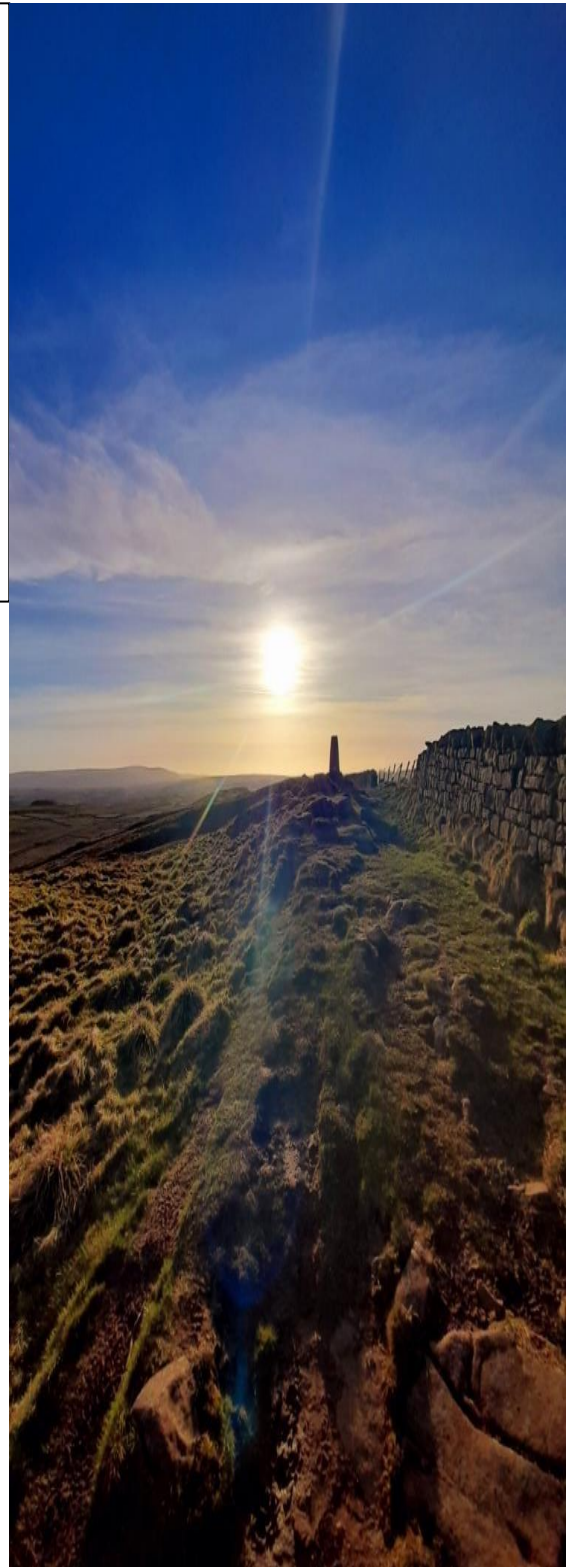


# Eden Social Diary 2025



***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)  
Shop and Support  
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
Let's Walk	Online classes via zoom	Monday 9.00am	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
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	Appleby Pool	Monday 11am	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Fit4all exercise class	Frenchfield playing pitches, Penrith (outdoor session)	Monday 1pm (contact Rhiannon beforehand)	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Fit4all exercise class	Lazonby Village Hall	Monday 2pm (contact Rhiannon beforehand)	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Short mat bowling	Tirril Reading Rooms	Monday 2-4pm £2 per session	Just turn up.
Eden Dance	Newbiggin Village Hall	Monday 4pm	07394894258 <a href="mailto:Kellymcclelland@hotmail.co.uk">Kellymcclelland@hotmail.co.uk</a>

