

**17 Finkle Street, Kendal Cumbria, LA9 4AB**  
**Helpline 030 300 30003**

# **CLEANERS, OTHER HELP AT HOME, MEALS DELIVERY, SHOPPING SERVICES**

The individuals listed below have asked to be put on our register. Age UK South Cumbria is in no way responsible for the work carried out by them and being on this list does not constitute a recommendation.

The list is reviewed and updated every 6 months, so it contains the most accurate information.

Last reviewed December 2024  
Next review due June 2025

**FEEDBACK:** We would be grateful for any comments from users of this list. Please call 030 300 30003 or write to us at 17 Finkle Street, Kendal, Cumbria, LA9 4AB

## Cleaners

Name	Telephone	Trade	Price Per Hour	Area Covered
Diane Murray	07967 654907	All household cleaning tasks, window cleaning, meal preparation, companionship, ironing.	£17 per hour	South Kendal
Linda Greensmith	07919 152526	Home Help, Shopping trips, transport to & from medical appointments, companionship for hobbies, help with paperwork	£22 Discount negotiable for older people	Sedbergh, Dent, Barbon & Kirkby Lonsdale
Tracey Jones	015395 62414 or 07747 141964	Experienced carer offering companionship, trips out, personal care, help in house, open to requests and fun.	£20 per hour  For blocks of 2 hours or more £18 per hour	Milnthorpe, Arnside, Endmoor, Levens, Lindale, Grange, Kendal, Holme & Burton
Kate Waddington  <a href="mailto:katewaddington@outlook.com">katewaddington@outlook.com</a>	07854 141301	Cleaning, Shopping, Ironing, Gardening	£20. per hour  £20 per hour gardening	Kendal, surrounding villages as far as Burton in Kendal
Sue Banks  <a href="mailto:skb1960@hotmail.co.uk">skb1960@hotmail.co.uk</a>	07498 719891	Experienced carer for companionship, personal care, food prep and shopping	£22 - £24 per hour	Arnside, Milnthorpe, Heversham, Hincaster, Holme, Burton, Storth,

Sarah Metcalfe	07738 377787	Care worker of more than 35 years All certificates and references from previous clients. Dementia care, Showers, Companionship, Morning & lunch calls, general care Light Cleaning /bed change etc	Care £28 & Light cleaning £17 per hour	Natland, Kendal & Endmoor
Jackie Park	07539 640809  01539 726553	Personal care, promote independence, cooking, shopping, palliative care, medication, chatting	£25. per hour	Kendal
Kai Sundholm Happy Care	07960 996005	Professional care, Physical and emotional support for all needs including general household and personal assistant help, cleaning, organising, cooking, shopping and gardening.	£20 per hour +mileage when appropriate	In and around Kendal
Shaar Dixon	07787 133864	Home Cooking, cleaning, ironing, shopping, any household chores, gardening, window cleaning	£15 per hour Discount for older people	Within 5 miles of Kendal

Sheila Boardley <a href="mailto:Sheila.boardley@gmail.com">Sheila.boardley@gmail.com</a>	07890 295125	Personal Care, cleaning, shopping and appointments	£20. Per hour depending on area	Kendal, Burton, Holme, Milnthorpe
Jo Nyquist Helping Hands Support Worker	07957 499978	Companionship support work, small gardening tidying jobs, shopping, odd jobs in the house, cleaning, typing and IT support, dog walking, cooking meals and decluttering	£22 per hour	10 mile radius from Kendal
Stephen Hargraves <a href="mailto:shargraves385@gmail.com">shargraves385@gmail.com</a>	07497 186976	Professional Carer, Level 2 Diploma, personal care, home help, shopping, companionship and cleaning	£17 per hour	Kendal, Levens, Milnthorpe, Endmoor, most local areas
Kayleigh Dawson  DBS Checked, can supply references	07846 746096	Decluttering service – patient and non-judgemental support to declutter your home and make it more manageable DBS Checked	From £20 per hour	Kendal
Melanie Routledge	07971 534737	Care Certificate, personal care, dementia and Alzheimer's, Parkinson's, autism, first aid	£23 per hour	Staveley, Ambleside, Windermere

