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| --- | --- | --- |
| City Photo.jpg | | **MAKE THE MOST**  **OUT OF LIFE!** |
| **CARLISLE**  **Social Diary**  **2019** | Rural Photo.jpg | |

If you would like more information please contact:

**Age UK Carlisle and Eden**

**20 Spencer Street**

**Carlisle**

**CA1 1BG**

**Tel: 01228 536673**

**Appleby**

**Riverside Building**

**Chapel Street**

**Appleby**

**CA16 6QR**

**Tel: 01228 536673**

**E-mail:** [**admin@ageukcarlisleandeden.org.uk**](mailto:admin@ageukcarlisleandeden.org.uk)

**www.ageuk.org.uk/carlisleandeden**

**A larger print version of this booklet**

**is available on request**

***Please note there may be a charge for many of the activities***

***in this diary. For further information contact the***

***organiser directly on the numbers listed.***



## AGE UK DAY CARE GROUPS & LUNCH CLUBS

Please contact Age UK to join any of

These clubs before attending

|  |  |  |  |
| --- | --- | --- | --- |
| CLUB | VENUE | DETAILS | CONTACT |
| Four Seasons Day Group | St Cuthberts Court | Wednesday  10.30am-3pm | 01228 536673 |
| Gateway Lunch Club | Morton Manor Community Centre | Thursdays  11.15am-2pm | 01228 536673 |
| Memories in Motion | St Cuthberts Court | Mondays  10.30am-3pm | 01228 536673 |



ART

|  |  |  |  |
| --- | --- | --- | --- |
| CLUB | VENUE | DETAILS | CONTACT |
| Art  Group | Currock  Community Centre | Wednesdays  1pm-3pm | 01228 591868 |
| Arts and Crafts | Brampton Community Centre  The Hut | Mondays  7pm-9pm | 016977 45023 |
| Creative Arts and Conversation for Older People | Prism Arts  Carlisle Business Centre | Tuesdays  10am-12pm  1pm-3pm | 01228 888630  (Booking essential) |
| Relaxed Art Class | Longtown Community Centre | Wednesdays  2pm-4.30pm | 01228 791876 |



BINGO

|  |  |  |  |
| --- | --- | --- | --- |
| **CLUB** | **VENUE** | **DETAILS** | **CONTACT** |
| Bingo | Longtown Community Centre | Tuesdays  7.15pm-8.45pm | 01228  791876 |
| Bingo | Morton Community Centre | Mondays  7.30pm-9.30pm | 01228  531105 |
| Tyne Street Pensioners Club | Greystone Community  Centre | Thursdays  1pm-4pm | 01228  558602 |



# BOWLING

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Venue** | **Details** | **Contact** |
| Beginners  Short Mat Bowling | Morton Community Centre | Mondays  2pm-4pm | 01228  531105 |
| Bowling Club | Morton Community Centre | Sundays  7.30pm-9.30pm | 01228 531105 |
| Short Mat Bowling | Longtown Community Centre | Mondays  1pm-3.00pm  Tuesdays  1pm-3pm | 01228  791876 |
| Short Mat Bowling Club | Yewdale Community Centre | Tuesdays  1.30pm-3.30pm  Thursdays  8pm-9.30pm | 01228  591270 |



# BRIDGE

|  |  |  |  |
| --- | --- | --- | --- |
| Club | **Venue** | **Details** | **Contact** |
| Bridge Club | Brampton Community Centre | Mondays  7pm-10.30pm | 01228 561189 |
| Eden Bridge Club  (Beginners) | Town Dyke Orchard, Viaduct Estate, Carlisle | Mondays  7.00pm | Beginners:  Geoff 542070  Improvers  John 710772 |
| Eden Bridge Club | Town Dyke Orchard, Viaduct Estate, Carlisle | Tuesdays 7.15pm, Wednesdays 7pm  Thursdays 7.15pm  Saturdays 6.45pm | 01228 534650 |