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	<a href="mailto:info@edenvalleycameraclub.co.uk">info@edenvalleycameraclub.co.uk</a> 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 <sup>rd</sup> Monday of the month	<a href="mailto:Daveb.williams@virgin.net">Daveb.williams@virgin.net</a> <a href="http://www.upperedenhistory.org.uk/">www.upperedenhistory.org.uk/</a>
Penrith Scottish Country Dance Club	St Andrews Parish Centre Penrith	Monday 7.30-10pm Sept to April	Kay Fenton 01768 428872 <a href="mailto:kayf@talktalk.net">kayf@talktalk.net</a>
Carer Support Carlisle and Eden Court Thorn Hub	Court Thorn Surgery Low Hesket CA4 0HP	Monthly Monday (1 <sup>st</sup> of each month NOT bank holidays 1:00 – 3:00	01768 890280 <a href="http://www.carlisle-eden-carers.org.uk">www.carlisle-eden-carers.org.uk</a>
Upper Eden Day Care and Social Centre	Soulby Village Hall , Kirkby Stephen, United Kingdom	Mondays 9:30 to 3:30	<a href="mailto:Upperedendaycare@gmail.com">Upperedendaycare@gmail.com</a>

# TUESDAY

CLUB	VENUE	DETAILS	CONTACT
Art Club	Glenridding Village Hall	Tuesday 10am Sept to April	Everybody welcome
Fit4all exercise class	On Zoom	Tuesday 9.15 am (contact beforehand)	Rhiannon Douglas <a href="mailto:rhiannon.douglas3@nhs.net">rhiannon.douglas3@nhs.net</a> <a href="mailto:roobannister@outlook.com">roobannister@outlook.com</a> 01228 608941
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 <a href="mailto:jennymcpee@salvationarmy.org.uk">jennymcpee@salvationarmy.org.uk</a>
Simplified International Folk Dancing U3A	Threlkeld Village Hall	Tuesday 10.30am-12.30pm	Jean Hutchinson <a href="mailto:jean@jhutch.myzen.co.uk">jean@jhutch.myzen.co.uk</a>
Coffee morning	Brackenber Court, Penrith, CA11 9AT	Tuesday 11am	Elizabeth Freeman 07551717375 <a href="mailto:elizabethfreeman206@gmail.com">elizabethfreeman206@gmail.com</a> Emily Warwick 07859950309 <a href="mailto:emily.warwick@oddfellows.co.uk">emily.warwick@oddfellows.co.uk</a>
Tai Chi + Qigong	St Andrews Parish Rooms Penrith	Tuesday 1.30–2.30pm	Lesley Relph 07516419128 <a href="mailto:lesleyrelph@hotmail.com">lesleyrelph@hotmail.com</a>
Social Club	Salvation Army Penrith	Tuesday 1.30-3pm	Lt Jenny McPhee 01768 866732 <a href="mailto:jennymcpee@salvationarmy.org.uk">jennymcpee@salvationarmy.org.uk</a>
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 <a href="mailto:info@gardeners-of-eden.org.uk">info@gardeners-of-eden.org.uk</a>
Eden Dance	Newbiggin Village Hall	Tuesday 3.00pm	073948 94258 <a href="mailto:Kellymcclelland@hotmail.co.uk">Kellymcclelland@hotmail.co.uk</a>
Fitness + (Fitness plus stretching)	Threlkeld Hall	Tuesday 4.30- 5.30pm	Debbie Jackman 01768 480137 07776162125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
Fitness +	Millhouse Village Hall	Tuesday 6.15pm – 7.15pm	Debbie Jackman 01768 480137 07776162125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
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 <a href="mailto:Aliyogini65@yahoo.co.uk">Aliyogini65@yahoo.co.uk</a>
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 <a href="https://community.saa.co.uk/art-clubs/broughand-stainmoreart-group/">https://community.saa.co.uk/art-clubs/broughand-stainmoreart-group/</a>
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 <a href="mailto:Stephen.barnes.18@btinternet.com">Stephen.barnes.18@btinternet.com</a> www.uppereden rotary.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	<a href="mailto:swingdancenumbria@gmail.com">swingdancenumbria@gmail.com</a> 07769296529
Penrith Art Club	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 <sup>th</sup> Sept then every 2 <sup>nd</sup> 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 <a href="mailto:artbyelise@outlook.com">artbyelise@outlook.com</a>
The Fellside Singers Choir	The Sands Methodist Church Hall	7.30 to 9.00pm	Richard McGregor, <a href="mailto:richardmcgregor1@yahoo.co.uk">richardmcgregor1@yahoo.co.uk</a>
Carer Support Carlisle and Eden Penrith Hub	The George Hotel Devonshire St Penrith CA11 7SU	Monthly 1 <sup>st</sup> Tuesday of the month. 10:30 – 12:00	01768 890280 <a href="http://www.carlisle-eden-carers.org.uk">www.carlisle-eden-carers.org.uk</a>
Carer Support Carlisle and Eden Men's Hub	Various venues, please contact office.	Monthly 2 <sup>nd</sup> Tuesday of the month 1:30 – 3:30pm	<a href="tel:01768890280">01768 890280</a> <a href="http://www.carlisle-eden-carers.org.uk">www.carlisle-eden-carers.org.uk</a>