<p>Kayleigh Dawson</p> <p>DBS Checked, can supply references</p>	<p>07846 746096</p>	<p>General support to help live independently including help to be part of the community and to socialise, support with general household chores, cleaning, cooking, to attend appointments or shopping trips. Help to fill in forms, make phone calls or use the computer for anything including benefits support.</p>	<p>£20 per hour</p>	<p>Kendal</p>
<p>Claire Birtwistle</p> <p><a href="mailto:cheyemily@yahoo.co.uk">cheyemily@yahoo.co.uk</a></p>	<p>07736 847180</p>	<p>Professional Carer, Level 3 diploma in cleaning and care, personal care, home help, shopping, companion, dog walking and cleaning</p>	<p>£17 per hour</p>	<p>Kendal, Levens, Milnthorpe, Endmoor, local areas</p>
<p>Judith Dent</p>	<p>01539 733943</p>	<p>Cleaning, shopping, help with dressing and dog walking</p>	<p>£20 per hour</p>	<p>Kendal Burneside</p>

<p>Homelife – daily support service for older adults Contact: Anita Baxter</p> <p><b>Social Club 55</b> We are open on Mondays and Fridays 10am to 3pm and based at the Marchesi Centre Holly Road Windermere. Cost is £5 per hour and the day includes regular refreshments, gentle chair exercises, crossword, lunch, games, singing, short walks and outings once every 6 weeks. We aim to provide social, mental and physical stimulation in a relaxed friendly environment.</p>	07810 430933	Local not for profit organisation providing social, physical and mental stimulation for adults to remain living in their own homes. Services include – supporting people to attend appointments, shopping, outings, access to community resources, housekeeping tasks etc.	£24. Per hour	Kendal
<p>Christine Jamieson</p> <p><a href="mailto:chrissyjamieson@hotmail.com">chrissyjamieson@hotmail.com</a></p>	07790 503148	Companionship, shopping, help in the home, fun outings, hospital/doctor visits.	£22 per hour	5-mile radius of Kendal.

Nicola Millington <a href="mailto:nicolamilly45@gmail.com">nicolamilly45@gmail.com</a>	07757 428030	<p>Friendly support at home. Ex Age UK after hospital support and Help line, case/assessment worker for Carer Support.</p> <p>Sitting in service, companionship, light housework, laundry, help with paperwork phone calls etc, medication support, love to chat with you, meet and get to know your requirements in the first instance.</p>	<p>£25 per hour</p> <p>Happy to discuss shorter visits if this can be accommodated</p>	Kendal, Burneside, Oxenholme, Endmoor
Keith Dobson <a href="mailto:thedobsonsketh@gmail.com">thedobsonsketh@gmail.com</a>	07704 032012	Cleaning, carpet cleaning, man and a van, power washing, meal delivery, companionship, meal preparation, help with washing, ironing, hospital visits, dog walking	<p>£17.50 per hour</p> <p>Discounts for older people</p>	Grange, Lindale, Arnside, Milnthorpe, Heversham, Storth, Levens, Newby Bridge, Backbarrow, Haverthwaite, Ulverston, Greenodd, Crosthwaite, Underbarrow, Brigsteer
Sharon Davies	07749 647161	Care, support, cleaning, cooking, shopping, going for walks	<p>£20. Per hour</p> <p>Care and Support £16. For cleaning</p>	Arnside and surrounding area

Amanda Jane Brassington	07805 830435	Cleaning, shopping, gardening, ironing,	£17.50 per hour I am an ex Social Services Carer with a wealth of varying experiences	Witherslack, Levens, Leasgill, Heversham, Brigsteer
Sally Irvine <a href="mailto:sallyirvine@sky.com">sallyirvine@sky.com</a> Steven Irvine <a href="mailto:steven.irvine@sky.com">steven.irvine@sky.com</a>	01539 737551  Would prefer bulk hours rather than one or two per day	Qualified nursing background, including mental health and elderly care. Companionship, personal care, respite care, overnight care	£20 per person per hour discount offered when working for 2 hours or more also available to work as a couple to provide care for 2 people and discount negotiable for this	South Lakeland, Kendal, surrounding areas
Kelsey Anyadiegwu	07539 817563	Personal care, home help and cleaning. 16 years' health and social care experience, a degree health and social care	£30 per hour home help and cleaning £30 per hour personal care	Windermere
Devon Teasdale  <a href="mailto:dev_t@hotmail.co.uk">dev_t@hotmail.co.uk</a>	07432 486409	Dedicated around the clock care worker, companion calls, day trips, shopping and cleaning	£20 per hour	Staveley through to Carnforth possibly further depending on required hours needed



