

Directory of Services

Allerdale

Active living in Cumbria



Choice



Independence

Community

Well-being



About this directory

Welcome to this new directory of services from Cumbria County Council's Adult Social Care. The aim of the directory is to support 'Active living in Cumbria' by providing people with information about the range of services and support available to them.

This part of the directory will tell you more about 'Active living in Cumbria' and how to use the directory. There is then a contents page followed by the list of services and organisations in your area.

Active living in Cumbria

Active living in Cumbria is about enabling people to be as independent as possible so they can live full, active and healthy lives in their own homes. People needing support should have choice and control over the services they receive. These services should support people to be independent and prevent unnecessary admissions to hospital or long term care.

This directory supports 'Active living in Cumbria' by providing people with information about the full range of services and support available to them. For people needing support, the directory can help them choose different ways of meeting their needs using their personal budgets.

We have published directories in the past and these have concentrated on the needs of vulnerable and disabled people and traditional social care services like residential homes, day centres and home carers. This new directory is for everyone and aims to include the full range of services and support available.

For example, you will find information about:

- **Keeping healthy and well:** health services, leisure activities, help with benefits and finance;
- **Getting involved in your community:** churches, community groups, learning, employment, volunteering, transport, information and advice;
- **Keeping safe at home:** housing, cleaners, handymen, equipment for the home;
- **Becoming a carer:** carers support, carers assessment; and
- **Managing long term conditions:** support groups, personal care, residential and nursing homes, extra care housing.

Personal budgets

Cumbria County Council's Adult Social Care is introducing personal budgets for people who are assessed as needing support. Personal budgets are part of what is called self directed support. They enable people to get more involved in arranging the support they need giving them greater choice and control.

Having carried out an assessment of need, Adult Social Care will tell people how much money could be made available to meet their needs. They can then, with help if needed, produce a support plan which says what kinds of support they would like to see to meet these needs.

To produce a support plan, people need to know what kinds of support are available. This directory of services can help people choose the services they would like to include in their support plan. The directory includes basic information about a wide range of services and organisations. People interested in any services can then contact them to find out more for example costs and availability.

Once we've agreed a support plan, we will make the money available to pay for the services included in the plan. This amount of money is called a personal budget. Following a financial assessment, people will also be told how much, if any, they will need to contribute towards their personal budget.

How to use this directory

The directory includes contact details and a brief description of organisations providing services and support in your area. The organisations are grouped under headings for the kinds of services and support they provide. Organisations providing a range of different services will be included under the heading of their main area of work. We have included cross references to other headings where useful organisations may be found.

The aim of the directory is to act as a signpost to sources of services and support. As only brief information is included, you may well need to contact organisations to find out more about what they do, who it is for, any costs and availability.

We have published six directories, one for each of the six district council areas of Cumbria: Carlisle, Eden, Allerdale, Copeland, South Lakeland and Barrow-in-Furness. Local organisations are included in the directory for the area in which they are based. You may find that organisations provide services to neighbouring districts too so you may wish to look at directories for those areas if you cannot find what you are looking for. We have also included some of the main national and regional organisations who provide services across the county.

For people who have used our previous directories, you will see we've made a lot of changes. We have included a wider range of organisations and changed the headings to make the directory easier to use and find information. We no longer publish a countywide directory. People needing information for the whole of Cumbria will need to refer to the six local directories. All of the directories are available for download from our website.

A checklist

- If you are not sure what you are looking for, try the contents list for an idea of what information is available.
- If you are looking for a specific kind of service, find the heading for the service in the contents list and refer to the relevant page.
- If you find a service you are interested in, use the contact details in the directory to contact the organisation to find out more. We have included website addresses where we have them.
- If you cannot find what you are looking for, try some of the websites listed in the directory or contacting organisations like Adult Social Care, Libraries, Age UK (formerly Age Concern), Citizen's Advice Bureau or Carers organisations.

Let us know what you think

We would welcome your comments and suggestions about these new directories. Are the right sorts of services and support included? Is the information easy to find? Please let us know.

While Cumbria County Council has taken care to ensure that the information published in this directory is correct, we cannot accept responsibility for omissions or inaccuracies or any consequences arising from these.

We have included services and organisations our Public Information staff have been made aware of and which we consider to be consistent with the aims of the directory.

Where we have included a service or organisation, this should not in any way be considered a recommendation or implied approval of that service or organisation and its work.

In the residential homes, nursing homes and personal care sections, our aim has been to include all providers registered with the Care Quality Commission. However, details change and for a current list of registered services, please check with the Care Quality Commission.

If you see an errors or organisations or services you think should be included, please let us know:

Peter Knock

Public Information Manager

Adult Social Care

Cumbria County Council

County Offices

Kendal Cumbria LA9 4RQ

Telephone: 01539 713379

Email: peter.knock@cumbriacc.gov.uk

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Benefits and finance

Benefits

Independent Living Fund

General Enquiries, PO Box 7525,
NOTTINGHAM NG2 4ZT
0845 6018815/0115 9450 700
funds@ifl.org.uk
www.ifl.org.uk

Provide funding to enable severely disabled people to employ care to enable them to live at home. Criteria: aged 16–65, receive high rate care DLA, £320 net pw care/ services from Adult Social Care and have savings of less than £22,250.

Jobcentre Plus - Workington

Simon House
197-199 Vulcans Lane,
WORKINGTON
Cumbria CA14 2BW
0845 604 3719

Jobcentre Plus supports people of working age from welfare into work, and helps employers to fill their vacancies. They provide benefits including income support, job seeker's allowance and incapacity benefit. The Benefit Enquiry Line can offer advice on disability benefits and carer's allowance on 0800 88 22 00 or textphone: 0800 24 33 55. Pension Service can offer advice on the State Pension, Pension Credit, Winter Fuel Payment and related benefits on 08456 060 265 or textphone: 0800 731 7339.

Benefits advice

Age UK West Cumbria Money Wise Service (Allerdale)

Cathie Braniff
St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01900 67610
workington@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Free service for people aged over 55: Provides information, advice and support on 'money' issues, including: benefit checks and support to claim entitlements, advice on low level debt, problems with bills and purchases, support with direct payments and individual budgets, opening and managing bank accounts, Care charges, applying for grants etc and access to help from more specialist agencies. 8.30am to 4pm, Monday to Friday.

See '**Citizen's Advice Bureau**'

Charities

AFTAID – Aid for the Aged in Distress

Josick Harel, 18 Hand Court,
High Holborn, LONDON
WC1V 6JF
0870 803 1950
info@aftaid.org.uk
www.aftaid.org.uk

Support for elderly people in distress through grants for urgently needed items.

H.E.L.P. Organisation

Quate Zhelp,
Haven & British Holidays,
1 Park Lane, HEMEL HEMPSTEAD,
Herts HP2 4YL
0870 2424 300
enquiries@havenholidays.com
www.havenholidays.com

Registered charity offering holidays for one parent families. Please phone above number for brochure and price list. Offers high quality, low cost, self-catering accommodation.

Independent Age

Mr E Lowe, 15 Wellgate, Scotby,
CARLISLE, Cumbria CA4 8BA
01228 513030
charity@independentage.org.uk
www.independentage.org.uk
Permanent financial help to those who have held positions of responsibility for others and who have low incomes and savings. Must be over 70.

Merchant Seaman's War Memorial Society

Mr T Goacher,
Springbok-Radcliffe Alford,
CRANLEIGH, Surrey GU6 8EX
01403 752555

deborah.burgess@
mswmsociety.org.uk
www.mswmsociety.org.uk

Charity providing housing for single men over 40 years and married couples over 60 years who have served in the Merchant Navy, Royal Navy etc. Low cost accomodation available on Springbok Estate in Surrey. Supported living and holidays.

Royal British Legion – Cumbria & IOM

Ms. Karam Herrington-Howell,
Third Floor Station House,
Station Road, KENDAL,
Cumbria LA9 6RY
01539 734411
kherrington-howell@
britishlegion.org.uk

Wide range of caring and support services for eligible ex-servicemen and dependents; support for carers and the people for whom they care; work with many charities and statutory agencies.

SSAFA Forces Help

Mr John Thompson, The Old School,
Isel, COCKERMOUTH,
Cumbria CA13 0QG
01900 829505
www.ssafa.org.uk

National charity helping serving and ex-service men, women and their families in need. Allerdale coordinator.

SSAFA Forces Help

Mr A G Cure, Branch Secretary,
Addingham View, Gamblesby,
PENRITH, Cumbria CA10 1JA
01768 881477

National charity helping serving and ex-service men, women and their families in need. SSAFA Forces Help Branch Secretary.

Veterans Welfare Service

John Maguire, Government Buildings,
Spur A, Cop Lane, Penwortham,
Lancashire PR1 0SA
01772 405908

john.maguire@spva.gsi.gov.uk

The veterans' Welfare Service will provide help, advice and support to existing war pensioners and war widows. Advice can also be given to those expressing an interest in claiming for the first time.

Association of Charity Officers (ACO)

Five Ways, 57–59 Hatfield Road,
Potters Bar, HERTS. EN6 1HS
01707 651 777

info@aco.uk.net

www.aco.uk.net

Helping Charities (ACO is a voice for grant-giving charities), helping people (helpline for individuals in need, signposting service to grant-giving charities).

Cold weather/ Winter fuel payments

Energy Savings Trust Advice Centre

Suzanne Burgess,
12C Allonbrook Road, Rosehill,
CARLISLE, Cumbria CA1 2UT
01228 538379

advice@est-northwest.org.uk

www.energysavingtrust.org.uk

Energy Savings Trust Advice Centre is hosted by Tadea and provides free, impartial energy efficiency advice to householders all over Cumbria.

Keep Warm Keep Well

www.keepwarmkeepwell.direct.gov.uk

See also **'Age Concern/Age UK'**

Concessions

See **'Leisure'**

See **'Transport'**

Direct payments (care)

See **'Adult Social Care'**

Direct payments (benefits)

See **'Benefits'**

Funeral costs

See **'District Councils'**

See **'Adult Social Care'**

NHS costs

NHS Choices

www.nhs.uk

Retirement and pensions

The Pension Service

08456 060 265

www.direct.gov.uk

See **'Financial Advisers'** in the

Phone Book or **Yellow Pages**

See also **'Age Concern/Age UK'**

Welfare rights service

See **'Citizen's Advice Bureau'**

Carers

Carers assessment

See **'Adult Social Care'**

See **'Carers Support'**

Carers support

Carers UK

20 Great Dover Street,
LONDON SE1 4LX

020 7378 4999

www.carersuk.org.uk

Carers UK is a national organisation which offers information and advice to carers. Membership costs and details are available from membership@carers.org.uk. The Helpline is open Wednesdays & Thursdays 10am–12pm & 2–4pm.

Hive Carers Action Group

Laurence Weldon,
9 Coronation Street,
MARYPORT CA15 8AJ
01900 818660

We are a small group of parents of young adults with special needs. A range of activities are available for young people including: canoeing, kayaking, boccia, West House Cafe, social activities, archery, sailing for the disabled.

MENCAP Carers Network

Sue Maguire, Office building,
Mardale Road, PENRITH CA11 9EH
01768 868854

www.mencap.org.uk

Mencap Carers Network provides information, advice and signposting to all family carers supporting an adult relative with a learning disability throughout Cumbria.

Princess Royal Trust for Carers

Unit 14, Bourne Court,
Southend Road,
WOODFORD GREEN,
Essex IG8 8HD
0844 800 4361

info@carers.org

www.carers.org

The Princess Royal Trust for Carers is the UK's leading provider of carers services. Its network of carers centres offers locally emotional and practical support to carers and ensures the carers voice is able to influence local services.

West Cumbria Carers

Sue Whitehead,
Maryport Resource Centre,
12a Selby Terrace,
MARYPORT, Cumbria CA15 1XF
01900 810101

wccarers@btconnect.com

Provides long term support to unpaid carers throughout the areas of Allerdale and Copeland from the age of 5. Support is given through carers assessments, support, groups, regular newsletters, trips and events.

Young Carers – Cumbria County Council

Katie Clarke, Children's Services,
Children's Centre, Moorclose Road,
WORKINGTON,
Cumbria CA14 5AP
07754 330135

katie.clarke@cumbriacc.gov.uk

Katie Clarke is Young Carers Officer
working for Children's Services within
Cumbria County Council.

Young Carers

www.youngcarers.com

Useful website listings for young
carers to find information and advice
on a range of subjects.

Carers Emergency Card Scheme

Carers Emergency Card Scheme

Carers Organisations in Cumbria
Carers Emergency Card Scheme
provides carers with contingency
plans which can be put into place
should they be unable to carry out
their caring role in an emergency.
Carers can ask for a card through
their local Carers Organisation.

