

**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 June 2024
Next review due December 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
Linda Greensmith	07919 152526	Home Help, Shopping trips, transport to & from medical appointments, companionship for hobbies, help with paperwork	£22 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 katewaddington@outlook.com	07854 141301	Cleaning, Shopping, Ironing, Gardening	£20. per hour £20 per hour gardening	Kendal, surrounding villages as far as Burton in Kendal
Hazel Hunter	07881 026484 01539 756548 Evenings only	Cleaning, ironing in your home, window cleaning within reach	£15. per hour	Kendal area

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. per hour	Kendal
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.	£20 per hour +mileage when appropriate	In and around Kendal
Shaar Dixon	07787 133864	Home Cooking, cleaning, ironing, shopping, any household chores, gardening, window cleaning	£15 per hour Discount for older people	Within 5 miles of Kendal

Sue Banks skb1960@hotmail.co.uk	07498 719891	Experienced carer for companionship, personal care, food prep and shopping	£22 - £24 per hour	Arnside, Milnthorpe, Heversham, Hincaster, Holme, Burton, Storth,
Sheila Boardley Sheila.boardley@gmail.com	07890 295125	Personal Care, cleaning, shopping and appointments	£20. Per hour depending on area	Kendal, Burton, Holme, Milnthorpe
Jo Nyquist Helping Hands Support Worker	07957 499978	Companionship support work, small gardening tidying jobs, shopping, odd jobs in the house, cleaning, typing and IT support, dog walking, cooking meals and decluttering	£22 per hour	10 mile radius from Kendal
Stephen Hargraves shargraves385@gmail.com	07497 186976	Professional Carer, Level 2 Diploma, personal care, home help, shopping, companionship and cleaning	£17 per hour	Kendal, Levens, Milnthorpe, Endmoor, most local areas
Kayleigh Dawson DBS Checked, can supply references	07846 746096	Decluttering service – patient and non-judgemental support to declutter your home and make it more manageable DBS Checked	From £20 per hour	Kendal

<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>£20 per hour</p>	<p>Kendal</p>
<p>Claire Birtwistle</p> <p>cheyemily@yahoo.co.uk</p>	<p>07736 847180</p>	<p>Professional Carer, Level 3 diploma in cleaning and care, personal care, home help, shopping, companion, dog walking and cleaning</p>	<p>£17 per hour</p>	<p>Kendal, Levens, Milnthorpe, Endmoor, local areas</p>
<p>Judith Dent</p>	<p>01539 733943</p>	<p>Cleaning, shopping, help with dressing and dog walking</p>	<p>£20 per hour</p>	<p>Kendal Burneside</p>

<p>Homelife – daily support service for older adults Contact: Anita Baxter</p> <p>Social Club 55 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>	07810 430933	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.	£24. Per hour	Kendal
<p>Christine Jamieson</p> <p>chrissyjamieson@hotmail.com</p>	07790 503148	Companionship, shopping, help in the home, fun outings, hospital/doctor visits.	£22 per hour	5-mile radius of Kendal.

Nicola Millington nicolamilly45@gmail.com	07757 428030	<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>£25 per hour</p> <p>Happy to discuss shorter visits if this can be accommodated</p>	Kendal, Burneside, Oxenholme, Endmoor
Keith Dobson thedobsonsketh@gmail.com	07704 032012	Cleaning, carpet cleaning, man and a van, power washing, meal delivery, companionship, meal preparation, help with washing, ironing, hospital visits, dog walking	<p>£17.50 per hour</p> <p>Discounts for older people</p>	Grange, Lindale, Arnside, Milnthorpe, Heversham, Storth, Levens, Newby Bridge, Backbarrow, Haverthwaite, Ulverston, Greenodd, Crosthwaite, Underbarrow, Brigsteer
Sharon Davies	07749 647161	Care, support, cleaning, cooking, shopping, going for walks	<p>£20. Per hour</p> <p>Care and Support £16. For cleaning</p>	Arnside and surrounding area

Amanda Jane Brassington	07805 830435	Cleaning, shopping, gardening, ironing,	£17.50 per hour I am an ex Social Services Carer with a wealth of varying experiences	Witherslack, Levens, Leasgill, Heversham, Brigsteer
Sally Irvine sallyirvine@sky.com Steven Irvine steven.irvine@sky.com	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	£20 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
Kelsey Anyadiegwu	07539 817563	Personal care, home help and cleaning. 16 years' health and social care experience, a degree health and social care	£30 per hour home help and cleaning £30 per hour personal care	Windermere
Devon Teasdale dev_t@hotmail.co.uk	07432 486409	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