<p>Anne Parker</p> <p><a href="mailto:aparker32000@yahoo.co.uk">aparker32000@yahoo.co.uk</a></p> <p>A qualified Occupational therapist with over 15 years' experience as well as home care experience</p>	<p>07908 620227</p>	<p>Long term conditions, palliative care, dementia, Parkinson's, stroke, older people, homecare services to include personal care, meal preparation, taking to appointments, shopping, happy to discuss other tasks</p>	<p>£20 per hour</p>	<p>Grange over Sands, Kentsbank, Lindale, Cartmel, Allithwaite and Flookburgh</p>
<p>Emma Helmn</p> <p><a href="mailto:emshelm@icloud.com">emshelm@icloud.com</a></p>	<p>07772 811114</p> <p>I have completed all relevant training with Level 2 diploma in social care</p>	<p>Self-employed private carer, I have over 30 years' experience in providing personal care to elderly and people with learning disabilities.</p>	<p>£20 per hour</p>	<p>Kendal South and surrounding areas</p>
<p>Jill Black</p> <p><a href="mailto:jillblackwomens@gmail.com">jillblackwomens@gmail.com</a></p>	<p>07946 497609</p>	<p>Experienced carer, companionship medication, personal care, cooking, shopping, home help, outdoor activities and appointments</p>	<p>£20 per hour</p>	<p>Sedbergh, Dent, Kirkby Lonsdale, Barbon, Milnthorpe, Kendal, Ingleton, Carnforth, Newby Bridge, Holme, Hornby</p>

Jane Allan <a href="mailto:enquiries@lakeshomecare.co.uk">enquiries@lakeshomecare.co.uk</a>	07930 179902	Highly qualified carer, 10 years' experience, friendly and reliable. Covering a range of needs including dementia, palliative, respite, complex needs, and mental health. Outings or help at home	£25 per hour	Kendal, Windermere, Grange over Sands, Kirkby Lonsdale, most local areas
Rachel Boow <a href="mailto:rachelboow@hotmail.co.uk">rachelboow@hotmail.co.uk</a>	07707 539463  Reliable and dedicated, over 10 years' experience within the care industry and fully DBS checked	Support worker duties, personal care, meal prep companionship, day out, shopping, sleep in nights Cleaning	£22 per hour  £17 per hour	Milnthorpe, Natland, Oxenholme, Levens, Beetham, Endmoor, Gatebeck, Sizergh, Arnside, Storth, Silverdale
Lauren McAlister <a href="mailto:laurenmcalist49@gmail.com">laurenmcalist49@gmail.com</a>	07495 048124	Cleaning, organising, companionship, preparing meals, dog walking and generally to help in the house anyway I can, lifts to places such as shopping, health appointments.	£18 - £20 per hour  Extra charge for petrol for out of area for petrol use.	Kendal and 10 - 15 mile radius of Kendal
Georgina McAlister <a href="mailto:Georginamcalister1997@gmail.com">Georginamcalister1997@gmail.com</a>	07508 670473	Cleaning, light gardening, decluttering, general day to day care for anyone in need	£20 per hour  Discount for older people	Kendal, Ulverston, Greenodd, Grange over Sands

Denise Coleridge <a href="mailto:dhomecare24@yahoo.co.uk">dhomecare24@yahoo.co.uk</a>	07387 947418	Personal care including bathing, dressing, continence support, help with eating and drinking, companionship, help with hobbies and interests, escorting to appointments, trips out. Home help, meal preparation, light household chores, shopping and laundry, pet care including dog walking	£25 per hour  Discount for older people	Kendal, Burneside, Staveley, Crook, Windermere
The Lakeland Home Help Company <a href="mailto:info@lakelandhomehelp.co.uk">info@lakelandhomehelp.co.uk</a>	07856 244509	Companionship, outings, help with shopping, accompaniment to appointments, light housework, dog walking, event companions, assistance with cooking/food preparation	£25 per hour	Ulverston and within 10 mile radius. Outside of this area to be discussed
Help at Home Kerry Armer <a href="mailto:helpatholme@hotmail.co.uk">helpatholme@hotmail.co.uk</a>	07557 439269	Companionship, assistance with shopping, appointments, day trips out, support with domestic tasks, sit in service	£25 per hour	South of Kendal, Carnforth, Grange over Sands and all villages in-between

