



**17 Finkle Street, Kendal Cumbria, LA9 4AB**  
**Helpline 030 300 300 03**

# **HOME CARE**

## **PERSONAL AND HOME CARE SERVICES – SOUTH CUMBRIA**

Most agencies offer a range of services from half-hour visits to 24-hour personal care, night cover, sitting-in and respite. Support at home may also be offered covering cooking, shopping, cleaning, laundry etc.

Age UK South Cumbria is in no way responsible for the work carried out by the organisations listed in this publication and being on this list does not constitute a recommendation.

Last reviewed September 2025

Next review due April 2026

Name	Telephone / other contact	Services offered	Area Covered
<b>Alcedo Care South Lakes</b>	<b>01539 885 885</b> Alcedocare.co.uk 6 Market Place, Kendal LA9 4TN	Complex care for all ages; Live-in care, Personal Care, Cleaning, Shopping, Medication & Food prep.	Kendal & surrounds including Arnside, Burton in Kendal, Milnthorpe & Endmoor; Carnforth & Warton
<b>Anne Parker</b>	<b>07908 620 227</b> <a href="mailto:aparker32000@yahoo.co.uk">aparker32000@yahoo.co.uk</a> 52 Priory Lane Kentsbank LA11 7BJ	Long-term conditions, Palliative, Dementia, Parkinson's and Stroke. Personal Care, Meal prep, Appointments & Shopping. Qualified Occ. Therapist.	Grange, Kentsbank, Lindale, Cartmel, Allithwaite & Flookburgh
<b>Brancaster Homecare Ltd</b>	<b>01539 739 684</b> No 4 Yard 77 Highgate Kendal LA9 4ED	Personal Care & Bathing; Shopping, Meal prep, Cooking, Cleaning, Hospital visits, Holiday relief & Outings	Kendal, Windermere & Grange
<b>Busy Bears Independent Living Support</b>	<b>07425 608826</b> <a href="mailto:busy_bears@yahoo.com">busy_bears@yahoo.com</a>	A more mature, smaller group of professional carers including retired District Nurses, physio, hairdresser and Chef. Run by husband & wife Martin & Gail based in Endmoor. Tailored packages for person centred care. We always maintain visit times and match our Bears to individual needs. We also run a small social event every Wednesday afternoon. Please call to discuss any enquiries.	South Lakes area

<b>Caviar Care Scheme Ltd</b>	<b>07711 021 726</b> <a href="mailto:caviarcare@yahoo.com">caviarcare@yahoo.com</a> Castle Rise Kendal LA9 7BQ	Assistance with Personal Care, Medication, Meal prep, Housework & Shopping	South Lakeland
<b>Coniston Care Scheme Ltd</b>	<b>015394 41868</b> Institute House Yewdale Road Coniston LA21 8DU	Personal care and Social visits; no overnight service	Coniston / area
<b>CW Homecare</b>	<b>07748 365 891</b> <a href="mailto:cwhomecare@outlook.com">cwhomecare@outlook.com</a> 17 Briarlea Road Nether Kellet LA6 1HQ	Personal Care, Bathing, Cooking, Shopping, Hospital Appointments & Trips out. Flat rate charged.	Kendal, Kirkby Lonsdale, Burton in Kendal, Lupton & surrounds
<b>DC Homecare Denise Coleridge</b>	<b>07387 947 418</b> 7 Howgill Close Burneside Kendal LA9 6QJ	Personal Care, Housework, Meal prep, Shopping, Companionship, Appointments, Trips out & Help with Hobbies & interests. Pet care.	Kendal, Burneside, Crook, Staveley & Windermere
<b>Gabriela Safavi</b>	<b>07821 466 386</b> <a href="mailto:Aysagabriela27@gmail.com">Aysagabriela27@gmail.com</a>	Homecare services including Wake & Watch, Sleep-in care, Medication prep, Meal prep, 8 hour shifts/ Weekly Stay care	South Lakes, North Lakes, North Lancs
<b>Gillian Gibson</b>	<b>01539 821 214/</b> <b>Text only: 07914 955 532</b> Five Oaks Capplerigg Lane Crook Kendal LA8 8JY	Care plus convalescence – private respite facility	

<b>Good Companions</b>	<b>Beverley House, 80 Beverley Rise, Carlisle CA1 3RY</b> Goodcompanions.net 24hourlivein.care <a href="mailto:admin@gchc.co.uk">admin@gchc.co.uk</a> <a href="tel:01228594153">01228 594153</a>	24hr/7 Days a week - We are available for Dementia, Parkinsons, Alzheimer's Care Personal Care, Meals, Shopping, Medication, Companionship and Social trips. Post Operational Care. Rehabilitation. Sleeping & Waking Nights. Companionship, Respite and Live-in Care, including Pet and Animal Care	Kendal, Keswick, Cockermouth Penrith & Carlisle
<b>Heydays Care &amp; Support Services</b>	<b>015395 52548 – Grange 01229 808 023 - Barrow 07827 964 360 Manager</b> 76 Warwick Street Barrow LA14 5HB	Services run 7 days/week 7am-10pm Personal Care, Dementia Care, Respite Care, Palliative Care. Sleepovers, Waking watch & Live-in care. Accessing the Community, Domestic Help and Looking after Pets.	South Cumbria & Lancashire
<b>Home Care by Lucy Clare</b>	<b>07474 222978</b>	Personal care, Bathing /shower support; Medication prompts, Meal prep, Companionship, Help with hobbies, Days out, Appointments, Light housework, Pet care/ Dog walking, Respite, Holiday cover, Early morning help to get up & breakfast, Late night help to bed & lock up safely; and more friend could do. £25 per hour or £40 for 2 consecutive hours	South Lakes area

