

Gateshead
Carers

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Care's Best Award



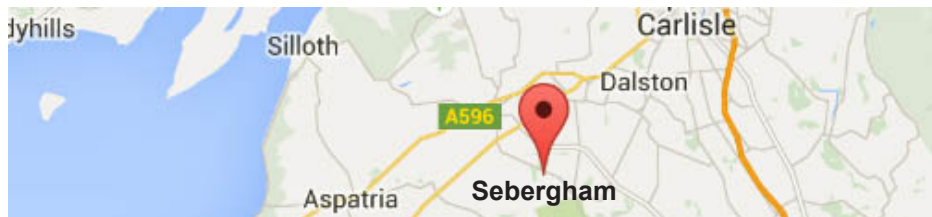
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Caldew House



Offers a truly relaxing holiday for carers to unwind and enjoy a short break away from their caring role.



Welcome to Caldew House!

Taking time out for yourself, focusing on relaxing and giving yourself space, can make a huge difference to the way you deal with other areas of your life, how you make decisions and your relationships with others. **Caldew House provides the perfect place to just be.**

Essential information

Who is eligible to stay? How can I book?

You must be a registered carer with Gateshead Carers Association with an active caring role and have been referred for a break at Caldew House by a Carer Wellbeing Facilitator at Gateshead Carers.

Availability & length of stay:

You can enjoy one break per family. It is available Friday to Wednesday. Minimum stay 2 nights, Maximum stay 5 nights.

Arrival and Departure Times

Check in: From 12 noon on day of arrival

Check out:: By 12 noon on day of departure



Collection and return of keys

You must collect the keys on the day of departure from our reception between the hours of 9.30am - 3.00pm Monday to Friday. Contact details of all guests staying at the property must be left with our reception.

Family Atmosphere: It is a non-smoking house and as such, we hope to promote a healthy & relaxed family atmosphere. Pets are regrettably not permitted with the exception of registered assistance dogs.

Looking after Caldew House: As a charity we have to keep our costs as low as possible so we ask that guests take care of Caldew House and leave it clean and tidy. All rubbish must be placed in the bins. Guests will be charged for any damage to the property.

What to Bring - Bedding, Towels & Provisions: Please bring your own towels and all bedding; sheets, duvet covers & pillow cases. It is a good idea to make sure you bring sufficient provisions for the your first night as the nearest shop is a 10 minutes drive away. Please note that there is no WiFi or landline at the property and the strength of your phone signal will depend upon your provider.

Somewhere to relax, unwind and have a break

Caldew House is situated within the beautiful Cumbrian countryside bordering the northern edge of the Lake District National Park.



Fully equipped and with 3 generous sized bedrooms, the house can sleep up to 6 guests. It has two twin-bedded rooms, one downstairs and one upstairs alongside a double bedroom. The bathroom is situated on the ground floor with a shower over the bath and toilet. A second toilet is also on the ground floor situated next to the fully equipped kitchen which includes a dishwasher.

There is a utility room that houses the boiler as well as a washing machine, tumble dryer and ironing facilities. ***Two large lounges and dining areas ensure that everyone has plenty of space to themselves.*** In addition there is a spacious garden and terrace ready for the warmer weather.

The House enjoys an elevated position overlooking the surrounding fells and woodlands and the River Caldew, with easy access by car to the nearby villages of Caldbeck, Rosley, Dalston and Hesket Newmarket.

The area is one of the more remote and lesser known parts of the Lake District, but boasts some outstanding scenery and some of the best, less frequented walking in the whole of the Lake District. The Cumbria Way also passes through the villages as well as two long distance cycle routes nearby.

“Beautiful house. Very relaxing. It was our first break in 3 years. Thank you.”

Brian (August 2017)

Location of Caldew House

Caldew House is located on the northern outskirts of the Lake District National Park in the village of Sebergham, CA5 7HR. The nearest main town to the north is Carlisle (about 12 miles, within 30 mins drive) and to the south is Keswick (about 20 miles, within 40 mins drive). The nearby village of Dalston offers all the essential amenities and is only about a 10 minute drive away (small shops, pubs, post office, eateries, cash machine, Co-op Food, church).

Car parking facilities: Caldew House has a small gravelled area situated across the road opposite the house, with permitted parking for two cars.

