



## Northern Fells Lend a Hand Group

### How we can help:

The Northern Fells Lend a Hand Group volunteers offer practical help and support to anyone of any age who is in need due to ill health or disability, and to carers.

### Four types of help are offered:

- Handyman help
- Domestic/Personal help including Home from Hospital help
- Benefits Awareness and help with forms
- Medical Loan Service

### New volunteers welcome

For Handyman or Domestic/Personal Help please telephone **Simon Braithwaite:** 016974 77196

For Medical Loan Service please telephone **Doreen Glead:** 016973 71264

For Benefits Awareness and help with forms telephone **Antoinette Ward:** 016974 78220

### Northern Fells Group Co-ordinator:

Diane Barraclough • Tel: 016974 78094

**Email:** [info@northernfellsgroup.org.uk](mailto:info@northernfellsgroup.org.uk)

**Post:** Millhouse Village Hall, Millhouse, Heskett Newmarket, Wigton CA7 8HR

**For more details about any of the services in this leaflet:**

**Transport Co-ordinators:** Carol Hickson and Antoinette Ward • Tel: 016974 78787

**Youth Easter and Summer Activities:** Diane Barraclough – as Group Co-ordinator above

**Lend a Hand Co-ordinator:** Simon Braithwaite • Tel: 016974 77196 • **Email:**

[simon.braithwaite@northernfellsgroup.org.uk](mailto:simon.braithwaite@northernfellsgroup.org.uk)

**Lend a Hand Benefits Worker:** Antoinette Ward • Tel: 016974 78220 • **Email:** [aw.caldbeck@gmail.com](mailto:aw.caldbeck@gmail.com)

**Village Agent Co-ordinator:** Diane Barraclough – as Group Co-ordinator above

**Fundraising Co-ordinator:** Libby Graham • Tel: 016974 78147 • **Email:** [libby.graham@northernfellsgroup.org.uk](mailto:libby.graham@northernfellsgroup.org.uk)

### The Northern Fells Group is supported by:

Cumbria County Council \* Cumbria Community Foundation \* Caldbeck Surgery Charitable Fund \* The Big Lottery Fund \* Allerdale and Eden Community Grants - CCC \* Heskett Newmarket Brewery Fund \* Prince's Countryside Fund \* Francis C Scott Trust \* Joyce Wilkinson Trust \* Dulverton Trust \* Co-op and the seven Parish Councils of Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Mungrisdale, Sebergham / Welton, Westward / Rosley.

**Become a Member of the Northern Fells Group for £5 a year. This carries no obligation for volunteering but supports the Group's work. However if you are interested in volunteering as a Minibus Driver, or for helping with the Lend a Hand Group or Youth Activities please contact Diane Barraclough.**

Registered in England and Wales as a Company Limited by Guarantee No. 4504085 • Registered as a Charity No. 1093814 • Registered Office and Correspondence: Millhouse Village Hall, Millhouse, Heskett Newmarket, Wigton, Cumbria CA7 8HR • Leaflet updated: 26.05.2017



## NORTHERN FELLS GROUP

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

A Community Charity operating in the parishes of Boltons, Caldbeck, Castle Sowerby, Ireby / Uldale, Mungrisdale, Sebergham / Welton and Westward / Rosley

### Flexible Minibus Service

For people of any age without their own transport

### Lend a Hand Group

For people who are ill or disabled and their carers

### Benefits Awareness

And help with forms

### Youth Activities

Holiday Activities Easter and Summer

### Village Agents

Friendly, local contacts in each parish helping people of all ages find the information and help they need from our Group and other voluntary and statutory organisations.

### Men in Sheds Community Workshop

## Youth Activities

**Holiday Activities in the Easter and Summer Holidays include:**

Rock Climbing • Drama • Cricket • Adventure  
Cycling • Art and Craft • Tennis • Archery • etc



Contact Group Co-ordinator for details  
Tel: 016974 78094 • [info@northernfellsgroup.org.uk](mailto:info@northernfellsgroup.org.uk)

## Village Agents

**Linking people of all ages to the information and help they need from our Group or other voluntary and statutory organisations.**