<b>Home Instead</b>	<b>01539 267 220</b> Meadowbank House Meadowbank Business Park Shap Road Kendal LA9 6NY  <a href="mailto:info@southlakes.homeinstead.co.uk">info@southlakes.homeinstead.co.uk</a>	Personal Care, Dementia, Companionship, Dementia Care and Home help – full range of services. From 2 hours per week to 24 per day.	Ambleside, Windermere, Kendal, Grange, Ulverston, Newby Bridge, Carnforth, Milnthorpe, Arnside, Silverdale & surrounding villages.
<b>Human Support Group</b>	<b>01946 695 552</b> <a href="mailto:Debbie.ross@humansupport.co.uk">Debbie.ross@humansupport.co.uk</a> Unit 8 Hensingham Business Park Whitehaven CA28 8YU	Personal Care, Medication, Domestic support, Specialised care for serious physical & mental impairment (all ages). From 15 minute packages.	Kirkby-in-Furness, Askam-in-Furness, Barrow, Walney, Ulverston & surrounds.
<b>Lakeland Care &amp; Support Services</b>	<b>01229 585 693</b> W: lakelandcarers.co.uk Bortree Stile Ulverston LA12 7PB	Personal Care, Meals, Shopping, Medication, Companionship and Social trips. Respite Care & Sitting service, Rehabilitation, Live-in Care & Night cover. From 30 minute calls.	Furness & South Cumbria including Kirkby, Lindal, Urswick, Ulverston & Greenodd and surrounds
<b>Lakes Home Care</b>	<b>07930 179 902</b> <a href="mailto:enquiries@lakeshomecare.co.uk">enquiries@lakeshomecare.co.uk</a> Hallgarth Kendal LA9 5PE	Respite Care, Dementia, Palliative, Disabilities & Mental Health. Overnight stays & trips out.	Kendal, Windermere, Kirkby Lonsdale, Grange & most local areas
<b>Millom Home Care</b>	<b>01229 777 101</b> 3 Crown Street Millom LA18 4AG	Personal Care, Domestic tasks, Shopping, Medication, Meals, Outings & support with daily living tasks.	Millom & surrounds

<b>Promedica 24 Lancashire &amp; the Lakes</b>	<b>07419 111 981</b> promedica24careathome.co.uk	Live-in Care, Dementia Care, Parkinson's, Stroke, Hospital discharge, Respite care.	Cumbria, Lancashire & North Yorkshire
<b>Sarah Metcalf</b>	07738 377 787	Personal Care, Respite care, Care home visits, Meal Prep, Morning Calls, & Companionship.	Endmoor, Natland & Kendal
<b>SHC Lune Valley</b>	<b>01539 730 777</b>  157 Stricklandgate Kendal LA9 4RF	Spinal Homecare Services: Personal Care, Sit calls, Food prep, Medication assistance, Domestic tasks, Shopping, Social & medical trips, Overnights.	Bentham, Kirkby Lonsdale to Kendal & areas in between
<b>Twilight Years Limited - Barrow</b>	<b>01229 835 200</b> (out of hours: 07811 652 072) twilighthomecare.co.uk 114 Rowlinson Street Barrow-in-Furness LA14 2DG	Personal care, Meal prep, Medication assistance, Shopping, Domestic tasks, Companionship, Sleepovers & Wakeovers	Barrow & surrounds
<b>Twilight Years Limited - Kendal</b>	<b>01539 457 530</b> (out of hours: 07811 652 072) twilighthomecare.co.uk 123 Highgate Kendal LA9 4EN	Personal care, Meal prep, Medication assistance, Domestic tasks, Shopping, Companionship, Sleepovers & Wakeovers	Kendal & surrounds
<b>Westmorland Homecare</b>	<b>01539 725 107 (Kendal)</b> westmorlandhomecare.co.uk <a href="mailto:kendal@westmorlandhomecare.co.uk">kendal@westmorlandhomecare.co.uk</a> 18 Highgate Kendal LA9 4SX	Personal care, Dementia care, Home help & Companionship and more.	Local areas served from Kendal (South Lakes), Lancaster & Penrith

## LIVE-IN CARE

In addition to those providers listed above who offer Live-in services, the following national providers may be of assistance.

