

# Carlisle Social Diary 2026



***Age UK North Cumbria offers a variety of support to those 50+***

***Home Support  
Information and Advice***

***Handyperson  
Social Activities***

***Hospital Discharge (Health and Social Care referrals only)***

***Rolling on (Health and Social Care referrals only)***

***Free Home Energy Checks (Seasonal)***

***Retail Outlets***

***Volunteering Opportunities***

**Please Contact us to find out more**

**Age UK North Cumbria**

**20 Spencer Street**

**Carlisle**

**CA1 1BG**

**Tel: 01228 536673**

**Email: [admin@ageuknorthcumbria.org.uk](mailto:admin@ageuknorthcumbria.org.uk)**

***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
The Hub Cafe	Yewdale Community Centre Carlisle	Monday 9am-12noon	01228 591270 info@yewdaleecc.co.uk
Brampton Woodworkers	The Hut, Brampton Community Centre	Monday 9am-4pm Work on your own projects, with help of a tutor	<a href="mailto:bwoodwork.club@gmail.com">bwoodwork.club@gmail.com</a>
Tai Chi	Brampton Community Centre	Monday 9.45-10.45am £8 per individual session or £6 when block booked.	016977 45023
SwingFit	Dalston Victory Hall	Monday 10.00am	Contact Helen 07769296529
Wellbeing Walks	Watchtree Nature Reserve Wiggonby	Monday 10.00am	Contact Brian Scroggie 01228 523254 07724071636 <a href="mailto:Brianscroggie@totalise.co.uk">Brianscroggie@totalise.co.uk</a>
Tai Chi	Denton Holme Community Centre	From September Monday 10-11am	01228 710898 clair.hannah@dentonholmecc.co.uk
Tai Chi	Longtown Community Centre	Monday 10-11am	01228 791876

Textiles, Craft and Chat Better Together	Harraby Community Centre	Monday 10am- 12noon	Living Better Together Team 01228 674950 email <a href="mailto:livebt@lbtuk.org">livebt@lbtuk.org</a> .
Veterans Lunch Club	Cumbria's Museum of Military Life Carlisle Castle	Mondays 12.30- 2.30pm	Further info on <a href="#">Veterans Lunch Club - Forces Link CIC</a>
Short Mat Bowling	Longtown Community Centre	Monday 12.30- 3.30pm	01228 791876
Irthing Valley Bowling Club	Brampton Community Centre	Monday 1-3pm £25 one-off membership fee, then £2 per session. All welcome.	07979 922800 <a href="mailto:michael.godridge9@gmail.com">michael.godridge9@gmail.com</a>
Art Class	Denton Holme Community Centre	Monday 1- 3pm	01228 528692
Towns women's Guild	Currock House Community Centre	Second Monday of the month 1.30pm	01228 591868
Camera Club	Belah Community Centre	Second and fourth Monday of every month 1.30- 3.30pm	Contact Rob 07485462838

Memory Matters Carers Support Group	Old Town Hall Carlisle	Monday 1.30-3.30pm (Drop in)	Memory Matters Team Hazel Wright 01228 602100
Womens Institute	Longtown Memorial Community Centre	Second Monday of the month 2pm October-March	01228 521774
Park Walks	Morton Community Centre	Monday 2.30-3pm	Emma Dixon 01228 817370
Yoga with Maria	Botcherby Community Centre	Monday 2 Classes 6.15pm & - 8.20pm	<a href="mailto:Maria-yoga@outlook.com">Maria-yoga@outlook.com</a> <b><u>01228 596992</u></b>
Esk Singers	Longtown Community Centre	Monday 6.45-8.45pm	01228 521774
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Monday	<a href="http://www.bridgewebs.com">www.bridgewebs.com</a>
Arts and Crafts	Brampton Community Centre The Hut	Monday 7-9pm	016977 45023
Carlisle & Border Art Society	Denton Holme Community Centre	Monday <b><u>7-9pm</u></b>	<b><u>01228 528692</u></b>

