

Carers Scheme

Are you a carer ? Come and join our group for a coffee and a chat or an outing once a month. Sit-in service provided.

For further details contact:
Simon Braithwaite, Lend a Hand Co-ordinator on 016974 77196



Can You Help?

Volunteers Needed

If you have any time to spare occasionally, or regularly perhaps, could you help with our services?

No time commitment necessary, it really is as and when it suits you.

If you are interested or would like to discuss further please contact Simon Braithwaite, Lend a Hand Co-ordinator:

Tel: 016974 77196

Email:

simon.braithwaite@northernfellsgroup.org.uk

NORTHERN FELLS GROUP

Lend a Hand Service

For people of any age who are ill or disabled, and their carers.

For Handyman or Domestic/Personal help, including Home from Hospital help
telephone: Simon Braithwaite:
016974 77196 Email:
simon.braithwaite@northernfellsgroup.org.uk

For Medical Loan Service : telephone Doreen Gleed:

016973 71264
Email: doreengleed@aol.com

For Benefits Awareness and help with forms
telephone: **Colin Lock: 07564 36811**

Email:
colin.lock@northernfellsgroup.org.uk

The Northern Fells Group Lend a Hand Service is supported by Joyce Wilkinson Trust, Cumbria Community Foundation, The Prince's Countryside Fund and donations.

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NORTHERN FELLS GROUP

www.northernfellsgroup.org.uk

Lend a Hand Service

Operating in the parishes of Boltons, Caldbeck, Castle Sowerby, Ireby / Uldale, Mungrisdale, Sebergham / Welton and Westward / Rosley

Friendly, practical help and support for any resident of any age who is ill or disabled and for carers.

How We Can Help

- Handyman Scheme
- Domestic and Personal Help
- Help with Benefits
- Medical Loan Scheme

Weekly Tai Chi exercise class for adults of all ages, especially beneficial to those with arthritis and joint problems.

Personal and Domestic Scheme

Including Home from Hospital Help
In partnership with the British Red Cross

Help for people of any age who are ill or disabled and for carers, such as:

- Providing snacks/meals
- Company/chat/reading
- Walking dogs
- Help for a child with a disability
- Accompanying people on shopping trips
- Home from hospital support
- Time off for carers

Help is only a phone call away, contact
Simon Braithwaite:

Tel: 016974 77196 • Email:

simon.braithwaite@northernfellsgroup.org.uk

Medical Loan Scheme

- For the loan of wheelchairs, commodes and other medical aids

Please contact Doreen Gleed:

Tel: 016973 71264

Email: doreengleed@aol.com

The Handyman Scheme



The Handyman scheme offers up to two hours help with a variety of tasks:

- Minor decorating
- Gardening
- Fitting electrical plugs
- Replacing tap washers
- ...and so much more

Please contact Simon Braithwaite for help:

Tel: 016974 77196 • Email:

simon.braithwaite@northernfellsgroup.org.uk

Benefits Awareness Scheme

Help with finding out about eligibility and with completing forms is available to anyone.

Help available with claims such as:

- Attendance Allowance
- Personal Independence Payment
- Carers Allowance
- Working and Child Tax Credits
- Housing and Council Tax Benefits
- Universal Credit, Income Support and related benefits
- Help with Health Costs
- Pension Credit
- Home care services costs
- Employment and Support Allowance
- Job Seekers Allowance
- ...and any other

Please contact Colin Lock Benefits Worker for help:

Tel: 07564 0368011 • **Email:**

colin.lock@northernfellsgroup.org.uk