Respite care/breaks

See '**Respite care/breaks**' under
'**Social care**'

Churches and religious organisations

Churches Together in Cumbria
www.churchestogethercumbria.co.uk

UK Church Directory
www.ukchurch.org

Community support

Befriending

Age UK West Cumbria Befriending Scheme

Linda Hughes
Cockermouth Community Hospital
Isel Road, COCKERMOUTH
Cumbria CA13 9HT
01900 67610
[linda.hughes@](mailto:linda.hughes@ageukwestcumbria.org.uk)

www.ageukwestcumbria.org.uk

Available for older people
experiencing problems of isolation in
South Allerdale. Provides support
from a volunteer befriender.

Churches and religious organisations

See '**Churches and religious
organisations**'

Volunteering

See '**Employment**'

Emergency services

Police

Dial **999** for emergencies or
0845 33 00 247 for non-emergencies.

Fire Service

Dial **999** for emergencies or call local
fire station for non-urgent matters.

Ambulance

Dial **999** for emergencies.

Mountain Rescue

Dial **999** for emergencies, ask for
Police then Mountain Rescue.

Employment & volunteering

Age UK West Cumbria Volunteering (Allerdale)

Kristen Stephenson
Old Customs House, West Strand
WHITEHAVEN, Cumbria CA28 7LR
01946 66669
01946 591182

[kristen.stephenson@](mailto:kristen.stephenson@ageukwestcumbria.org.uk)
www.ageukwestcumbria.org.uk

A wide range of volunteering and
work experience opportunities for
adults of all ages.

Department of Work and Pensions

Benefit enquiry line (disability benefits)
0800 88 22 00
Textphone 0800 22 06 74
Carer's Allowance Unit 01253 856123
Tax Credits helpline 0845 300 3900
www.dwp.gov.uk

Jobcentre Plus

Mr P Newton, Vulcans Lane,
WORKINGTON,
Cumbria CA14 2BN
01900 608800

[paul.newton1@](mailto:paul.newton1@jobcentreplus.gsi.gov.uk)
www.jobcentreplus.gsi.gov.uk

Disability Team provide assistance for
disabled people looking for work.

Making Space Employment Development Allerdale

Robert Bright, Park Lane,
WORKINGTON,
Cumbria CA14 2RR
01900 608174

robert.bright@makingspace.co.uk
www.makingspace.co.uk

Employment development service
finding employment, education,
training, supported, permitted and
voluntary work for service users.
Office hours Mon–Thur 9am–5pm,
Fri 9am–4pm.

Voluntary Action Cumbria

Mrs A Scamans, The Old Stables,
Redhills, PENRITH,
Cumbria CA11 0DT
01768 242130

www.ruralcumbria.org.uk.

Voluntary Action Cumbria exists to promote the well being of rural communities and to encourage voluntary initiatives. It provides a broad range of advice, information and support services to rural communities, community groups and individuals.

Equipment

Advice

For advice on disability equipment and adaptations, contact:

Advice Centres - you can discuss your equipment or minor adaptation needs with specially trained staff called 'trusted assessors'. For your local Advice centre, see the list on the Adult Social Care website: www.cumbria.gov.uk/adultsocialcare/services/ot/selfassess.asp or contact your local Adult Social Care office (see '**Adult Social Care**')

Accredited retailers - these are equipment retailers accredited with Adult Social Care and the NHS. For your nearest accredited retailer see the list on the Adult Social Care website: www.cumbria.gov.uk/adultsocialcare/services/ot or contact your local Adult Social Care office (see '**Adult Social Care**')

Retailers - listed in the 'Disability equipment and adaptations' section.

British Red Cross Medical Loans

British Red Cross - Carlisle Centre

Shelagh Hickson
Unit 11, Clifford Court
Cooper Way, CARLISLE
Cumbria CA3 0JG
01228 552486

shelaghickson@redcross.org.uk

Our services include medical loan, transport and escort, care in the home, therapeutic care and skin cam. Volunteers on duty Monday 1pm to 4pm, Tuesday to Friday 10am to 1pm. 24 hour emergency duty pager number 07623 912340.

Commodes

NHS Choices

www.nhs.uk

See also '**British Red Cross Medical Loans**'

Community alarms / telecare / assistive technology

County Careline Mobile Response Ltd.

Mrs L. Mullen, 16 Lillyhall
Business Centre, Jubilee Road,
WORKINGTON,
Cumbria CA14 4HA
01900 606777

lorrynemullen@communityvoice.org.uk

communityvoice.org.uk

The security and peace of mind that 24 hour help, 365 days a year can bring is available throughout the Cumbria area via leasing or purchase schemes.

For Telecare, see also '**Adult Social Care**'

Disability equipment and adaptations

Age UK West Cumbria Wheelchair & Small Equipment Hire (Allerdale)

Linda Pinnock
Old Customs House, West Strand
WHITEHAVEN, Cumbria CA28 7LR
01946 68998 01946 591182
information@ageukwestcumbria.org.uk

Short-term wheelchair hire up to a maximum period of 6 weeks. Large or small wheels are available. There is a charge for this service. 8.30am to 4pm, Mon, Tues, Thurs, Fri. 8.30am to 3.30pm on Wed, 8.30am to 1pm on Saturday. Age UK West Cumbria also provides free loan of radiators, microwave ovens and open top cookers and, for winter emergencies, blankets, flasks, lamps, torches and socks.

Age UK West Cumbria Wigton Disability Living Equipment Centre

Chris McGlinchey
Wigton Community Hospital
Cross Lane, WIGTON
Cumbria CA7 9DD
016973 42279

chris.mcglinchey@ageukwestcumbria.org.uk

Provides assessment by a Trusted Assessor for aids to daily living for people who have low to moderate needs, advice, equipment to purchase, prescription handling, delivery and fitting service. 8.30am to 4pm, Monday to Friday.

**Age UK West Cumbria
Workington Disability Living
Equipment Centre**

Cathie Braniff
St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01900 67610
workington@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk
Provides assessment by a Trusted
Assessor for aids to daily living for
people who have low to moderate
needs, advice, equipment to
purchase, prescription handling,
delivery and fitting service. 8.30am
to 4pm, Monday to Friday.

Beejay Mobility Services

Mark Crowther,
The Mobility Centre,
85–87 Euston Road,
MORECAMBE,
Lancashire LA4 5JY
0800 16 30 82
mail@bjmlimited.co.uk
www.bjmlimited.co.uk
Sales, service and repair of
wheelchairs, scooters, stairlifts,
walking frames, commodes, lifting,
kitchen and bathroom aids. Adjustable
beds, rise and recline chairs, bath lifts
and home nursing equipment.

Boots The Chemist

Mrs E Messenger, 29 Murray Road,
WORKINGTON,
Cumbria CA14 2AB
01900 602405
Equipment brochure available.

Dolphin Stairlifts Cumbria

Mr J Clegg, Unit IE,
Tollbar Workshops, Station Road,
SEDBERGH, Cumbria LA10 5HA
015396 25444
dolphin@jjclegg.f9.co.uk
Friendly, professional installation and
maintenance of a wide range of new
and reconditioned stairlifts from all
the UK's leading manufacturers. We
also install home lifts, platform lifts,
wheelchair lifts. Based in Cumbria to
serve the whole county.

Easibathe

D Cook, Independence House,
Federation Way, Lancaster Road,
Dunston, Tyne and Wear NE11 9JR
0191 4602777
info@easibathe.com
www.easibathe.com
Specialist bathroom equipment for
the elderly and infirm. Half-height
shower doors, flat floor shower
trays etc.

F C Whelan Chemists

Peter Walton, 72 John Street,
WORKINGTON,
Cumbria CA14 3BT
01900 603332
fcwhelanchemists@googlemail.com
www.fcwhelan.co.uk
Wheelchair hire and commode
hire. Delivery and collection of
prescriptions for disabled people who
are unable to get to the chemist.
Provide a wide range of equipment
for disabled people.

Fox & Medcalfe (1980) Ltd.

Mike Sheard, 36 King Street
LANCASTER,
Lancashire LA1 1RE
01524 32933
foxmed@wyrenet.co.uk
Home necessities for the disabled.
Free prescription collection/delivery
service available for the disabled
within the area. Monitored dosage
system (subject to GP or weekly
charge). Aids for disabled living.

H.S Dobie

Linda Orton, 29 Curzon Street,
MARYPORT, Cumbria CA15 6LN
01900 816418
www.fcwhelan.co.uk
Stock a wide range of aids for the
elderly and disabled, from drinking
cups to bed-rails, walking sticks to
wheelchairs. Backrests, commodes
and wheelchairs available for hire.
Delivery of prescriptions for the
housebound.

Lift Able Ltd

Tina Bell, Easter Park,
Teesside Industrial Estate,
THORNABY, Cleveland TS17 9NT
01642 763646/768590
enquiries@liftable.co.uk
www.liftable.co.uk
Manufacture, supply, installation and
service of new and reconditioned
straight stairlifts. Also curved/spiral
stairlifts, vertical and inclined platform
lifts and through the floor lifts for
wheelchair users who need access to
different levels.

RDK Mobility

Nigel Leinweber
0800 1075 122
sales@rdkmobility.co.uk
www.rdkmobility.co.uk
We are committed to help you
with mobility scooters, wheelchairs,
disability walking aids, walking frames,
walking sticks, easy access mobility
ramp or aids for leisure and easier
living and general healthcare.

The Force Ten Co Ltd

6 Beckley Parade,
Leatherhead Road,
Great Bookham,
Surrey KT23 4RQ
01372 450887
sales@forcetenco.co.uk
www.forcetenco.co.uk
Suppliers of a very wide range of
products to assist the needs of
those with sight loss and hearing
impairments. Our aim is to discuss
with you your specific needs and
to supply the right equipment to
assist in the home, education or
employment.

Telephones

British Telecom (Age & Disability Unit)

Allison Billington (Age & Disability Advisor), Post Point 406, BT, Telephone Exchange, 3/5 Jubilee Street, BLACKBURN, Lancs BB1 1EP 0800 808 150

allison.billington@bt.com

www.btplc.com/age_disability

Provides telecommunication services and advice for elderly and disabled.

When calling ask for Age & Disability.

Toilets for disabled people

RADAR

12 City Forum, 250 City Road, LONDON EC1V 8AF

020 7566 3222

radar@radar.org.uk

www.radar.org.uk

RADAR administers the National Key Scheme (NKS) which offers disabled people independent access to around 7,000 locked public toilets around the country.

Wheelchairs

NHS Choices

www.nhs.uk

Health care

Advice

For advice and information on health care matters:

Contact your GP or GP's surgery

NHS Direct on 0845 4647

In case of emergency dial 999 and ask for an ambulance

Internet: NHS Choices www.nhs.uk

Clinics

NHS Choices

www.nhs.uk

Doctors

NHS Choices

www.nhs.uk

Healthy living

Direct Gov Health and Well Being

www.direct.gov.uk/en

Health and well-being.

NHS Choices

www.nhs.uk

Hospitals

Cockermouth Cottage Hospital

Isel Road

COCKERMOUTH

Cumbria CA13 9HT

01900 705770

Keswick Mary Hewetson Community Hospital

Crosthwaite Road

KESWICK

Cumbria CA12 5PH

017687 67000

Maryport Cottage Hospital

Ewanrigg Road

MARYPORT

Cumbria CA15 8EJ

01900 812634

Wigton Hospital

Cross Lane

WIGTON

Cumbria CA7 9DD

016973 66600

Workington Community Hospital

Park Lane

WORKINGTON

Cumbria CA14 2RW

01900 705000

Opticians

NHS Choices

www.nhs.uk

Pharmacies

NHS Choices

www.nhs.uk

House and home

Domestic and cleaning agencies

Age UK West Cumbria Home & Away Service (Allerdale)

Linda Pinnock

Old Customs House, West Strand WHITEHAVEN, Cumbria CA28 7LR 01946 68998 01946 591182

There are charges for this service, available for people aged over 50. Clients choose what they need from a range of options, including practical support with household tasks (cleaning, laundry, errands, prescription collection etc), activities provided at home, support to go out into the community (eg escorted shopping, escorting to appointments and on outings, support to continue with hobbies etc). Available from 8.30am to 4pm, Monday to Friday.

GDSK

Mike Pedley, 27 Clarence Road, BARROW-IN-FURNESS, Cumbria LA14 5RN

01229 430505

gdsuk@aol.com

www.gdsk.co.uk

A service for people who are in receipt of or can claim direct payments to access activities in the community. Covers the whole of Cumbria.

Gardening, handymen, trademen

See **'Age Concern/Age UK'** for details of local agencies

Shopping

Ringtons Limited

Stephen Killinger

Algernon Road

NEWCASTLE UPON TYNE

NE6 2YN

0191 209 7030

jim@ringtons.co.uk

Family business since 1907 delivering tea, coffee and biscuits throughout Cumbria. For delivery phone 0800 0522 440.

See **online shopping**

See **local shops with delivery services**

See also **'Domestic and cleaning agencies'**

Housing

District councils

Allerdale Borough Council

Interim Chief Executive,

Allerdale House, WORKINGTON,

Cumbria CA14 3YJ

01900 702522

www.allerdale.gov.uk

Housing environmental health, recreation, planning, refuse collection, council tax, housing benefit, improvement grants, access for disabled people, etc.