Monday Night Seniors Club	St Margaret Mary's Community Centre	Monday 7-11pm	Contact Jenny 07532207511
Women's Institute	Longtown Memorial Community Centre	Second Monday of the month 7.30pm April-September	01228 521774
Walking Netball	Currock House Community Centre	Mondays 1.30pm – 2.30pm	01228 591868
Monday Meet up	LoveAge and Thyme 66 Lowther Street	Mondays 1pm – 3pm	Age UK North Cumbria 01228 536673
Ladies Walking Football	Sports Centre, University of Cumbria, Fusehill Street, Carlisle, CA1 2HH.	Mondays 2pm – 3pm	Emma on 07787431550, or visit <a href="https://www.facebook.com/carlisleladies-walking-football-61558027603707/">https://www.facebook.com/carlisleladies-walking-football-61558027603707/</a>
Fun Bowls, Boccia and Kurling	Brampton Community Centre	10am – 11.30am	Living Better Together Team 01228 674950 email <a href="mailto:livebt@lbtuk.org">livebt@lbtuk.org</a> .

Living with Pain	iCan Wellbeing Group Unit 18, The Maltings, Bridge St, Carlisle CA2 5SR	2pm – 3pm	01228 819101
Meditation Mondays	iCan Wellbeing Group Unit 18, The Maltings, Bridge St, Carlisle CA2 5SR	4pm – 5pm	01228 819101
LoveAge and Thyme Lunch	66 Lowther Street Carlisle CA3 8DP	11.30 – 1pm	Please email <a href="mailto:admin@ageuknorthcumbria.org.uk">admin@ageuknorthcumbria.org.uk</a> to book

## TUESDAY

CLUB	VENUE	DETAILS	CONTACT
Brampton Woodworkers	The Hut, Brampton Community Centre	Tuesday 9am-4pm Work on your own projects, with help of a tutor	bwoodwork.club@gmail.com
Happy Wanderers Walk	Brampton Community Centre	Tuesday Meet at 9.30am	016977 45023
Ukulele	Belah Community Centre	1st and 3rd Tuesday of the month 9.45-11.45am	Contact Malcolm Robinson
Forces Link – Forward Step Walk	Castle Car Park, Devonshire Walk	Tuesday 10am	01768 800350
Yoga	Brampton Community Centre	Tuesday 10–11am	016977 45023
Dementia Friendly Café	Methodist Church Dalston	Third Tuesday of every month 10am-12noon	Maureen Robinson 01228 533445 07740 809 628
Knit and natter	Morrison's Supermarket Carlisle	Tuesday 10:30-12:30am	Just turn up. Bottom end of café.
Tea and Chat	St Martins Church Cottage Brampton	Tuesday 11am–12 noon Monthly	01228 593104 <a href="mailto:carlisleblindociety@gmail.com">carlisleblindociety@gmail.com</a>
Chair Yoga	Brampton Community Centre	Tuesday 11.15am-12.15pm	016977 45023
Meet to Eat Lunch Club	Dalston Methodist Church No Booking Required	First Tuesday of every Month 11.45am-1pm	Maureen Robinson 01228 533445 07740 809 628

Swing Fit	Brampton Community Centre	Tuesday 12noon-1pm	Karen 07792628497
Soup at Sandsfield	Yewdale Community Centre	First Tuesday of the month 12.30pm	01228 591270
Friendly Boccia League	The Sands Centre	10am – 11.30am (term time only)	Living Better Together Team 01228 674950 email livebt@lbtuk.org.
Short Mat Bowling	Longtown Community Centre	Tuesday 12.30 -3.30pm	01228 791876
Shake then Cake' seated workout	Currock House Community Centre	1-2.30 pm	Living Better Together Team 01228 674950 email livebt@lbtuk.org
Better Together Upcycling	Cumbria Wildlife Trust, Gosling Sike Farm, Houghton	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month 1-3pm	Living Better Together Team 01228 674950 email livebt@lbtuk.org
Short Mat Bowling Club	Yewdale Community Centre	Tuesday 1.30-3.30pm	01228 591270
Botanical Art	Scotby Village Hall	Tuesday 1.30-3.30pm	scotbyvillagehall@gmail.com
Walking Football	Neil Centre Brunton Park Carlisle	Tuesday 2-3pm	01228 554169 07862724318
Healthy U Super Seniors Circuits	Botcherby Community Centre	Tuesday 2-3pm	01228 596992

