

Eden Area Support and Activities for People Living with Dementia and their Carers

Local support and activities

Note: There may be a charge for some activities. For further information, contact the organiser directly.

<p>Alzheimer's Society</p> <p>Support and Virtual Singing for the Brain</p>	<p>For dementia support and advice please contact your Local Dementia Adviser Service on 01228 819299 or the national support line on 0333 150 3456. Maria Day is the Dementia Adviser for Eden.</p> <p>Songs and vocal exercises that help improve brain activity and wellbeing. Virtual Singing for the Brain takes on the 4th Wednesday of the month 2:00pm-3:15pm. To join, please contact 01228 819299 or cumbria@alzheimers.org.uk https://www.alzheimers.org.uk/</p>
<p>Age UK Carlisle and Eden</p> <p>Support & activities</p>	<p>Age UK offers advice and support and host activities in Penrith on the last Friday of the month: a Bingo and Banter group at Morrisons Café from 11am – 12pm and the Games Club at Penrith Library from 1pm -3pm.</p> <p>Age UK also produces a social diary for Eden that highlights many social activities and exercise classes for older people. Request a copy by calling 01228 536673 or emailing admin@ageukcarlisleandeden.org.uk or download from https://www.ageuk.org.uk/carlisleandeden/activities-and-events/</p>
<p>Carer Support Carlisle & Eden</p> <p>Support for carers</p>	<p>Carer Support Carlisle & Eden provides support and advice to carers and runs a programme of social activities for carers in Eden. For details ring 01768 890280 or visit the website. https://www.carlisle-eden-carers.org.uk/ https://www.carlisle-eden-carers.org.uk/events/2023/</p>
<p>Dementia UK</p> <p>Admiral Nurse</p>	<p>Dementia UK provides specialist support with the Admiral Nurse service. You can speak to a specialist Admiral Nurse with a question or concern about dementia on 0800 888 6678 or helpline@dementiauk.org https://www.dementiauk.org/get-support/what-is-an-admiral-nurse/</p>
<p>Dignity in Dementia</p> <p>Training & support</p>	<p>Dignity in Dementia is a social enterprise offering a variety of support for people affected by dementia and training courses for families and carers of people with dementia. Please contact Diane or Lesley on 07771 682378. www.dignityindementia.org</p>
<p>Appleby Memory Club</p>	<p>2nd and 4th Wednesday of the month from 10:30am-12:00pm at the Sands Methodist Church Hall, Appleby. Tea, coffee, biscuits and social activities for those with memory problems and help and support for carers. For further information please contact Anne Crosby 017683 51219 or Tim Parkin 017683 52640.</p>
<p>The Studio Morland</p> <p>Creative Cuppa</p>	<p>Creative wellbeing sessions for people living with dementia and those experiencing loneliness. Last Thursday of the month from 1:30pm-3:00pm at The Studio Morland, Morland, CA10 3AZ. Contact to book on 01931 714444 or thestudiomorland@gmail.com https://www.thestudiomorland.co.uk/creative-cuppa</p>

