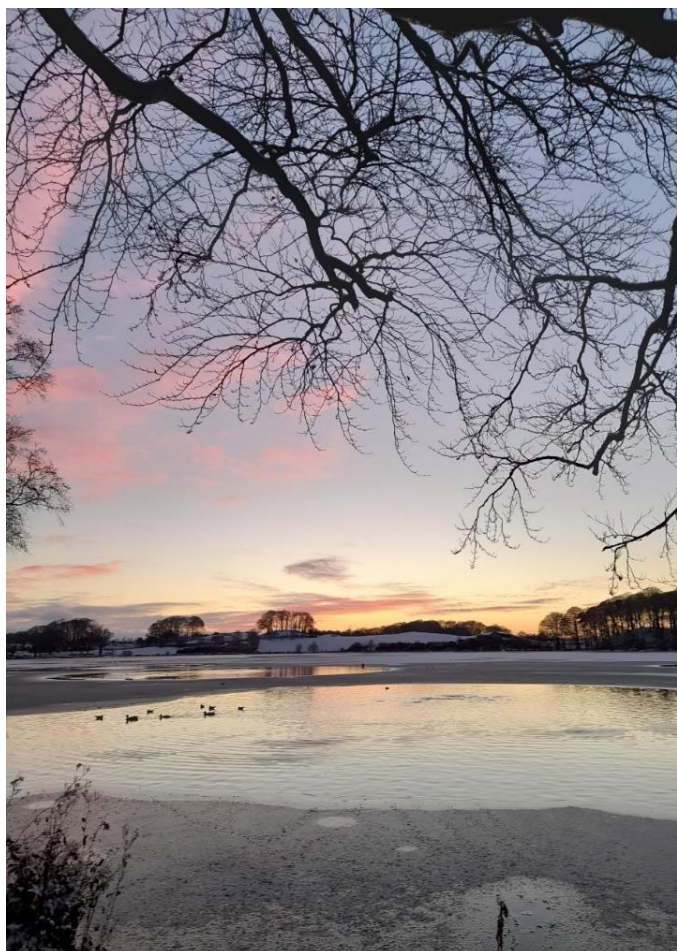


Eden

Social Diary

2023



Make the Most Out of Life!



Carlisle and Eden
ageUK

If you would like more information please contact:

Age UK Carlisle and Eden

20 Spencer Street

Carlisle

CA1 1BG

Tel: 01228 536673

E-mail: admin@ageukcarlisleandeden.org.uk

www.ageuk.org.uk/carlisleandeden

<https://en-gb.facebook.com/Age-UK-Carlisle-and-Eden-195438317174493>

**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.***

Monday

CLUB	VENUE	DETAILS	CONTACT
Let's Walk	Online classes via zoom	Monday 9.30am	Debbie Jackman 01768 480137 0777 616 2125
Mungrisdale Art Group	Mungrisdale Village hall	Monday 9.30am	Heather Davis 017687 79640
SwingFit with Helen	Zoom Online	Monday 10.00am	Helen 07769 296529
Get Fit 4 Life (Fun, Mobility and Dance)	Penruddock Hall	Monday 10-11am	Debbie Jackman 01768 480137 07776162125 Debbie@getactive.co.uk www.get-active.co.uk
Knit and natter	Penrith Morrisons cafe	Monday 10am-12noon	Just turn up.
Monthly coffee mornings.	Maulds Meaburn Village Institute	Monday 10.30am – 12noon	No booking required Just turn up.
Coffee Club	Dufton Village Hall	Monday 10.30am-12.30pm	Just turn up.
Fit4all exercise class	Frenchfield playing pitches,	Monday 11am	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk

