

Support Groups (continued)

Cancer Care

Support groups can be found at:
<https://www.kirkby-stephen.com/community-information/health/cancer-support-groups-in-cumbria/>

Upper Eden Foodbank

<http://upperedenfoodbank.org.uk/>

Further information

Some medical conditions make losing weight and exercise more difficult. If you need professional advice please consult your local GP.

Upper Eden Medical Practice. Tel. 017683 71369
Website: <https://www.upperedenmedicalpractice.co.uk/>

Health advice can also be obtained from:
The Green Tree Pharmacy, Kirkby Stephen
Tel. 017683 71392

For other social interest groups or religious groups enquiries please visit:
<https://www.kirkby-stephen.com/community-information/voluntary-and-community-groups/>

Kirkby Stephen Council & Community Centre

Contact: Wendy or Zelda on 017683 71775

Kirkby Stephen Local Links

Website: <https://www.eden.gov.uk/find-or-contact-us/kirkby-stephen-local-links/>

The map of short local walks on the reverse of this leaflet is supplied by the Upper Eden Visitor Centre, who can also provide additional walk information if requested.

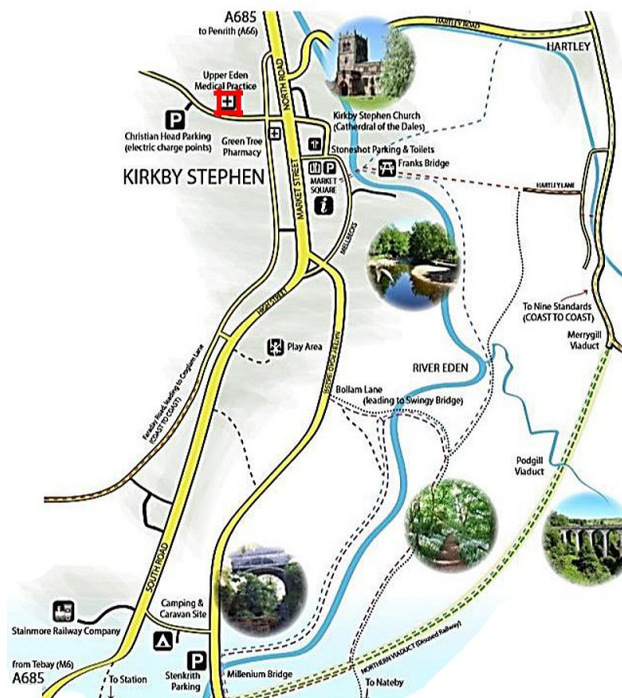
Tel. 017683 71199

Email: visit@uecp.org.uk

Website: <http://visituppereden.org.uk>



Kirkby Stephen: Popular Walks



Scenic Walks

- Poetry path
- Viaduct walk via Hartley
- Viaduct Walk from Stenkrith car park (wheelchair and buggy friendly route)
- Coast to Coast path
- Footpath
- Bridleway

Upper Eden Medical Practice
Silver Street
Kirkby Stephen
Cumbria
CA17 4RB

Tel: 017683 71369

Find us on Facebook at:
www.facebook.com/upperedenmedicalpractice



Staying Healthy in Kirkby Stephen



Staying Healthy in Kirkby Stephen

Diet and Slimming

Eat less carbohydrates, fat & sugar and drink more water

Read 'Dietitian, Nutritionist, Nutritional Therapist or Diet Expert?' - A comprehensive guide to roles and functions.

Download the guide at the following link:
https://www.bda.uk.com/publications/dietitian_nutritionist.pdf

Or, ask at the Upper Eden Medical Practice for a local registered professional.

Slimming World

The Rugby Club. Wednesdays at 6.30pm
Kay Hunter 01539 620137 <https://www.slimmingworld.co.uk/>

Juice Plus+

<https://lb71545.juiceplus.com/gb/en>
<https://www.facebook.com/louise.bousfield>

Reducing alcohol consumption

<https://www.nhs.uk/news/food-and-diet/new-alcohol-advice-issued/>
Alcoholics Anonymous: Tel. 0800 9177 650

Gentle Exercise

Health professionals suggest you do 150 minutes of moderate exercise every week if you're aged 19-64.

