



TAXI SERVICES WITH WHEELCHAIR FACILITIES

Helmwind Tours, Penrith	07801 928503
Cloverleaf Taxis, Penrith	01768 210130 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.

Alston Hub	The Swans Head, Alston
Appleby Hub	The Appleby Hub, Bennett Room
Court Thorn Hub	Court Thorn Surgery, Low Hesket
Penrith Hub	George Hotel, Penrith
Penrith Lunch Hub	Lemon Tree Café, Devonshire Archade, Penrith
Men's Hub	Various locations
IT support	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.

Published Updated June 2021

MOBILE HAIRDRESSING

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

Carol Dugdale (Home visits)	07841713152
Eden Happy Feet	01768840321 07759572563
Eden Valley Chiropody	01768867731
Natalie Graham (Home visits and clinic in Penrith Leisure)	07812217302 07894261211
John Peart - Chiropodist	01768899600

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 District Council	Eden 01768 817817 01768 810066
Blue Badge Scheme, Cumbria County Council	Cum- 01228 606060
Cash for Kids (via CFM radio)	01228 815506
Christians' Against Poverty Penrith Debt Centre	0800 328 006
Cowpers Mobility, Penrith	01768 67555
Cumbria Alcohol and Drug Ad- visory Service	01228 544140
Citizens Advice Bureau Penrith	01768 891503
Citizens Advice Bureau Alston	03444 111444
Diabetes UK North West Penrith and District	01925 653281
Eden District Council	01768 817817
Carlisle Eden Mind, Penrith	01768 840679
Eden Sight Support, Penrith	01768 891724
Fellrunner Bus—Serving the Community	01768 88232
Hospice at Home Carlisle and North Lakeland	01228 603208
Kirkby Stephen Local Links <i>A one-stop centre to bring to- gether community services, eg library, information centre</i>	017683 71775

James Pittam, Health & Fit- ness at Penrith Leisure Centre	01768840034
Let Go Domestic Violence North Cumbria	01228 33640
Multiple Sclerosis Society East Cumbria	07707684868
Parkinson's UK, Eden	03442253604
Patient Transport Service NWAS	08000323240
Prestige Cleaning Services	01768 44070
Rural Wheels—transport for those in rural areas	01228 21055
SSAFA Forces Help	02074639200
Shopmobility, Penrith	01768891724
Sound Advice Cumbria Penrith	01768895553
Stroke. Cumbria Stroke Re- covery Service	07739746098
Talking Newspapers	01768863546
Welbeing Personal Alarms - Can also go through CCC Adult Social Care	01323644422
Eden ICC Hub (Integrated Care Community)	01946853333 Option 6

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
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

PRIVATE CARE PROVIDERS

Jane Brunton Appleby, Kirkby Stephen and Brough area and villages.	07837 779739
Sandra Burrell Appleby, K Thore, T Sowerby. Care, cleaning, gardening, visits out.	07884 331922
Mark Armistead Penrith to Appleby & fell bottom. Shopping, meals, hospital transport.	07774455209
Mary Clegg - Upper Eden Appleby, K Stephen to Long Marton	07825 299214
Val Ewing - K Stephen	07817 475587
Sharon Dadley - Penrith and surrounding villages.	07957247835
Julia Goring —Appleby area. Cares for dementia patients	07974 181753
June Powley Penrith / villages / Live in / Dementia	07725 810863
Shared Care -Andrea Brook / Sarah Yallop. Penrith area. www.sharedcarepenrith.com	0777191991 07557955365

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

Casson Care—provides reha- 07566 282352
bilitation packages.
www.cassoncare.co.uk

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

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 239 6673
(Nationwide) - Live-in only
www.thegoodcare.group.com

HOME HELP SERVICES

Select Home Help Services 07723 571662

Shop & Mop Anne Mandale 07841 016506
Shap area

You are responsible for vetting the people you hire. The services shown are in no way favoured or recommended by Eden Carers.

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