	Penrith (outdoor session)	(contact Rhiannon beforehand)	
Fit4all exercise class	Lazonby Village Hall	Monday 1pm (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk
Short mat bowling	Tirril Reading Rooms	Monday 2-4pm £2 per session	Just turn up.
Eden Dance	Newbiggin Village Hall	Monday 4pm	07394894258 Kellymcclelland@hotmail.co.uk
LIITE (Low impact toning)	Online Zoom via	Monday 6.30pm	Debbie Jackman 01768 480137 07776162125 Debbie@getactive.co.uk www.getactive.co.uk
Table Tennis Club	Warcop Parish Hall	Monday 6.30-8.30pm	No contact details; just turn up.
Eden Valley Camera Club		Monday 7-9pm Sept to April	info@edenvallcameraclub.co.uk Jill Eastham 01768 870824 Ruth Lee 01768 898604
Mindfulness Pilates	Armathwaite School	Monday 7.30pm	Sally Roythorne 07771 635689

Upper Eden Historical Society: Lectures in winter, outings in summer	Kirkby Stephen Grammar School Coffee bar	7.30pm 3 rd Monday of the month	Daveb.williams@virgin.net www.upperedenhistory.org.uk/
Penrith Scottish Country Dance Club	St Andrews Parish Centre Penrith	Monday 7.30-10pm Sept to April	Kay Fenton 01768 428872 kayf@talktalk.net



Tuesday

CLUB	VENUE	DETAILS	CONTACT
Art Club	Glenridding Village Hall	Tuesday 10am Sept to April	Everybody welcome
Fit4all exercise class	On Zoom	Tuesday 10am (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk
Computer Session	Eden Foyer Penrith	Tuesday 10.00am-12 noon	Eden Rural Foyer 01768 861650

Coffee Mornings	Salvation Army Penrith	Tuesday 10am-1pm	Lt Jenny McPhee 01768 866732 jennymcphee@salvationarmy.org.uk
Simplified International Folk Dancing U3A	Threlkeld Village Hall	Tuesday 10.30am-12.30pm	Jean Hutchinson jean@jhutch.myzen.co.uk
Coffee morning	Brackenber Court, Penrith, CA11 9AT	Tuesday 11am	Elizabeth Freeman 07551717375 elizabethfreeman206@gmail.com Emily Warwick 07859950309 emily.warwick@oddfellows.co.uk
Tai Chi + Qigong	St Andrews Parish Rooms Penrith	Tuesday 1.30–2.30pm	Lesley Relph 07516419128 lesleyrelph@hotmail.com
Social Club	Salvation Army Penrith	Tuesday 1.30-3pm	Lt Jenny McPhee 01768 866732 jennymcphee@salvationarmy.org.uk
Community Café	Stainton Village Hall	Tuesday 2-4.00pm	All Welcome; just turn up
Glendale Health Walks	Glenridding Village Hall	Tuesday 2.00pm	All Welcome; just turn up

Gardeners of Eden	The Friends Meeting House Kirkby Stephen	2.00pm 1st Tuesday of each month	Sue Bradley 017683 72700 info@gardeners -of-eden.org.uk
Eden Dance	Newbiggin Village Hall	Tuesday 3.00pm	073948 94258 Kellymcclelland@hotmail.co.uk
Fitness + (Fitness plus stretching)	Threlkeld Hall	Tuesday 4.30-5.30pm	Debbie Jackman 01768 480137 07776162125 Debbie@getactive.co.uk www.getactive.co.uk
SwingFit with Kate	The Salvation Army Penrith	Tuesday 6.15pm	07792628497
Natural Movement (Pilates/Yoga Style)	Online via Zoom	Tuesday 6-6.30pm	Debbie Jackman 01768 480137 07776162125 Debbie@getactive.co.uk www.getactive.co.uk
Pilates	Penrith RFC Winters Park Penrith	Tuesday 6.30pm	Carol Westmorland 01768 896733 07976 266 335
Yoga	Armathwaite Community School	Tuesday 7.00pm	Allison Goodwin 016974 72097 07982 843708 Aliyogini65@yahoo.co.uk

