

Information and key contacts in your area

Carlisle

Support from Local Community & Third Sector Groups

Area	Group	What's on offer?	How to Contact
Carlisle	Coronavirus Community Support Group	Facebook support group for residents of Carlisle who are requiring support with food and pharmacy collections. Has contacts in most Carlisle Electoral Wards – these are listed separately. www.facebook.com/groups/205976847289981	Via Facebook
Carlisle	Spotted Carlisle	Community Group sharing information for local residents. www.facebook.com/spottedcarlisle	Email: admin@spottedcarlisle.com Web: www.spottedcarlisle.com
Carlisle	Age UK (Carlisle & Eden)	Age UK Carlisle and Eden are providing an essential shopping service for older individuals who are not on the scheduled list and have no other access to supplies, this will include the collection of prescriptions and other low level medical supplies. This service is for 70 and over only.	Phone: 017683 41260
Carlisle	Age UK	AgeUK have a befriending service called "Call in time". It's a free service for over 60's where they can sign up for weekly phone calls with someone who has similar interests to them to help combat loneliness. Anyone wishing to use the service needs to phone 0800 434 6105 and their advisors will explain the scheme and get them set up.	Freephone: 0800 434 6105
Carlisle	Foodbank	Carlisle Foodbank referrals are remote to either the Foodbank email or internal number which is only covered during opening hours, currently 12 - 3 Mondays, Wednesdays and Fridays. hello@carlislefoodbank.org.uk or 07918 813 303. Only accepting referrals from CAB and Law Centre though the County Council's Ways to Welfare also a referrer as is Family Action. All parcels are being delivered by the Carlisle Covid-19 group set up by Colin Glover and Lisa Brown.	Phone: 07918 813 303 Email: hello@carlislefoodbank.org.uk
Carlisle	Carlisle & Eden MIND	Mindline Cumbria provide support, information and guidance for people who are facing mental health issues or caring for those who might be in difficulties. This is a local service delivered from Cumbria by Carlisle Eden Mind for the whole of Cumbria. Telephone number 0300 561 0000 Monday - Friday 12 noon - 11pm Weekends and Bank Holidays 5pm - 11pm. Also our text service is available. Text 'Mind' to 81066 followed by your question. Webchat and email support via our website www.mindlinecumbria.org	Phone: 0300 561 0000 Text: Mind to 81066 Web: www.mindlinecumbria.org
Carlisle	Carlisle & Eden MIND Connect	Connect is a partnership between Carlisle Eden Mind, Citizens Advice and Cumbria Law Centre to provide support for people with mental health issues who are facing economic crisis or hardship including debt, benefits, housing issues, relationship breakdown etc. To access support 01228 370633 and leave a voicemail message or email connect@cemind.org	Phone: 01228 370633 Email: connect@cemind.org

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Carlisle	Carlisle COVID-19 Community Help Group	Volunteer sign up and taking offers of help supporting communities. Pharmacy pick up, food delivery and contact support. www.facebook.com/groups/1316512578550757	Phone: 07394 546877 (Lisa Brown) Email: organiser.carlisleclp@gmail.com
Carlisle	Carlisle Fareshare	Fareshare is still operating out of Pennine Way Primary School, Carlisle for groups already signed up – weekly drop offs, 30 minutes only every Wednesday. Groups wanting to join to contact Carrie Morgan (carrie.morgan@recyclinglives.org).	Users already signed up to continue to use whatsapp group New Users Email: carrie.morgan@recyclinglives.org
Carlisle	Meals on Wheels	Offering normal meals on wheels service but limited menu. Looking at setting up a 2nd Kitchen at Denton Holme Community Centre	Phone: 01228 267167 or 07443 336862
Carlisle	Citizens' Advice Bureau	Citizens Advice Carlisle & Eden provides free, confidential, impartial and independent advice and information. Outreach appoints are currently taking place via telephone	Phone: 0330 0563 037 Email: www.ca-ce.org.uk/contact-us/email-advice or advicehub@ca-ce.org.uk Web: www.ca-ce.org.uk
Carlisle	AWAZ	AWAZ Cumbria can assist with reaching out to BAME communities across Cumbria	Email: awaz@admin.info
Belah	Lowry Hill Resident's Association	Group of volunteers already established. Providing support to people who are vulnerable, shielding or self-isolating Local residents can make contact through their website www.lhracarlisle@gmail.com	Email: lhracarlisle@gmail.com
Belah	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Belah@CCCSG.org
Belle Vue	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: BelleVue@CCCSG.org
Botcherby	Botcherby Community Centre	The Centre is currently closed but is space is available for a Community Hub or use of their kitchen	Helen Fisher Email: helenf@carlisle.gov.uk
Botcherby	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Harraby@CCCSG.org
Brampton	Castle Carrock Parish Council	Website set up for people in the Parish who are asking for support with shopping, mail collections, collecting medications. www.castlecarrock.com/coronavirus	Linda Forrister Phone: 01228 670728 Tricia Meynell Phone: 01228 670054