Stroke Survivors Adapted Art Group	WeCan Wellbeing Centre	Tuesdays 2-4pm	Jenna Sutherland- 0800 0386018 Jenna@icanfitne sscumbria.co.uk
Live Well Group	Currock House Community Centre	Second Tuesday of the month 1pm -3 pm	01228 591868 <a href="mailto:info@currockcc.co.uk">info@currockcc.co.uk</a>
Cumdivock Art Group	WI Hut Cumdivock	Tuesday 3-5pm	Chris Henderson 01228 710282
Yoga	Brampton Community Centre	Tuesdays 5.30-6.30pm	016977 45023
Eden Bridge Club	Online sessions	Tuesday 7pm	<a href="http://www.bridgewebs.com/eden">www.bridgewebs.com/eden</a>
North Cumbria Prostate Cancer Support Group	Morton Manor	First Tuesday of the month 7-9pm	Jim Allan 01228 539510 james101@talktalk.net
The Gatehouse Social Evening	The Bidders Bar Auctioneer Rosehill Carlisle CA1 2RW	First Tuesday of the month 7-9pm	Jill Glencross Funeral Directors – Organiser 01228 317373
Brampton Community Orchestra	Brampton Community Centre	Tuesday 7.30pm	Ian Warnes (Conductor) jiwarnes123@gmail.com
Women's Institute	Castle Carrock Village Hall	First Tuesday of the month 7.30pm	Bev Forster 07989 237684

St Lukes Womens Fellowship	St Lukes Stonegarth Carlisle	2 <sup>nd</sup> Tuesday of every month	Dorothy 07746744890
Bingo	Longtown Community Centre	7.30pm -9.00pm	01228 791876
Living with and beyond Cancer	iCan Wellbeing Group Unit 18, The Maltings, Bridge St, Carlisle CA2 5SR	1.30pm – 3pm	01228 819101
iCan Connect – Coffee Morning	iCan Wellbeing Group Unit 18, The Maltings, Bridge St, Carlisle CA2 5SR	10am – 11:30am	01228 819101
Walk and Talk – Walking support group for those experiencing bereavement	Chances Park Hammonds Pond	1st Tuesday of the Month 3 <sup>rd</sup> Tuesday of the month Both start at 11am	Eden Valley Hospice 01228 810801

### WEDNESDAY

<b>CLUB</b>	<b>VENUE</b>	<b>DETAILS</b>	<b>CONTACT</b>
Knit and Natter	Brampton Community Centre	Wednesday 9.30am–12noon	016977 45023
Coffee Morning	The Lookout – Community Hub Shadygrove Road Carlisle	4th Wednesday of the month 10–1pm	Call or text on 07413258279

Meet Me at the Museum	Tullie House	1st Wednesday of the month 10.30–11.30am	Catherine.moss-luffrum@tulliehouse.org 01228 618781
Young At Heart	Currock Community Centre	Wednesday 1-2.30pm	0122 5918688
Art Group	Currock Community Centre	Wednesday 1-3pm	01228 591868
Line Dancing	Longtown Community Centre	Wednesday 2.00pm to 3.30pm	01228 791876
Crafty Crafters	Yewdale Community Centre	Wednesday 6-8pm	Margaret 07376431770
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Wednesday 7pm	<a href="http://www.bridgewebs.com/eden">www.bridgewebs.com/eden</a>
Women's Institute	Cumdivock WI Hall	1 <sup>st</sup> Wednesday of month 7pm	<a href="http://www.ccfwi.org.uk">www.ccfwi.org.uk</a> 01228 710282
Quiz Night	Morton Manor	1st Wednesday of the month	01228 531105
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Wednesday 7pm	<a href="http://www.bridgewebs.com/eden">www.bridgewebs.com/eden</a>
Meditation and Mindfulness	Belah Community Centre	Every Wednesday 11am -12pm	Contact Dave Stanford 01461 338446