Dementia Friendly Tea Service, Penrith	A short Ecumenical Tea Service with familiar readings and hymns followed by tea, cake and conversation. Weekly on Fridays from 2:30pm-3:30pm at Christ Church Penrith, Drovers Lane, Penrith, CA11 9EP. For further information please contact Margaret Irving on 07900 464941 or meirving32@gmail.com
Penrith Library Dementia Resource Bags & social activities	Themed Dementia Resource Bags and Boxes with topics ranging from growing up to gardening. They contain topic related books, pictures, activities, and other items to share and talk about. The library also hold a range of dementia friendly talks and activities. Regular activities include Music to your Ears on Wednesdays 10:30-12pm with live music and singing. For information contact penrith.library@westmorlandandfurness.gov.uk or 01768 812 100 or visit Penrith Library, St Andrews Church Yard, Penrith, CA11 7YA. https://www.facebook.com/WestmorlandFurnessLibraries?locale=en_GB
Fit4All exercise classes	Gentle weekly exercise classes offered throughout Eden that are suitable for people with dementia and other medical conditions. Please contact Rhiannon Douglas on Rhiannon.douglas3@nhs.net
Get Fit 4 Life and Let's Move exercise classes	Seated and standing exercise classes offered in Stainton, Langwathby and Penrith that are suitable for people with dementia. Also online classes. Please contact Debbie Jackman on 07776162125 or debbie@get-active.co.uk or see www.get-active.co.uk
Linking Lives Penrith	A befriending service aimed at adults who find themselves requiring some extra friendship and support. Service provided by home visits or telephone calls. Contact Helen Gardiner, Befriending Coordinator on 07951 738540 or penrith@linkinglives.uk
Northern Fells Group Support & activities	The group offer a range of services and activities in North Cumbria, including a Community Minibus, a Village Agent service, Men in Sheds group, a Lend a Hand scheme, and a Benefits Awareness project, along with social and recreational activities. The catchment area incorporates seven parishes: Ireby & Uldale, Boltons, Westward & Rosley, Sebergham & Welton, Caldbeck, Castle Sowerby and Mungrisdale. For details contact 016974 78094 or info@northernfellsgroup.org.uk www.northernfellsgroup.org.uk
Ramblers Wellbeing Walks	Dementia-friendly walks around Eden. For details of walks near you, please contact Aileen Grant at Active Cumbria on Aileen.grant@cumberland.gov.uk or search Active Cumbria's online 'Activity Finder' for walks and other suitable physical activities. https://www.activecumbria.org/behealthybeactive/physical-activity-search/
Restore Cumbria (Penrith Shop) Various activities	Various weekly activities including Coffee Chat and Create on Mondays, Art for Wellbeing on Tuesdays, Crochet Group on Wednesdays, and ongoing support through drop-in listening. Restore, 11 Brewery Lane, Penrith New Squares, Penrith, CA11 7BU. For details call 07988 780 663. https://restorecumbria.co.uk/

Salvation Army, Penrith Lunch Club	Wednesday lunch club at 12:15pm (2 course meal and drinks £5) followed by singing, activities and refreshments from 13:30-15:00 at Penrith Salvation Army, 1 Hunter Lane, Penrith, CA11 7UY. Contact 01768 866732 or email penrith@salvationarmy.org.uk for further information about the lunch club and other social activities.
Sunbeams Music Trust Music for Dignity	Fortnightly music sessions for older people with varying forms of dementia at Sunbeams Music Centre, Stoller House, Redhills, Penrith, CA11 0DT. For details please contact the centre on 01768 892909 or annie@sunbeamsmusic.org https://sunbeamsmusic.org/music-for-dignity/
Upper Eden Memory Club	Alternate Thursdays from 10:30am to 12:00pm at the Methodist Church Hall, Kirkby Stephen. Tea, coffee, biscuits and social activities for those with memory problems and help and support for carers. For dates and further information, please contact Tony Taylor 017683 42702 or revtt@hotmail.com
Activities on Eden Borders	
Keswick Museum Tuesday's Tonic	Free creative activities inspired by museum artefacts for people living with dementia and their carers as well as people experiencing loneliness. Alternate Tuesdays from 1:30pm-3:30pm at Keswick Museum, Station Rd, Keswick, CA12 4NF. To book contact 01768 773263 or info@keswickmuseum.org.uk . https://keswickmuseum.org.uk/whats-on/event/tuesdays-tonic/
Tullie House Museum Meet Me at the Museum	This free creative session takes inspiration from the museum's diverse range of objects. First Wednesday of the month from 10:30am-12:00pm or 1:30pm-3:00pm at Tullie House Museum & Art Gallery, Castle Street, Carlisle, Cumbria, CA3 8TP. For information, please ring 01228 618718 or email community@tulliehouse.org https://tullie.org.uk/events/meet-me-at-the-museum/var/ri-6.l-l1/
iCan Health and Fitness Social Activities for Dementia	Social activities and gentle exercise classes suitable for people with dementia at iCan Health and Fitness CIC, Unit 17 & 18, The Maltings, Bridge St, Carlisle CA2 5SR. For details, please ring 01228 819101 or email admin@icanfitnesscumbria.co.uk . https://www.icanfitnesscumbria.co.uk/
Music Playlists	
Playlist for Life	A website specifically designed for people living with dementia. It has resources available for making tailored playlists for individuals. The Help and Inspiration tab offers a Find Help Near You page where you can book a phone call with a volunteer who will support you to develop a personal Playlist. https://www.playlistforlife.org.uk/
BBC Musical Memories	This website uses music to help people reconnect with their most powerful memories. It has pre-loaded music from different eras on the web page that you can click on to play. https://musicmemories.bbcrewind.co.uk/