## WEDNESDAY

CLUB	VENUE	DETAILS	CONTACT
Let's Walk	Online Classes via zoom	Wednesday 9.00-9.30am	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
Cumbria Quality Care Day Services	Eden Business Park, Penrith	Wednesday 9.30am-3.00pm	Sharon 01768 864637 <a href="mailto:cumbriaqualitycare@btconnect.com">cumbriaqualitycare@btconnect.com</a> <a href="http://www.cumbriaqualitycare.com">www.cumbriaqualitycare.com</a>
Swing fit 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 <a href="mailto:erf@impacthousing.org.uk">erf@impacthousing.org.uk</a> 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 <a href="mailto:Pauline.ireland@moveitorloseit.co.uk">Pauline.ireland@moveitorloseit.co.uk</a>
Get Fit 4 Life	Stainton Village Hall	Wednesday 10.15-11.15am	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@get-active.co.uk">Debbie@get-active.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
CAMEO Lunch Club	Salvation Army, Hunter Lane, Penrith	Wednesday 12.15pm	Contact 01768 866732 for further information or email <a href="mailto:penrith@salvationarmy.org.uk">penrith@salvationarmy.org.uk</a>
MS Fitness	Penrith Rugby Club	Wednesdays 1.30pm – 2.30pm	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@get-active.co.uk">Debbie@get-active.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
Monthly Nordic Natter	Penrith	Wednesday 12.00-1.00pm	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
Singing for the Brain: Alzheimer's Society, music activity for	Ullswater Room, Penrith Methodist Church,	1.30-3pm 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of the month	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a> 01228 819299 <a href="mailto:cumbria@alzheimers.org.uk">cumbria@alzheimers.org.uk</a> Booking required

people with dementia and their carers	Penrith CA11 7QY		
Tirril Art Group	Tirril Reading Rooms	Wednesday 1.30-4pm. £10/term	Linda Thomson 01768 83422
Court Thorn Surgery Walk for Health	Court Thorn	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays 2.15pm	07811714362 kelly.mitchell3@ncic.nhs.uk
Community Café	Newbiggin Village Hall	Wednesday 2-4pm	073948 94258
Kirkby Stephen Family History Group	Kirkby Stephen Library	7pm 3 <sup>rd</sup> Wednesday of the month	Carole Lloyd 017683 72028 <a href="mailto:ksfhistg@googlemail.com">ksfhistg@googlemail.com</a>
Ravenstonedale Parish History Group	High Chapel, Ravenstonedale	7.30pm Sept-March 3 <sup>rd</sup> Wednesday of the month	Caroline Morris 015396 23308
Lazonby History Society	Lazonby Village Hall	7.30-9.30pm Sept-March 3 <sup>rd</sup> Wednesday of the month	<a href="http://www.lazonbyvillagehall.co.uk">www.lazonbyvillagehall.co.uk</a> 01768 898252
Middle Eden Voices	Long Marton Primary School	Wednesday evening during term time.	Barbara Gilbertson 07713488565 <a href="mailto:baqilbertson@hotmail.co.uk">baqilbertson@hotmail.co.uk</a>
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 <a href="mailto:artbyelise@outlook.com">artbyelise@outlook.com</a>

Fit4all exercise class	Frenchfield Pavilion	10am	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Fit4all exercise class	Glenridding Village Hall  Shap Village Hall	11.15am  1.30pm	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Carers Group CNTW Memory Matters Carers Group.	The George Hotel in Penrith	1.30 – 3.30	<a href="mailto:Sarah.Mason@cntw.nhs.uk">Sarah.Mason@cntw.nhs.uk</a>  07929 743741.