Homelessness

See **'District Councils'**

Housing advice

Cumbria Action for Social Support (CASS)

Unit 8, Windermere Building

1 Peart Road, Derwent Howe

WORKINGTON

Cumbria CA14 3YT

01900 872772 01900 872261

Cumbria Action for Social Support (CASS)

Fell House Project

10/12 Fisher Street

WORKINGTON

Cumbria CA14 2ES

01900 870870 01900 870871

www.cass-cumbria.co.uk

CASS offers a range of services throughout North and West Cumbria, which aim to meet the needs of homeless people, those who are threatened with homelessness and those who have other accommodation difficulties. Services include temporary supported accommodation and housing and benefits related advice.

Cumbria Rural Housing Trust

J M Derbyshire, Redhills House,

Redhills Business Park, Redhills,

PENRITH, Cumbria CA11 0DT

01768 210264

email@crht.org.uk

www.crht.org.uk

Information and guidance on all aspects of housing to residents of rural Cumbria.

Shelter Cumbria Advice Centre

John Thompson, 10 Kent Street,

KENDAL, Cumbria LA9 4AT

0844 515 1945

cumbria@shelter.org.uk

Countywide specialist housing advice service. Covers all housing problems including homelessness, rent and mortgage problems, disrepair, housing benefit. Provides advocacy and representation, surgeries across the county and represents people at court.

Shelter's Free Housing Advice Helpline

Ms L Wragg, PO BOX 1477,

SHEFFIELD S1 47Q

0844 515 1140

www.shelter.org.uk

Shelter is an organisation set up to help those who are homeless or have housing problems by way of better access to housing. Shelterline open 16 hour from 8am to midnight. Housing problems helpline on 0808 800 4444 (freephone).

See also **'District Councils'**

Housing Associations

Abbeyfield Keswick

Jackie Lunt/Janet Gunning,

c/o Hillcrest, The Heads,

KESWICK, Cumbria CA12 5ER

017687 73222

Accommodation for active elderly people.

Abbeyfield UK Cockermouth

Mrs A Hartland, 18 Harrott Hill,

COCKERMOUTH,

Cumbria CA13 0BL

01900 824863

Accommodation for active elderly people.

Abbeyfield Wigton UK

Jackie Lunt, Loveday House,

Southend, WIGTON,

Cumbria CA7 9PZ

016973 45848

j.lunt@abbeyfield.com

www.abbeyfield.com

Supported Housing for elderly people. Call 016973 45848 (House manager – Ann Davison) or 07872062388 (Jackie Lunt).

Anchor Retirement Housing – Keswick

Mrs H Jacob, Lakehead Court,

KESWICK, Cumbria CA12 5EU

017687 74919

Sheltered accommodation for elderly people. Warden: Mrs A Rowley.

Anchor Retirement Housing – Workington

Scheme Manager,
Salisbury Court, Salisbury Street,
WORKINGTON, Cumbria CA14
01900 62429
salisburyct0258@btconnect.com
Sheltered accommodation for elderly
people (over 55's). Salisbury Court
has a range of Studio Flats, Flats and
Bungalows for rent. With resident
Scheme Manager helping to promote
independence, privacy and peace of
mind.

Anchor Retirement Housing – Maryport

Olive Timney, Scheme Manager,
Solway Court, Crosby Street,
MARYPORT, Cumbria
01900 815418
olive.timney@anchor.org.uk
Sheltered accommodation for over
55's.

Anchor Trust Cumbria

Mrs Karen Little, Milestone Place,
100 Bolton Road, BRADFORD,
West Yorkshire BDI 4DH
01274 381 600
Karen.Little@Anchor.org.uk
www.anchornet.org.uk
Largest provider of housing and
care for older people in the country,
we have a range of quality housing
to rent or purchase throughout
Cumbria together with numerous
complementary services.

Carr-Gomm

Janice Moore, St. George's House,
Salthouse Road,
BARROW, Cumbria LA14 2JJ
01229 870113
janice.moore@carr-gomm.org.uk
Accommodation with support services
for single people with low care
support needs. Provides community
based floating support, resettlement,
self contained accommodation, shared
housing, and specialist schemes for
particular client groups.

Croftlands Trust – Mawsons Court

Andrea Byrne, High Street,
COCKERMOUTH, Cumbria
01946 599276
croftland@btconnect.com
www.croftlands.org
Mental Health Supported Housing
Project – 10 flats in Cockermouth –
staff support available six days a week

Derwent & Solway Housing Association

Stoneleigh, Park End Road,
WORKINGTON,
Cumbria CA14 4DN
01900 607500
response@harvesthousing
Provides list of housing services.
Emergency repairs - out of hours
0800 0847582, gas escapes 0800
111999. Employment Training advice
at offices in Moorclose 01900
872493, Wood Street, Maryport
01900 818188 and Hillside, Maryport
01900 814711.

Home Group Limited

Mr David Fisher, Moor Park,
Crosby, MARYPORT,
Cumbria CA15 6SG
01900 815661
www.homegroup.
Housing Association, providing both
homes to rent throughout Cumbria
for all client groups, adapting
properties for special needs where
necessary and specialist support and
care services through Stonham.

Home Group Limited

Margaret Miller, 2 Bounty Avenue,
Ewanrigg, MARYPORT,
Cumbria CA15 8HY
01900 811430
www.homehousing.org.uk
Local office of Housing Association
providing homes to rent throughout
Cumbria for all client groups, adapting
properties for special needs where
necessary.

Home Housing Association Limited

Dawn Goudge, 2 Market Street,
COCKERMOUTH,
Cumbria CA13 9NJ
01900 823131
Local office of Housing Association.

Housing 21

Mrs P Shaw, Inglis Court,
Pecklewell Lane, Ellenborough,
MARYPORT, Cumbria CA15 7AU
0370 192 4147
enquiries@housing21.co.uk
www.housing21.co.uk
Sheltered Housing Complex,
Court Manager on site 8am – 4pm
Weekdays. Accommodation – 28 self
contained flats. Communal Lounge
and laundry, social activities. Repairs
carried out to specific response
times.

Impact Housing Association Ltd

Stephen Wilson, The Oval Centre,
Salterbeck, WORKINGTON,
Cumbria CA14 5LS
01946 833100
stephenw@impacthousing.org.uk
Housing services provided.
Emergency repairs – out of hours
01900 833100. Emergency repairs –
gas escapes only 0800 111 999 (gas
board).

Impact Housing Association Workington

Mr S Wilson, Nook Street,
WORKINGTON,
Cumbria CA14 4EH
01900 842108
stephenw@impacthousing.org.uk
www.impacthousing.org.uk
County based Housing Association
offering a range of rented
accommodation and support
services.

Stonham Housing Floating Support – West Cumbria

Jane Robinson, Sandstones,
156 Harrington Road,
WORKINGTON,
Cumbria CA14 3UL
01900 65721

www.stonham.org.uk

Floating support service for West Cumbria visiting people in their own homes.

Stonham Housing Sandstones

Jane Robinson, Sandstones,
156 Harrington Road,
WORKINGTON,
Cumbria CA14 3UL
01900 65717

www.stonham.org.uk

Turning Point Workington Accommodation Project

Emma Straughton, Room 5,
Trades Hall, 39 Brow Top,
WORKINGTON,
Cumbria CA14 2DP
01900 606984

emma.straighton@turning-point.co.uk

www.turning-point.co.uk

Workington Accommodation Project is a Supported Housing Service which consists of eight terraced houses in the Workington area; we support individuals with mental health problems with tenancies who plan to move on into independent living.

Westfield Housing Association

Mrs L Coid, Minto Centre,
Nilsson Drive, Westfield
WORKINGTON,
Cumbria CA14 5BD
01900 602906

enquiries.westfieldha@dsl.pipex.com

Westfield Housing Association had gained an excellent reputation and is committed to providing a high quality and responsive housing management service at affordable rents.

Emergency alarms can be provided by Careline.

Sheltered housing and extra care

For sheltered housing see **'Housing Associations'**

For extra care see **'Extra Care/ Very Sheltered'**

Supported living

See **'Housing Associations'**

Supporting People

Cumbria Supporting People

01228 221549

supportingpeople@cumbriacc.gov.uk

cumbriacc.gov.uk

[www.cumbria.gov.uk/
supportingpeople](http://www.cumbria.gov.uk/supportingpeople)

Supporting People enables vulnerable people to live independently in the community by providing housing related support for people who live in rented accommodation.

Information and advice

Advocacy

Cumbria Minds' Independent Advocacy Scheme

Anne Dawson, St Andrew's Place,
PENRITH, Cumbria CA11 7AU
01768 214334

anne@cmias.org.uk

Cumbria wide advocacy service for people with mental health problems run in partnership with the six Cumbria Mind organisations.

Domestic Violence Advocacy Service – West

01900 64524

Offers free confidential help and support to anyone living with domestic abuse.

Independent Complaints Advocacy Service ICAS

Analeize Love, 5A Clifford Court,
Cooper Way, CARLISLE,
Cumbria CA3 0JG

0300 456 8350

carlisleicas@carersfederation.co.uk

www.carersfederation.co.uk

If you are unhappy with the care or service you or others have received from the NHS, you can make a complaint and ICAS can help you do this. We are independent of the NHS, confidential and free.

People First Independent Advocacy

4–6 Oxford Street,
WORKINGTON,
Cumbria CA14 2AH
01900 607208

www.peoplefirst.me.uk

Advocacy group for people with learning disabilities covering the whole of Cumbria.

See also **'Citizens Advice Bureau'**

See also **'Victim Support'**

Bereavement

Careline

Cardinal Heenan Centre,
326 High Road, ILFORD IGI IQP
0845 122 8622

info@carelineuk.org

www.carelineuk.org

Confidential crisis telephone helpline. Counselling for children, young people and adults on any issue. The phones are manned by trained telephone counsellors. Mon–Fri, 10am–1pm and 7–10pm.

Compassionate Friends

Ann Hollaway,
Pastoral Administrator,
53 North Street, BRISTOL
BS3 1EN
0845 1232304
info@tcf.org.uk
www.tcf.org.uk

A nationwide organisation of bereaved parents offering friendship and understanding to other bereaved parents, after the death of a child. Personal and group support – befriending rather than counselling. Helpline open daily 10am–4pm.

Cruse Bereavement Care Cumbria

Richard Harris, c/o 35 Station Road,
DALTON-IN-FURNESS,
Cumbria LA15 8PL
01229 463496
cumbria@cruse.org.uk

Cruse Cumbria provides one-to-one support and counselling in people's homes or local venues. Our volunteers have nationally-recognized training. The service is free to clients. We also provide training in bereavement issues.

Citizen's Advice Bureaux

Citizens Advice Allerdale – Keswick

Heads Lane, KESWICK,
Cumbria CA12 5HD
017687 73472

Legal, housing, employment, welfare benefits, money advice and general advice service.

Citizens Advice Allerdale – Wigton

Duty Worker,
c/o Allerdale Local Links,
Community Office,
Market Hall, Church Street,
WIGTON, Cumbria CA7 9AA
allerdale@cabnet.org.uk
www.adviceguide.org.uk

Legal, housing, employment, welfare benefits, money advice and general advice service. Tuesdays 9am to 1pm.

Citizens Advice Allerdale – Workington

Mr M Telford, Vulcans Lane,
WORKINGTON,
Cumbria CA14 2BT
01900 604735

www.adviceguide.org.uk
Provides confidential information and advice. Sessions in Keswick, Aspatria, Silloth, Cockermouth and Maryport. All subjects covered – housing and employment, welfare benefits and debt representation. Advocacy service on 01900 607302.

Complaints

Patient Advice and Liaison Service (PALS)

Sue Graham,
Workington Community Hospital,
Park Lane, WORKINGTON,
Cumbria CA14 2RW
01900 705005
sue.graham2@ncumbria.nhs.uk
Patient Liaison Service email:
pals.pct@cumbria.nhs.uk

Care Quality Commission

Citygate, Gallowgate,
NEWCASTLE-UPON-TYNE
NE1 4PA
03000 616161

enquiries@cqc.org.uk
www.cqc.org.uk
The Care Quality Commission's aim is to ensure better care for everyone in hospital, in a care home and at home. CQC regulate and inspect residential care homes, nursing homes, home care agencies and nursing agencies in Cumbria.

Counselling

NHS Choices

www.nhs.uk

See also '**Adult Social Care**'

Multicultural Advice and Advocacy

Cumbria Multi-Cultural Community Centre – Maryport Outreach

Gazmend Bogiqi, Maryport Library,
Lawson Street, MARYPORT,
Cumbria
01229 833933

gazmend.bogiqi@cumbriacc.gov.uk
www.cumbria.gov.uk/
communityinformation/cms

Provides advice, information and advocacy to those from all black and minority ethnic backgrounds. Translation services. Drop-in at Maryport Library, Lawson Street, Tuesday 12–4.30pm.

Support groups

See '**Support Groups**' main section.