Adult Fitness	Yewdale Community Centre	Wednesday 9.15am - 10.45am	01228 591270
'Cumbria Stroke Peer Support Group'	Online	Held Monthly on a Wednesday 11.00am to 12.20pm Contact organiser for more details	Contact Emma on 07739 746 098, or Gemma 07739 746 095 <a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
Healthy Hopes	Denton Holme Community Centre	Wednesday 1pm to 2.30pm Free to attend	01228 528692
Eden Bridge Club		Online Wednesday 7pm	<a href="http://www.bridgewebs.com">www.bridgewebs.com</a>
Yoga	Botcherby Community Centre	Wednesday 6pm – 7pm	01228 596992
Yoga	Longtown Community Centre	Wednesday 7pm to 8.30pm	01228 791876
Sequence Dancing	Morton Community Centre	Wednesday 7.15 – 10.30	01228 531105
Sequence Night Dancing	The Tithe Barn, Carlisle	Wednesday 8-10pm £5.50	07702 276477 info@danceeden.com
A Cup of Friendship	St Augustine's Church	Monthly 10.30am	
Breathing Space	The Watson Hall Castle Carrock	1.00pm – 3.30pm	Living Better Together Team 01228 674950 email livebt@lbtuk.org.

## THURSDAY

<b>CLUB</b>	<b>VENUE</b>	<b>DETAILS</b>	<b>CONTACT</b>
CADAS Health Walk	CADAS 3-5 Victoria Place, Carlisle, Cumbria, CA1 1EJ	Thursday 10am	To pre-book contact Lois 07714 773289 loiss@cadas.co. uk
Brampton Poets Club	Brampton Community Centre	First Thursday of every month 10am	David Bamford davidbamford0 @gmail.com
Lunch Club	Country Kitchen, Dalston	2nd Thursday of every month	Joyce Dayson 01228 711431
Introduction to IT	Pennine Way Community Development Centre Silverdale Rd Harraby	Thursdays 10.00am to 12pm	01228 227304
Walk and Talk	iCan Wellbeing Group Unit 18, The Maltings, Bridge St, Carlisle CA2 5SR	9.30am – 11am	01228 819101
Parkinson's UK Exercise Group	Currock Community Centre	Thursday 11.00- 12.00pm	01228 591868
Houghton Evergreens	Houghton Village Hall	Opening soon Thursday 2-4pm	Mr Webber 01228 594707

Healthy U Super Seniors Circuits	Botcherby Community Centre	Thursday 2:30-3:30pm	01228 596992
Bingo	Brampton Community Centre	First Thursday of the month 7pm	016977 45023
Line Dancing	Longtown Community Centre	Thursday 7-8.45pm	01228 791876
History Talks	Currock Community Centre	Thursday 1.30-2.15pm Once a month Contact Currock House for details	01228 591868
Singing for the Brain Alzheimer's Society	New Waterton Hall Carlisle	Held on a Thursday Booking required	01228 819299
Short Mat Bowls	Upperby Parish Community Hall	Every Thursday 2-4pm	Contact 01228 543735
St Margaret Mary's Social Group	St Margaret Mary's Community Centre	Thursday 2pm to 4pm	01228 524295

Lunch Club	Methodist Church Monkhill Burgh By Sands CA5 6DB	Last Thursday of every month 12noon	Lynne Graham 01228 576585 Kathleen Bowron 01228 575010
Art Class	Scotby Village Hall	1.30pm to 3.30pm	scotbyvillagehall @gmail.com
Stained Glass Group	Brampton Community Centre	Thursday 7- 9pm  £30 for 10 weeks	Charmi McCutcheon charmymc@yah oo.co.uk
Brampton Local History Group	Brampton Community Centre	Third Thursday in the month 7.30pm Just turn up. £2	David Moorat 106977 2802
Womens Institute	Scotby Village hall	2 <sup>nd</sup> Thursday of the month 7.30pm to 9.30pm	scotbyvillagehall @gmail.com
Ukelele Group	Castle Carrock Village Hall	Alternative Thursdays 8pm	Ian Brown
Lunch Club	Longtown Community Centre	Thursday 11.00am - 1.30pm	01228 791876

Embroidery Class	Longtown Community Centre	Thursday 7pm -9pm	01228 791876
Carlisle Sight Support Coffee Time at Number 9	9 Brunswick Street Carlisle CA1 1PB	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the Month 11am to 12 noon	<a href="mailto:carlisleblindsociety@gmail.com">carlisleblindsociety@gmail.com</a> 01228 593104
Social Club	The Lookout Community Hub	Last Thursday of the Month 10.30am - 12.30am	01228 536673 admin@ageukcarlisleandeden.org.uk
Comfort Café	Brampton Community Centre	4th Thursday of every month. 10am	Eden Valley Hospice 01228 810801
Longton Soci-Ability Activity Hub	Longtown community Centre	9.30am – 12.00noon	Living Better Together Team 01228 674950 email livebt@lbtuk.org
Dementia Friendly Activity Hub	Brampton Community Centre	12.30– 3.00pm	Living Better Together Team 01228 674950 email livebt@lbtuk.org
Armathwaite Thursday Club	The Old School Hall, Armathwaite	4th Thursday of every month	Jenny Roscoe 016974 72383 / mob. 07776187579