<b>Able Community Care Ltd</b>	<b>01603 764 567</b> <a href="http://www.ablecommunitycare.com">www.ablecommunitycare.com</a> <a href="mailto:info@ablecommunitycare.com">info@ablecommunitycare.com</a> The Old Parish Rooms Whitlingham Lane Trowse Norwich NR14 8TZ	Long or short term live-in care: Home from hospital, Convalescent, Respite, Holiday care companion & Dementia care	Nationwide
<b>Bluebird Care Lancaster and South Lakeland</b>	<b>07392080972</b> <a href="http://www.bluebirdcare.co.uk/lancaster-south-lakeland">www.bluebirdcare.co.uk/lancaster-south-lakeland</a> Live-in Care Manager <a href="mailto:janacayeux@bluebirdcare.co.uk">janacayeux@bluebirdcare.co.uk</a> Willow Mill, Fell View, Caton LA2 9RA	Local service, family run, delivering live-in care service for 10 years Long or short-term placements Adults over 18, including elderly frail Couples service	Local areas
<b>Country Cousins</b>	<b>01293 224 706 Mon-Fri 8am-6pm</b> <a href="http://www.country-cousins.co.uk">www.country-cousins.co.uk</a> Suite 5G Gatwick House Peeks Brook Lane Horley RH6 9ST	Long or short term live-in care: Dementia care, Respite care, Personal care, Post-operative care, Reablement care, Companion care	Nationwide
<b>Helping Hands</b>	<b>0330 818 5890</b> <a href="http://www.helpinghandshomecare.co.uk">www.helpinghandshomecare.co.uk</a> 10 Tything Road West Alcester Warwickshire B49 6EP	Live-in care for Dementia, Physical disability, Palliative needs, Age-related frailty, Health & Personal care, Companionship.	Nationwide

<b>The Good Care Group</b>	0203 728 7577 <a href="http://www.thegoodcaregroup.com">www.thegoodcaregroup.com</a> 120 Leman Street London E1 8EU	Live-in care, Respite care, Hospital discharge, post-operative rehabilitation, Stroke care, Complex care for medical/specialist conditions.	England & Scotland
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**Agencies in areas bordering on South Cumbria may provide services within our District. For lists of nearest agencies to your home and inspection reports on all registered agencies, contact the Care Quality Commission**

[www.cqc.org.uk](http://www.cqc.org.uk)

**03000 616161**

Care Quality Commission  
Customer Service Centre  
Citygate,  
Gallowgate  
Newcastle upon Tyne  
NE1 4PA

Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk) .

The following pages contain our “**HOME CARE GRID**”, which we hope will help you easily identify which providers offer the services you are looking for.

The list of care types offered is not exhaustive or guaranteed and reflects the information we hold at the time of review - you may use this as a guide but should always make your own enquiries.

Some of the companies listed may offer more services than shown below. It is the responsibility of the customer to contact the providers and confirm that the required service is available and is offered in the required location.

Age UK South Cumbria does not recommend any of the organisations herein, nor are we responsible for the work carried out by these organisations or if the offering changes from time to time. Amendments are made to the list whenever we are given new information, in addition to our scheduled 6 monthly review.

SERVICE PROVIDER ➔	Able Community Care	Alcedo Care	Anne Parker	Bluebird Care	Brancaster Homecare Ltd	Busy Bears	Caviar Care Scheme Ltd	Coniston Care Scheme Ltd	Country Cousins	CW Homecare	Denise Coleridge - DC Homecare	Gabriela Safavi	Gillian Gibson	Good Companions	Helping Hands	Heydays Care & Support Services
➔ SERVICE TYPE																
National	█								█						█	
All Ages																
Nursing Care																
Live-In Care	█	█		█					█					█	█	█
Personal Care		█	█	█	█	█	█	█	█	█	█		█	█	█	█
Complex Care		█				█										
Continence Support											█					
Bathing					█	█				█	█					
Dressing						█										
Medication Assistance		█				█	█					█		█		
Meal Preparation		█	█		█	█	█					█		█		█
Cooking					█	█				█						
Cleaning/ Domestic		█			█	█	█				█					█
Shopping		█	█		█	█	█			█				█		█
Appointments			█							█	█					
Hospital Visits					█											
Overnight Stays																█
Wake & Watch												█		█		█
Sleep-in Care												█		█		
Sitting Service																
Dementia Care	█		█						█					█	█	█
Parkinson's Care			█											█		
Stroke			█													
Palliative Care			█												█	
Respite Care	█			█					█				█	█		█
Hospital Discharge	█															
Convalescence	█												█	█		
Pet Care											█		█	█		█
Social Trips					█	█		█		█	█			█	█	█
Companionship						█			█		█			█	█	
Holiday care companion	█															

SERVICE PROVIDER ➔	Home Care by Lucy Clare	Home Instead Senior Care	Human Support Group	Lakeland Care & Support Services	Lakes Home Care	Millom Home Care	Promedica 24 Lancs & the Lakes	Sarah Metcalf	SHC Lune Valley	The Good Care Group	Twilight Years Limited - BARROW	Twilight Years Limited - KENDAL	Westmorland Homecare
➔ SERVICE TYPE													
National													
All Ages													
Nursing Care													
Live-In Care													
Personal Care													
Complex Care													
Continence Support													
Bathing													
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