Further advice can be found at:
<https://www.nhs.uk/live-well/exercise/>

Kirkby Stephen and District walkers are welcome.
<http://www.walkeden.org/>

Weekly Dawdle walks

Meet at The Cloisters on Thursdays at 10:30am.
<https://www.facebook.com/wawks/> . Tel. 017683 71976

Get a FITBIT or equivalent and build up your steps per day (computer or mobile phone required).

Walking Netball. Alternate Tuesday's & Friday's at KSGS Gym.
Cost: £2. Contact: Anne Cradock.
Email: anne.cradock@btinternet.com. Tel. 017683 7142.

Better Balance: Margaret Hind. Tel. 017683 71818

Friday Night Footy

8pm at KSGS astro-turf.
<https://www.facebook.com/james.coulthard>.

Manjushri Kadampa Meditation Centre

<https://manjushri.org/drop-in-classes-in-the-area>

Legs, Bums and Tums and Pilates

Every Tuesday at Kirkby Stephen Grammar School.
Contact Liz Riley lizriley480@icloud.com

Sara Sylvester - exercise class

Mondays 10am to 11am at the Masonic Hall.
Tel 0781 121 6590

Kirkby Stephen Bowling Club

April to September: 5.30pm weekdays and Sat mornings
Riverside Bowling Green: Contact Mick Botterill
Tel. 017683 72973 / Email. michaelbotterill@btinternet.com

Tap Dancing and All That Jazz

Mondays' at Kirkby Stephen Sports & Social Club at 2pm.
Contact Norma on 017683 41462

Meg Fynn Dance

Wednesdays: Kirkby Stephen Grammar School Dance Studio.
Various times available. Website: www.megfynndance.com
Tel. 0770 334 6165 / Email: meg.fynn@yahoo.co.uk

Appleby Leisure Centre and Swimming Pool

<https://www.better.org.uk/leisure-centre/eden/appleby>

Teesdale Leisure Centre & Swimming Pool

<http://www.durham.gov.uk/teesdaleleisurecentre>

Other Activities

For other sports or exercise such as: spinning, tennis, netball, rugby, cricket, badminton, football, running, hockey, Tae Kwon-Do please visit:

<https://www.kirkby-stephen.com/community-information/voluntary-and-community-groups/sports/>

Further Information

For further information about everything that is happening in the area please visit:
<https://www.kirkby-stephen.com/whats-on/>

Support Groups

Mind

Tel: 01228 370633 / Website: www.cemind.org
Email: connect@cemind.org.
South Eden Project: Lindsey Holding – Tel. 0796 664 1300

Suicide Safer Eden

Juliet Gray: Carlisle Eden Mind: Tel: 0751 030 952. Email: juliet.gray@cemind.org

Christians against Poverty (CAP UK)

Jon Cook – Tel. 0800 3280 006. Website: <https://capuk.org/>

Eden Sight Support

Tel. 01768 891724

Parkinson's Café

The Eden Emporium, Kirkby Stephen. Meeting on the fourth Wednesday of each month from 10.30am to 12.00pm.
Tel: Andrew or Robina on 017683 41997.

Alzheimer's Society

Website: <https://www.alzheimers.org.uk/>
Email: volscumbrialancs1@alzheimers.org.uk
Tel. 01539 742631

Upper Eden Memory Club

Meeting alternative Thursdays. Contact Tony Taylor on 017683 42702 or email revtt@hotmail.com

Age UK Carlisle and Eden

Website: <https://www.ageuk.org.uk/carlisleandeden/>
Tel: 01768 863618
Email: admin@ageukcarlisleandeden.org.uk

Eden Carers

Website: <https://www.edencarers.co.uk>
Tel: 01768 890280 / Email: enquiries@edencarers.co.uk

Eden Independent Living

Tel. 01768 890657 or email enquiry@eil.org.uk

GamCare: Gambling Addiction

Website: www.gamcare.org.uk / Tel. 0808 8020 133

The Cumbria Counselling Group

Website: www.thecumbriacounsellinggroup.co.uk