

Carlisle Social Diary 2022



Carlisle and Eden
ageUK

If you would like more information, please contact:

Age UK Carlisle and Eden

20 Spencer Street

Carlisle

CA1 1BG

Tel: 01228 536673

Email: admin@ageukcarlisleandeden.org.uk

www.ageuk.org.uk/carlisleandeden

<https://en-gb.facebook.com/Age-UK-Carlisle-and-Eden-195438317174493>

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

***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
Tai Chi	Brampton Community Centre	Monday 9.45-10.45am	016977 45023
Craft Club	Harraby Community Centre	Monday 10am to 12pm	01228 537831
Tai Chi	Denton Holme Community Centre	Monday 10-11am from September	01228 710898 clair.hannah@dentonholmecc.co.uk
Knit and natter	Harraby Community Centre	Monday 10am-12noon	Heathlands 01228 674 950
Textiles, Craft and Chat Better Together	Harraby Community Centre	Monday 10am - 12noon	Heathlands 01228 674 950
Tai Chi	Longtown Community Centre	Monday 10.30-11.30am	01228 791876
Active Brew Crew: Cuppa & chair based exercise	WeCan Wellbeing Centre, Carlisle, Cumbria, CA2 5SR	Monday 10:30-12noon	Jenna Sutherland 0800 0386018 Jenna@icanfitnesscumbria.co.uk
Boccia, bowls and Curling	Brampton Community Centre	Monday 10.30-12noon	01228 674950
Short Mat Bowling	Longtown Community Centre	Monday and Tuesday 1-3.30pm	01228 791876

Computer drop in sessions	Upperby Community Development Centre, Uldale Rd, Upperby	Monday 10am to 12pm 2pm to 4pm	01228 815461
Towns women's Guild	Currock House Community Centre	2nd Monday every month at 1.30pm	01228 591868
Beginners Bowling	Morton Community Centre	Monday 2-4pm	01228 531105
Womens Institute	Longtown WI Longtown Memorial Community Centre	2nd Monday of month 2pm October to March – 7.30pm- April to September	01228 521774
Park Walks	Morton Community Centre	Monday 2.30-3.00pm	Emma Dixon 01228 817370
Arts and Crafts	Brampton Community Centre The Hut	Monday 7-9pm	016977 45023
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Monday, Tuesday & Wednesday 7pm	www.bridgewebs.com
Sugar craft	Currock Community Centre	Monday 19:30pm to 21:30pm	01228 591868

Memory Matters Carers Support Group	Old Town Hall Carlisle CA3 8PN	Monday 1.30- 3.30pm (Drop in)	Memory Matters Team Hazel Wright 01228 602100
Monthly Monday Movie	Harraby Community Centre	2pm	Contact 01228 537831
Scrabble	Belah Community Centre	2 nd and 4 th Monday of every month 10am - 12pm	Contact Doreen Atkinson 01228 495006
Camera Club	Belah Community Centre	2 nd and 4 th Monday of every month 1.30pm 3.30pm	Contact Rob 07485462838

TUESDAY

CLUB	VENUE	DETAILS	CONTACT
Happy Wanderers Walk	Brampton Community Centre	Tuesdays Meet at 9.30am	016977 45023
Forces Link – Forward Step Walk	Castle Car Park, Devonshire Walk	Tuesdays 10am	01768 800350
Yoga	Brampton Community Centre	Tuesdays 10–11am	016977 45023
Dementia Friendly Café	Methodist Church Dalston	Third Tuesday of every month 10.00am-12.00pm	Maureen Robinson 01228 533445 07740 809 628
Knit and natter	Morrison's Supermarket Carlisle	Tuesdays 10:30-12:30	Just turn up. Bottom end of café.
Ramblers Walking Group/Social	Currock Community Centre	Tuesday 11-12 noon	01228 591868
Chair Yoga	Brampton Community Centre	Tuesdays 11.15am-12.15pm	016977 45023
Swing Fit (Ballroom Dancing)	Brampton Community Centre	Tuesday 12-1pm	016977 45023
Short Mat Bowling	Longtown Community Centre	Tuesday 1-3.30pm	01228 791876
Short Mat Bowling Club	Yewdale Community Centre	Tuesdays 1.30-3.30pm	01228 591270
Healthy U Super Seniors Circuits	Botcherby Community Centre	Tuesday 2-3pm	01228 596992