## THURSDAY

CLUB	VENUE	DETAILS	CONTACT
Fit4all exercise class	Appleby Supper Room Market Hall	9.15am	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Fit4all exercise class	Penrith pool Aqua session PLC	10.45am	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
Fit4all exercise class	Penrith Leisure centre conference room	11.45am	Rhiannon Douglas rhiannon.douglas3@nhs.net 01228 608941
SwingFit	Threlkeld Village Hall	Thursday 9.30-10.30am	Helen 07769 296529 <a href="mailto:swingfitwithhelen@gmail.com">swingfitwithhelen@gmail.com</a> Book at <a href="https://bookwhen.com/swingfitwithhelen">https://bookwhen.com/swingfitwithhelen</a>
Brough and Stainmore Art Group	St Michael's Church Hall Brough	Thursday 9.30am-12.30pm	Karen 07724 641859 Margaret 07776 228455 <a href="https://community.saa.co.uk/artclubs/brough-and-stainmore-art-group/">https://community.saa.co.uk/artclubs/brough-and-stainmore-art-group/</a>

SwingFit with Karen	Evergreen Hall, Penrith	Thursday 10am	07765 600075
Yoga Mixed class/ Yoga pecialising 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 <a href="mailto:robson.elizabeth@btinternet.com">robson.elizabeth@btinternet.com</a>
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 <a href="mailto:Pauline.ireland@moveitorloseit.co.uk">Pauline.ireland@moveitorloseit.co.uk</a>
Upper Eden Memory Club	Methodist Church Hall, Kirkby Stephen	10.30am-12noon Alternate Thursdays	Tony Taylor 01768 3 42702 <a href="mailto:revtt@hotmail.com">revtt@hotmail.com</a>
Golden Years Lunch & Social Club	Newbiggin Village Hall	Thursday 10.30am– 2.30pm	Kaye Jarman 07748423747 24 hours' notice required.
Monthly Nordic Walk	Penrith	Thursday 11.00 – 12.00	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.get-active.co.uk">www.get-active.co.uk</a>
Culgaith Walk and Talk	Alternate Locations: Culgaith, Kirkland, Skirwith & Temple Sowerby	Thursday 1pm	Contact Paul Saager 07168 88702 <a href="mailto:Paulsaager225@btinternet.com">Paulsaager225@btinternet.com</a>

English Country Dancing	Tirril Reading Room	Thursday 2-4pm	No contact details, just turn up.
Eden Dance	Newbiggin Village Hall	Thursday 4pm	073948 94258 <a href="mailto:Kelly-mcclelland@hotmail.co.uk">Kelly-mcclelland@hotmail.co.uk</a>
Yoga	Melmerby Village Hall	Thursday 7-8.30pm	Jackie Oliver-Watts 01768 881678 <a href="mailto:jackieowatts@hotmail.com">jackieowatts@hotmail.com</a>
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 <a href="mailto:app.arch@richardstevens.plus.com">app.arch@richardstevens.plus.com</a> <a href="http://www.applebyarchaeology.org.uk">www.applebyarchaeology.org.uk</a>
Keswick Crazy Kickers Line Dance Club: intermediate and advanced level	Threlkeld Village Hall	Thursday 7.30-9.30pm	<a href="mailto:clairekrazyk@aol.com">clairekrazyk@aol.com</a>
Carer Support Carlisle and Eden Alston Hub	The Chat Room Front Street Alston CA9 3SE	Monthly Thursday (last Thursday of each month) 10:00 – 11:30	<a href="tel:01768890280">01768 890280</a> <a href="http://www.carlisle-eden-carers.org.uk">www.carlisle-eden-carers.org.uk</a>
Carer Support Carlisle and Eden Penrith Coffee and Lunch Hub	Cosy Cup Café, Devonshire Arcade, Penrith	3rd Thursday of the month – 11.45am	<a href="tel:01768890280">01768 890280</a>