# COMPUTER

|  |  |  |  |
| --- | --- | --- | --- |
| **CLUB** | **VENUE** | **DETAILS** | **CONTACT** |
| Computer Courses all levels | Kingmoor Community and Business Centre,  Liddle Close, Carlisle | Call in or phone for friendly advice | 01228 598484 |
| Computer courses all levels, drop in sessions | Upperby Community Development Centre, Uldale Rd, Upperby | Call or phone for further details | 01228 815461 |
| Computer Courses all levels, plus weekly drop-in | Pennine Way Community Development Centre  Silverdale Rd  Harraby | Please call or contact our friendly staff for information | 01228 598978 |
| Online Computer Club  Free access to internet and Free Computer Help | Brampton Community Centre, Union Lane | Tues and Fri  9.30-11.30am | 016977 45023 |

# DANCING

|  |  |  |  |
| --- | --- | --- | --- |
| CLUB | VENUE | DETAILS | CONTACT |
| Social Sequence  Dancing | Currock Community Centre | Tuesdays  8pm-10pm | 01228 591868 |



# EXERCISE

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Fell Walking | Meet Brampton Community Centre | Wednesdays 8.30am | 016977 45023 |
| Happy Wanderers | Brampton Community Centre | Tuesdays  9.30-12noon | 016977 45023 |
| Nifty Fifty  Tennis | Chatsworth Tennis Club  St Aidan’s Road | Wednesdays  1.00pm-3.00pm  Open to non members | 01228 514187 |
| Park Walks | Morton Community Centre | Mondays  2.30pm  30 minute duration | Emma Dixon  01228 817370 |
| Pilates | Brampton Community Centre | Fridays  9.50am -10.15am | 07702 735070 |
| T’ai Chi | Denton Holme Community Centre | Mondays 10-11am | 01228 710898 |
| The Wellbeing Group – For over 50s recovering from some form of disability | Church of Scotland, Chapel Street  Carlisle | Each Wednesday 11am  £5 per session | Geoff Haugh 07484 636052  Celia Jackson 07594 711332  Val Walker  07786 531721 |



# GENERAL

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Cinema Night including refreshments | Burnside Court  Rosebery Rd | Thursdays  4pm-7pm | 01228  542291 |
| Watchtree Nature Reserve | Wiggonby  Great Orton  Nr Carlisle | Open daily during summer. Organised walks  various times | 01228 712539 |
| Whist Drive | Longtown  Community Centre | 3rd Saturday  in month  7.00pm | 01228 791876 |
| Women’s Institute | Brampton WI  Moot Hall | 3rd Wednesday of month  7.30pm |  |
|  | Cumdivock WI WI Hall | 1st Wednesday of month  7.30pm |  |
|  | Longtown WI  Longtown Memorial Community Centre | 2nd Monday of month  7.30pm |  |



# LUNCH CLUBS (OTHER)

| **CLUB** | **VENUE** | **DETAILS** | **CONTACT** |
| --- | --- | --- | --- |
| Coffee Meeting | Bobbin Café at Linton Tweeds. | 1st Saturday of each month. 14:00- 15:30 | Sheena Gray  Tel: 07765 126236 |
| Drop-in lunches | Morton Community Centre | Wednesdays  12pm-1pm | 01228  531105 |
| Lunch Club | Currock Community Centre, Lediard Avenue, Carlisle | Thursday 12pm – 1.30pm | 01228 591868 |
| Lunch Club | Country Kitchen, Dalston | 2nd Tuesday of the month  12 noon | Joyce Dayson  01228 711431 |
| Luncheon Club | Botcherby Community Centre | Fridays  11.30am-12.45pm | 01228  596992 |



# SEWING/KNITTING/CRAFTS

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Embroiderers Guild | St Herbert Church Hall  Blackwell Road | Last Saturday in month  10.30am-4pm  Except Aug and Dec | 01228 562988 |
| Knit, Stitch and Natter | Brampton Community Centre  Union Lane  Brampton | Wednesdays  9.30-12noon | 016977  45023 |