Craft and Craic Group	Tirril Reading Room	Tuesday 7-9pm	No contact info; just turn up.
Brough and Stainmore Art Group	St Michaels Church Hall	Tuesday 7-9.30pm	Karen 07724 641859 Margaret 07776 228455 https://community.saa.co.uk/art-clubs/broughand-stainmoreart-group/
Badminton Seniors	Bolton Memorial Hall	Tuesday 7.30pm Sept-March	Barbara Potts 01931 714079
Rotary Club of Eden	The Bay Horse Inn, Winton Kirkby Stephen	Tuesday 7.30pm	Stephen Barnes Stephen.barnes18@btinternet.com www.upperedenrotary.org.uk
Singing Group	Old School Hall Armathwaite	7.30pm 1st Tuesday in the month	Viv Murray 016974 72451
Swing Dance Class	The Rooms Penrith	Tuesday 7.30-9pm	swingdancecumbria@gmail.com 07769296529

Penrith Club	Art	Brunswick School Penrith	7.30-9pm Last Tuesday of the month (not Dec and Aug)	Terry Cowper 01768 863366
Scottish Reeling Sessions		Mungrisdale Village Hall	7.30-9.30pm Restarts 24 th Sept then every 2 nd Tuesday until Christmas	Sally Bohling 017687 79602
Pilates		Great Salkeld Village Hall	Tuesday 7.45pm	Carol Westmorland 01768 896733 07976 266 335
Penrith and District Keyboard Society		Evergreen Hall Bluebell Lane Penrith	8.00pm 2nd Tuesday of the month	Mark Smith 07766 223497
Online Art Class		Online - Zoom	Tuesday 2.00pm	Contact Elise Hendry 07796463852 artbyelise@outlook.com



Wednesday

CLUB	VENUE	DETAILS	CONTACT
Let's Walk	Online Classes via zoom	Wednesday 9.00-9.30am	Debbie Jackman 01768 480137 0777 616 2125 Debbie@getactive.co.uk www.get-active.co.uk
Cumbria Quality Care Day Services	Eden Business Park, Penrith	Wednesday 9.30am- 3.00pm	Sharon 01768 864637 cumbriaqualitycare@btconnect.com www.cumbriaqualitycare.com
SwingFit with Karen	Appleby Guide Hut	Wednesday 10am	07765 600075
Forces Link – Forward Step	New Squares Car Park, Penrith (Sainsburys)	Wednesday 10am	01768 800350
Yoga	Dufton Village Hall	Wednesday 10-11.45am	Jo Chapman 07902 718957 Booking essential
Computer Sessions	Eden Foyer Penrith	Wednesday 10am– 12noon	Eden Rural Foyer 01768 861650 erf@impacthousing.org.uk

			Booking essential
Music to your Ears: listen to live music, meet new people and enjoy a chat	Penrith Library	Wednesday 10.30-11.15am Various dates throughout the year	01768 812100 Booking Essential
Move it or lose it classes	Haydock Community Centre. Drovers Lane Penrith	Wednesday 10.30-11.30am	Pauline Ireland 07788979640 Pauline.ireland@moveitorloseit.co.uk
Get Fit 4 Life	Tirril Reading Room	Wednesday 10.45-11.45am	Debbie Jackman 01768 480137 0777 616 2125 Debbie@get-active.co.uk www.get-active.co.uk
CAMEO Lunch Club	Salvation Army, Hunter Lane, Penrith	Wednesday 12.15pm	Contact 01768 866732 for further information or email penrith@salvationarmy.org.uk
Mungrisdale Lunch Club	Mungrisdale Village Hall	12.30pm Second Wednesday of the month	Judith Egan 017987 79957
Let's Move	Evergreen Hall Penrith	Wednesday 12.30-1.30pm	Debbie Jackman 01768 480137 0777 616 2125 Debbie@getactive.co.uk www.get-active.co.uk