Upper Eden Day Care and Social Centre	Soulby Village Hall , Kirkby Stephen, United Kingdom	Thursdays 9.30am – 3.30pm	<a href="mailto:Upperedendaycare@gmail.com">Upperedendaycare@gmail.com</a>
Dementia Voice	Penrith Leisure Centre, Penrith CA11 8JH	Monthly 1.30pm - 3pm	<a href="mailto:cumbria@alzheimers.org.uk">Cumbria Dementia Adviser Service 01228 819299 or email cumbria@alzheimers.org.uk</a>

## FRIDAY

CLUB	VENUE	DETAILS	CONTACT
Yoga	Watermillock Village Hall	9.30-11.30am	<a href="mailto:jane.yoga10@gmail.com">jane.yoga10@gmail.com</a> Places limited, so please contact first
Cumbria Quality Care Day Services	Eden Business Park, Penrith	Friday 9.30am-3.00pm	Sharon 01768 864637 <a href="mailto:cumbriaqualitycare@btconnect.com">cumbriaqualitycare@btconnect.com</a>  <a href="http://www.cumbriaqualitycare.com">www.cumbriaqualitycare.com</a>
Get Fit 4 Life	Zoom	9am – 9.30am	Debbie Jackman 01768 480137 0777 616 2125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.getactive.co.uk">www.getactive.co.uk</a>
Outdoor Fitness (Fitness For All)	Dockray	Friday 12noon-1pm	Debbie Jackman 0777 6162125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.getactive.co.uk">www.getactive.co.uk</a>
Yoga	Watermillock Village Hall	9.30-11.30am	<a href="mailto:Jane.yoga.10@gmail.com">Jane.yoga.10@gmail.com</a> Places limited, so please contact first
Kickboxercise (Pad Work and Fitness)	Stainton V Hall	Friday 1.30-2.30pm	Debbie Jackman 0777 6162125 <a href="mailto:Debbie@getactive.co.uk">Debbie@getactive.co.uk</a> <a href="http://www.getactive.co.uk">www.getactive.co.uk</a>

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 <a href="mailto:kayf@talktalk.net">kayf@talktalk.net</a>
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 <a href="mailto:artbyelise@outlook.com">artbyelise@outlook.com</a>
Games Club	Penrith Library	Last Friday of the Month 1pm – 3pm	<a href="mailto:admin@ageukcarlisleandeden.org.uk">admin@ageukcarlisleandeden.org.uk</a> 01228 536673
Walking for health	Penrith Hospital Community Garden	Fridays 1.15pm	07909963195 <a href="mailto:Katie.treave2@ncic.nhs.uk">Katie.treave2@ncic.nhs.uk</a>

## SATURDAY

CLUB	VENUE	DETAILS	CONTACT
Coffee morning	Masonic Hall, Alston.	Second Saturday of the month, 10-11.30am	Just turn up.
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 <a href="http://www.Edenvalleyguild.co.uk">www.Edenvalleyguild.co.uk</a>
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## 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 <a href="mailto:alstonmoorfittnessclub@hotmail.co.uk">alstonmoorfittnessclub@hotmail.co.uk</a>
Pilates and Yoga Classes	Online 1 to 1 private sessions on Zoom	Contact for details	Emma Brown 07545 480326 <a href="mailto:emmajaynebrowncoaching@gmail.com">emmajaynebrowncoaching@gmail.com</a>
Disabled Ramblers	Various places	Full details on website	Through the website: <a href="http://www.disabledramblers.co.uk">www.disabledramblers.co.uk</a>
Carer Support Carlisle and Eden		Mardale Road Penrith	01768 890280

## 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
Stainmore Railway	Volunteering/ events organised throughout the year	Sundays 10am - 4pm	<a href="https://www.kirkbystepheneast.co.uk/">https://www.kirkbystepheneast.co.uk/</a> The East Station, South Road, Kirkby Stephen Cumbria CA17 4LA
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 <a href="https://penrithandnorthlakesu3a.org.uk">https://penrithandnorthlakesu3a.org.uk</a>	

***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.***

**\*A larger print version of this booklet is available on request.**