

**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 Lakeland 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 2023

Next review due June 2024

**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 or 01539 720227	All household cleaning tasks, window cleaning, meal preparation, companionship, ironing.	£15	South Kendal
Hazel Chaplow	07817 989996	Home cleaning, dog walking, shopping	£15	Milnthorpe area
Linda Greensmith	07919 152526	Home Help, Shopping trips, transport to & from medical appointments, companionship for hobbies, help with paperwork	£17 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	£16. per hour  £20 per hour gardening	Kendal, surrounding villages as far as Burton in Kendal

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 £22 & Cleaning £15 per hour	Natland, Kendal & Endmoor
Jackie Park	07539 640809  01539 726553	Personal care, promote independence, cooking, shopping, palliative care, medication, chatting	£25.00 per hour	Kendal
Hazel Hunter	07881 026484  01539 756548 Evenings only	Cleaning, ironing in your home, window cleaning within reach	£15.00 per hour	Kendal area
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.	£12 - £14 per hour +mileage when appropriate	In and around Kendal, within 15-mile radius. Includes Windermere, Newby Bridge, Sedbergh and Kirkby Lonsdale and Carnforth

Shaar Dixon	07787 133864	Home Cooking, cleaning, ironing, shopping, any household chores, gardening, window cleaning	£13 per hour Discount for older people	Within 5 miles of Kendal
Sue Banks <a href="mailto:skb1960@hotmail.co.uk">skb1960@hotmail.co.uk</a>	07498 719891	Experienced carer with a great sense of humour for companionship, personal care, domestic chores, food prep and shopping	£15 per hour	Arnside, Milnthorpe, Heversham, Levens, Hincaster, Holme, Burton, Storth, Kendal Endmoor and Grange
Sheila Boardley <a href="mailto:Sheila.boardley@hotmail.co.uk">Sheila.boardley@hotmail.co.uk</a>	07890 295125	Personal Care, cleaning, shopping and appointments	£17 - £20. Per hour depending on area	Kendal, Burton, Holme, Milnthorpe
Jo Nyquist  Helping Hands Support Worker	07957 499978	Companionship services, small gardening tidying jobs, shopping, odd jobs in the house, cleaning, typing and IT support, dog walking, cooking meals and decluttering	£20 per hour	10 mile radius from Kendal
Stephen Hargraves  <a href="mailto:shargraves385@gmail.com">shargraves385@gmail.com</a>	015395 92136 Or 07497 186976	Professional Carer, Level 2 Diploma, personal care, home help, shopping, companionship and cleaning	£14 per hour	Kendal, Levens, Milnthorpe, Endmoor, most local areas

<p>Kayleigh Dawson</p> <p>DBS Checked, can supply references</p>	<p>07846 746096</p>	<p>Decluttering service – patient and non-judgemental support to declutter your home and make it more manageable DBS Checked</p>	<p>From £20 per hour</p>	<p>Kendal</p>
<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>£16.00 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 or 015395 92136</p>	<p>Professional Carer, Level 3 diploma in cleaning and care, personal care, home help, shopping, companion, dog walking and cleaning</p>	<p>£14 per hour</p>	<p>Kendal, Levens, Milnthorpe, Endmoor, local areas</p>

<p>Rosalind Coburn (Roz)</p>	<p>01539 720093 07396 688527</p>	<p>Experienced Carer offering personal care, help in the home, trips out (shopping/day centres) gardening and cleaning</p>	<p>£15 per hour depending on job Discount for older people depending on circumstances</p>	<p>Kendal and surrounding area + Windermere, Kirkby Lonsdale, Sedbergh and Milnthorpe</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>	<p>07810 430933</p>	<p>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.</p>	<p>£18. Per hour</p>	<p>South Lakes, Kendal, Windermere, Bowness, Ambleside, Levens, Ulverston, Milnthorpe</p>

<p>Nicola Millington</p> <p><a href="mailto:nicolamilly45@gmail.com">nicolamilly45@gmail.com</a></p>	<p>07757 428030</p>	<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>£20 per hour</p> <p>Happy to discuss shorter visits if this can be accommodated</p>	<p>Kendal, Staveley, Burneside, Oxenholme, Endmoor</p>
<p>Keith Dobson</p> <p><a href="mailto:thedobsonsketh@gmail.com">thedobsonsketh@gmail.com</a></p>	<p>07704 032012</p>	<p>Cleaning, carpet cleaning, man and a van, power washing, meal delivery, companionship, meal preparation, help with washing, ironing, hospital visits, dog walking</p>	<p>£12 - £15 per hour</p> <p>Discounts for older people</p>	<p>Grange, Lindale, Arnside, Milnthorpe, Heversham, Storth, Levens, Newby Bridge, Backbarrow, Haverthwaite, Ulverston, Greenodd, Crosthwaite, Underbarrow, Brigsteer</p>
<p>Diane Wharton</p> <p><a href="mailto:whartondiane33@gmail.com">whartondiane33@gmail.com</a></p>	<p>07908 932379</p>	<p>Personal care, bath, shower, calls, cleaning, doctor/hospital appointment and dog walking</p>	<p>£15 per hour</p>	<p>Dent, Garsdale, Cowgill Cautley and Sedbergh</p>

