



## Welcome to Wasdale





## **WASDALE - SHAP**

On behalf of Eden Housing Association and all staff we hope you will be very happy in your new home.

## **BRIEF HISTORY**



Wasdale sheltered scheme was first built 1979 and was originally owned by Eden District Council. In 1997 Eden District Council transferred all its stock to Eden Housing Association.

## **LOCATION AND LAYOUT OF THE BUILDING**

Wasdale is located in the village of Shap 9 Miles south of Penrith. Only a short distance away you will find stunning views of hills, forests and the nearby Haweswater, an ideal place for peace and quiet where you can enjoy the unspoilt countryside. It makes it an ideal starting point to explore the English Lakes, Yorkshire Dales, North Pennines and the Scottish Borders.

The scheme itself consists of 19 individual self-contained flats and bed sits over two floors, and is surrounded by communal gardens, which are maintained on a regular basis by one of Eden Housing Associations contractors. It is only a walk away from the local shops, eating places & all local amenities. The layout of the building has remained very much unchanged since being built in 1979, with the exception of new carpets and decoration to communal areas. Several of the flats have had slight adaptations to accommodate new tenants. All areas of the scheme are accessible for wheelchairs via lifts to all floors.

## **STAFF HOURS WORKED & WHEN VISITS TAKE PLACE**

A supported housing officer will normally be on duty in the scheme from 8.30am to 12.30pm each day, and will then be working in the community during the afternoon. These arrangements can vary, depending on other work related commitments.

When a Supported Housing Officer is on duty, all emergency alarm calls are managed through the office on site. When the Supported Housing Officer is not on duty, or away from the office on call, emergency calls are connected to Careline Emergency Response. Careline will then contact the Supported Housing Officer on duty via mobile phone or obtain the service that you require e.g. doctor, ambulance, friends or relatives. For added peace of mind for all residents, there is a security system on the main front door.

**PLEASE NOTE:** The fire alarm will be tested on a weekly basis, on a TUESDAY morning at approximately 10.30am. If the alarm sounds at any other time, please evacuate the building by the nearest fire exit. The Supported Housing Officer will inform you where all exits from the building are situated and fire drills will be carried out periodically.

### **REPAIRS**

Repairs can be reported personally or to the officer on duty who will report these to the main office in Penrith. If it is an emergency it will be dealt with as soon as possible. A notification letter will be sent in the post in response to all repairs reported, stating when it will be completed, and which contractor will be used.

### **FACILITIES**

Communal Laundry room- the laundry room is situated behind the kitchen in the lounge. All residents are able to use this facility, however, as there are flats situated close by, if this facility is used during unsocial hours, it may cause a disturbance to others. If assistance is required please contact the officer on duty.

Refuse service- refuse is to be taken into the bin store, which is on the ground floor opposite the office. Any recycled materials should be sorted into the relevant containers. The Supported Housing Officer on duty will put full bags outside.

Meals on wheels- can be delivered on a Wednesday and a Friday.

Guest Accommodation - there is a lovely twin bedded guest room available, at a cost of £10.00 per night, should you wish any visitors to stay overnight.

There is a loop system fitted if needed.

## EQUALITY AND DIVERSITY

Eden Housing Associations Equality and Diversity policy, is an integral part of our service, and at all times you will be:

- Treated with courtesy and respect
- Treated fairly, whatever your age, nationality, ethnic origin, gender or sexual orientation
- Have your confidentiality respected
- Able to receive clear accurate and truthful information

Our Equality and Diversity Service Standard information leaflet (number 2) is available for further details. Please ask a member of staff or contact our offices on 01768 861 400 should you require a copy.

## EVENTS AND GET TOGETHERS

The majority of tenants like to meet each morning and/or afternoon in the communal lounge for tea/coffee and a chat. This is a perfect time for group discussions regarding any future events being held at the scheme e.g. fund raising coffee mornings, excursions and presentations from outside organisations. Everyone is welcome.



Age Concern Day Centre is held each Monday from 9.30am to 3.00pm and inclusion is via assessment from Age Concern. They also hold a Lunch Club session each Thursday 12.00pm-1.00pm; places are readily available for anyone who would like to attend.

Knit & Natter group meet on Fridays from 2pm to 4pm; this is open to anyone interested and can be an excellent way to meet new friends.

A quiz is held on the first Wednesday of every month with participation from residents in other schemes. Regular outings are organised, with resident involvement in deciding where they would like to visit, along with an annual show or theatre event.

An active committee group is run from the scheme called Friends of Wasdale, the group was first established in May 1999 with members electing a Chairperson, Treasurer and Secretary, the group meet on a quarterly basis or at other times if requested by members. Meetings are advertised on the Scheme notice board.

Everyone is encouraged to participate in our 'Friends of Wasdale' group. We periodically hold coffee mornings to fund trips over the summer, and also hold Christmas parties and other functions that are not funded

through other sources. A grant of £250 is issued annually from EHA & all funds are spent with the general consensus of the committee.

For further information and any request to view our scheme, Please contact Liz Harrison – Community Support Officer on 01768 861 453

## USEFUL CONTACTS – WASDALE, SHAP

You will find a list of useful information to follow regarding local amenities and clubs, shops, hairdressers, and doctors in the area.