Time in Nature	Gosling Sike Cumbria Wildlife Trust, Houghton Road, Houghton CA3 0LD When?	2.00-3.30pm Various dates	01228 829578, 07741858382 or email lizzyb@cumbria wildlifetrust.org. uk
Souper Thursdays	Petteril Bank Community Hall Meade Road, Carlisle, CA1 3BW	12 – 1.30pm	01228 536673 Age UK North Cumbria

## FRIDAY

CLUB	VENUE	DETAILS	CONTACT
Healthy U Walking Football (Dementia Friendly)	Botcherby Community Centre	Friday 2.30pm – 4pm	01228 596992
Pilates	Brampton Community Centre	Friday 9.15-10.15am	016977 45023
Reiver Quilters	Morton Community Centre	First Friday of the Month  10am-4pm	01228 531105
'Shake then Cake'	Harraby Community Centre	Friday 10.30 am to 12pm	Living Better Together Team 01228 674950 email livebt@lbtuk.org.
Read, Listen & Chat	Brampton Community Centre	Fourth Friday of the month 11am-12.30pm £2 Social group to discuss books, podcasts, books for the partially sighted and Braille books.	<u><a href="mailto:sherry1reidford@icloud.com">sherry1reidford@icloud.com</a></u>

Renew @ Cornerstone Weekly Café	St James Church James Street	Every Friday 1pm	01228 810616
The Hub Cafe	Yewdale Community Centre Carlisle	Friday 9am- 12noon	01228 591270 info@yewdalecc.co.uk
Meditation Class	Botcherby Community Centre	Friday 12pm	01228 596992
Walking Football followed by a cuppa	Botcherby Community Centre	Friday 1.30pm- 3pm	07807665543
Walking Football	Neil Centre Brunton Park	Friday 2- 3pm	01228 554169 07862724318
Dementia Friendly Coffee morning	St Margaret Marys Parish Community Centre	Friday 11.30am - 12.30pm	01228 524295
Men Supporting Men Group Activity Group with refreshments	WeCan Wellbeing Centre The Maltings Carlisle	Friday 10.30am- 12pm	<a href="#">i</a> 08000 386018
Exercise For Older Adults	Held at Morton Manor and St Lukes Church Morton	Friday Morton Manor 1.30pm St Lukes Church 2.30pm	Contact Joe for full details 07701057288

Knit and Natter	Scotby Village Hall	Friday 1pm to 3pm	scotbyvillagehall@gmail.com
Irthing Valley Bowling Club	Brampton Community Centre	Friday 6.30-9pm £25 one-off membership fee, then £2 per session. All welcome.	07979 922800 michael.godridge9@gmail.com
Walking Football for women	Soccer World Rome St Carlisle	Friday 5-6pm	carlisleladiesfootball@gmail.com
Walking Football	Soccer World Rome St Carlisle	Friday 6-7pm	<a href="mailto:Jackstone2@sky.com">Jackstone2@sky.com</a>
Art Class	Currock House Community Centre	Friday 10.00am to 12 noon £400	01228 591868
Feel Good Fridays	LoveAge and Thyme, 66 Lowther Street, Carlisle, CA3 8DP	First Friday of the month 10.00am – 11.30am	Age UK North Cumbria 01228 536673
United in Memories Dementia Cafe	East Stand Lounge Brunton Park	Last Friday of the month 12.00 – 2pm	01228 554169