Julie (Jules) Hamilton  <a href="mailto:juleshamilton25@gmail.com">juleshamilton25@gmail.com</a>	07837 703623	Companionship/ care, rehabilitation from stroke or surgery, experience with a variety of mental health issues, autism and ADHD	£25 per hour	Kendal, Windermere and surrounding area
Nadine Raven – Care 4 You Homecare  <a href="mailto:care4u.enquiries@gmail.com">care4u.enquiries@gmail.com</a>	07884 430059	Professional carer supporting service users of all ages and abilities to stay independent at home. Services include Personal care, meal prep, outings, help to appointments and respite time for families. Fully insured and dbs checked. Offering support also with Alzheimer's and dementia care, and palliative care packages.	£30 per hour	Bowness and Windermere only
Carmen Campbell  <a href="mailto:floristrybycarmen@yahoo.com">floristrybycarmen@yahoo.com</a>	07715 707784	Cleaning, gardening, shopping and general tidying	£18 per hour	Kendal and South Lakes

Hanka Vrublova <a href="mailto:hankavrublova@yahoo.co.uk">hankavrublova@yahoo.co.uk</a>	07449 485281	Over 20 years experience, DBS check and fully insured. Help with personal care, cleaning, shopping, companionship, taking to appointments dementia care, palliative care, meal preparation, social trips, massage	£25 - £30 per hour	Windermere, and surrounding areas
Julie Dawson	07881 715218	Cleaning and help at home	£22 per hour	Kendal

## **The following agencies also provide cleaners**

### **Homemaids – Low Bentham (Wendy)**

Telephone: 015242 61840

Range of cleaning services, ironing etc. in Kirkby Lonsdale & surrounding areas.

£16.50 per hour

**Home care agencies also provide cleaners at around £14 per hour, but it is possible to employ them for half an hour. The following agencies operate in South Cumbria.**

<b>Agency Name</b>	<b>Area Covered</b>	<b>Telephone</b>
Esteem Care Hourly rate starts from £32 and £16 for half an hour.	Kendal, Staveley and Windermere areas. Other areas by request may be available	01539 735694
Heydays Care & Support Services £24.95 per hour Barrow  £28.50 per hour Rural Area shopping £26. per hour Cleaning	South Cumbria	015395 52548  015395 55686
Brancaster Home Care Ltd £35.20 per hour – caring but can have less time £27.50 per hour Cleaning £0.60 per mile for shopping mileage from clients house to shop	Kendal	01539 739684

## Other Help at Home

Name	Phone	Trade	Price Per Hour	Area covered
Gary Williams <a href="mailto:gbwill@gmx.co.uk">gbwill@gmx.co.uk</a>	07544 545162 or 01539 721217	Gary's Garden Tidy Service, power washing, odd jobs, painting, handy(ish) man, companionship  One to one, or group mobility exercises and brain gym	£18 per hour for gardening in Kendal.  Price increases for fuel/journey outside Kendal  £25 per hour	Kendal and up to a 20 mile radius.
Stuart Graves	015395 65893	Counselling & therapy services	£20	
Maria Galvin Clearer Space.Com	01539 728189 or 07791 347455	A professional de-cluttering and organising service. Insured and DBS cleared	£25 per hour  minimum 2 hours	South Cumbria
Charlotte Sweeney	015395 32989 or 07966 543223	Mobile Hairdresser	Shampoo and Blow Dry £20 Cut and Blow Dry £30 Cut, Perm and Blow Dry £55 Colour, Cut and Blow Dry from £50	All areas around Grange over Sands
Peter Wade	07837 306156	Gardening (all aspects, no access to lawnmower or strimmer), cleaning, general handyperson, Shopping, dog walking	£15 negotiable for older people.	5 mile radius of Kendal

Lanty Wilson	01539 724210 Or 077944 43976	Painting Decorating Plastering Tiling General property maintenance and grass cutting	£25. per hour Discount for older people, request price before job commences	Kendal, & South Lakes
Aileen Lea	07952 601890	RHS Qualified Horticulture Services, plant maintenance and plant care, a gardener's gardener	£20 per hour	All Kendal
Ian Carradus <a href="mailto:iancarradus@gmail.com">iancarradus@gmail.com</a>	07714 468544	Skilled Plasterer, over 43 years' experience, general building work, household repairs	Free Estimate given	Kendal, South Lakeland
Jonathan Deegan <a href="mailto:jondeegan@aol.com">jondeegan@aol.com</a>	07788 730422	Home NHS Eye examinations for housebound people (eg. Elderly or with physical disability)	Free	Kendal, barrow in Furness, Carnforth, Sedbergh, Ambleside, Grasmere, Windermere
Richard Gibson Greenall <a href="mailto:Rgg_services@yahoo.co.uk">Rgg_services@yahoo.co.uk</a>	07884 967277	Qualified engineer, groundworks – flags/fencing, gardening (maintenance), drains, pressure washing, rubbish removal, general property maintenance DRB Checked	£30 - £40 per hour  Discount for pensioners	All of South Lakes, Grange, Ingleton, Carnforth, Lyth Valley



