle

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 (Penrith Office)

☎ 01228 580 214 (Carlisle Office)

October 2024

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 are recommendations by Carer Support Carlisle & Eden.

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Notes

My Support Worker is :

I can contact them on:

Taxi Services (with wheelchair Facilities)

Beeline

01228 88356

Carlisle Taxi Hire

01228 424242

Carlisle Taxis

01228 247365

Mobile Foot Health

Zoe **Davison** Podiatry Carlisle 07950 289 994

Tracy **Mason** Podiatry Carlisle, Longtown 07891 823 219

Susan **Watson** Carlisle 07747 863 505

Mobile Hairdressing

Shelley **Robinson** 07934 886 007

Jenny **Glaister** 07887 731 075

NICS mobile Hairdressing (**Nic Dixon**) 07999 303 374

Hazels Hair 07749 404 077

Carer Support Carlisle Volunteer Services

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

These services will be free of charge but with limited availability, please call the office on 01228 580214 to enquire.

Useful Numbers

Adult Social Care - Cumberland	0300 373 3732
Age UK Carlisle & Eden	01228 536 673
Alzheimer's Society –Carlisle & Eden	01228 819 299
NHS North Cumbria Talking Therapies (age 18+)	0300 123 9122
Blue Badge Cumberland blue.badge@cumberland.gov.uk	0300 373 3730 ask for the blue badge team
Carlisle & Eden MIND Carlisle	01228 543354
Cumberland Council	0300 373 3730
Citizens Advice Bureau Carlisle & Eden	0808 278 7844
Cumbria Mobility	01228 538383
Carlisle Mencap	01228 674393
Cumbria Addiction, Advice & Solutions (CADAS)	0300 111 4002
Diabetes UK North West	01925 653 281
Dignity in Dementia—work with families / Carers to positively support people with Dementia	07771 682378 –Diane 07816 895021 –Lesley
Meals on Wheels	01228 267167

Useful Numbers	
Carlisle Healthcare ICC	01228 588121
Carlisle Network—Spencer St Surgery	01228 529171
Eden Medical Practice	01228 524477
Fusehill Medical Practice	01228 527559
Warwick Sq Group Practice	01228 536561
Carlisle Sight Support	01228 593104
Cumbria Community Transport - wheelchair accessible	01228 402811
Hospice at Home Carlisle & North Lakeland	01228 608942
Carlisle Tourist Information	01228 598596
Parkinson's UK Carlisle	0808 800 0303
Patient Transport Service (NHS NWS)	0345 112 0999
Community Transport (inc Voluntary Car Scheme)	0333 240 69 65 (option 5) 07788 396194 (mobile)
Rural / Village Wheels	01228 226430
People First Independent advocacy service, also benefit checks.	03003 038037
Safety Net Support for adults and children in Cumbria who have experienced rape, exploitation, sexual and domestic abuse.	01228 515 859
SSAFA Forces help	0800 260 6767
Stroke—Cumbria Stroke Recovery Service (Emma Clarke)	07739 746 098

Carer Support Carlisle & Eden HUBS	
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.	
Carlisle Hub 10.30am-12pm	Newcastle Building Society, 65 English street, Carlisle
Brampton Hub 10am-12pm	The Howard Arms, 1 Front Street, Brampton
Houghton Hub 10.30am-12pm	Houghton Hall Garden Centre café, Houghton
Cornerstone Hub 1pm-2.30pm	Cornerstone Coffee Shop, Denton Holme, Carlisle

Useful Numbers	
Personal Independent Payment Enquiries	0800 121 4433 (Textphone 0800)
Disability Living Allowance Helpline	0800 121 4600 (Textphone 0800 121 4523)
Carers Allowance Unit	0800 731 0297 (Textphone 0800 731 0317)
Attendance Allowance Helpline	0800 731 0122 (Textphone 0800 731 0317)
Talking Newspapers Carlisle	01228 511133
PPP Takingcare Personal Alarms*	0800 085 7371
AbilityNet - technology help in	0300 180 0028

Private Care Providers

Name	Area	Telephone
Amy Barrass	Carlisle Central	07701 074 668
Tracey Graham	Carlisle to Penrith	07891 940 721
Jodie Patterson	Carlisle and surrounding area	07770 671 401
Morag Quail	Calthwaite, Southwaite, Ivegill, Armathwaite, Hesketh	07716 136 574
Angela Ritchie	Brampton / Carlisle	07538 960 018
Claire Ritson	Brampton Area	07568 361 901
Melanie Row	Carlisle Area (wheelchair accessible car)	07818 676 109
Vicky Thirlwall	Brampton, Carlisle, Castle Carrock	07879 873 844
Elaine Whinstanley (now Brampton Country Carers)	Brampton, Hethersgill, Lanercost, Low Row, Milton	07827 438 237



Care Providers

Bluebird Care Carlisle	01228 591131
The Glenmore Trust	01228 522448
All Seasons Home Care Agency	01228 542800
Elder (Live-in care)	0343 253 8714
Good Companions Care at Home	01228 594153
Eleos Homecare Ltd - Eden Day Care Lounge & Respite	01228 562355

Care Homes

Lanercost House, Belle Vue, Carlisle	01228 733100
Pennine Lodge, Harraby, Carlisle	01228 370164
Carlisle Dementia Centre Parkfield, Carlisle	01228 818933
Kingston Court Care Home, Carlisle	01228 528 542
Eden Manor, Morton, Carlisle	01228 580728
Greenlane House, Brampton	01697 723 45
Croft field, Armathwaite	01228 560 316
Riverwell Beck Care Home, Carlisle	01228 512456
Virginia Lodge, Longtown	01228 791986

Live in care for Holiday Companion Support

Country Cousins	01293 224 706 www.country-cousins.co.uk
Able Community Care	01603 764 567 www.ablecommunitycare.com