Victim support

Domestic Violence Advocacy Service – West

01900 64524

Independent domestic violence advocacy services offer free confidential help and support to anyone living with domestic abuse.

Welfare rights service

See '**Citizen's Advice Bureau**'

Lunch and social clubs

Civil Service Retirement Fellowship

Mr I H Bass, 11 Culgarth Avenue,
COCKERMOUTH,
Cumbria CA13 9PL
01900 823954

Advice, support and social activities for retired members of the civil service.

Keswick Lunch Club

Mrs A Hogarth, Meadowside House,
Applethwaite, KESWICK,
Cumbria CA12 4PN
017687 73429

Lunch Club operating Mondays and Thursdays, 52 weeks per year. Based at Crosthwaite Parish Rooms. Apply direct to organiser.

Seaton Lunch Club

Mrs E Whinn, 34 Milburn Croft,
Seaton, WORKINGTON,
Cumbria CA14 1HN
01900 873016

Lunch club open Tuesdays based at Firth House, Seaton. Apply direct to organiser.

Silloth Community Centre

Wendy Jameson, Petteril Street,
SILLOTH, Cumbria CA7 4NR
016973 31128

Range of facilities for the community, daycare, luncheon club, [Age Concern](#), playgroup, cubs and beavers, steps, committee rooms, childrens parties, facilities for the disabled, bathroom, lecture rooms, catering facilities.

Silloth Lunch Club

Wendy Jameson, Silloth
Community Hall, Petteril Street,
SILLOTH, Cumbria CA7 4EA
016973 31128

townclerk@silloth-on-solway.co.uk
Lunch Club operating Mondays, 52 weeks per year, 12–1.30pm. Community Bus will transport you. All senior citizens welcome.

Strathearn Over 60's Club

Mrs Stewardson, 5 Gote Road,
COCKERMOUTH,
Cumbria CA13 0JB
01900 824582

jpaness5@tiscali.co.uk

Drop in Centre, two morning per week. Based at Christ Church Rooms, South Street. Apply direct.

Wigton Community Centre

Mrs Elizabeth Key, 20 High Street,
WIGTON, Cumbria CA7 9NJ
016973 42960
elizabeth.key@hotmail.co.uk

Range of facilities for the community including clubs, fund raising events, exhibitions, information services, advice centres and public meetings. Additional telephone number is 016973 44106.

See also '[Age Concern/Age UK](#)'

Learning and education

British Institute of Learning Disabilities

Josie Edwards, Campion House,
Green Street, KIDDERMINSTER,
Worcestershire DY10 1JL
01562 723010
j.edwards@bild.org.uk
www.bild.org.uk

Information, training, conferences, publications, consultancy, membership.

Caring with Confidence

Carrwood Park, Selby Road,
LEEDS LS15 4LG
0800 849 2349
cwc.info@caringwithconfidence.net
www.caringwithconfidence.net

Sessions, designed by carers for carers, where they can learn skills, get advice and information, talk and share experiences. Fits around people's lives and caring responsibilities. Free of charge for people who look after someone.

Cumbria Adult Education Service

5 Portland Square,
CARLISLE, Cumbria CA1 1PU
01228 227304
adulthoodeducation@cumbriacc.gov.uk
www.cumbriaadulthoodeducation.org

A wide range of learning opportunities in all parts of the county. There are courses for

people at all levels and interests, both qualification bearing and non-accredited, in a wide range of subjects.

Lake College – West Cumbria Hallwood Road, WORKINGTON, Cumbria CA14 4JN

01946 839300

Further and Higher Education and leisure courses in a wide variety of subjects. Basic Skill and Learn Direct centre Ext 1158 for Enquiries.

Maryport Educational Settlement

Ms Jane Donaldson,
Castle Hill, High Street,
MARYPORT, Cumbria CA15 6BQ
01900 817421
donaldson@btinternet.com

www.cal5.org.uk

The Settlement offers a facility for organisations and community groups to use for a wide variety of activities and events. Partnerships and specific community, arts and learning projects delivered throughout the year. Fully accessible to all.

PHX Training c/o Millom Network Centre

Cate Goddard, Salthouse Road,
MILLOM, Cumbria LA18 5AB
01229 719650
cath@phxtraining.co.uk

www.learn-direct-skills.co.uk

At the Millom Network Centre PHX Training Ltd runs a learn-direct session (see opening hours). You can come along and find out about learn-direct, its courses, and how PHX Training can support your learning.

U3A – University of the Third Age

The Third Age Trust,
The Old Municipal Buildings,
19 East Street, BROMLEY,
Kent BR1 1QE
020 8466 6139
www.u3a.org.uk

National body for the Universities of Third Age (U3As) in the UK. U3As are for older people no longer in full time work. Provides opportunities to share learning experiences and pursue learning not for qualifications, but for fun.

Workers Educational Association

Julie Ballantyne / Elaine Dickinson,
Trades Hall, 39 Brow Top,
WORKINGTON,
Cumbria CA14 5DP
01900 871688
jbhallantyne@wea.org.uk
www.wea.org.uk

Courses for adults of all ages and backgrounds especially for those who may have missed out on opportunities to learn. Workers Educational Association use local schools and colleges and some courses are accredited.

Leisure

Arts and theatres

D.ART – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571
office@prismarts.org.uk
www.prismarts.org.uk

D.ART develops disability arts in Cumbria. Prism Arts exists to support and enable excluded groups in Cumbria to realise their creative potential and celebrate their experience through active participation in and exploration of the arts.

Highlights North Touring Theatre

Highlights Rural Touring Scheme,
14 Kings Head Court, Bridge Street,
APPLEBY, Cumbria CA16 6QH
017683 53954
www.highlightsnorth.co.uk

Highlights works in partnership with over 60 voluntary groups in Cumbria, County Durham and Northumberland to bring high quality, professional theatre, music, dance and craft events to village halls, schools and community centres.

Spinning Yarns – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571
office@prismarts.org.uk
www.prismarts.org.uk

Spinning Yarns offers arts activities for people aged 55 and over throughout Cumbria.

Starfish Theatre Company – Prism Arts

Unit 003,
Warwick Mill Business Village,
Warwick Bridge,
CARLISLE, Cumbria CA4 8RR
01228 564571
office@prismarts.org.uk
www.prismarts.org.uk

The Starfish Theatre Company was established in June 2004 and creates arts projects for adults with learning disabilities. The members perform and exhibit art work, which demonstrates talent, creativity and commitment to provide work for all to enjoy.

The Wave Maryport

Irish Street,
MARYPORT, Cumbria CA15 8AD
01900 811450
info@thewavemaryport.co.uk
www.thewavemaryport.co.uk

The Wave Maryport is a new (2008) entertainment, conference, heritage visitor centre, and community centre in the heart of Maryport's historic harbour area.

Theatre by the Lake

Lakeside, KESWICK,
Cumbria CA12 5DJ
017687 74411
www.theatrebythelake.co.uk

Theatre by the Lake is a year-round professional producing and presenting theatre which provides a service through the performing arts to communities of, and visitors to, Cumbria.

U3A – University of the Third Age

The Third Age Trust,
The Old Municipal Buildings,
19 East Street, BROMLEY,
Kent BR1 1QE
020 8466 6139
www.u3a.org.uk

National body for the Universities of Third Age (U3As) in the UK. U3As are for older people no longer in full time work. Provides opportunities to share learning experiences and pursue learning not for qualifications, but for fun.

Cumbria Artefacts

www.cumbria-artefacts.org.uk

Cumbria See It Do It

www.seeitdoit.org.uk

See also '**Learning and Education**'

Concessions

Cinema Exhibitors

Association Card

CEA Card Department,
CEA card, PO BOX 199,
Deeside CH5 9BW
0845 123 1292

info@ceacard.co.uk

www.ceacard.co.uk

National scheme to allow a person needing assistance one free ticket for their carer when visiting the cinema. The card is accepted in 90% of cinemas, including all of the large chains and a lot of the independents too.

See also 'Arts and theatres'

Holidays

Access Travel Lancs. Ltd.

6 The Hillock, ASTLEY,
Lancashire M29 7GW
01942 888844

office@access-travel.co.uk

www.access-travel.co.uk

Holidays for disabled people in Europe and Florida.

Age UK West Cumbria

Holidays

Linda Mumberson

Workington Age UK West Cumbria
Shop, 50 Finkle Street

WORKINGTON, Cumbria

01900 873933

lyndamumberson@

ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Age UK West Cumbria offers

4 holidays per year in the UK.

Local pick up points, ensuite accommodation, bed, breakfast and evening meal, evening entertainment. Some packages also include excursions.

H.E.L.P. Organisation

Quate Zhelp, Haven & British
Holidays, 1 Park Lane,
HEMEL HEMPSTEAD,
Herts HP2 4YL

0870 2424 300

enquiries@havenholidays.com

www.havenholidays.com

Registered charity offering holidays for one parent families. Please phone above number for brochure and price list. Offers high quality, low cost, self-catering accommodation.

Little Acre

Mrs Sarah Betsworth,

82 Skinburness Road, Silloth,
WIGTON, Cumbria CA7 4QH

016973 32105

sarah@littleacrehome.co.uk

www.littleacrehome.co.uk

Residential care for 14 elderly and physically handicapped or EMI elderly people. Overlooking sea front.

Rooms single ensuite ground floor.

Any length of stay. Long/short term, holiday, respite. Now on bus route.

Merchant Seaman's War Memorial Society

Mr T Goacher,

Springbok-Radcliffe Alfold,
CRANLEIGH, Surrey GU6 8EX

01403 752555

deborah.burgess@

mswmsociety.org.uk

www.mswmsociety.org.uk

Charity providing housing for single men over 40 years and married couples over 60 years who have served in the Merchant Navy, Royal Navy etc. Low cost accommodation available on Springbok Estate in Surrey. Supported living and holidays.

RADAR

12 City Forum, 250 City Road,
LONDON EC1V 8AF

020 7566 3222

radar@radar.org.uk

www.radar.org.uk

Publishes books on a range of issues affecting disabled people including holidays, education and leisure for which there is a charge. Administers National Key Scheme.

Rosecroft Residential Home Stilecroft (MPS) Ltd.

Elizabeth Bedford, Westfield Drive,
WORKINGTON,

Cumbria CA14 5AZ

01900 604814

rosecroftresidentialhome@
btconnect.com

Residential care for elderly people including day care, respite and holiday stays in a spacious and beautiful surrounding.

Stilecroft Private Residential Home Stilecroft (MPS) Ltd.

The Manager, 51 Stainburn Road,
WORKINGTON,

Cumbria CA14 1SS

01900 603776

Residential care for elderly people, including day care, respite care and holiday stay in spacious and beautiful surroundings.

The Bond Hotel

120 Bond Street, South Shore,
BLACKPOOL FY4 1HQ

01253 341218

sales@bondhotel.co.uk

www.thebondhotel.co.uk

The Bond Hotel provides holidays for carers of any age, older people aged 65 and over, under 65's with sensory impairments, learning and physical disabilities and mental illnesses.

Vitalise

Alistair Richards,
Shap Road Industrial Estate,
Shap Road, KENDAL,
Cumbria LA9 6NZ
01539 735080

arichards@vitalise.org.uk
www.vitalise.org.uk

Assisted holidays for disabled and visually impaired people. The Vitalise trust is a unique charity working in partnership with Social Services to provide an extensive programme of UK and overseas holidays for disabled and visually impaired people.

Leisure and activities

Age UK West Cumbria Active for Life Project (North Allerdale)

Hazel Stewart
Wigton Resource Centre
Wigton Community Hospital
WIGTON, Cumbria CA7 9DD
016973 42279

hazel.stewart@

ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

This project in North Allerdale is working with local communities to develop new social, leisure and volunteering activities and opportunities for the over 55s. It provides regular information on 'what's on' for older people in the Solway Plain area, support for people to set up new activity groups to meet their interests and support for people who need help to get involved in activities locally.

Age UK West Cumbria Activities, Lunch Clubs, Social Diaries Allerdale

Cathie Braniff
St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01900 67610

workington@

ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Age UK West Cumbria offers a range of activities for older people at St Michael's Active Living Centre

in Workington. It also provides free Social Diaries with details of clubs and activities in each locality and a list of luncheon clubs across the district.

Hive Carers Action Group

Laurence Weldon,
9 Coronation Street,
MARYPORT, Cumbria CA15 8AJ
01900 818660

We are a small group of parents of young adults with special needs. A range of activities are available for young people including: canoeing, kayaking, boccia, West House Cafe, social activities, archery, sailing for the disabled.

Jubilee Sailing Trust

Paula Sixsmith, Jubilee Yard,
Hazel Road, Woolston,
SOUTHAMPTON
Hampshire SO19 7GB
02380 449108

paula.sixsmith@jst.org.uk
www.jst.org.uk

Strengthening integration between physically disabled and able-bodied people through the adventure of tall ship sailing.