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Brampton	Brampton Area Action Group (BAAG)	Group set up involving; Brampton Parish Council, Brampton Working Together, Brampton Community Centre, Brampton Churches Together, this is a public group in and around Carlisle to share resources and support each other (Also covers the Parishes of Farlam, Askerton and Carlton & Cumrew)	Carol Bell Phone: 07841 824961 Email: cazinger1503@gmail.com
Brampton	Burtholme Parish Council	All contact details of Parish Councillors are posted on the noticeboards. There are several Facebook groups keeping the community connected: Lanercost Families; FOL – Friends of Lanercost School. Regular contact made to vulnerable residents, Distant social contact being maintained.	Sue Hatt Phone: 016977 3841 Email: sue.hatt60@gmail.com
Brampton	Upper Denton & Gilsland	(The support group also covers Longbyre in Northumberland), have a number of volunteers connected by a SLACK App group. Full contact details are advertised on local noticeboards, in the parish newsletter and on the Community Centre Facebook page. E-mail requests for support received on a dedicated e-mail address	Email: thirlwallcommunity@outlook.com com Jayne Povey (Gilsland and Upper Denton) Phone: 016977 47995 or 07852 131962 Email: jaynepovey@aol.com Josie Reichart (Longbyre) Phone: 07809 746 011
Castle	Gone to the Dogs	Offering free meals to the homeless every evening	Paul Higgins Phone: 07886 087154
Castle	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: CastleandCity@CCCSG.org
Corby & Hayton	Hallbankgate Hub	Community Shop & Café offering support to those self-isolating with food deliveries, posting mail, picking up prescriptions	Phone: 016977 46060
Denton Holme	St James' Parish Centre	The Church are offering free emergency food parcels for homes across the City. These will be delivered if residents are from Longsowerby, Denton Holme & Cumberdale. Collection for the rest of the District Monday to Friday between 9.00 am and 11.00 am – Book in Advance	Phone: 01228 810616
Denton Holme	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: DentonHolme@CCCSG.org
Dalston	Cummersdale Parish Council	A Neighbourhood buddies' group has been set up in Cummersdale, they It is co-ordinated by Mrs Deb Clode who manages the Cummersdale Crack face book page. It covers Cummersdale village, Clover Fields, Charles Church along Dalston Rd in Cummersdale Parish, Garden Village/Newby West. Offering support for those self-isolating, NHA staff and carers and the over 70's, Offering dog walking and general support. They have now set up a buddy scheme, where someone in the street is matched to a vulnerable person in the same area. The Facebook page is keeping morale up by posting daily and requesting photos of pets to cheer everyone up.	Deb Cloud Phone: 07880 713 116 Sue Tarrent Phone: 07801 199 977 Email: info@cummersdaleparishcouncil.org.uk

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Dalston	Cringleydyke Residents	The already formed residents group during the current pandemic, are keeping in touch through their Facebook Group, where they all post health advice, tips what to do with the children at home and offer support to each other. City councillors are also members of this group. If need arises, she will also offer support with shopping etc and ask residents to volunteer.	Deacon Mel Beavan Phone: 07434 774 969
Dalston	Beaumont Parish Council	An assistance group has been set up by Beaumont Parish Council, St Mary's Church and Monkhill Methodist Chapel to cover the parish of Beaumont, that is: Monkhill, Beaumont, Kirkandrews on Eden, Hosket Hill, Knockupworth, Rattlingate and a stretch of the Moorhouse Road. This group has issued a flyer calling for volunteers and giving contact details for anyone requiring assistance. A list of volunteers has been made and is coordinated by Bryony Kirk. This group forms part of a larger group to be called Solway Samaritans which is being coordinated by Reverend Tudor Boddham-Whetham. The local WI is making daily phone calls to members of the community who are elderly and may feel isolated.	Isobel Elsdon Email: beaumontparishcouncil@gmail.com Jim Johnson Telephone Number: 01228 576337 Kathleen Bowron Telephone Number: 01228 575010
Dalston	Dalston Parish Council	Dalston Parish Council have a dedicated COVID-19 area on their website homepage where details are available of offers of help with shopping, dog walking etc, messages from public bodies and cancellation of activities. Monthly Parish Paper is in the process of being distributed personally to subscribers which contains adverts etc of help and contacts of important individuals and organisations in the Parish. There is a lady looking after issues in High Bridge/ Stockdalewath assisted by the Flood Resilience and Neighbourhood Watch co-ordinator. One of the Parish Councillors is looking after Raughton Head Village, Raughton Head Hill and Haythwaite Lane. All residents have been given a letter with his contact details and as far as he is aware no one is on their own and seem self-sufficient at present. Dalston Neighbourhood Buddies is a group of volunteers helping with shopping, errands etc. They have a facebook page Dalston Crack or email Dalstonvillage@yahoo.com and their flyer is on the Parish Council website.	Sue Milburn or Margaret Watling Email: clerk@dalston.org.uk Web: www.dalston.org.uk