Judith Dent	01539 733943	Cleaning, shopping, help with dressing and dog walking	£15 per hour	Kendal Burneside
Christine Broadley <a href="mailto:cmgmetcalfe@aol.com">cmgmetcalfe@aol.com</a>	07876 500339	Cleaning, ironing, home cooking, shopping, any household chores, gardening, dog walking and taking to appointments	£13 per hour	Kendal, Burneside, Natland, Endmoor
Christine Jamieson <a href="mailto:chrissyjamieson@hotmail.com">chrissyjamieson@hotmail.com</a>	07790 503148	Companionship, shopping, help in the home, fun outings, hospital/doctor visits.	£15 per hour	5-mile radius of Kendal.
Amanda Jane Brassington	07805 830435	Cleaning, shopping, gardening, ironing,	£15 per hour I am an ex Social Services Carer with a wealth of varying experiences	Witherslack, Levens, Leasgill, Heversham, Brigsteer, Kendal
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	£18 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

Sharon Davies	07749 647161	Care, support, cleaning, cooking, shopping, going for walks	£20. Per hour Care and Support £15. For cleaning	Arnside and surrounding area
Kelsey Anyadiegwu	07949 196593	Personal care, home help and cleaning. 16 years' health and social care experience, a degree health and social care	£14 per hour home help and cleaning £16 per hour personal care	Windermere, Ambleside, Grasmere and Langdale
Anne Parker <a href="mailto:aparker32000@yahoo.co.uk">aparker32000@yahoo.co.uk</a>  A qualified Occupational therapist with over 15 years' experience as well as home care experience	07908620227	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	£20 per hour	Grange over Sands, Kentsbank, Lindale, Cartmel, Allithwaite and Flookburgh
Emma Helmn <a href="mailto:emshelmn@hotmail.com">emshelmn@hotmail.com</a>	07772811114  I have completed all relevant training with Level 2 diploma in social care	Self employed private carer, I have over 30 years experience in providing personal care to elderly and people with learning disabilities.	£20 per hour	Kendal South and surrounding areas

Devon Teasdale <a href="mailto:dev_t@hotmail.co.uk">dev_t@hotmail.co.uk</a>	07432486409	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
Jane Allan <a href="mailto:enquiries@lakeshomecare.co.uk">enquiries@lakeshomecare.co.uk</a>	07930 179902	Highly qualified carer, 8 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>	07707539463  Reliable and dedicated, over 10 years experience within the care industry and fully DBS checked	Support worker duties, personal care, meal prep etc. cleaning, companionship, day out, shopping, sleep in nights	£20 per hour	Milnthorpe, Natland, Oxenholme, Levens, Beetham, Endmoor, Gatebeck, Sizergh, Arnside, Storth, Silverdale
Helen Blenkarn <a href="mailto:helendanny@tiscali.co.uk">helendanny@tiscali.co.uk</a>	07788 506039	Personal care, companionship cleaning, shopping, home help, professional carer Level 3 Diploma	£15 per hour	Within 10 miles of Kendal
Wendy Bland <a href="mailto:gandwb@gmail.com">gandwb@gmail.com</a>	07969645183	Care work, household tasks, shopping, washing and ironing	£16 per hour	Kendal and all surrounding areas

Jill Black <a href="mailto:jillblackwomens@gmail.com">jillblackwomens@gmail.com</a>	07946 497609	Experienced carer, companionship medication, personal care, cooking, shopping, home help, outdoor activities and appointments	£18 per hour	Sedbergh, Dent, Kirkby Lonsdale, Barbon, Milnthorpe, Kendal, Ingleton, Carnforth, Newby Bridge, Holme, Hornby
Happy Home Companions  Rosie Medcalf	07543098409	8 years experience within the care sector. Companionship, light cleaning duties, accompany on outings, accompany to appointments, assistance with pet care, assistance with cooking/meal preparation, and personal care	£25 per hour	Milnthorpe, Halton, Holme, Burton in Kendal, Warton, Crag Bank, Carnforth, Borwick, Silverdale, Priest Hutton, Arnside
Lauren McAlister <a href="mailto:laurenmcalist49@gmail.com">laurenmcalist49@gmail.com</a>	07495048124	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.	£15 - £20 per hour	Kendal and 10 - 15 mile radius of Kendal