Lake District Calvert Trust

Mr Sean Day, Little Crosthwaite,
KESWICK, Cumbria CA12 4QD
017687 72255

enquiries@lakedistrict.

calvert-trust.org.uk
www.calvert-trust.org.uk

visitlakedistrict

Residential outdoor activity courses for people with physical, sensory, learning, mental and complex multiple disabilities. Self-catering activity breaks also available.

The Outward Bound Trust

Customer Services, Hackthorpe
Hall, Hackthorpe, PENRITH,
Cumbria CA10 2HX
01931 740000

enquiries@outwardbound-uk.org

www.outwardbound-uk.org

The longest standing and most experienced outdoor personal development training organisation in the UK.

Cumbria Sport

www.cumbriasport.com

Cumbria The Lake District

www.cumbria-the-lake-district.co.uk

Libraries

It's free to join the library and to borrow books and all libraries have a range of adult and children's titles. DVDs and CDs to borrow, public access computers, home delivery and mobile library service also available.

Aspatia Library

Ms C Bottomley, The Brandraw,
Aspatia, CARLISLE,
Cumbria CA5 3EZ
016973 20515

Cockermouth Library

Branch Librarian, Main Street,
COCKERMOUTH,
Cumbria CA13 9LU
01900 325990

Keswick Library

Branch Librarian, Heads Lane,
KESWICK, Cumbria CA12 5HD
017687 72656

Maryport Library

Ms C Bottomley, Lawson Street,
MARYPORT, Cumbria CA15 6ND
01900 812384
maryport.library@cumbriacc.gov.uk

Moorclose Library

Branch Librarian, Needham Drive,
WORKINGTON,
Cumbria CA14 3SE
01900 325190

Seaton Library

Mrs T Johnson, Lingbeck Park,
Seaton, WORKINGTON,
Cumbria CA14 1JD
01900 325193

Silloth Library

Branch Librarian,
Solway Community School,
Liddel Street, Silloth,
CARLISLE, Cumbria CA7 4AD
016973 32195
silloth.library@cumbriacc.gov.uk
www.cumbriacc.gov.uk/libraries

Wigton Library

Helen Esselmont, High Street,
WIGTON, Cumbria CA7 9NJ
016973 66150
wigton.library@cumbriacc.gov.uk

Workington Library

Vulcans Lane, WORKINGTON,
Cumbria CA14 2ND
01900 325170
workington.library@cumbriacc.gov.uk

Local press for What's On

The Times and Star

23 Oxford Street, WORKINGTON,
Cumbria CA14 2AN
01900 607600

news@times-and-star.co.uk

www.times-and-star.co.uk

Leading publisher of News, Information
and Advertising Services in West
Cumbria via a weekly newspaper and
its daily updated website.

BBC Cumbria

www.bbc.co.uk/cumbria

Sports

Cumbria Sport

www.cumbriasport.com

Cumbria The Lake District

www.cumbria-the-lake-district.co.uk

See also '**Leisure and activities**'

Meals

Wiltshire Farm Foods

Sean Harvey, Unit J,
East lakeland Business Park,
Gilwilly Industrial Estate,
PENRITH, Cumbria CA11 9BB
01768 899601
penrith@wiltshirefarmfoods.co.uk
www.wiltshirefarmfoods.co.uk
Provision of frozen meals – delivered
direct to customer. Our brochure is
also available on CD.

See also '**Adult Social Care**'

Safety

Crime prevention

Police

Dial **999** for emergencies or
0845 33 00 247 for non-emergencies

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Safety at home

Age UK West Cumbria Accident Prevention and Home Safety (Allerdale)

Anne Crayston
Old Customs House, West Strand
WHITEHAVEN, Cumbria CA28 7LR
01946 68986 01946 591182

anne.crayston@

ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

There is a charge for this service,
available for people aged over 50
or people at high risk. It provides
information and advice on home
safety and security, home safety/
security assessments, small repairs in
and around the house, fitting of small
adaptations and security equipment,
small electrical jobs, making safe
overgrown gardens and paths.
Available from 8.30am to 4pm,
Monday to Friday.

Fire Service Home Safety Checks

Cumbria Fire and Rescue Service
0800 358 4777

www.cumbriafire.gov.uk

Every home in Cumbria is eligible to
apply for a free Home Safety Check
to help them deal with any potential
fire hazards in their homes. We can
help you design a fire plan so that
you and your family will know how
to react if you have a fire. We will
also fit, where applicable, a battery
powered smoke alarm free of charge.
This service for the residents of
Cumbria is completely free, normally
takes about 30 minutes.

Royal Society for the Prevention of Accidents (ROSPA)

RoSPA House, Edgbaston Park,
353 Bristol Road, Edgbaston,
BIRMINGHAM B5 7ST
0121 248 2000

help@rospa.co.uk

www.rospa.co.uk

By providing information, advice,
resources and training, RoSPA is
actively involved in the promotion of
safety and the prevention of accidents
in all areas of life – at work, in the
home, and on the roads, in schools, at
leisure and on (or near) water.

See also '**Community Alarms**'

Social Care

Adult placement

Avalon Family Living Service

Les Fornear, The Old Stables,
Redhill, PENRITH,
Cumbria CA11 0DT
01768 895634

lesliefornear@avalongroup.org.uk

www.avalongroup.org.uk

Avalon provides a family living service
across all of Cumbria for older people
and adults with learning and physical
disabilities or mental health issues.
The service is delivered by approved
providers in their own homes and can
be long or short-term.

Adult Social Care/ assessment

Adult Social Care – Workington

Customer Services,
New Oxford Street,
WORKINGTON,
Cumbria CA14 2LW
01900 706325
workingtonssd@cumbriacc.gov.uk
www.cumbria.gov.uk/adultsocialcare

We work with adults (aged 18 and over) living in Cumbria and can assess for a wide range of social care and support services which enable people to be as independent as possible including: home care, day services, meals, residential and nursing homes.

Care Quality Commission

Care Quality Commission

Citygate, Gallowgate
Newcastle-upon-Tyne
NE1 4PA
03000 616161
enquiries@cqc.org.uk
www.cqc.org.uk

The Care Quality Commission's aim is to ensure better care for everyone in hospital, in a care home and at home. CQC regulate and inspect residential care homes, nursing homes, home care agencies and nursing agencies in Cumbria.

Children's Social Care

See 'Adult Social Care'

Day services

Age UK West Cumbria Cockermouth Day Centre

Sue Garraway
United Reformed Church
Main Street, COCKERMOUTH
Cumbria CA13 9LU
01946 66669 01946 591182
sue.garraway@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Monday, Wednesday.

Age UK West Cumbria Crosby Day Centre

Anne Stoddart
Community Hall, Main Street
CROSBY, Cumbria CA15 6RU
01946 66669 01946 591182
anne.stoddart@
ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk
Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Wednesday.

Age UK West Cumbria Keswick Day Centre

Anne Stoddart
Lakehead Court,
The Headlands, KESWICK
Cumbria CA12 5EU
01946 66669 01946 591182
anne.stoddart@
ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk
Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Tuesday and Thursday.

Age UK West Cumbria Kirkbride Day Centre

Anne Stoddart
Parish Rooms, KIRKBRIDE
Cumbria CA7 5HY
01946 66669
01946 591182
anne.stoddart@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Thursday

Age UK West Cumbria Maryport EMI Day Centre

Viv Nicol
The Settlement, Castle Hill, High St
MARYPORT, Cumbria
01900 844670 01900 67610
viv.nicol@ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Tuesday and Friday.

Age UK West Cumbria Maryport Solway Court Day Centre

Anne Stoddart
Solway Court, Crosby Street
MARYPORT, Cumbria CA15 6LF
01946 66669 01946 591182
anne.stoddart@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly

environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Monday, Friday.

**Age UK West Cumbria
Wigton EMI Day Centre**

Viv Nicol

Fellwood, St Cuthbert's, East End
WIGTON, Cumbria

01900 844670 m01900 67610

viv.nicol@ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Tuesday.

**Age UK West Cumbria
Workington Laybourn House
Day Centre**

Sue Garraway

Laybourn House, Moor Close
WORKINGTON

Cumbria CA14 3SN

01946 66669 01946 591182

sue.garraway@ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Wednesday, Friday.

**Age UK West Cumbria
Workington Salisbury Court
Day Centre**

Sue Garraway

Salisbury Court, Salisbury Street
WORKINGTON, Cumbria CA14 3TR

01946 66669 01946 591182

sue.garraway@ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Each Day Care member follows an individual support plan to improve their mental, physical and nutritional well-being in a safe and friendly environment. Opportunities to take part in a range of activities with others, hot nutritious lunch and refreshments, escorted transport in a specially adapted minibus. Day Care also provides respite for carers. 9.30am to 3pm, Monday, Thursday.

Aspatia Day Centre

Mary Woodend, Rugby Club,
Station Road, ASPATRIA,
Cumbria CA7 2AJ

Day care on Weds 10am to 4pm for frail elderly people from Aspatia, Bothel, Fletchertown and Allonby areas. Centre runs at Aspatia Club. Referral via Cumbria County Council Adult Social Care on 01900 325325; full range of social activities.

CHRYSALIS

Miss Claire Hetherington,
Leaside, Longthwaite Road,
WIGTON, Cumbria CA7 9NP
016973 44751

info@chrysalis-cumbria.co.uk

www.chrysalis-cumbria.co.uk

Providing community activities for adults with learning disabilities. Emphasis on independent living skills, creative art, horticulture/environment and leisure, outreach and flexible support also available. Regular carers meetings.

**Crosshill Day Centre –
Richmond Park**

Janice Sibbald, High Street,
WORKINGTON,
Cumbria CA14 4ES
01900 325030

Day care for older people, 20 places per day runs 5 days per week, open 10–4. Provides a friendly, relaxed atmosphere, crafts and hobbies, laundry and bathing. Designed for use by disabled people. Contact Valerie Bell on 01900 66449.

Dalemoor Day Centre

Valerie Bell, Sullart Street,
COCKERMOUTH,
Cumbria CA13 0BE
01900 827965

Dalemoor is a specialised day centre caring for people with dementia. We offer a range of activities and personal care suited to each individual. Open Mon, Wed, Thurs, Fri, 9–5. Run by specially trained staff.

Distington Day Services

Mr P McAllister, Carlton Road Unit,
21A Carlton Road, WORKINGTON,
Cumbria CA14 4BX
01900 325410

pat.mcallister@cumbriacc.gov.uk

The centre of Cumbria Care's community-based day services for people in Allerdale with learning disabilities. Provides work placement, training activities and care in Workington, Cockermouth and Maryport.

Ewanrigg Day Centre

Mary Woodend, The Settlement,
Castle Hill, High Street,
MARYPORT, Cumbria CA15 6BQ

Day centre run by [Age Concern](#) Northwest Cumbria. Referral via Cumbria County Council Adult Social Care on 01900 325325.

Fellwood Day Centre

Liz Royster,
St Cuthberts Church Hall,
WIGTON, Cumbria
01228 606395
elizabeth.royster@cumbriacc.gov.uk
Day centre for older people.

Inglewood

Shirley Ann Tingey,
Lowmoor Road,
WIGTON, Cumbria CA7 9QL
01228 606395

Day centre for older people run in Inglewood residential home.

Princess Street Day Centre

Linda Torrance, Princess Street,
WORKINGTON,
Cumbria CA14 2QG
01900 325027

linda.torrance@cumbriacc.gov.uk
Provides day services for elderly mentally infirm people. Our aim is to improve the quality of life for both the individual and their carers.

Richmond Park Day Centre

Valerie Bell, Richmond Park
Residential Home, High Street,
WORKINGTON,
Cumbria CA14 4ES
01900 827965

valerie.bell@cumbriacc.gov.uk
Day centre for older people run in Richmond Park Residential Home.

The Beeches Day Centre

Mrs Annette Atkinson/
Shirley Ann Tingey,
Inglewood, Lowmoor Road,
WIGTON, Cumbria CA7 9QL
016973 66159

shirleyann.tingey@cumbriacc.gov.uk
Day Care Monday, Wednesday, Thursday and Friday 9.30–3.30 for frail elderly people offering a range of interesting and varied activities. Annette Atkinson (Manager) and Shirley Ann Tingey (Supervisor) can be contacted on 01228 606395.

See also '**Care Quality Commission**' for details of homes providing day care

Home care/ personal care

Able Community Care

Angela Gifford,
The Old Parish Rooms,
Whitlingham Lane, Trowse,
NORWICH, Norfolk NR14 8TZ
01603 764567
Ablemg@aol.com
www.uk-care.com

National provider of live-in care. Carers can help with general housework, all aspects of personal care and provide companionship.

Active Assistance

Andrew Allan, 5a Brewery Lane,
Bligh's Meadow, SEVENOAKS
Kent TN13 1DF
01732 779353
andrew.allan@activeassistance.com
www.activeassistance.com

Provision of fully trained live-in care assistants for people with a spinal chord injury. UK's leading specialist provider.