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Dalston	Burgh-by-Sands Parish Council	Group set up to support with food drop, post collections/ deliveries, medication collections, or someone to talk to on the phone	Aikton - Vera Nicholson Phone: 016973 42291 Beaumont – Jim Johnson Phone: 01228 576337 Beaumont - Kathleen Bowron Phone: 01228 575010 Burgh by Sands – Viv Sealby Phone: 01228 576770 Great Orton – John Lamb Phone: 01228 710569 Kirkbampton – Elizabeth McCall Phone: 01228 576042 or Margaret Hay Phone: 01228 576762 Isobel Elsdon Phone: 01228 522540 Email: clerk@burghbysandsparishcouncil.co.uk
Dalston	Coronavirus Community Support Facebook Group (Dalston)	Local contact for Coronavirus Community Support Facebook Group	Email: Dalston@CCCSG.org
Dalston	Coronavirus Community Support Facebook Group (Burgh)	Local contact for Coronavirus Community Support Facebook Group	Email: Burgh@CCCSG.org
Dalston	Carrock Meats	Butcher's in Dalston offering a delivery service	Phone: 01228 712442
Currock	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: CurrockandUpperby@
Harraby North	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Harraby@CCCSG.org
Harraby South	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Harraby@CCCSG.org
Houghton & Irthington	Walton COVID-19	Volunteers offering picking up essential supplies, prescriptions, dog walking, friendly phone call. List of local volunteers contact details hand delivered to every household in village and on village FB page. www.facebook.com/Walton-Parish-425275154170076/	Via Facebook

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Longtown	Rockcliffe Parish Council	Distribution of leaflets to all residents within the Rockcliffe Parish boundary, giving telephone numbers of councillors who are able to help with shopping, a telephone chat and collection of prescription's from Longtown. Social isolation due to closure of church, community centre, school and pub. Small community and hope to be able to care for each other.	Mrs Judith Twentyman Phone: 01228 674441 Email: rockcliffepc@gmail.com
Longtown	Arthuret Parish Council	This Parish is covered by the Brampton Area Action Group	Carol Bell Phone: 07841 824961 Email: cazinger1503@gmail.com
Longtown	Kirkandrews-on-Esk Parish Council	This Parish is covered by the Brampton Area Action Group	Carol Bell Phone: 07841 824961 Email: cazinger1503@gmail.com
Morton	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Morton@CCCSG.org
Stanwix	Stanwix Community Support Group	Locally based information and limited support; over 70s call anytime to chat; under 40s to call to volunteer locally	Phone: 01228 493511 Email: wernham@carlislelibdems.org.uk
Stanwix	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Stanwix@CCCGS.org
Upperby	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: CurrockandUpperby@CCCSG.org
Wetheral	SWWATCH	SWWATCH has been set up to provide community support for Scotby, Wetheral, Warwick, Aglionby, Corby & Heads Nook. The group has contact with the Brampton Surgery, the Co-op at Warwick Bridge, Wetheral Stores, Wetheral Village Community Hall, Oak Tree Animals' Charity, Downagate Community Centre, Warwick Corn Mill, Eden Churches, Eden Wild Goose and a local newsletter 'We are Intro' , as well as councillors and individual volunteers. Help and support offered will include grocery deliveries, prescription collection, help with pets and veterinary medication and the use of community buildings and resources, as well as safe social contact.	Stephen Higgs Email: swwatch@yahoo.com
Wetheral	Coronavirus Community Support Facebook Group	Local contact for Coronavirus Community Support Facebook Group	Email: Wetheral@CCCSG.org
Wetheral	Wreay Support Group	Support group set up for the village of Wreay	Sheryl Haw Phone: 07739 665 777 Email: sherhaw@gmail.com