- **Barbara Stoddart (Westward and Rosley)** • Tel: 016973 42452 • Email: [barbara.stoddart@northernfellsgroup.org.uk](mailto:barbara.stoddart@northernfellsgroup.org.uk)
- **Helen Sturges (Sebergham, Welton, and Caldbeck)** • Tel: 016974 78556 • Email: [helen.sturges@northernfellsgroup.org.uk](mailto:helen.sturges@northernfellsgroup.org.uk)
- **Gillian Skillicorn (Boltons, Ireby, Uldale)** Tel: 07874 241604 • Email: [gillian.skillicorn@northernfellsgroup.org.uk](mailto:gillian.skillicorn@northernfellsgroup.org.uk)
- **Philippa Groves (Castle Sowerby and Mungrisdale)** • Tel: 016974 78555 • Email: [philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)

## Men in Sheds

**A community workshop for tools, tea and tinkering. Contact Ken Graham Tel 07500 861355 Email: [ken.graham@northernfellsgroup.org.uk](mailto:ken.graham@northernfellsgroup.org.uk)**

## Flexible Minibus Service

**For anyone of any age who does not have their own transport, has limited access to shared transport, cannot drive their own cars temporarily, or needs disabled access.**



**Telephone: 016974 78787**

The answerphone is checked frequently for messages, so please leave your **name** and **telephone number** and **message**. The Transport Co-ordinator can also advise on local public transport, Hospital Car service and Voluntary Car service.

### The Minibus

- Has eight passenger seats, or six passenger seats with a wheelchair
- Lift for wheelchair or walking access.
- Operates Monday to Friday, 9:00am – 5:00pm and Saturday 9:00am – 12 noon
- Volunteer drivers
- Operates on 'first come, first served' basis, but wheelchair dependent passengers usually have priority as they cannot use the alternative of the Cumbria County Council Voluntary Car Service

Outings at Evenings (latest return pick up time is 11pm), and Weekends for up to eight people can be arranged if a voluntary driver is available.

## Monthly Lunch Groups

**If you are interested in joining your local group, or attending another group where you have connections, please ring the organiser.**

**Caldbeck** • 4<sup>th</sup> Thursday, 12 noon at the Oddfellows Arms • Contact Antoinette Ward: 016974 78220

**Castle Sowerby** • Alternate months at Millhouse • Details and bookings contact Philippa Groves: 016974 78555

**Denton House, Heskett Newmarket** • 1<sup>st</sup> Wednesday • Contact Susan and Alan Armstrong: 016974 78415

**Ireby** • 4<sup>th</sup> Thursday of the month at the Globe Hall • Contact Barbara Johnson: 016973 71578

**Mungrisdale** • 3<sup>rd</sup> Wednesday of the month, 12 noon at the Mill Inn • Contact Lesley Smith: 017687 79397

**Rosley** • 3<sup>rd</sup> Wednesday, 12 noon at Rosley Village Hall • Contact Dorothy Smith: 016973 42546

**Sebergham** .2<sup>nd</sup> Thursday of the month at Sour Nook Inn. Contact [sournookinn@live.co.uk](mailto:sournookinn@live.co.uk) : 016974 76242

**Uldale**, 1<sup>st</sup> Thursday of the month, 12 noon at Mae's Tea Rooms • Contact Ann O'Loughlin: 016973 22665

**Westward** • 2<sup>nd</sup> Thursday, 12.30 at Westward Parish Hall • Contact Ethel Pigg: 016974 78344

### Weekly Drop-In and Tai Chi Class

**Millhouse Village Hall** for coffee, tea and homemade cakes • Every Friday from 10:00am to 11.30am • £1.50 • Contact Antoinette Ward: 016974 78220

**Caldbeck Parish Hall: Tai Chi** • Every Wednesday 10.30am to 11.30am • Contact Doreen Gleed: 016973 71264

### Monthly 'Time for Tea'

**Rosley Village Hall** Every 2<sup>nd</sup> Wednesday 10am to 11.30am.

**Westward Hall** Every 1<sup>st</sup> Wednesday 10am-11.30am • Contact Barbara Stoddart: 016973 42452

**Bolton Low Houses Village Hall** • Every 2<sup>nd</sup> Thursday 2:00pm to 3.30pm • Contact Gillian Skillicorn: 07874 241604

**Mungrisdale Village Hall** Every 2<sup>nd</sup> Wednesday 2pm-4pm: Contact Philippa Groves 016974 78555

**Sebergham Village Hall** Alternate months on 3<sup>rd</sup> Monday 2.00pm to – 3.30pm  
Contact Helen Sturges 016974 78556