



TAXI SERVICES WITH WHEELCHAIR FACILITIES

Helmwind Tours, Penrith	07801 928503
Cloverleaf Taxis, Penrith	01768 219130 07768 528571
Appleby Taxis	017683 52772
Prima Taxis (K Stephen)	017683 72557

Eden Carers **HUBS** are monthly social and practical get-togethers run by volunteers. Here is a list of some activities that might interest you. A full list of dates and times is available from the office.

Lunch Hub	St. Andrews Church, Penrith
Court Thorn Hub	Court Thorn Surgery, Low Hesket
Coffee Hub	George Hotel, Penrith
Alston Hub	The Bungalow at Alston Hospital
Men's Hub	Various locations
IT	Contact EC

Culgaith Walk and Talk—Walking for Health. 30 or 60 minute walks every Thursday at 1pm. Meet at Culgaith Village Hall at 12.40 pm.
Call Paul Saager on 01768 88702

Published Updated August 2019



MOBILE HAIRDRESSING

Angela Chafeur—Penrith only	07747 888375
Karen Brown (Maulds Meaburn)	01931 715237 07866 593581
Luiza Oliver, Penrith	07778 501546
Michelle Szymanski (Kirkby Stephen/Appleby/Warcop)	017683 41633 0779 2239265

FOOT HEALTH / CHIROPODY

Cumbrian Foot Health Clinic Jennie Bennett	01768 483377 07749 793805
Carol Dugdale (Home visits)	07841 713152
Eden Happy Feet	01768 840321 077595 72563
Eden Valley Chiropody	01768 867731
Natalie Graham (Home visits and clinic in Penrith Leisure Centre)	07812217302 07894261211
John Peart Chiropodist	01768 868992

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

The Office, Mardale Road, Penrith CA11 9EH
Charity Reg No. 1101719 Company Reg 4929903
Phone: 01768 890280 email: enquiries@edencarers.co.uk



HANDY GUIDE TO SERVICES

Eden Carers 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 Eden Carers. Local contact numbers have been provided where possible.

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Adult Social Care	0300 3033249
AGE UK	01228 536673
Alzheimer's Society Eden and Keswick	01228 819299
Benefits and Taxation Eden District Council	01768 817817 01768 810066
Blue Badge Scheme, Cumbria County Council	01228 606060
Cash for Kids (via CFM radio)	01228 815506
Christians' Against Poverty Penrith Debt Centre	0800 328 0006
Cowpers Mobility, Penrith	01768 867555
Cumbria Alcohol and Drug Advisory Service	01228 544140
Citizens Advice Bureau Penrith	01768 891503
Alston	03444 111444
Diabetes UK North West Penrith and District	01925 653281
Eden District Council	01768 817817
Eden Handy Person Service (via Eden Housing Team) Penrith	01768 861400
Eden Mind, Penrith	01768 840679
Eden Sight Support, Penrith	01768 891724
Fellrunner Bus—Serving the Community	01768 88232

HANDY GUIDE TO SERVICES



Hospice at Home Carlisle and North Lakeland	01228 603208
Kirkby Stephen Local Links A <i>one-stop centre to bring together community services, eg library, information centre</i>	017683 71775
Let Go Domestic Violence North Cumbria	01228 633640
Life After Stroke North Cumbria	07739 746098
Multiple Sclerosis Society East Cumbria	01768 890340 07707684868
North Cumbria Community Transport, Penrith	01768 686118
Parkinson's UK, Eden	03442 253604
Patient Transport Service NWS	01228 403031
Penrith Day Hospice	01768 245577
Prestige Cleaning Services	01768 744070
Rural Wheels—transport for those in rural areas	01228 221055
SSAFA Forces Help	01434 381113
Shopmobility, Penrith	01768 863618
Sound Advice Cumbria Penrith	01768 895553
Stroke Association Carlisle and Eden	07739 746098
Talking Newspapers	01768 863546
Welbeing Personal Alarms (national number)	01323 644422

HANDY GUIDE TO SERVICES



CARE PROVIDERS

Bellcare, Penrith	01768 891900
Beacon Home Care Services Penrith	01768 840086
Cumbria Quality Care Penrith	01768 864637
Eden Country Care, Penrith	01768 865594
Garden Care	07824 664625
Gaudium, Penrith	01768 890353

PRIVATE CARE PROVIDERS

See Separate Flier

CARE HOMES

Appleby Grange, Appleby	017683 51503
HC one Cold Springs, Penrith	0333 3214663
HC one Croft Avenue, Penrith	0333 3214669
HC one Winters Park, Penrith	0333 3214756
Barrock Court Nursing Home, Low Hesket, Carlisle	016974 73765
Christian Head, K Stephen	017683 71429
Croftfield, Armathwaite	01228 560316
Grisedale Croft, Alston	01434 381221
Midtown House, Caldbeck	016974 78528
Stobars Hall, Kirkby Stephen	017683 71291

HANDY GUIDE TO SERVICES

PRIVATE CARE PROVIDERS

Jane Brunton

Appleby, Kirkby Stephen and Brough area and villages 07837 779739

Michele Connery

Live-in care only, min. 1 week 07712 275543

Mary Clegg

Upper Eden area—Appleby, K Stephen to Long Marton 07825 299214

Hazel Collingwood

Penrith area/local villages. Email hazel.col@outlook.com 077653 44894

Sue Coward / Val Ewing

Warcop/K Stephen 017683 41295
07817 475587

Sharon Dadley

Plumpton area 07957247835

Julia Goring—Appleby area.

Cares for dementia patients 07974 181753

Sandra Knowles Appleby,

Brough, Culgaith. Will take shopping/appointments 07841 581988

Shared Care —Penrith and area

Andrea Brook 07771 191991
Sarah Yallop 07557 955365
www.sharedcarepenrith.com

Liz Simpson

Appleby, Kirkby Stephen and Brough area and villages 07815 310515

Teresa Threlfal

Southwaite to Skelton area 07899 366512

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Florence Care / Helen Todd
(Carlisle to Penrith area) Sitting service, social support 07958 171166

Casson Care—provides rehabilitation packages. 07566 282352
www.cassoncare.co.uk

Morag Quail (Carlisle to Penrith and villages) 1 hr min. Sleep in/ palliative care 077161 36574

Athena Care (Nationwide) 0800 2346306
Live-in care www.athenacare.co.uk

Bespoke Care—Jane 07765 467912
Care in your own home
bespokecare@hotmail.co.uk

The Good Care Group 0808 250276
(Nationwide) - Live-in only
www.thegoodcare.group.com

HOME HELP SERVICES

Sheila Williamson 077649 47415
Housework, shopping, cooking, trips out, sitting care
Email: swilliamson59@talktalk.net

Select Home Help Services 07723 571662

Shop & Mop Anne Mandale 07841 016506
Shap area

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