Bellcare Domiciliary Care Services Ltd

Georgina Sarah Stott,
Office 25, Mossbay House,
40 Peart Road, Derwent Howe
WORKINGTON,
Cumbria CA14 3YT
01900 872030
georgina@bellcare.co.uk
www.bellcare.co.uk

Rated an excellent, three-star service by CQC. We provide care in service user's own homes, ranging from 15-minute well-being visits right through 24-hour supported living. For all older and younger adults.

CareForce

Jacqueline Trevelen,
3–5 Solway Road,
WORKINGTON,
Cumbria CA14 3YA
01900 870880
jackie.treleven@careforcegroup.co.uk

A client-led flexible care service from ½ hour to 24 hours per day, to enable people with physical disabilities, people with learning disabilities and elderly people to remain independent at home. Covers Allerdale, Copeland and Carlisle Areas.

Community Integrated Care

Denise Anne Blewitt, Unit 7,
Lakeland Business Park,
COCKERMOUTH,
Cumbria CA13 0QT
01900 828802
cumbriaoffice@c-i-c.co.uk
www.C-I-C.co.uk

Country Cousins

Lynne Greene, Third Floor,
West Point, Springfield Road,
HORSHAM,
West Sussex RH12 2PD
0845 601 4003
www.country-cousins.co.uk

A Nationwide Agency who introduce temporary or long-term live-in care and companionship for the elderly and those convalescing in their own homes. Pay rates and fees on a daily basis. Cost depends on category. Full board and lodging must be provided.

Crossroads Care, Cumbria

Peter Holland, Crossroads House,
227 Blackwell Road,
CARLISLE, Cumbria CA2 4DN
01228 547518
office@cumbriacrossroads.org.uk
www.cumbriacrossroads.org.uk

Provides high quality respite breaks to people caring for a relative or friend, in their own homes. Carers can be of any age and may be looking after people with a very wide range of conditions and disabilities, whether physical, mental or sensory.

Cumbria Care Domiciliary Care Service – Copeland and Allerdale

Susan McMullen, Cavendish House,
Elizabeth Street, WORKINGTON,
Cumbria CA14 4DA
01900 325201
susan.mcmullen@cumbriacc.gov.uk

Domiciliary care service run by Cumbria Care and registered with Care Quality Commission.

Deaf Vision – Carlisle

Peter Shaw, 3 Compton Street,
CARLISLE, Cumbria CA1 IHT
01228 606434

office@deafvision.co.uk

www.deafvision.co.uk

Support for people with hearing impairments.

Homecare Personnel

The Stables, Caerbourg Road,
EASTLEIGH, Hampshire SO50 5JY
02380 653017

care@homecare-personnel.co.uk

www.hcpersonnel.co.uk

Private independent Agency, who supply experienced residential live-in carer/housekeepers and domestic staff throughout the UK for continuous cover on a short or long term rota basis, as well as emergency cover.

Hospice at Home West Cumbria

Linda Hewitt,

Palliative Care Department,

Workington Community Hospital,

Park Lane, WORKINGTON,

Cumbria CA14 2RW

01900 705200

info@hospiceathomewestcumbria.org.uk

Wide range of palliative care services for people of West Cumbria, including day and night nursing care.

Jemcare

Ms Julie McFarland,

Unit 7 Windermere Building,

Derwent Howe, WORKINGTON,

Cumbria CA14 3YP

01900 602200

julie@jem-care.com

Domestic help, cleaning, shopping; rehabilitation at home; personal care; making meals; specialises in work with people with acquired brain injuries, mental health problems, older people and those with dementia, people with learning disabilities.

Thera North

The West House, Alpha Court,

Swingbridge Road,

Grantham NG31 7XT

0300 303 1283

theoffice@thera.co.uk

www.thera.co.uk

Thera supports people with a learning disability in their own home, in their local community and for short breaks. Thera supports people with a learning disability who have a range of needs.

Walsingham Supported Living

Pamela Ellwood/Justine Williams,

Unit 20, Mossbay House,

40 Peart Road,

WORKINGTON,

Cumbria CA14 3YT

0208 343 5600

pam.ellwood@walsingham.com

www.walsingham.com

Domiciliary care provider.

West House Domiciliary Care

Alison Stephenson, West House,

26 Stanley Street, WORKINGTON,

Cumbria CA14 2JD

01900 67777

alisons@westhouse.org.uk

Home care provider for people with learning disabilities registered with CQC.

See '**Care Quality Commission**' for latest information on registered home care providers

Occupational therapy

NHS Choices

www.nhs.uk

See also '**Adult Social Care**'

See also '**Equipment**'

Residential homes

2a Waterloo Street

Beverley J Steele, Reg Manager,

2a Waterloo Street,

COCKERMOUTH,

Cumbria CA13 9NB

01900 827749

beverley.steele@westhouse.org.uk

Residential care for people with learning disabilities.

3 Glebe Lane

Fiona Elizabeth Dixon, Reg manager,

3–4 Glebe Lane, Distington

WORKINGTON,

Cumbria CA14 5SQ

01946 831629

fiona.dixon@westhouse.org.uk

Residential care for people with learning disabilities.

47 Sandy Lonning

Susan Graham, Act Reg Manager,

47 Sandy Lonning, Netherton,

MARYPORT, Cumbria CA15 8AS

01900 812943

susan.graham@westhouse.org.uk

Residential care for people with learning disabilities.

Briarfield

Miss Beverley J Steele,

42 Stainburn Road, WORKINGTON,

Cumbria CA14 ISN

01900 66733

beverley.steele@westhouse.org.uk

Residential care for people with learning disabilities.

Cavendish House

The Manager, Elizabeth Street,

WORKINGTON,

Cumbria CA14 4DA

01900 605280

Respite care for people with learning disabilities and people with physical disabilities.

Chichester Hall

Mrs Jennifer Wilkinson,

Dicktrod Lane, Skinburness,

SILLOTH, Cumbria CA5 4QP

016973 32478

Residential care for elderly people.

Clarendon Grange

Kathleen Valks, Main Road,
Great Clifton, WORKINGTON,
Cumbria CA14 ITR
01900 605316
www.info@clarendon-care.co.uk
Residential care for older people
with physical and mental frailty. Day
care facility offering personal care e.g.
bathing, use of hoist, hairdressing etc.

Community Integrated Care – Allanby House

Mrs Carol Wignall,
Wedgewood Drive, Flimby,
MARYPORT, Cumbria CA15 8QX
01900 819039
Residential Care Home for adults
with learning disabilities

East Croft Grange Residential Care Home

Mrs Frances Sewell, Scaw Road,
High Harrington, WORKINGTON,
Cumbria CA14 4LY
01946 832754
[eastcroftgrange@
brancastercare.co.uk](mailto:eastcroftgrange@brancastercare.co.uk)
Residential care for elderly people
(including EMI) with a 'home from
home' atmosphere.

Gatesgarth

Mrs Hilary Stamper, The Green,
Little Broughton,
COCKERMOUTH,
Cumbria CA13 0YG
01900 828487
gatesgarth@c-i-c.co.uk
www.c-i-c-@co.uk
24-Hour Residential Care for adults
with learning difficulties, profound
physical disabilities/high dependency.

Grange Bank

Mrs Margaret Beasley, Cross Lane,
WIGTON, Cumbria CA7 9DL
016973 45411
Residential Home for the elderly
registered with Care Quality
Commission.

Granville Court

Mrs. Helen Stevens, 19 Station Road,
MARYPORT, Cumbria CA15 6LT
01900 818513
helenincumbria@aol.com
Residential care for elderly people
and EMI and people with dementia
over or under 65.

Hames Hall

Susan Boyd, Gote Brow,
COCKERMOUTH,
Cumbria CA13 0NN
01900 827601
Residential care. Delightful grounds
overlooking fells, close proximity
to Cockermouth. Bath hoists –
passenger lift – personal direction of
the qualified proprietors and above
all a warm and friendly atmosphere.

Henshaws College Yorkshire

Bogs Lane, HARROGATE,
Yorkshire HG1 4ED
01423 886 451
college@henshaws.ac.uk
www.henshaws.org.uk
Henshaws College is a specialist
residential college based in Harrogate
for students aged 16–23 years with
visual impairment and a range of
disabilities, including complex needs.

Holly Dyke

Mrs Sarah Elizabeth Smith,
19 Crummock Road,
WORKINGTON,
Cumbria CA14 3RP
01900 606170
crummockrd@walsingham.com
Residential care for six people
with learning disabilities. Run by
Walsingham Homes.

Holmewood Residential Home

Mrs Melanie Gilmore
Holmewood, Lamplugh Road,
COCKERMOUTH,
Cumbria CA13 0DP
01900 828664
Residential care for elderly people.
2nd contact person Mrs Diana Gill

Inglewood

Mr David Edkins, Lowmoor Road,
WIGTON, Cumbria CA7 9QL
016973 66158
Residential care for elderly people
(physically and mentally frail). Run by
Cumbria Care.

Jah-Jireh Rest Home

Miss Joanna Hindmoor,
72–76 Main Street, Ellenborough,
MARYPORT, Cumbria CA15 7DX
01900 816943
Small registered residential home.
Can cater for up to 16 older people,
one younger adult (under 65) and
five EMI.

Kirklands

Mrs Maureen MacColl, Sullart Street,
COCKERMOUTH,
Cumbria CA13 0EE
01900 822364
Residential Care with care for
elderly people; day care on site run
by Cumbria Care. Kirklands also
provides care for elderly people with
mental frailty and learning disabilities.
Run by The Anchor Trust.

Little Acre

Mrs Sarah Betsworth,
82 Skinburness Road, Silloth,
WIGTON, Cumbria CA7 4QH
016973 32105
sarah@littleacrehome.co.uk
www.littleacrehome.co.uk
Residential care for 14 elderly and
physically handicapped or EMI elderly
people. Overlooking sea front.
Rooms single ensuite ground floor.
Any length of stay. Long/short term,
holiday, respite. Now on bus route.

Low Fauld

Adele Tyson, Langrigg, Aspatria,
CARLISLE, Cumbria CA5 3LH
016973 20037
adele.tyson@westhouse.org.uk
Residential care for people with
learning disabilities.

Midtown House

Julie Ann Tickle, Caldbeck,
WIGTON, Cumbria CA7 8EL
016974 78528

julietickle@btinternet.com

Family-run residential care for 19 elderly people. All single en-suite rooms. Non-smoking establishment. Village centre location, within Lake District National Park.

Park Lodge

Debbie Studholme, Outgang Road,
ASPATRIA, Cumbria CA7 3HD
016973 20636

park.lodge@cumbriacc.gov.uk

Residential care for elderly people (physically and mentally frail). Run by Cumbria Care.

Parkside

Mrs Linda Donaghue,
Netherhall Road,
MARYPORT, Cumbria CA15 6NT
01900 812723

parkside@cumbriacc.gov.uk

Residential care for elderly people (physically and mentally frail). Run by Cumbria Care.

Ravensfield

The Manager, High Hill,
KESWICK, Cumbria CA12 5NX
017687 72490

ravensfield@cumbriacc.gov.uk

Residential home and day care for elderly people. Pleasantly situated within walking distance of Keswick. All rooms have fine views of the fells, R. Greta runs nearby. Keswick offers a wide range of facilities. Run by Cumbria Care.

Redmayne House

Mrs Fiona Byers, Redmayne Close,
Redmayne Court,
WIGTON, Cumbria CA7 9AF
016973 49313

redmaynehouse@c-i-c.co.uk

www.c-i-c.co.uk

Bungalow is one of several schemes opened by Community Integrated Care to provide high quality care for people requiring social, psychological, emotional and physical care or support in a community setting.

Richmond Park

Janice Sibbald, High Street,
WORKINGTON,
Cumbria CA14 4ES
01900 325030

Residential care for elderly people (physically and mentally frail). Run by Cumbria Care.

Rosecroft Residential Home Stilecroft (MPS) Ltd.

Elizabeth Bedford, Westfield Drive,
WORKINGTON,
Cumbria CA14 5AZ
01900 604814

rosecroftresidentialhome@btconnect.com

Residential care for elderly people including day care, respite and holiday stays in a spacious and beautiful surrounding.

Rydal Mount

Mrs Janice Coates, Station Hill,
WIGTON, Cumbria CA7 9BJ
016973 49266

rydalmount@c.i.c.co.uk

www.c-i-c.co.uk

Rydal Mount is a four bedded residential home for people with learning disabilities. Our purpose is to guide the residents in living a fulfilled and happy life, supporting them to take part in their local community.

Seaview House

Mrs Ida Casson, Crosscanonby,
MARYPORT, Cumbria CA15 6SJ
01697 32679

seaviewhouse@c-i-c.co.uk

www.c-i-c.co.uk

24 hour Residential Care. Run by Community Integrated Care.

Solway House

Mrs Mary Hoskins, Seabrows,
Solway Terrace,
MARYPORT, Cumbria CA15 6EL
01900 817651

solwayhouse@btconnect.com

Residential care for elderly people.

Springfield House

Mrs Margaret Blair, Wheyrigg,
WIGTON, Cumbria CA7 0DH
016973 45530

Small group home for adults with learning disabilities, 24 hour care, Sleep in Support is provided in a family type environment 24/7.