Stroke Survivors Adapted Art Group	WeCan Wellbeing Centre	Tuesdays 2-4pm	Jenna Sutherland-0800 0386018 Jenna@icanfitnesscumbria.co.uk
Yoga	Brampton Community Centre	Tuesdays 5.30-6.30pm	016977 45023
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Tuesday 7pm	www.bridgewebs.com>eden
Bingo	Longtown Community Centre	Fortnightly on a Tuesday from 11th January 2022 7.15-8.45pm	01228 791876
Lunch Club	Wigton Road Methodist Church	Every 1st and 3rd Tuesday of the month 1pm	01228 523990
North Cumbria Prostate Cancer Support Group	Morton Manor	Monthly – First Tuesday of the month	Jim Allan 01228 539510 james101@talktalk.net
Ukulele	Belah Community Centre	1st and 3rd Tuesday of every month 9.45am -11.45am	Contact Malcolm Robinson

WEDNESDAY

CLUB	VENUE	DETAILS	CONTACT
Knit and Natter	Brampton Community Centre	Wednesday 9.30am– 12noon	016977 45023
Drop in Tea / Coffee Morning (optional boardgames)	WeCan Wellbeing Centre, Carlisle, Cumbria, CA2 5SR	Wednesday 9:30–12 noon	Jenna Sutherland 0800 0386018 Jenna@icanfitnesscumbria.co.uk
Coffee Mornings *For Carlisle Network patients	No38 Bistro & Bar	Wednesday 10am	Contact your GP and ask to speak to Laura or Lindsey in the Social Prescribing team.
Yoga	Longtown Community Centre	Wednesday 10-11am	01228 791876
Coffee Morning	The Lookout – Community Hub Shadygrove Road Carlisle	4th Wednesday of the month 10–1pm	Call or text on 07413258279
Meet Me at the Museum	Tullie House	1st Wednesday of the month 10.30– 11.30am	Catherine.moss- luffrum@tulliehouse.org 01228 618781
Drop-in lunches	Morton Community Centre	Wednesday 12-1pm	01228 531105
Meet Me at the Museum	Tullie House	1st Wednesday of the month 1pm to 2.30pm	Catherine.moss- luffrum@tulliehouse.org 01228 618781

Young At Heart	Currock Community Centre	Wednesday 1pm to 2.30pm	0122 5918688
Art Group	Currock Community Centre	Wednesday 1-3pm	01228 591868
Line Dancing	Longtown Community Centre	Wednesday 3-4pm	01228 791876
Crafty Crafters	Yewdale Community Centre	Wednesday 6-8pm	Margaret 07376431770
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Wednesday 7pm	www.bridgewebs.com ›eden
Yoga	Longtown Community Centre	Wednesday 7-8pm	01228 791876
Sequence Dancing	Morton Community Centre	Wednesday 7.15 – 10.30 {mornings?}	01228 531105
Women's Institute	Cumdivock WI Hall	1 st Wednesday of month 7.30pm	www.ccfwi.org.uk 01228 521774
Quiz Night	Morton Manor	1 st Wednesday of the month	01228 531105
Eden Bridge Club	Town Dyke Orchard, Viaduct Estate, Carlisle	Online sessions Wednesday 7pm	www.bridgewebs.com ›eden
Monthly Walks	Age UK Carlisle & Eden	Held on 1 st Wednesday of the month	Contact Sonia McMillan 01228 536673
Meditation and Mindfulness	Belah Community Centre	Every Wednesday 11am -12pm	Contact Dave Stanford 01461 338446

THURSDAY

CLUB	VENUE	DETAILS	CONTACT
CADAS Health Walk	CADAS 3-5 Victoria Place, Carlisle, Cumbria, CA1 1EJ	Thursday 10am	To pre-book contact Lois 07714 773289 loiss@cadas.co.uk
Lunch Club	Brampton Community Centre	2 nd and 4 th Thursday of every month	016977 45023
Lunch Club	Country Kitchen, Dalston	2nd Thursday of every month	Joyce Dayson 01228 711431
Introduction to IT	Pennine Way Community Development Centre Silverdale Rd Harraby	Thursdays 10.00am to 12pm	01228 227304
Coffee and Bingo	Morton Manor Wigton Road Carlisle CA2 6JP	Third Thursday of the month 10.00am	Nick Robinson 01228 674950
WeCan Walk & Talk	WeCan Wellbeing Centre, Carlisle, Cumbria, CA2 5SR	Thursday 9.30-11am	Jenna Sutherland 0800 0386018 Jenna@icanfitness cumbria.co.uk

Active Brew Crew ABC Cuppa & Chair based exercise	The Lookout – Community Hub Shadygrove Road Carlisle	Thursday 10- 11am	Call or text on 07413 258279
Parkinson's UK Exercise Group	Currock Community Centre	Thursday 10.30-11.30am	01228 591868
Houghton Evergreens	Houghton Village Hall	Opening soon Thursday 2-4pm	Mr Webber 01228 594707
Healthy U Super Seniors Circuits	Botcherby Community Centre	Thursday 2:30-3:30pm	01228 596992
Bingo	Brampton Community Centre	First Thursday of the month 7pm	016977 45023
Line Dancing	Longtown Community Centre	Thursday 7-8pm	01228 791876

