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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**

**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 | Wednesday10.30am-3pm | 01228 536673 |
| Gateway Lunch Club | Morton Manor Community Centre | Thursdays11.15am-2pm | 01228 536673 |
| Memories in Motion | St Cuthberts Court | Mondays10.30am-3pm | 01228 536673 |



ART

|  |  |  |  |
| --- | --- | --- | --- |
| CLUB | VENUE | DETAILS | CONTACT |
| ArtGroup | CurrockCommunity Centre | Wednesdays1pm-3pm | 01228 591868 |
| Arts and Crafts | Brampton Community CentreThe Hut | Mondays7pm-9pm | 016977 45023 |
| Creative Arts and Conversation for Older People | Prism ArtsCarlisle Business Centre | Tuesdays 10am-12pm1pm-3pm | 01228 888630(Booking essential) |
| Relaxed Art Class | Longtown Community Centre | Wednesdays2pm-4.30pm | 01228 791876 |



BINGO

|  |  |  |  |
| --- | --- | --- | --- |
| **CLUB** | **VENUE** | **DETAILS** | **CONTACT** |
| Bingo | Longtown Community Centre | Tuesdays 7.15pm-8.45pm | 01228791876 |
| Bingo | Morton Community Centre | Mondays7.30pm-9.30pm | 01228531105 |
| Tyne Street Pensioners Club | Greystone CommunityCentre | Thursdays1pm-4pm | 01228558602 |



# BOWLING

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Venue** | **Details** | **Contact** |
| BeginnersShort Mat Bowling | Morton Community Centre | Mondays2pm-4pm | 01228531105 |
| Bowling Club | Morton Community Centre | Sundays7.30pm-9.30pm | 01228 531105 |
| Short Mat Bowling | Longtown Community Centre | Mondays1pm-3.00pmTuesdays 1pm-3pm | 01228791876 |
| Short Mat Bowling Club | Yewdale Community Centre | Tuesdays1.30pm-3.30pmThursdays8pm-9.30pm | 01228591270 |



# BRIDGE

|  |  |  |  |
| --- | --- | --- | --- |
| Club | **Venue** | **Details** | **Contact** |
| Bridge Club | Brampton Community Centre | Mondays7pm-10.30pm | 01228 561189 |
| Eden Bridge Club(Beginners) | Town Dyke Orchard, Viaduct Estate, Carlisle | Mondays7.00pm | Beginners:Geoff 542070ImproversJohn 710772 |
| Eden Bridge Club | Town Dyke Orchard, Viaduct Estate, Carlisle | Tuesdays 7.15pm, Wednesdays 7pmThursdays 7.15pmSaturdays 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 CentreSilverdale RdHarraby | Please call or contact our friendly staff for information | 01228 598978 |
| Online Computer ClubFree access to internet and Free Computer Help | Brampton Community Centre, Union Lane | Tues and Fri9.30-11.30am | 016977 45023 |

# DANCING

|  |  |  |  |
| --- | --- | --- | --- |
| CLUB | VENUE | DETAILS | CONTACT |
| Social SequenceDancing | Currock Community Centre | Tuesdays8pm-10pm | 01228 591868 |



# EXERCISE

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Fell Walking | Meet Brampton Community Centre | Wednesdays 8.30am | 016977 45023 |
| Happy Wanderers | Brampton Community Centre | Tuesdays9.30-12noon | 016977 45023 |
| Nifty FiftyTennis | Chatsworth Tennis ClubSt Aidan’s Road | Wednesdays1.00pm-3.00pmOpen to non members | 01228 514187 |
| Park Walks | Morton Community Centre | Mondays 2.30pm30 minute duration | Emma Dixon01228 817370 |
| Pilates | Brampton Community Centre | Fridays9.50am -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 636052Celia Jackson 07594 711332Val Walker 07786 531721 |



# GENERAL

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Cinema Night including refreshments | Burnside CourtRosebery Rd | Thursdays4pm-7pm | 01228542291 |
| Watchtree Nature Reserve | WiggonbyGreat OrtonNr Carlisle | Open daily during summer. Organised walksvarious times | 01228 712539 |
| Whist Drive | LongtownCommunity Centre | 3rd Saturdayin month7.00pm | 01228 791876 |
| Women’s Institute | Brampton WIMoot Hall | 3rd Wednesday of month7.30pm |  |
|  | Cumdivock WIWI Hall | 1st Wednesday of month7.30pm |  |
|  | Longtown WILongtown Memorial Community Centre | 2nd Monday of month7.30pm |  |



# LUNCH CLUBS (OTHER)

| **CLUB** | **VENUE** | **DETAILS** | **CONTACT** |
| --- | --- | --- | --- |
| Coffee Meeting | Bobbin Café at Linton Tweeds. | 1st Saturday of each month. 14:00- 15:30 | Sheena GrayTel: 07765 126236 |
| Drop-in lunches | Morton Community Centre | Wednesdays12pm-1pm | 01228531105 |
| Lunch Club | Currock Community Centre, Lediard Avenue, Carlisle | Thursday 12pm – 1.30pm | 01228 591868 |
| Lunch Club | Country Kitchen, Dalston | 2nd Tuesday of the month12 noon | Joyce Dayson01228 711431 |
| Luncheon Club | Botcherby Community Centre | Fridays11.30am-12.45pm | 01228596992 |



# SEWING/KNITTING/CRAFTS

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Embroiderers Guild | St Herbert Church HallBlackwell Road | Last Saturday in month10.30am-4pmExcept Aug and Dec | 01228 562988 |
| Knit, Stitch and Natter | Brampton Community CentreUnion LaneBrampton | Wednesdays9.30-12noon | 01697745023 |

# Age UK Carlisle and Eden Logo colour.jpg

# SOCIAL

| CLUB | VENUE | DETAILS | CONTACT |
| --- | --- | --- | --- |
| Houghton Evergreens | Houghton Village Hall | Thursdays2pm-4pm | Mr Webber01228 594707 |
| Towns women’s Guild | Currock HouseCommunity Centre | Mondays8.30pm-10pm | 01228 591868 |
| Tyne StOver 60’s | Grey Stone Community Centre | Thursday1pm-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 HallWarwick SquareCarlisle | Dementia CafeSecond Wednesday of the month10am-12pm | 01228 819299 |
|  | The New Waterton HallWarwick SquareCarlisle | Singing for the BrainThursday1.30pm-3pm | 01228 819299 |
|  | Walking Group | Easy walks followed by lunchEvery six weeksCall for details | 01228 819299 |
| Blood BuddiesFor those affected by leukaemia, lymphoma, myeloma orassociated conditions. | Bidders Bar atThe Auctioneer, Rosehill, Carlisle at 7.00pm | 2nd Mondayof month | Angela Docherty secretary toDr O’Brien on01228 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 – Friday10am-4pm | 01228 814283 |
| Carlisle Carers | Fusehill Street, Carlisle | Carer Support | 01228 542156 |
| Carlisle ME /CFS Support Group | Lintons | 2nd Saturdayin 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@colostomyassociation.org.uk |
| Macmillan Information and Support Services | Cumberland Infirmary, Newtown Road, Carlisle | Monday-Friday10am-4pm | Hilary Kendal01228 814283 |
| North Cumbria Prostate Cancer Support Group | Morton Manor | 1st Tuesdayin month7pm | Jim Allan 01228 539510email: 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-September10am-6pmOctober10am-5pm | 01228 591922 |
| Carlisle Cathedral | ServicesRestaurant and Gift Shop |  | 01228 548151 |
| VueCinemas 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 LibraryThe Lanes Carlisle | Community InformationReference InternetActivities, 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*.**