Walking Health	For Eamont Bridge, Lowther Caravan Park, Penrith	1.30pm Alternate Wednesdays	Lucy.fawcett@cumbria.nhs.uk
Sunbeams Community Music Sessions. Benefits include improved listening and concentration.	Stoller House, Redhills, Penrith	1.30-2.30pm Alternate Wednesdays from 9 Nov 2022 Suggested donation £5.	Liesl@sunbeamsmusic.org
Singing for the Brain: Alzheimer's Society, music activity for people with dementia and their carers	Ullswater Room, Penrith Methodist Church, Penrith CA11 7QY	1.30-3pm 1 st and 3rd Wednesday of the month	www.alzheimers.org.uk 01228 819299 cumbria@alzheimers.org.uk Booking required
Watermillock Painting Group	Watermillock Village Hall	Wednesday 1.30-4pm, From Sept: term time only	Caroline Wood 01768 862431 p.wood61@btinternet.com
Tirril Art Group	Tirril Reading Rooms	Wednesday 1.30-4pm. £10/term	Linda Thomson 01768 83422
Court Thorn Surgery Walk for Health	Court Thorn	Alternate Wednesdays 2pm	07917277060 Amy.kelland@ncic.nhs.uk
Community Café	Newbiggin Village Hall	Wednesday 2-4pm	073948 94258
Fit4all exercise class	Shap Memorial Hall	Wednesday 3.15pm	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk

		(contact Rhiannon beforehand)	
Kirkby Stephen Family History Group	Kirkby Stephen Library	7pm 3rd Wednesday of the month	Carole Lloyd 017683 72028 ksfhistg@googlemail.com
Ravenstonedale Parish History Group	High Chapel, Ravenstonedale	7.30pm Sept-March 3rd Wednesday of the month	Caroline Morris 015396 23308
Line Dancing + Circle Dancing	Memorial Hall Shap	Wednesday 7.30–9pm Sept to May	Glenys Furness 01931 716484
Lazonby History Society	Lazonby Village Hall	7.30-9.30pm Sept-March 3rd Wednesday of the month	www.lazonbyvillagehall.co.uk 01768 898252
Middle Eden Voices	Long Marton Primary School	Wednesday evening during term time.	Barbara Gilbertson 07713488565 bagilbertson@hotmail.co.uk
Wellbeing Wednesdays	Kirby Thore Memorial Hall	Wednesday 2pm to 4pm Free Refreshments	Everyone Welcome

Online Art Classes	Online -Zoom	Wednesday 10.00am And 2.00pm	Contact Elise Hendry 07796463852 artbyelise@outlook.com
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Thursday

CLUB	VENUE	DETAILS	CONTACT
Fit4all exercise class	Appleby (location to be confirmed)	Thursday morning (time to be confirmed) (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk
SwingFit	Threlkeld Village Hall	Thursday 9.30-10.30am	Helen 07769 296529 swingfitwithhelen@gmail.com Book at https://bookwhen.com/swingfitwithhelen
Brough and Stainmore Art Group	St Michael's Church Hall Brough	Thursday 9.30am-12.30pm	Karen 07724 641859 Margaret 07776 228455 https://community.saa.co.uk/artclubs/brough-and-stainmore-art-group/
SwingFit with Karen	Evergreen Hall, Penrith	Thursday 10am	07765 600075
Yoga Mixed class/ Yoga specialising in issues with aging	Mere Syke Hall Shap	Thursday 10-11.30am	Sonia Allen-Wall 01931 716268

