

Carers' Hubs

Come along for a coffee & chat with other Carers. A Volunteer or member of staff will be there to welcome you.



<p>Court Thorn Hub Court Thorn Surgery, Low Heskett, CA4 0HP (1st Monday of month, not Bank Holidays)</p>	<p>Monday 1pm-3pm 5th June, 3rd July, 7th Aug, 4th Sept, 2nd Oct.</p>
<p>Penrith Hub The George Hotel, Devonshire St, Penrith, CA11 7SU (1st Tuesday of the month)</p>	<p>Tuesday 10.30am-12pm 6th June, 4th July, 1st Aug, 5th Sept, 3rd Oct.</p>
<p>The Men's Hub Various venues, please contact the office (2nd Tuesday of the month)</p>	<p>Tuesday 1.30pm-3.30pm 13th June, 11th July, 8th Aug, 12th Sept, 10th Oct.</p>
<p>Penrith Lunch Hub (please arrive at 12pm) Lemon Tree Café, Devonshire Arcade, Penrith, CA11 7SX (3rd Wednesday of the month)</p>	<p>Wednesday 12pm 21st June, 19th July, 16th Aug, 20th, Sept, 18th Oct.</p>
<p>Alston Hub The Chat Room, Front Street, Alston, CA9 3SE (Last Thursday of the month)</p>	<p>Thursday 10am-11.30am 29th June, 27th July, 31st Aug, 28th Sept, 26th Oct.</p>
<p>Kirkby Stephen Memory Club Methodist Church Hall, High St, CA17 4SG (Join with the memory club on certain dates once a month)</p>	<p>Thursday 10.30am-12pm 22nd June, 20th July. Contact our office for more dates.</p>
<p>Appleby Memory Club Methodist Church on The Sands, Appleby (Join the memory club certain dates in the month)</p>	<p>Wednesday 10.30am-12pm 14th June, 12th July, 9th Aug. Contact our office for more dates</p>
<p>Drop in - Carlisle Library, 1st Floor, CA3 8NX Information & Advice on your caring role. (1st & 3rd Thursday of the month)</p>	<p>Thursday 2pm-4pm 6th & 20th July, 3rd & 17th Aug, 7th & 21st Sept, 5th & 19th Oct.</p>
<p>Coffee & Chat - Tullie House, Carlisle Tullie House Museum & Art Gallery, CA3 8TP (1st Tuesday of the month)</p>	<p>Tuesday 10.30am-12pm 6th June, 4th July, 1st Aug, 5th Sept, 3rd Oct.</p>
<p>Tea & Scone - Houghton Garden Centre Houghton, Carlisle, CA6 4JB (3rd Tuesday of the month)</p>	<p>Tuesday 10.30am-12pm 20th June, 18th July, 15th Aug, 19th Sept, 17th Oct.</p>
<p>Coffee & Chat - Brampton Community Centre Brampton Community Centre, Union Lane, CA8 1BX (2nd Wednesday of the month)</p>	<p>Wednesday 10am-12pm 14th June, 12th July, 9th Aug, 13th Sept, 11th Oct.</p>
<p>Coffee & Chat – Cornerstone Coffee Shop, Carlisle 62-66 Denton St, Denton Holme, CA2 5EH (4th Wednesday of the month)</p>	<p>Wednesday 1pm-3pm 28th June, 26th July, 23rd Aug, 27th Sept, 25th Oct.</p>