# Age UK Carlisle and Eden Logo colour.jpg

# SOCIAL

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Houghton Evergreens | Houghton Village Hall | Thursdays  2pm-4pm | Mr Webber  01228 594707 |
| Towns women’s Guild | Currock House  Community Centre | Mondays  8.30pm-10pm | 01228 591868 |
| Tyne St  Over 60’s | Grey Stone Community Centre | Thursday  1pm-4pm | 01228 558 602 |
| Amy’s Care.  Social activity/ day trips for older people, particularly those living with dementia | Meet at Burnside Court, Rosebery Road, Stanwix ( transport available) | Every Monday 10.30am – 4pm | Fraser Dooley 016973 71973 [www.amys-care.co.uk](http://www.amys-care.co.uk) |
| Amy’s Care.  Social activity/ day trips for older people and  particularly those living with dementia | Meet at Heysham Gardens,  Brookside, Carlisle ( transport available) | Every Tuesday 10.30am – 4pm | Fraser Dooley 016973 71973 [www.amys-care.co.uk](http://www.amys-care.co.uk) |

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# SUPPORT AND HEALTH RELATED GROUPS

| **Group** | **Venue** | **Details** | **Contact** |
| --- | --- | --- | --- |
| Alzheimer’s Society | The New Waterton Hall  Warwick Square  Carlisle | Dementia Cafe  Second Wednesday of the month  10am-12pm | 01228 819299 |
|  | The New Waterton Hall  Warwick Square  Carlisle | Singing for the Brain  Thursday  1.30pm-3pm | 01228 819299 |
|  | Walking Group | Easy walks followed by lunch  Every six weeks  Call for details | 01228 819299 |
| Blood Buddies  For those affected by leukaemia, lymphoma, myeloma orassociated conditions. | Bidders Bar at  The Auctioneer, Rosehill, Carlisle at 7.00pm | 2nd Monday  of month | Angela Docherty secretary to  Dr O’Brien on  01228 814511 |
| Breath of Life Carlisle – Support Group for those who suffer from Respiratory diease | Church of Scotland, Chapel Street, Carlisle | Every Tuesday 1.30pm – 2.45pm | Carole 01228 711456 |
| Cancer Information and Support Centre | Cumberland Infirmary, Newtown Road, Carlisle | Mon – Friday  10am-4pm | 01228 814283 |
| Carlisle Carers | Fusehill Street, Carlisle | Carer Support | 01228 542156 |
| Carlisle ME /CFS Support Group | Lintons | 2nd Saturday  in month | 01228 562988 |
| Carlisle Society for the Blind | 9 Brunswick Street, Carlisle | Macular Disease Society 2nd Thursday in month  11am–1pm | 01228 593104 |
| Colostomy Association | 24 hour helpline | 0800 3284257 | e-mail: cass@colostomy  association.org.uk |
| Macmillan Information and Support Services | Cumberland Infirmary, Newtown Road, Carlisle | Monday-Friday  10am-4pm | Hilary Kendal  01228 814283 |
| North Cumbria Prostate Cancer Support Group | Morton Manor | 1st Tuesday  in month  7pm | Jim Allan 01228 539510  email: james101@talktalk.net |
| Memory Matters Carers Support Group | Carlisle Library | Every Monday  (except bank holidays) | Memory Matters Team  01228 602100 |

# USEFUL INFORMATION

| VENUE | WHAT’S ON | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Carlisle Castle | Guided Tours and Special Events | April-September  10am-6pm  October  10am-5pm | 01228 591922 |
| Carlisle Cathedral | Services  Restaurant and Gift Shop |  | 01228 548151 |
| Vue  Cinemas Botchergate | Senior Vue film club | Late Wed morning film including tea/coffee | 0345 308 4620 |
| Tullie House Museum and Art Gallery | Exhibitions, Workshops Talks Performances Films | Various dates and times | 01228 618718 |
| The Sands Carlisle | Sport, Leisure and events | Various dates and times | 01228 633766 |
| Carlisle Library  The Lanes Carlisle | Community Information  Reference Internet  Activities, talks | To check times contact library | 01228 227312 |

***We try our best to keep this diary up to date, but cannot be responsible for any changes to activities or groups run by other organisations.***

***If you run a club or group we would appreciate being told of any changes to information shown in this diary.***

***We would also love to hear from new clubs and groups who would like to be included*.**