Arts and Crafts in the Barn	Great Salkeld Beckbank farm barn CA11 9LN	Alternate Thursdays 10am-12noon	Elizabeth Robinson 01768870027 robson.elizabeth@btintern.et.com
Computer Sessions (booking essential)	Eden Foyer Penrith	Thursday 10am– 12noon	Eden Rural Foyer 01768 861650
Move it or lose it classes	Askham & District Community Hall	Thursday 10.30-11.30am	Pauline Ireland 07788979640 Pauline.ireland@moveitorloseit.co.uk
Upper Eden Memory Club	Methodist Church Hall, Kirkby Stephen	10.30am-12noon Alternate Thursdays	Tony Taylor 01768 342702 revtt@hotmail.com
Golden Years Lunch & Social Club	Newbiggin Village Hall	Thursday 10.30am– 2.30pm	Kaye Jarman 07748423747 24 hours' notice required.
Nordic Natter (Gentle Nordic Walk)	Carleton Village, Penrith	Thursday 10.45-11.45am	Debbie Jackman 01768 480137 0777 616 2125 Debbie@getactive.co.uk www.get-active.co.uk
Nordic Natter (Gentle Nordic Walk)	Carleton Village, Penrith	Thursday 12.15-1.15pm	Debbie Jackman 01768 480137 0777 616 2125 Debbie@getactive.co.uk www.get-active.co.uk

Culgaith Walk and Talk	Alternate Locations: Culgaith, Kirkland, Skirwith & Temple Sowerby	Thursday 1pm	Contact Paul Saager 07168 88702 Paulsaager225@btinternet.com
Fit4all exercise class	Evergreen Hall, Penrith	Thursday 1.45pm (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk
English Country Dancing	Tirril Reading Room	Thursday 2-4pm	No contact details, just turn up.
Eden Dance	Newbiggin Village Hall	Thursday 4pm	073948 94258 Kelly-mcclelland@hotmail.co.uk
Solo footwork salsa dancing along with bubble partner class	Conservative club Penrith	Thursday 7.50pm beginners	Richard Dunn 07917799338 dance@salsaincumbria.co.uk
Kickboxercise (Pad Work and Fitness),	Hackthorpe Tennis Courts	Thu 7-8pm	Debbie Jackman 0777 6162125 debbie@get-active.co.uk
Yoga	Melmerby Village Hall	Thursday 7-8.30pm	Jackie Oliver-Watts 01768 881678 jackieowatts@hotmail.com

Warcop Remote Cinema	Warcop Village Hall	Thursday 7.15pm	A series of feature films on the third Thursday of the month
Badminton (seniors)	Bolton Memorial Hall	Tuesday 7.30pm Sept-March	Barbara Potts 01931 714079
Archaeology Group: online sessions and meeting now available	Supper Room, Market Hall, Appleby	7.30pm on the second Thursday of the month	Richard Stevens app.arch@richardstevens.plus.com www.applebyarchaeology.org.uk
Keswick Crazy Kickers Line Dance Club: intermediate and advanced level	Threlkeld Village Hall	Thursday 7.30-9.30pm	clairekrazyk@aol.com
Book Club	Great Asby	Thursday 8pm	Meet in the pub.
Folk Dance Group	Newbiggin on Lune Village Hall	April to September Thursday 7.45pm -10pm	Chris Bland 015396 24258

Friday

CLUB	VENUE	DETAILS	CONTACT
Yoga	Watermillock Village Hall	9.30-11.30am	jane.yoga10@gmail.com Places limited, so please contact first
Cumbria Quality Care Day Services	Eden Business Park, Penrith	Friday 9.30am-3.00pm	Sharon 01768 864637 cumbriaqualitycare@btconnect.com www.cumbriaqualitycare.com
Fit4all exercise class	On Zoom	Friday 10am (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk
Get Fit 4 Life	Langwathby Village Hall	Friday 10.15-11.15am	Debbie Jackman 01768 480137 0777 616 2125 Debbie@getactive.co.uk www.get-active.co.uk
Fit4all exercise class	Glenridding Village Hall (starting January 2023)	Friday 12noon (contact Rhiannon beforehand)	Rhiannon Douglas 01946 853333 (option 6) Rhiannon.douglas@ncic.nhs.uk