**The Co-op** – Mon - Fri 8am/6pm, Sat 8am/6pm  
Home delivery  
01931 716 202



**Anderson Newsagents**  
Mon - Fri 7am/5.30pm, Sat 7am/8pm, Sun 8am/1pm  
01931 716 540

**Natwest Bank**  
Mon & Fri Only  
11.45am/1.45pm



**Butchers**  
Mon - Fri 7.30am/4pm, Sat 7.30am/12.30pm  
01931 716 540



**Coffee Shop**  
Mon - Sat 10am/4pm  
01931 716 238

**New Balance Factory Shop**  
Mon - Sat 9.30am/5.30pm  
Sun 10am - 4pm  
01931 716 333



**The Post Office**  
Mon - Thurs 9am/12.30 - 1.30pm/5.30pm  
Sat 9am/12.30pm  
01931 716 201



**Age Concern**  
Mon - Fri 10am/4pm  
01931 716 086

## EATING OUT

**The Greyhound Hotel** Established in 1680  
01931 716 474



### **Chip Shop**

Mon - Sat 9am/1.30pm, 4.30pm/8.00pm  
Sunday's 4.30pm/8pm  
Serving: Breakfast/Lunch/Evening Meal  
01931 716 388

### **Walkers Café**

Open every day 10am/4pm except Monday  
Sun 12pm/4pm  
01931 716 238



### **The Bulls Head Inn**

Open every day 12pm/12am  
Lunch 12/2pm Evening Meals 6.30-9pm  
Camping facility  
01931 716 678

### **The Crown Inn**



Open every day, from 12pm, food served all day  
01931 716 229

## TRANSPORT

NBM coaches bus service No 111, 01768 892 727 for up to date timetables



## AMENITIES

**Heated Open Air Swimming Pool – 01931 716 572**  
(Call to check opening hours)



## **Library**

Mon – 11am/2pm, Tues – 2pm/7pm, Fri 2pm/5pm, Sat 10am/12pm



## LOCAL GROUPS

**The Evergreen Club (E Hodgson) 01931 716 517**

**Carpet Bowls (Graham Snowdon) 01931 716 432**

**Yoga – Drop in classes at the Memorial Hall**  
**Every Monday 7pm – 9pm, 01931 716 731**

**Bell Ringing, ( J Labram) Monday evenings – 01931 716 311**

**Playgroup (Ellie Ramsey) 01931 716 386**

**Brownies (Kath Pearce) 01931 712 635**

**Beavers (P Mann) 01931 716 944**

**Mothers Union 01931 716 273**

**Local History Society (Liz Amos) 01931 244**

**Community Development Centre 01931 716 447**

**Email: [cdc@shap.cumbria.sch.uk](mailto:cdc@shap.cumbria.sch.uk)**

### **DOCTORS SURGERY/CHIROPODIST/DENTISTS**

**West Lane, Dr's Helen Dunning, Margaret McCabe & Tom Stenhouse**

**Mon, Tue, Wed, Fri 8.30am/6.30pm - Thur 8.30am/1pm**

**Reception closed 1.30pm/2.30pm**

**01931 716 230**

### **ST MICHAELS CHURCH**



**This site has had a church since 750 A.D**

### **SERVICES**

**Every Sunday at 11am**

**Tuesday and Friday – Morning Prayer at 8.30am**

**Wednesday – Holy Communion at 8.30am**

### **CLERGY**

**Church of England (Rev C Marsden) 01931 716 232**

**Roman Catholic (Father Jerome Ainsworth) 01768 862 273**

**Methodist (Rev Michael Holland) 01768 890 465**



## **SHAP ABBEY**



**Just over a mile out of the village Shap, lie the remains of Shap Abbey. The peace and solitude that attracted monks in the 12th Century remains remain two of the sites most endearing features today.**

## **HISTORIC SITES**

**Some places to visit whilst living in, or visiting the Shap area.**

- **Castlerigg Stone Circle near Keswick.**
- **Kirkby Stephen Parish Church - Loki Stone. This church dates back to the Vikings.**
- **St. Oswalds Church, Ravenstonedale - Near the church, the foundations of a Gilbertine Abbey can be found. One of the East stained glass windows is dedicated to Elizabeth Gaunt, who came from nearby Brownber. She was the last female burnt at Tyburn for supporting the protestant cause. The church was also a sanctuary to assure a fair trial, if the accused could toll the bell once.**
- **Stenkrith Park, Kirkby Stephen. - The Devil's Mustard Mill.**
- **The “lost village of Mardale, Haweswater. This village was flooded in the 1030’s to form a reservoir and becomes visible if there is a dry summer.**
- **Shap Abbey and The White Monks.**
- **Brough Castle.**
- **Pendragon Castle, Mallerstang – As legend goes, this was the home of King Arthur's father - Uther Pendragon.**
- **Lowther Castle, Askham.**

**For further information and any request to view our scheme, Please contact Liz Harrison – Community Support Officer on 01768 861 453**

**We will do what is reasonable to provide information in alternative formats on request, including tape, Braille, large print and translations. If we encounter difficulties meeting your request, we will discuss the best solution with you.**

যদি আপনি এই ডকুমেন্ট অন্য ভাষায় বা ফরমেটে চান অথবা যদি আপনার একজন ইন্টারপ্রেটারের প্রয়োজন হয়, তাহলে দয়া করে আমাদের সাথে যোগাযোগ করুন।

本文件可以翻译为另一语文版本，或制作成另一格式，如有此需要，或需要传译员的协助，请与我们联系。

Jeżeli chcieliby Państwo otrzymać ten dokument w innym języku lub w innym formacie albo jeżeli potrzebna jest pomoc tłumacza, to prosimy o kontakt z nami.

Bu belgenin Türkçe'sini edinmek ya da Türkçe bilen birisinin size yardımcı olmasını istiyorsanız, bize başvurabilirsiniz.

Eden Housing Association Ltd  
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CA11 8QU  
Tel:01768 861 400 Fax:0870 051 1685  
Email : [enquiry@edenha.org.uk](mailto:enquiry@edenha.org.uk)  
Freephone repairs helpdesk: 0800 358 1401

Housing  
Ombudsman  
Service  
Member



 **Lãngüagê Liñè**