Stanbeck

Mrs Audrey Robinson,
Stainburn Road, WORKINGTON,
Cumbria CA14 4EA
01900 603611

Residential home for elderly with private facilities, also offers respite care.

Stilecroft Private Residential Home Stilecroft (MPS) Ltd.

The Manager, 51 Stainburn Road,
WORKINGTON,
Cumbria CA14 1SS
01900 603776

Residential care for elderly people, including day care, respite care and holiday stay in spacious and beautiful surroundings.

The Dales

Graham Baxter-Iredale,
Main Street, Ellenborough,
MARYPORT, Cumbria CA15 7DX
01900 817977

Family run care home, spacious single en-suite rooms for 39 residents. Home-cooked meals and special diets served in our dining room. Other facilities include three specialised bathrooms, seven lounges, conservatory, garden and minibus. NVQ Trained Staff.

The Good Companions

Mrs Jacci Derrane, Criffel Street,
SILLOTH, Carlisle,
Cumbria CA7 4BT
016973 31553

Residential care for elderly people. We provide respite, day care and meals on wheels. We have seven EMI beds.

**The Millfield – Cumbria
Nursing Services (Millfield) Ltd.**

Valerie Loan, 28 Penrith Road,
KESWICK, Cumbria CA12 4HB
017687 72099

Within gentle walking distance of town centre, lakeside and the theatre, local park opposite offers bowls putting and tennis. All rooms and facilities are extremely well-appointed. Delightful gardens with seating and patio area. Run by Cumbria Nursing Services.

Turning Point Stanfield House

Louise Elsworth, 4 Stainburn Road,
WORKINGTON,
Cumbria CA14 4EA
01900 65737

louise.elsworth@turning-point.co.uk
www.turningpoint.co.uk

Residential substance misuse project. Provides keyworking, group work, resettlement assistance with accommodation and support and also community liaison with education/training/voluntary work/sports and social activities.

Westwinds

Helen Wilson,
North Shore, Harrington,
WORKINGTON,
Cumbria CA14 5QW
01946 830232

Residential care for older people.

Woodlands

Mrs Lynne Maria Newbury,
Toll Barr, Distington,
WORKINGTON,
Cumbria CA14 4PJ
01946 830065

24-hour Residential care and Day care for elderly people (physically and mentally frail). Run by Cumbria Care. See '**Care Quality Commission**' for latest information on registered homes.

**Residential homes
with nursing**

Amathea Care Centre

Sharon Miller, Newlands Lane,
WORKINGTON,
Cumbria CA14 3JG
01900 63259

Purpose built 40 bedded care centre. EMI Nursing.

Branthwaite Nursing Home

The Manager, Branthwaite Road,
WORKINGTON,
Cumbria CA14 4SS
01900 67111

Nursing home care and respite care. 40 beds for elderly/five frail of which can be for under 60's (not trauma) We provide both nursing and residential care. Branthwaite Care Home has now acquired EMI Registration for up to 21 clients.

Meadow Bank Nursing Home

Mrs Linda Whalley, Curthwaite,
Wigton, CARLISLE,
Cumbria CA7 8BG
01228 710279

Nursing Home – small, homely environment offering individualized personal care for long-term and respite.

Nether Place Nursing Home

The Manager, Chestnut Hill,
KESWICK,
Cumbria CA12 4LS
017687 73267

nether-place@homecaretrust.co.uk
Respite and palliative care of over 65s. 25 single rooms, 21 with ensuite WC. Short and long stay care. Internal lift and wheelchair access. Garden for residents and TV point in residents' rooms.

Newlands Nursing Home

The Manager, Newlands Park,
WORKINGTON,
Cumbria CA14 3NE
01900 872257

newlands@barchester.co.uk
www.barchester.net

Registered Residential Nursing Home offering 40 places for frail elderly people whose prime need is nursing care. Plus ten dual registered beds. En-suite rooms. Regular activities. Visiting aromatherapist. Residents enjoy regular outings via mini-bus.

**Registered Nursing Home
Association**

Frank Ursell C.E.O,
15 Highfield Road, EDGBASTON
Birmingham B15 3DU
0121 454 2511
info@rnha.co.uk

Advice and support provided to owners of nursing homes and to patients and relatives seeking nursing home care

Riverside Court

The Manager, 31 Irish Street,
Salmoor Way,
MARYPORT, Cumbria CA15 8AZ
01900 815323

riverside.court@fshc.co.uk
www.fshc.co.uk

Provides general nursing care and full E.M.I. nursing care. All rooms are en-suite. Tamaris Healthcare (England) Limited is a wholly owned subsidiary of Four Seasons Health Care Limited.

**Silloth Nursing and Residential
Care Home**

Mrs Elizabeth A Blair,
Convalescent Home, Silloth,
WIGTON, Cumbria CA7 4JH
016973 31493

admin@sillothnursinghome.wanadoo.co.uk

www.sillothnursinghome.org.uk
Short or long term accommodation for older people needing social or nursing care. Single rooms with en-suite facilities. Five nursing placements for younger people with learning disabilities. Coffee mornings held weekly by League of Friends.

See '**Care Quality Commission**' for latest information on registered homes

Respite care/breaks

See 'Adult Social Care'

See 'Carers organisations'

See 'Residential homes'

See 'Residential homes with nursing'

See 'Day services'

Support Groups

Alcohol and drug related problems

Al-Anon Family Groups

UK and Eire

Office Manager,

61 Great Dover Street,

LONDON SE1 4YF

020 7403 0888

enquiries@al-anonuk.org.uk

www.al-anonuk.org.uk

Al-Anon offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not.

Alateen, a part of Al-Anon, is for young people aged 12–20. Call the helpline 10am–10pm daily.

Alcohol Concern

64 Leman Street,

LONDON E1 8EU

0207 264 0510

contact@alcoholconcern.org.uk

Alcohol Concern is the national agency on alcohol misuse. We work to reduce the incidence and costs of alcohol related harm and increase the range and quality of services available to people with alcohol related problems.

Cumbria Alcohol and Drug Advisory Service – Addictive Behaviours

Joseph Dean, 4 Peter Street,

WORKINGTON,

Cumbria CA14 3DA

01900 608498

joed@cadac.co.uk

www.cadac.co.uk

Information, training, structured one to one counselling, Black Box Treatment, Thought Field Therapy, and family support. Working in the areas of alcohol, drug related problems. Open Mon–Thurs 9am–5pm, Fri 9am–4.30pm.

Narcotics Anonymous

202 City Road,

LONDON EC1V 2PH

0845 373 33 66/020 7730 0009

ukso@ukna.org

www.ukna.org

Narcotics Anonymous is for people for whom drugs have become a major problem – recovering addicts who meet regularly to help each other to stay clean. Membership is open to anyone – the only requirement to membership is a desire to stop using drugs.

Turning Point (national)

Ron Alexander, Standon House,

21 Mansell Atreet,

LONDON E1 3LP

020 7481 7600

tpmail@turning-point.co.uk

Turning Point is a national charity for alcohol, drug abuse, mental health problems, and learning disabilities. It offers residential and drop-in advice through its network of over 120 services nationwide.

Arthritis

Arthritis Care

18 Stephenson Way,

LONDON NW1 2HD

0808 800 4050

helpline@arthritiscare.org.uk

www.arthritiscare.co.uk

Arthritis Care – Cocker mouth Branch

Mrs C Madden, 32 Langdale Drive,

COCKERMOUTH,

Cumbria CA13 9JB

01900 822236

Social, welfare and support for people of all ages with arthritis. Meets at Dalemore Centre, Kirklands, Cocker mouth on 3rd Thursday in the month at 7.30pm.

Arthritis Care North England

Belle Vue Business Centre,

Elm Tree Street, Belle Vue,

WAKEFIELD, Yorkshire WF1 5EQ

01924 882150 (regional office)

www.arthritiscare.org.uk

Supports and develops Arthritis Care Groups through Cumbria. Also provides information. Campaigning issues for people with arthritis.

Cancer

Gentle Approach to Cancer Association

Mr C Sutherland, 16 Sedbergh Drive,

KENDAL, Cumbria LA9 6BJ

01539 725394

www.gentleapproach.org.uk

Physical, emotional and spiritual support to diagnosed cancer patients of all ages, and their families and supporters. Carers have the same free access to therapies as the cancer patients.

Macmillan & Age UK West Cumbria Community support people 50+ affected by cancer

Adele Holmes

St Michael's Active Living Centre

Station Road, WORKINGTON

Cumbria CA14 2UY

01900 844670 01900 67610

adele.holmes@

ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

This project provides practical and emotional support to older people affected by cancer (including patients, carers, relatives, friends and neighbours). It can link people to existing services to meet their needs or to new ones, which it is helping to develop (including support groups, information drop-ins, befriending schemes, activity groups, volunteering opportunities, shopping services etc).

Macmillan Cancer Support

3 Bath Place, Rivington Street,
LONDON EC2A 3JR
0808 800 1234

contactus@macmillan.org.uk

www.cancerup.org.uk

Leading national charity providing information, advice and support for people with cancer, their families and friends. Also provides services for health professionals. Information service open Mon–Fri, 9–7.

MacMillan Cancer Support

Barbara Sharpe,
Company House, Stephenson Road,
Durranshill, CARLISLE,
Cumbria CA1 3NX
01228 409186

www.macmillan.org.uk

Macmillan Cancer support improves the lives of people affected by cancer. We provide practical, medical, emotional and financial support. We push for better cancer care. One in three of us will get cancer. We are all affected by cancer. We can all help.

Cerebral palsy

Cumbria Cerebral Palsy Society

Miss L Culley, 22 Spencer Street,
CARLISLE, Cumbria CA1 1BG
01228 527796

info@cumbriacerebralpalsy.net

www.cumbriacerebralpalsy.net

Countywide social work service offering support and advice for children and adults with cerebral palsy and their carers. Information service. Toy and equipment libraries. Residential, and day care.

Scope

Cerebral Palsy Helpline,
PO Box 833, MILTON KEYNES,
Bucks MK12 5NY
0808 800 3333

response@scope.org.uk

www.scope.org.uk

Scope is a national disability organisation whose focus is people with cerebral palsy a physical condition that affects movement.

Provides information, support, advice and referral to appropriate services within Scope and/or externally.

Dementia

Age UK West Cumbria Café D (Allerdale)

Viv Nicol

St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2 UY

01900 844670 01900 67610

viv.nicol@ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

For those with early onset dementia and memory problems and their carers. Support group with access to information and advice and opportunities to take part in a range of therapeutic activities in a relaxed environment.

Age UK West Cumbria Younger Dementia Group

Viv Nicol

St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2 UY

01900 844670 01900 67610

viv.nicol@ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Support group and social network for under 65s and their carers. Information and advice, outings and activities in the community.

Alzheimers Society

Janet Baylis, Devon House,
58 St Katharine's Way,
LONDON E1W 1JX

020 7432 3500

www.alzheimers.org.uk

Information, advice and support for people diagnosed with dementia and their carers. We also campaign for rights of people with dementia and their carers, fundraise and can provide opportunities for volunteering.

Alzheimer's Society Keswick

The Rawnsley Centre,
Main Street, KESWICK,
Cumbria CA12 5NH
017687 71107

Day Care provided Monday, Tuesday, Thursday and Friday 10am–3 pm. Advocacy, home support, newly diagnosed/early dementia support and carers support. Regular newsletter, library/resource centre.

Alzheimer's Society West Cumbria

Banklands Hall, Bank Road,
WORKINGTON,
Cumbria CA14 3EP

01900 607280

westcumbria@alzheimers.org.uk

www.alzheimers.org.uk/penrith

We provide information and support for families and people with dementia, healthy living group activities, carers lunches and carer to carer support, outings, tea dances and newsletter.

HIV/AIDS

Terrence Higgins Trust

314–320 Grays Inn Road,
LONDON WC1X 8DP
020 7831 0330

Helpline 0845 122 1200

info@ttht.org.uk

www.ttht.org.uk

Offers information and advice on HIV and sexual health, assessment and referral, buddies, care services, community support and complementary therapies. Also offers counselling, HIV testing and information to people living with or affected by HIV.

NHS Choices

www.nhs.uk

Learning disabilities

MENCAP Carers Network

Sue Maguire, Office building,
Mardale Road, PENRITH CA11 9EH
01768 868854

www.mencap.org.uk

Mencap Carers Network provides information, advice and signposting to all family carers supporting an adult relative with a learning disability throughout Cumbria.

See also 'People First' under 'Advocacy'

Mental health problems

Making Space Allerdale

Andrea Sowden,
Park Lane Clinic, Park Lane,
WORKINGTON,
Cumbria CA14 2RR
01900 67700

andrea.sowden@makingspace.co.uk
www.makingspace.co.uk

Carer Support Worker Service, supporting the families and carers of people suffering from enduring mental illness. Carer support group, social events and breaks. One to one visits and carer education.