History Talks	Currock Community Centre	Thursday 13:30pm to 14:15	01228 591868
Singing for the Brain Alzheimer's Society	New Waterton Hall Carlisle	Held on a Thursday Booking required	01228 819299

FRIDAY

CLUB	VENUE	DETAILS	CONTACT
Social Sequence Dancing	Currock Community Centre	Opening soon	01228 591868
Healthy U Walking Football (Dementia Friendly)	Botcherby Community Centre	Friday 2.30pm – 4pm	01228 596992
Pilates	Brampton Community Centre	Friday 9.15-10.15am	016977 45023
Reiver Quilters	Morton Community Centre	First Friday of the Month 10am-4pm	01228 531105
Keep Fit with Cake Better Together	Harraby Community Centre	Fridays 10am to 12pm	01228 537831
Crafts with Lesley	WeCan Wellbeing Centre	Friday 21 st Jan and 18 th Feb 10a.m -12 noon	Jenna Sutherland- Wellbeing coordinator for WeCan wellbeing centre Tel: 0800 0386018 Email: Jenna@icanfitnesscumbria.co.uk

Walking Football	iCan Health & Fitness Club Carlisle, Cumbria, CA2 5SR Held at Soccer World Rome St Carlisle	Every Friday from 2 nd July Women's sessions 5.00-6.00pm Men's sessions 6.00pm to 7.00pm	Mens session contact Jackstone2@sky.com Female sessions contact iCan 01228 819101
Renew @ Cornerstone Weekly Café	St James Church James Street	Every Friday 1pm	01228 810616

SATURDAY

BeadWorkers Group	Morton Community Centre	1 st Saturday of the Month 9.30am-2.30pm	01228 531105
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GENERAL

CLUB	VENUE	DETAILS	CONTACT
Watchtree Nature Reserve	Wiggonby Great Orton Nr Carlisle	Open daily during summer. Organised walks various times	01228 712539
Eden Bridge Club Practice rooms	Town Dyke Orchard, Viaduct Estate, Carlisle	Online Monday- Sunday from 10am	01228 534650
Join us 4 Afternoon Tea Age UK Carlisle and Eden	Various days and dates	Please contact Age UK Carlisle and Eden for further details	01228 536673

SUPPORT AND HEALTH RELATED GROUPS

Group	Venue	Details	Contact
Alzheimer's Society Walking Group	The New Waterton Hall Warwick Square Carlisle	Easy walks followed by lunch, every six weeks. Call for details	01228 819299
Blood Buddies For those affected by leukaemia, lymphoma, myeloma or associated conditions.	Bidders Bar at The Auctioneer, Rosehill, Carlisle	Mondays 7pm	Angela Docherty secretary to Dr O'Brien on 01228 814511
CADAS	Carlisle 5 Victoria Place, Carlisle, CA1 1EJ	Offers one to one and peer support	General Enquiries (10am-5pm, Mon-Fri): 0300 111 4002 Addiction Helpline (11am-6pm, Mon-Fri): 0800 2545658
Cancer Information and Support Centre	Cumberland Infirmary, Newtown Road, Carlisle	Monday-Friday 11am-2.30pm	01228 814283
Carlisle Carers	Fusehill Street, Carlisle	Carer Support	01228 542156
Carlisle Society for the Blind	9 Brunswick Street, Carlisle	Macular Disease Society	01228 593104

Group	Venue	Details	Contact
Colostomy Association	24 hour helpline		e-mail: cass@colostomyassociation.org.uk 08003284257
Macmillan Information and Support Services	Cumberland Infirmary, Newtown Road, Carlisle		Hilary Kendal 01228 814283

USEFUL INFORMATION

VENUE	WHAT'S ON	DETAILS	CONTACT
Carlisle Castle	Guided Tours and Special Events	Booking in advance 10am-5pm	01228 591922
Carlisle Cathedral	Services Restaurant and Gift Shop	10am-3pm	01228 548151
Vue Cinemas Botchergate	Senior Vue film club	Over 60's senior tickets available on all showings	0345 308 4620
Tullie House Museum and Art Gallery	Exhibitions, Workshops, Talks, Performances, Films	Various dates and times	01228 618718
Carlisle Library The Lanes Carlisle	Community Information, Reference, Internet, Activities, Talks	To check times, contact library	01228 227312

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.