<p>Anne Parker</p> <p>aparker32000@yahoo.co.uk</p> <p>A qualified Occupational therapist with over 15 years' experience as well as home care experience</p>	07908 620227	<p>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</p>	£20 per hour	<p>Grange over Sands, Kentsbank, Lindale, Cartmel, Allithwaite and Flookburgh</p>
<p>Emma Helmn</p> <p>emshelmn@hotmail.com</p>	<p>07772 811114</p> <p>I have completed all relevant training with Level 2 diploma in social care</p>	<p>Self-employed private carer, I have over 30 years' experience in providing personal care to elderly and people with learning disabilities.</p>	£20 per hour	<p>Kendal South and surrounding areas</p>
<p>Jill Black</p> <p>jillblackwomens@gmail.com</p>	07946 497609	<p>Experienced carer, companionship medication, personal care, cooking, shopping, home help, outdoor activities and appointments</p>	£20 per hour	<p>Sedbergh, Dent, Kirkby Lonsdale, Barbon, Milnthorpe, Kendal, Ingleton, Carnforth, Newby Bridge, Holme, Hornby</p>

Jane Allan enquiries@lakeshomecare.co.uk	07930 179902	Highly qualified carer, 10 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 rachelboow@hotmail.co.uk	07707 539463 Reliable and dedicated, over 10 years' experience within the care industry and fully DBS checked	Support worker duties, personal care, meal prep companionship, day out, shopping, sleep in nights Cleaning	£22 per hour £17 per hour	Milnthorpe, Natland, Oxenholme, Levens, Beetham, Endmoor, Gatebeck, Sizergh, Arnside, Storth, Silverdale
Lauren McAlister laurenmcalist49@gmail.com	07495 048124	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.	£18 - £20 per hour Extra charge for petrol for out of area for petrol use.	Kendal and 10 - 15 mile radius of Kendal
Catherine McAlister cmcalister1965@gmail.com	07488 340795	Cleaning, gardening, driving, companionship, dog walking, shopping, personal care	£20 per hour Discount for older people	Greenodd, Ulverston, Coniston, Crake Valley, Grange over Sands

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.

Agency Name	Area Covered	Telephone
Esteem Care Hourly rate starts from £32 and £16 for half an hour.	Kendal, Staveley and Windermere areas. Other areas by request may be available	01539 735694
Heydays Care & Support Services £24.95 per hour Barrow £28.50 per hour Rural Area shopping £26. per hour Cleaning	South Lakeland	015395 52548 015395 55686
Brancaster Home Care Ltd £35.20 per hour – caring but can have less time £27.50 per hour Cleaning £0.60 per mile for shopping mileage from clients house to shop	Kendal	01539 739684

Other Help at Home

Name	Phone	Trade	Price Per Hour	Area covered
Gary Williams gbwill@gmx.co.uk	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	
Maria Galvin Clearer Space.Com	01539 728189 or 07791 347455	A professional de-cluttering and organising service. Insured and DBS cleared	£25 per hour minimum 2 hours	South Cumbria
Charlotte Sweeney	015395 32989 or 07966 543223	Mobile Hairdresser	Shampoo and Blow Dry £20 Cut and Blow Dry £30 Cut, Perm and Blow Dry £55 Colour, Cut and Blow Dry from £50	All areas around Grange over Sands
Peter Wade	07837 306156	Gardening (all aspects, no access to lawnmower or strimmer), cleaning, general handyperson, Shopping, dog walking	£15 negotiable for older people.	5 mile radius of Kendal

Lanty Wilson	01539 724210 Or 077944 43976	Painting Decorating Plastering Tiling General property maintenance and grass cutting	£25. per hour Discount for older people, request price before job commences	Kendal, & South Lakes
Aileen Lea	07952 601890	RHS Qualified Horticulture Services, plant maintenance and plant care, a gardener's gardener	£17.50 per hour	All Kendal
Ian Carradus iancarradus@gmail.com	07714 468544	Skilled Plasterer, over 43 years' experience, general building work, household repairs	Free Estimate given	Kendal, South Lakeland
Jonathan Deegan jondeegan@aol.com	07788 730422	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 Rgg_services@yahoo.co.uk	07884 967277	Qualified engineer, groundworks – flags/fencing, gardening (maintenance), drains, pressure washing, rubbish removal, general property maintenance DRB Checked	£30 - £40 per hour Discount for pensioners	All of South Lakes, Grange, Ingleton, Carnforth, Lyth Valley

Robert Winder winderhandyman@hotmail.com	07799 226033	Odd job's, furniture assembly, garden tidy, DIY job's, waste removal, repairs inside and outside, problem solving, fencing, tree removal, waste carrier licence	Price on request Discount for pensioners	South Lakes, Burton in Kendal, Ambleside, Sedbergh, Grange-over-Sands
Helen Bentley	07703 812664	Plumbing, repairs, gardening, deep or one off cleans all sorts of handywork	£15 - £35 per hour Discount for pensioners	Kendal, Grange, Windermere, Ulverston and surrounding area
Sarah Rose sarahbethrose2882@gmail.com	07579 776801	Decluttering and home organisation service, including removal of items to donate/tip	£25 per hour £20 for older people	All South Lakes
WRL Maintenance Limited wrl.maintenance@yahoo.com	07825 558640	Handyman service, gutter cleaning, pressure washing, plumbing, grass/hedge cutting painting and decorating	Price per job Discount for older people	20 mile radius of 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 W&FC, 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 £4.00 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