<p>Sally Wilkinson</p> <p><a href="mailto:thereforyou@myyahoo.com">thereforyou@myyahoo.com</a></p>	<p>07983 210507</p>	<p>Supporting the person in living the life that is left to its fullest. Companionship; spending time listening and talking and providing comfort and support. Practical support; light housework, shopping, preparing meals, dog walking, accompanying person to appointments, making arrangements/c o-ordinating visits, and generally providing support as required. Advocacy - upholding wishes when needed. Point of contact for other services and family. Collaboration with, and work alongside Care Professionals and Carers. Supporting loved ones practically and emotionally. Being open and comfortable in discussing</p>	<p>£25 minimum 2 hours</p>	<p>Ulverston or 15 mile radius</p>
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		<p>death in any way to help reassure and make the transition as fear-free and peaceful as possible, and to support the person in having the death they wish.</p> <p>Being available after the person has died in providing practical and emotional support to those important in their life.</p>		
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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 Lakeland.**

<b>Agency Name</b>	<b>Area Covered</b>	<b>Telephone</b>
Cumbria View Hourly rate starts from £28 and £14 for half an hour.	Kendal, Staveley and Windermere areas. Other areas by request may be available	07831897292
Coniston Care Between £19 - £23 per hour	Coniston, Hawkshead, Torver	015394 41868
Heydays Care & Support Services £22 per hour Barrow £38 per hour Rural Area	South Lakeland	015395 52548
Brancaster Home Care Ltd £32 per hour	Kendal and surrounding areas	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	£20.00	
Maria Galvin Clearer Space.Com	01539 728189 or 07791 347455	A professional de-cluttering and organising service. Insured and DBS cleared	£20 per hour	South Cumbria including Ulverston & Barrow
Charlotte Sweeney	015395 32989 or 07966 543223	Mobile Hairdresser covering Grange, Cartmel, Lindale, Haverthwaite, Newby Bridge, Flookburgh	Shampoo and Blow Dry £13 Cut and Blow Dry £22 Cut, Perm and Blow Dry £45 Colour, Cut and Blow Dry from £45	Grange, Cartmel, Lindale, Haverthwaite, Newby Bridge & Flookburgh
Nigel Gregg	07919 405642	Driving, dog walking, meals delivery, day care, shopping	Cost on request	Windermere, Ings, Ambleside areas

Peter Wade	07837 306156	Gardening (all aspects, no access to lawnmower or strimmer), cleaning, general handyperson, Shopping, dog walking	£14 negotiable for older people. 5-mile radius of Kendal	5 mile radius of Kendal
Lanty Wilson	01539 724210 Or 077944 43976	Painting Decorating Plastering Tiling General property maintenance	£25.00 per hour Discount for older people, request price before job commences	Kendal & South Lakes
Jackie Stafford <a href="mailto:helpinghandkendal@gmail.com">helpinghandkendal@gmail.com</a>	07805 537077  01539 241652	Helping Hand home care service, meal preparation Personal Care Shopping Local Transport Companionship General Household Help	£20.00	Kendal and surrounding area within 10 Miles
Alison Lishman	07498 278501or  01539 458801	Shopping, help with paperwork, house and pet sitting, grass cutting, any request considered	£15.00 Some mileage depending on location	Anywhere
Janet Harrison	01539 723883	Mobile Hairdresser	Perm £45 Set £12 Blow Dry £12 Trim £12	Kendal, Natland, Levens Approx. 10–15 miles
Aileen Lea	07952 601890	RHS Qualified Horticulture Services, plant maintenance and plant care, a gardener's gardener	£17.50 per hour	Kendal Parks, Heron Hill, Oxenholme

Ian Carradus <a href="mailto:iancarradus@gmail.com">iancarradus@gmail.com</a>	07714 468544	Skilled Plasterer, over 35 years' experience, general building work, household repairs	Free Estimate Discount given	Kendal, South Lakeland
Jonathan Deegan <a href="mailto:iondeegan@aol.com">iondeegan@aol.com</a>	01539 729302	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	£20 - £25 per hour  Discount for pensioners	All of South Lakes, Ulverston, Grange, Ingleton, Carnforth, Lyth Valley
Robert Winder <a href="mailto:winderhandyman@hotmail.com">winderhandyman@hotmail.com</a>	07799226 033	Odd job's, furniture assembly, garden tidy, DIY job's, waste removal, repairs inside and outside, problem solving, fencing, tree removal, waste carriers licence	£35 per hour Or price on request  Discount for pensioners	South Lakes, Burton in Kendal, Windermere, Sedbergh, Grange-over-Sands
Gillian Rowell <a href="mailto:g.rowell@hotmail.co.uk">g.rowell@hotmail.co.uk</a>	07826 357773	Ironing – DBS checked	£16 per hour	Kendal

## **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 SLDC, 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

#### **Burneside Bakery**

Meals on Wheels. Telephone 01539 722045

Monday – Friday in Staveley, Burneside, 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 £5.00

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

Monday lunches suggested donations – eat in £5.00, delivered £3.50 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