**SATURDAY**

Men's Breakfast	Methodist Church, Dalston	1 <sup>st</sup> Saturday of the month Call for time.	T. Little 01228-711548
Bead Workers Group	Morton Community Centre	1 <sup>st</sup> Saturday of the Month 9.30am-2.30pm	01228 531105
Drumming Sessions Urban Village Community Arts	The Vineyard Hub Lorne Street Denton Holme	Saturday 2.30pm-4pm	Alan Culley 07546225317 <a href="mailto:urbanvillagect@gmail.com">urbanvillagect@gmail.com</a>
Saturday Social Club	Heathlands	First and third Saturday of the month 11am – 3pm	Living Better Together Team 01228 674950 email <a href="mailto:livebt@lbtuk.org">livebt@lbtuk.org</a> .
Pilates/Yoga	Scotby Village Hall	Saturday 11.30am to 1pm	<a href="mailto:scotbyvillagehall@gmail.com">scotbyvillagehall@gmail.com</a>

## GENERAL

<b>CLUB</b>	<b>VENUE</b>	<b>DETAILS</b>	<b>CONTACT</b>
Watchtree Nature Reserve	Wiggonby Great Orton Nr Carlisle	Open daily during summer. Organised walks various times	01228 712539
Eden Bridge Club Practice rooms	Town Dyke Orchard, Viaduct Estate, Carlisle	Online Monday-Sunday from 10am	01228 534650
50+ Forum	Brampton	5-6 meetings a year at varied times, determined by the availability of speakers. Also some tea parties.	Ann Oswin <a href="mailto:ann.oswin@bramptoncumbria.uk">ann.oswin@bramptoncumbria.uk</a> 01228 675684

## SUPPORT AND HEALTH GROUPS

<b>Group</b>	<b>Venue</b>	<b>Details</b>	<b>Contact</b>
Blood Buddies For those affected by leukaemia, lymphoma, myeloma, or associated conditions.	Bidders Bar at The Auctioneer, Rosehill, Carlisle	Mondays 7pm	Angela Docherty secretary to Dr O'Brien on 01228 814511

<b>Group</b>	<b>Venue</b>	<b>Details</b>	<b>Contact</b>
CADAS	Carlisle 5 Victoria Place, Carlisle, CA1 1EJ	Offers one to one and peer support	General Enquiries (10am-5pm, Mon-Fri): 0300 111 4002 Addiction Helpline (11am-6pm, Mon-Fri): 0800 2545658
Cancer Information and Support Centre	Cumberland Infirmary, Newtown Road, Carlisle	Monday-Friday 11am-2.30pm	01228 814283
Carlisle Sight Support Carlisle Society for the Blind	9 Brunswick Street, Carlisle	Information and Advice Carlisle Sight Support Macular Disease Society	01228 593104 24hr answerphone
Colostomy Association	24-hour helpline		e-mail: cass@colost omyassociati on .org.uk 08003284257
Macmillan Information and Support Services	Cumberland Infirmary, Newtown Road, Carlisle		Tori Crotty/Steph Connell 01228 814283
Parkinson's Awareness	St James Church	Branch Meeting 3 <sup>rd</sup> Tuesday of every month 2.30pm to 4.30pm	Linny Rubra 0344 225 3604

<b>Group</b>	<b>Venue</b>	<b>Details</b>	<b>Contact</b>
Pulmonary Fibrosis Support Group	Wigton Hospital	Last Friday of every month 2pm to 4pm	Contact <a href="mailto:sara.mason@ncic.nhs.uk">sara.mason@ncic.nhs.uk</a> to book
Carlisle Dementia Action Alliance	Dementia Information Sessions Longtown Community Centre Brampton Community Centre	Dementia Support Sessions	Contact <a href="mailto:rotary.walsh601@outlook.com">rotary.walsh601@outlook.com</a>

### **USEFUL INFORMATION**

<b>VENUE</b>	<b>WHAT'S ON</b>	<b>DETAILS</b>	<b>CONTACT</b>
Carlisle Castle	Guided Tours and Special Events	Booking in advance 10am-5pm	01228 591922
Carlisle Cathedral	Services Restaurant and Gift Shop	10am-3pm	01228 548151
Tullie House Museum and Art Gallery	Exhibitions, Workshops, Talks, Performances, Films	Various dates and times	01228 618718
Carlisle Library The Lanes Carlisle	Community Information, Reference, Internet, Activities, Talks	To check times, contact library	01228 227312
National Dementia Helpline			030002221122

***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 the information shown in this diary. We would also love to hear from new clubs and groups who would like to be included.***