

## Notes



## HANDY GUIDE TO SERVICES

**Carer Support 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.

Carer Support Eden 📞 01768 890 280.

Local contact numbers have been provided where possible.

### Foot Health / Chiropody

<b>Carol Dugdale</b>	Home Visits	07841 713 152
<b>Eden Happy Feet</b>		01768 840 321 or 07759 572 563
<b>Eden Valley Chiropody</b>		01768 866731
<b>Natalie Graham</b>	Home Visits	07812 217 302 or 07894 261 211
<b>John Peart</b>	Chiropodist	01768 899600

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

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

<b>Alston Hub</b>	The Swans Head, Alston
<b>Appleby Memory Club - Carer Support Eden join with the club on certain dates</b>	Methodist Church on the Sands, Appleby
<b>Court Thorn Hub</b>	Court Thorn Surgery, Low Hesket
<b>Penrith Lunch Hub</b>	Lemon Tree Café, Penrith
<b>Penrith Hub</b>	George Hotel, Penrith
<b>Men's Hub</b>	Various locations
<b>Kirkby Stephen Memory Club - Carer Support Eden join with the club on certain dates</b>	Methodist Church Hall

### IT Support - Contact us on 01768 890 280

**Culgaith Walk and Talk.** Walking for Health, 30 to 60 minute walks every Thursday at 1pm, meet at Culgaith Village hall at 12.40pm. Call Paul Saager on 01768 887 702 for further information.

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

### Mobile Hairdressing

<b>Karen Brown</b>	Maulds Meaburn	01931 715 237 or 07866 593 581
<b>Luiza Oliver</b>	Penrith	07778 501 546
<b>Michelle Szymanski</b>	Kirkby Stephen	017683 416 33 or 07792 239 265

### Taxi Services (with wheelchair Facilities)

Helmwind Tours, Penrith	07801 928 503
Appleby Taxis	017683 52772
Prima Taxis (Kirkby Stephen)	017683 72557

### Care Homes

Appleby Grange, Appleby	017683 51503
HC One Cold Springs Park, Penrith	03333 214 663
HC One Croft Avenue, Penrith	03333 214 669
HC One Winters Park, Penrith	03333 214 756
Christian Head, Kirkby Stephen	017683 714 29
Croftfield, Armathwaite	01228 560 316
Grisedale Croft, Alston	01434 381 221
Stobers Hall, Kirkby Stephen	017683 712 91

### Private Care Providers

Name	Area	Telephone
Jane Butterworth	Penrith area	07842 424 535
Lynsey Sowerby	Penrith area	07808 147 813
Lorraine Coward	Penrith area	07734 208 286
Rosemary Balmer	Penrith & Fellside	07891 587 185
Sarah Barden	Appleby to Bolton	07549 370 067
Julia Goring	Appleby	07974 181 753
Shelagh Potter	5 mile radius Penrith	07474 680 768
Briony Guy	Temple Sowerby to Kirkby Stephen	07495 709 780
Anna Coward	Appleby	07957 068 197
Sarah Yallop	Penrith area	07557 955 365
Kaci Collingwood	Penrith	07881 883 085
Lesley Chaloner	Penrith to Pooley Bridge	07717 070 094
Karen Armstrong	Kirkby Stephen	07891 826 226
Kayley Sowerby	Appleby & Fellside	07929 303 507
Natalie Guy	Appleby	07712 812 974
Susan Carruthers	7 mile radius Penrith	07765 506 069
Liz Simpson	Appleby to Kirkby Stephen	07815 310 515
Sally Richardson	Alston	07765 826 030

### Care Providers

Beacon Home Care Penrith	01768 840 086
Bellcare Penrith	01768 891 900
Casson Care	07566 282 352
Cumbria Quality Care	01768 864 637
Eden Country Care Penrith	01768 865 594
Gaudium Penrith	01768 890 353
Good Companions	01768 216 003
The Good Care Group	0808 239 6673

### Useful Numbers

Adult Social Care	03003 033 249
Age UK	01228 536 673
Alzheimer's Society –Eden	01228 819 299
Benefits and Taxation - EDC	01768 810 066
Blue Badge Cumbria County Council	01228 606 060
Carlisle & Eden MIND Penrith	01768 840 679
Christians' Against Poverty Penrith Debt Centre	0800 328 006
Citizens Advice Bureau Carlisle & Eden	03444 111 444
Cowpers Mobility Penrith	01768 867 555
Cumbria Alcohol & Drug Advisory Service	01228 544 144
Diabetes UK North West (Penrith & District)	01925 653 281

Useful Numbers	
Eden District Council	01768 817 817
Eden ICC Hub	01946 853 333
Integrated Care Community	Option 6
Eden Sight Support	01768 891 724
Fellrunner Bus: Serving the Community	01768 88232
Hospice at Home Carlisle & North Lakeland	01228 603 208
James Pittam Health & Fitness	01768 840 034
Kirkby Stephen Local Links (information centre)	017683 717 75
Parkinson's UK Eden	03442 253 604
Patient Transport (NWS)	08000 323 240
Rural Wheels –transport for those in rural areas	01228 210 55
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	02074 639 200
Stroke—Cumbria Stroke Recovery Service	07739 746 098
Talking Newspapers	01768 863 546
Voluntary Car Scheme Cumbria CC	0333 240 69 65 Option 5
Wellbeing Personal Alarms (Careium) Or contact Adult Social Care	01323 644 422

Private Care Providers		
Name	Area	Telephone
Jane Brunton	Appleby to Kirkby Stephen	07837 779 739
Sandra Burrell	Appleby to Temple Sowerby	07884 331 922
Mary Clegg	Upper Eden	07825 299 214
Val Ewing	Kirkby Stephen	07817 475 587
Sharon Dadley	Penrith area	07957 247 835
June Powley	Penrith area	07725 810 863
Morag Quail	Carlisle to Penrith	07716 136 574
Dawn's Domestic Duties	10 mile radius Penrith	07985 318 112
Angela Ritchie	Brampton to Penrith	07538 960 018
Andrea Brough	Penrith area	07771 191 991
Beth Hope	Duffon Knock Fellside	07940 157 027
Doreen Kirkbride	Shap to Tebay	07876 377 202
Hazel Collingwood	Penrith	07765 344 894
Kim's Care	Penrith to Pooley Bridge	07506 041 355
Bespoke Care	5— 10 mile radius Penrith	07765 467 912
Eileen Males	Penrith area	07780 763 203
Gul Goktepe	15 mile radius Penrith	07310 184 865
Angela Allen	15 mile radius Morland	07841 484 824