



### 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.

<b>Court Thorn Hub</b>	Court Thorn Surgery, Low Hesket
<b>Coffee Hub</b>	George Hotel, Penrith
<b>Alston Hub</b>	The Bungalow at Alston Hospital
<b>Men's Hub</b>	Various locations
<b>IT</b>	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

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### 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

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.

The Office, Mardale Road, Penrith CA11 9EH  
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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 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 A <i>one-stop centre to bring to- gether 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

<b>CARE PROVIDERS</b>	
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
<b>PRIVATE CARE PROVIDERS</b>	
See Separate Flier	
<b>CARE HOMES</b>	
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 Heskett, Carlisle	016974 73765
Christian Head, K Stephen	017683 71429
Crofffield, 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

### Mary Clegg

Upper Eden Appleby, K Stephen to Long Marton 07825 299214

### Sue Coward / Val Ewing

Warcop/K Stephen 017683 41295 07817 475587

### Sharon Dadley

Plumpton 07957247835

### Julia Goring—

Appleby area. Cares for dementia patients 07974 181753

### June Powley

Penrith /villages / Live in / Dementia 07725 810863

### Shared Care —

Penrith area—  
Andrea Brook / Sarah Yallop 07771 191991 07557 955365  
www.sharedcarepenrith.com

### Liz Simpson

Appleby, Kirkby Stephen and Brough area 07815 310515

### Andrea Willian

Appleby to Penrith, South to Shap. Learning Disabilities and difficulties. 017683 61749

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## PRIVATE CARE PROVIDERS

**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) Live-in care www.athenacare.co.uk 0800 2346306

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

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

### HOME HELP SERVICES

**The Companion Planters** Sally Brading  
offer garden maintenance & design service for those who may no longer be able to manage their own garden. 01768210248 07808452776

**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

*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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