Robert Winder <a href="mailto:winderhandyman@hotmail.com">winderhandyman@hotmail.com</a>	07799 226033	Odd job's, furniture assembly, garden tidy, DIY job's, waste removal, repairs inside and outside, problem solving, fencing, tree removal, waste carrier licence	Price on request  Discount for pensioners	South Lakes, Burton in Kendal, Ambleside, Sedbergh, Grange-over-Sands
Helen Bentley	07703 812664	Plumbing, repairs, gardening, deep or one off cleans all sorts of handywork	£15 - £35 per hour  Discount for pensioners	Kendal, Grange, Windermere, Ulverston and surrounding area
Sarah Rose <a href="mailto:sarahbethrose2882@gmail.com">sarahbethrose2882@gmail.com</a>	07579 776801	Decluttering and home organisation service, including removal of items to donate/tip	£25 per hour  £20 for older people	All South Lakes
WRL Maintenance Limited <a href="mailto:wrl.maintenance@yahoo.com">wrl.maintenance@yahoo.com</a>	07825 558640	Handyman service, gutter cleaning, pressure washing, plumbing, grass/hedge cutting painting and decorating	Price per job  Discount for older people	20 mile radius of Kendal
Clive McMullen <a href="mailto:clivemcmullen01@gmail.com">clivemcmullen01@gmail.com</a>	07795 018324	General maintenance indoor and outdoor, garden tidy, grass gutting, painting and decorating, car cleaning, odd jobs	£20 per hour  Negotiable for older people	Grange, Ulverston and Kendal
Louise Robinson <a href="mailto:lou4x@hotmail.co.uk">lou4x@hotmail.co.uk</a>	07584 626569	Cleaning, Hairdressing, 10 years plus experience	£20 per hour	Endmoor, Kendal, Levens, Heversham, Leasgill, Holme, Milnthorpe, Arnside

## **Shopping Services in South Lakeland**

**There is no longer a free shopping bus service to Booths. The bus company have gone into liquidation.**

Bus around Ulverston being run by the blue works on a designated route to the health centre and to Booths is the X70. There is a charge for this service. For details of route and times phone 01539 531995.

**GO CABS** – In partnership with W&FC, this taxi service is offering discounted rates to pensioners in Ulverston and surrounding villages, wishing to go shopping for groceries. For further details, phone 07938880685.

**Oakhouse Foods** provide a grocery delivery service if also buying their frozen ready meals. For more information, call 0845 6432009

## **Meal Delivery Services in South Lakeland**

### **Hot meals delivered**

**Hot Meal Delivery Service in Ulverston.** Telephone 01229 586136

#### **Burnside Bakery**

Meals on Wheels. Telephone 01539 722045

Monday – Friday in Staveley, Burnside, Kendal and outskirts of Oxenholme with a teatime service for south Kendal. The cost of £6.00 for a hot meal and pudding.

They also provide plated meals for carers to give in the evening.

#### **Westmorland General Hospital**

Provide meals on wheels in the Kendal area, Monday, Wednesday and Friday at a cost of £5.00 for 2 course, to book please phone 01229 491001 or 01229 491003

#### **Sedbergh Meal on Wheels Group** – Mr Cowperthwaite 07961 925003

Delivery on Tuesday and Thursday, meals cooked by the Red Lion current charge of £7.00

#### **Kirkby Lonsdale Community Lunches – Lunesdale Hall**

Monday lunches suggested donations – eat in £5.00, delivered £4.00 please phone 015242 36404 Monday – Friday 10 – 1pm cooked by Kerry Ormston at Devils Bridge Snacks

### **Frozen meals delivered for heating in oven or microwave**

#### **Wiltshire Farm Foods**

Telephone: 01768 899601 or for a brochure 0800 773773

**Oakhouse Foods (formerly Home Farm Foods)** 08456 026312