Outdoor Fitness (Fitness For All)	Dockray	Friday 12noon-1pm	Debbie Jackman 0777 6162125 Debbie@getactive.co.uk www.getactive.co.uk
Yoga	Watermillock Village Hall	9.30- 11.30am	jane.yoga10@gmail.com Places limited, so please contact first
Kickboxercise (Pad Work and Fitness)	Stainton V Hall	Friday 1.30- 2.30pm	Debbie Jackman 0777 6162125 Debbie@getactive.co.uk www.getactive.co.uk
Soup and Sweet	Soulby Village Hall, Soulby No Booking Required	12noon- 1.30pm Last Friday of the month except December. Cost £6.00	Audrey March 017683 71396
U3A: Badminton	Lazonby Village Hall	Friday 2- 4pm	No contact info
Scottish Dancing: beginners/social dancing	Village Hall Eamont Bridge	Friday 2- 4pm Sept to April	Kay Fenton 01768 428872 kayf@talktalk.net

Art Club	Old School Hall Armathwaite	Friday 2.30pm	Teresa Mathews 016974 72493
Art Class	Warcop Village Hall	Friday 10am – 12pm	Contact Elise Hendry 07796463852 artbyelise@outlook.com



Saturday

CLUB	VENUE	DETAILS	CONTACT
Coffee morning	Masonic Hall, Alston.	Second Saturday of the month, 10-11.30am	Just turn up.
Coffee Mornings	Salvation Army, Hunter Lane, Penrith	Second and fourth Saturday of every month 10am-1pm	Lt Jenny McPhee 01768 866732 www.salvationarmy.org.uk/penrith

Repair Café, run by Penrith Action for Community Transition (PACT)	Old Fire Station, Penrith, CA11 8HY. (Entrance at the back; car park available).	10am-1pm Second Saturday of the month	Trevor 01768 863424
Eden Valley Guild of Spinners, Weavers and Dyers	Mungrisdale Village Hall	10am-4pm Third Saturday of the month	Frances 017683 71006 www.Edenvalleyguild.co.uk

General

CLUB	VENUE	DETAILS	CONTACT
Computer Session	Penrith Library	Free one hour 1:1 computer lesson	Penrith Library 01768 812100
Carers Support at Dementia Café	Online	Contact for details	Sandra Evans 07484 040598
Hear and Now Support Group	Call for details	Contact for details	Paul Donald 07905 423772
Alston Moor Fitness Club	Community Gym, Alston	Contact for details	07432 729302 alstonmoorfitnessclub@hotmail.co.uk
University of the Third Age (U3A)	Penrith and North Lakes, various	A wide range of courses	07746298694
Pilates and Yoga Classes	Online 1 to 1 private sessions on Zoom	Contact for details	Emma Brown 07545 480326 emmajaynebrowncoachin@gmail.com

Disabled Ramblers	Various places	Full details on website	Through the website: membership@disabledramblers.co.uk www.disabledramblers.co.uk
Stainmore Railway	Kirkby Stephen East	See website for volunteer opportunities www.kirbystepheneast.co.uk	Joan Lennox 017683 42975
Penrith Ramblers	Various Places	http://www.penrithramblers.org.uk/ Full details on Website Activities include short and easy walks	01768 897159



USEFUL INFORMATION

VENUE	WHAT'S ON	DETAILS	CONTACT
Lonsdale Alhambra, Penrith	Film showings	Various times	01768 862400
Penrith Castle	Guided tours	Monday-Sunday 9am-5pm	0191 269 1200
Penrith Leisure Centre	Sports and Leisure events	Various times and dates	01768 863450
Penrith Library	Browsing, borrowing and PC access	Monday-Friday: 9.30am to 12.30pm, 1.30pm to 5pm	01768 812100
Penrith Tourist Information	Local tourist and events information	Monday-Saturday 10am-4pm	01768 867466

U3A Penrith & North Lakes	The U3A is a growing local, national and international network of self-help educational, cultural and recreational activities, organised for and by retired and semi-retired people of all ages.	For further details see website https://penrithandnorthlakesu3a.org.uk	
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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.