

Household Services	
Hoskins Handyman Services (Penrith and Surrounding Area)	07810 546428
Cleaning - Maid2Clean www.maid2clean.co.uk	0800 612 4428
Lauren Walker—Cleaning Service—Penrith Area	07455 013641
Someone2 (Janet) home and garden services	07721920429

Foot Health / Chiropody		
Carol Dugdale	Home Visits	07841 713 152
Eden Happy Feet		07759 572 563
Eden Valley Chiropody		01768 866731
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



SUPPORTING UNPAID CARERS



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

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

Alston Hub Last Thursday of the month	The Chat Room, Front Street, Alston
Appleby Memory Club 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
Court Thorn Hub First Monday of the month	Court Thorn Surgery, Low Hesket
Penrith Lunch Hub Third Wednesday of the month	Cafe4Eden, St Andrew's Parish Rooms, Penrith
Penrith Hub First Tuesday of the month	George Hotel, Penrith
Men's Hub Second Tuesday of the month	Various locations
Kirkby Stephen Memory Club - Carer Support Eden 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	03333 214 663
Croft Avenue, Penrith	01786 867 155
HC One Winters Park, Penrith	03333 214 756
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

Karen Brown	Maulds Meaburn	01931 715 237 or 07866 593 581
Luiza Oliver	Penrith	07778 501 546
Judith Hall	Penrith area	0777 193 3006

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

Care Providers	
Beacon Home Care Penrith	01768 840 086
Bellcare Penrith	01768 891 900
Casson Care	07566 282 352
Eden Country Care Penrith	01768 865 594
Good Companions	01768 216 003
The Good Care Group	0203 728 7577

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 blue.badge@westmorlandandfurness.gov.uk	0300 373 3300
Carlisle & Eden MIND Penrith	01228 543 354 0300 561 0000
Christians' Against Poverty Penrith Debt Centre	01274 76199
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
Dignity in Dementia—work with families / Carers to positively support people with Dementia	07771 682378 –Diane 07816 895021 –Lesley

Useful Numbers	
Westmorland and Furness Council	0300 373 3300
Eden Integrated Care Hub	01946 853 333
Eden Sight Support	01768 891 724
Fellrunner Bus: Serving the Community	07734 529 432
Hospice at Home Carlisle & North Lakeland	01228 608 942
James Pittam Health & Fitness	01768 840 034
Kirkby Stephen Local Links (information centre)	017683 717 75
Parkinson's UK Eden	0808 8000 303
Patient Transport (NWS)	0800 032 3240
Rural Wheels –transport for those in rural areas	01228 22 64 30
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 6767
Stroke—Cumbria Stroke Recovery Service	07739 746099
Talking Newspapers	01768 864 704
Voluntary Car Scheme Cumbria CC	07788 396 194
PPP Taking Care* Or contact Adult Social Care	0800 085 7371

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