MIND in West Cumbria

Patrick Everingham, 12 High Street,
Workington, Cumbria CA14 4ES
01900 66518

admin@mindinwestcumbria.org.uk

Daycare, advice, information, advocacy, counselling and housing support for people with mental health problems. 'Pop-In' services in Workington and Maryport. Social and recreational group meeting every Tuesday at the Carnegie Theatre.

See also 'Dementia'

Motor Neurone Disease

Motor Neurone Disease Association

PO Box 246,
NORTHAMPTON NN1 2PR
01604 250505

www.mndassociation.org

Helpline 08457 626262 for support, information, fund raising for local support groups. Regional adviser, Anna Conlan 0845 375 1841 for clients, carers and professionals.

Multiple Sclerosis

MS National Centre

372 Edgeware Road,
LONDON NW2 6ND
020 8438 0700

info@mssociety.org.uk
www.mssociety.org.uk

All calls to the MS Society National Helpline 080 800 8000 are free and completely confidential. Our specialist staff and trained volunteers are available 9am to 9pm, Monday to Friday, to support you, whatever the worry.

Multiple Sclerosis Society Allerdale

Ursula Moss
01900 823878

Provides physiotherapy for multiple sclerosis clients in area, and visits by members of welfare team Social activity programme, practical and financial assistance where appropriate. Fund raising for local and national society.

Older People/Age UK

Age UK West Cumbria Cocker-mouth Information Resource Office

Lyn Hardie
Cocker-mouth Community Hospital
Isel Road, COCKERMOUTH
Cumbria CA13 9HT
01900 822226
cocker-mouth@

ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk

Age UK West Cumbria Cocker-mouth office, providing information & advice, information resources, access to the full range of Age UK West Cumbria's services and support. Opening hours: 9am - 1pm, Mon to Friday.

Age UK West Cumbria Information & Advice Service (Allerdale)

Cathie Braniff

St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01900 67610

workington@

ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

Free service for people aged over 50: Provides general information & advice to help people remain independent and to 'age well', information resources on wide range of issues, including useful contacts for personal, specialist and home services and local clubs and activities, home visits to assess needs and support to access other services, support to restore and build confidence after an illness or critical event, support for hospital discharge and prevention of hospital admission, 8.30am to 4pm, Monday to Friday.

Age UK West Cumbria Nail-cutting Service (Allerdale)

Cathie Braniff

St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01946 591182

workington@

ageukwestcumbria.org.uk

www.ageukwestcumbria.org.uk

There is a charge for this service, available for people aged over 50. Provides simple nail-cutting for those who are unable to cut their own nails and basic advice on foot care. Regular appointments at local clinics across Allerdale.

Age UK West Cumbria Wigton Information Resource

Office Hazel Stewart
Wigton Community Hospital
Cross Lane, WIGTON
Cumbria CA7 9DD
016973 66600 016973 66601
wigton@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk
North Allerdale Age UK West
Cumbria office, providing information
& advice, information resources,
access to the full range of Age
UK West Cumbria's services and
support, Disability Living Equipment
Advice and Sales. Opening hours:
9am - 1pm, Mon to Fri.

Age UK West Cumbria Workington Information & Active Living Centre

Cathie Braniff
St Michael's Active Living Centre
Station Road, WORKINGTON
Cumbria CA14 2UY
01900 844670 01900 67610
workington@
ageukwestcumbria.org.uk
www.ageukwestcumbria.org.uk
Local Age UK West Cumbria Centre
providing information & advice,
information resources, access to the
full range of Age UK West Cumbria's
services and support, a range of
activities, Disability Living Equipment
Advice and Sales, Rooms for hire.
Opening hours: 8.30am to 4pm, Mon
to Fri. Evening and weekend room
hire available.

Parkinson's

Parkinson's UK

0808 800 0303
www.parkinsons.org.uk
We are the leading UK charity
dedicated to supporting all people
with Parkinson's, their families, friends
and carers.

Physical disabilities

Allerdale Disability Association

Stella Howarth,
The Curwen Centre, Curwen Park
WORKINGTON,
Cumbria CA14 4YB
0845 129 9954
chair@adanet.org.uk

Provides disability information service
and 'People in the Park' drop in
centre for older people, younger
adults with learning disabilities,
physical disabilities, mental health
problems, adults with sensory
impairments and carers. Talking
newspaper.

Disabled Parents Network

Sam Marshall, Registered Office,
81 Melton Road, West Bridgford,
NOTTINGHAM NG2 6EN
0300 3300 639
information@
disabledparentsnetwork.org.uk
www.disabledparentsnetwork.
org.uk

Disabled Parents Network is a national
organisation of and for disabled people
who are parents or who hope to
become parents, and their families,
friends and supporters. We offer
information, advice and advocacy.

RADAR

12 City Forum, 250 City Road,
LONDON EC1V 8AF
020 7566 3222
radar@radar.org.uk
www.radar.org.uk
Publishes books on a range of
issues affecting disabled people
including holidays, education and
leisure for which there is a charge.
Administrates National Key Scheme.

Sensory impairments

Action for Blind People

Head Office, 14/16 Verney Road,
LONDON SE16 3DZ
0800 915 4666
info@actionforblindpeople.org.
www.actionforblindpeople.org.uk

Support for people with sight loss
including advice and guidance on
assistive technology, employment
advice and support, welfare rights,
housing support, grants, loan
equipment, holidays for visually
impaired people and Actionnaires
sports club.

Allerdale Disability Association

Stella Howarth,
The Curwen Centre,
Curwen Park, WORKINGTON,
Cumbria CA14 4YB
0845 129 9954

chair@adanet.org.uk
Provides disability information service
and 'People in the Park' drop in centre
for older people, younger adults with
learning disabilities, physical disabilities,
mental health problems, adults with
sensory impairments and carers.
Talking newspaper.

Bridging the Gap Project

Hugh Stirling,
Unit E Moorhouse Court,
WARWICK-ON-EDEN,
Cumbria CA4 8PA
01228 562691

hughstirling@btconnect.com
Provides services for elderly people
with acquired hearing loss including
home-visits support with equipment,
and lip reading classes and advice
with hearing related difficulties.

Deaf Vision – Carlisle

Peter Shaw, 3 Compton Street,
CARLISLE, Cumbria CA1 1HT
01228 606434
office@deafvision.co.uk
www.deafvision.co.uk

Social work and other services
for all Deaf and Hearing impaired
people in Cumbria, from centres
in Carlisle, Kendal, Whitehaven and
Barrow. Equipment to help with
hearing impairment. Daytime tel./
minicom 01228 606434.

Deaf Vision – Carlisle

Peter Shaw, 3 Compton Street,
CARLISLE, Cumbria CA1 1HT
01228 606434
office@deafvision.co.uk
www.deafvision.co.uk
Support for people with hearing
impairments.

Royal National Institute for the Blind (RNIB)

Trudy Salandiak,
RNIB Talking Book Service,
PO Box 173, PETERBOROUGH,
Cambridgeshire PE2 6WS
0845 762 6843
t.salandiak@rnib.org.uk
www.rnib.org.uk

Information, advice, equipment and
services for blind and partially sighted
people, including Talking Books and
library resources.

Royal National Institute for the deaf (RNID)

Mohammed Ahmed,
19–23 Featherstone Street,
LONDON EC1Y 8SL
0808 808 0123 (free phone)
informationline@rnid.org.uk
www.rnid.org.uk

RNID is the largest charity
representing the 9 million deaf and
hard of hearing people in the UK.
We offer services for deaf and hard
of hearing people, and information on
all aspects of deafness, hearing loss
and tinnitus.

SENSE – National Deafblind & Rubella Association

SENSE Head Office,
101 Pentonville Road,
LONDON N1 9LG
0845 127 0060
info@sense.org.uk
www.sense.org.uk

Sense is the leading national charity
that supports and campaigns
for children and adults who are
deafblind. We provide expert advice
and information as well as specialist
services to deafblind people, their
families, carers and professionals.

SENSE North Regional Office

The Rodney Clark Resource Centre,
Leeds Road, WAKEFIELD,
West Yorkshire WF3 3BG
0113 205 9500
northernquiries@sense.org.uk
www.sense.org.uk

Sense is the leading national charity
that supports and campaigns
for children and adults who are
deafblind. We provide expert advice
and information as well as specialist
services to deafblind people, their
families, carers and professionals.

Transport

Blue Badges

Disabled Car Badge Service

01228 606060
blue.badge@cumbriacc.gov.uk
www.cumbria.gov.uk

The Blue Badge Scheme provides
national parking concessions to
enable disabled people, as either a
driver or passenger, to park close to
their destination. To apply for a badge
ring 01228 606060 or apply online at
www.cumbria.gov.uk.

Blue Badge Network

Mrs J Russell,
198 Wolverhampton Street,
DUDLEY West Midlands DY1 1DZ
01384 257001
headoffice@bluebadgenetwork.org
www.bluebadgenetwork.org

Keeps Blue Badge holders abreast
of UK parking schemes and updated
with national parking and disability
legislation. Annual subscription charge
applies.

See also ‘**Adult Social Care**’

Local transport schemes

Allerdale Rural Transport

Brian Dobinson,
c/o 40 Bowflatts, Clifton,
WORKINGTON,
Cumbria CA14 1TD
01900 67030

A.R.Transport1@googlemail.com
Allerdale Rural Transport provides
affordable transport throughout
Cumbria. Services include: doctors
and hospital visits, social occasions,
wheelchair accessible vehicles, dial a
ride scheme, airport express service
and community care service.

Community Transport

Caroline Watson,
Passenger Transport Officer
(Community Transport),
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 226725

caroline.watson@cumbriacc.gov.uk
www.cumbria.gov.uk

A wide variety of community
transport schemes are supported by
Cumbria County Council, for groups
and individuals who cannot access
conventional transport.

Cumbria Community Transport

Colin Spencer –
Transport Coordinator,
The Howgill Centre, Burks Road,
CLEATOR MOOR,
Cumbria CA25 5HR
01946 812777

Brokerage is a minibus sharing
scheme, that enables groups and
organisations within the community
to use accessible and affordable
vehicles. These can either be self-
drive or a volunteer may be made
available with the vehicle.

Cumbria Voluntary Social Car Schemes

Gillian McGuiggan,
Cumbria County Council,
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 221427

publictransport@cumbriacc.gov.uk

Voluntary car schemes help people in the community who cannot access private or public transport. The service provides transport to collect you from your home and take you to your destination. Contact us to find the nearest scheme to you.

Motability

Customer Helpline,
Warwick House, Roydon Road,
HARLOW, Essex CM19 5PX
0845 456 4566

www.motability.co.uk

Charity that can help people with disabilities receiving higher rate mobility component of DLA or War Pensioners Mobility Supplement to turn their allowance into a car or powered wheelchair or scooter through contract hire or hire purchase schemes.

Rural Wheels

Katy Wood Passenger Transport,
Development Officer,
Cumbria County Council,
The Courts, CARLISLE,
Cumbria CA3 8NA
01228 226721

publictransport@cumbriacc.gov.uk

Rural Wheels is a demand responsive transport service for people in rural areas who either do not have access to or are unable to use a local bus service. For appointments, access to shops or to link with bus and train services.

Wigton Community Transport

Joe Grainger, 36 Kirkland Ave,
WIGTON, Cumbria CA7 9JQ
016973 43093

joe.grainger@virgin.net

Provides (wheelchair accessible) minibuses for affiliated groups. Co-ordinates local community transport.

Public transport

National Rail Enquiry Line

08457 484950

www.nationalrail.co.uk

Enquiries about all rail services

National Railcards

www.nationalrail.co.uk/times_fares/railcard

National Railcards offer 1/3 discount on train travel. Railcards are available for 16–25 (or full-time student aged 26 or over), family and friends, senior citizens, disabled people and HM Forces. Available to purchase for 1 year and 3 years.

NoWcard concessionary Bus Travel

Lancashire County Council,
PO Box 9, Preston PRI 8RD
0845 058 1096

www.nowcard.org

Bus passes for Over 60s and Disabled people allowing concessions on national bus travel.

Stagecoach North West

2nd Floor, Broadacre House,
16–20 Lowther Street,
CARLISLE CA3 8DA
0871 200 22 33

northwest.enquiries@stagecoachbus.com

www.stagecoachbus.com/northwest

Stagecoach is one of the largest bus operators in the UK. Stagecoach North West carries over 34 million passengers a year and operates over 26 million miles. With up to 1,300 employees and a fleet size of 550, operating throughout Lancashire and Cumbria.

Traveline

0871 200 22 33

www.traveline.org.uk/index.htm

Local and National travel information for bus and rail services.

Taxis and private hire

See **Yellow Pages**

See **The Phone Book**

See also '**District Councils**'

If you need this document in another language or another format such as large print, Braille or audio please telephone 01228 606060.

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে 01228 606060 নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 01228 606060

Jeigu norétumète gauti šią informaciją savo kalba, skambinkite telefonu 01228 606060

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 01228 606060

Se quiser aceder a esta informação na sua língua, telefone para o 01228 606060

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen 01228 606060 numaralı telefonu arayınız