Directions: Take the A69 towards Carlisle until you reach the M6 motorway southbound to Penrith. At junction 42, take the A6 exit to Carlisle. Continue until you reach the B5305. After around 4 miles you will reach Caldew House situated on the right. Gateshead to Caldew House takes around 1 hour 45 minutes. SAT NAV can lead you to the wrong place so please follow our directions!



**"The house was great and we enjoyed our break.
A great location."** Mr and Mrs H (August 2017)

Access for people with a disability

To access Caldew House, there is one step from the road into the property through the front gate. A further step leads onto the entrance door pathway with one step into the house itself. Inside the house there are a few steps down into the ground floor lounge.

Shopping, attractions and amenities

The nearest supermarkets are situated in Carlisle, however there are good local stores in the nearby villages of Caldbeck and Dalston.

If you like walking you can follow the Cumbrian Way by joining it at the bottom of the hill and over the bridge from the house and walk along the river bank to Caldbeck, which takes around one hour and 15 minutes.

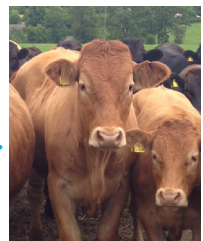
In August each year, you can enjoy the week long Dalston Show which showcases local agriculture, arts and crafts and includes a flower festival, scarecrow competition and a carnival.

The City of Carlisle offers a host of opportunities for visitors to enjoy including it's cathedral, castle, variety of museums, shops, leisure activities including a swimming pool and parks.

The market town of Keswick also offers a good choice of attractions, visitors centres and parks for all age groups. It has two beautiful parks and open green spaces for both quiet relaxation and more energetic walks.

**“Very relaxing and spacious - ideal for large families.
Well located too - the local cows came to visit
every morning!”**

**“Myself and daughter were able to forget all our troubles and worries and have time for ourselves and just to feel normal.
We cannot thank Gateshead Carers enough for our break.”**



A brief history of Caldew House

The plaque above the door of Caldew House, at Sebergham bears the initials JAL – for James and Anne Laing. They were married at the local church in December 1840, he the sixth of nine children from a Scottish family which had been stonemasons for 100 years. The couple bought a modest plot of east facing steep land which meant James Laing had to cut into the bank to create a level site before laying the foundations. This led to the beginning of a true family company as James dug gravel from the nearby riverbed to fill the foundations, while Anne and their eldest son John (senior) collected larger stones to fill the walls. The whole project cost £175 and they lived there for nearly 20 years.



Decreasing revenues drove the family to Carlisle in the 1860s, where James' two eldest sons John (senior) and David were beginning to find their way in the world of work. John Laing (senior) married Sarah Wood and set up J&W Laing with his youngest brother William. He probably had no idea of the course that the Laing family business was now on. By the time James Laing's grandson John Laing (who would become Sir John Laing) was born in 1879, the family had long left that first Laing home, but its relevance to the Laing family and John Laing Company had not been forgotten.

About 100 years later Caldew House was re-purchased and back in the Laing fold. Once checked and renovated it began a new life of charitable service. For the next 35 years, it would become a place for Officers of the Salvation Army to come and stay to recharge their batteries. The Salvation Army did not renew its lease and while the house was empty, the John Laing Charitable Trust took the opportunity to renovate the whole site ready for the next 167 years. The house was later extended, adding the large living areas on both floors. It was at this point that Caldew House came into the hands of Gateshead Carers (September 2015).

Caldew House is thought of fondly in the local area and a little bit of exploration of the local area can easily lead to links with the house and the Laing family who lived here. For example, a wander into the nearby St Mary's Church will find you walking through the heavy oak door which was donated by the John Laing building firm and stands as a memorial to Sarah and Margaret Laing who were the last members of the Laing family to live in Sebergham until 1963.





Information folder and emergency contact

Once at Caldew House, you will find our information folder waiting for you on the dining room table downstairs. This contains instructions on how to use the electrical equipment and emergency procedures as well as useful suggestions for things to do and places to visit during your stay.



Should something go wrong with the equipment at the property during your stay, such as the lights tripping, heating failure, problems with any appliances and so on, please contact Brian Pereira on 077632 33242.



Don't forget to tell us about your stay by writing in our guestbook!



We would love to hear about your experiences at Caldew House. Please also pass on your recommendations to other carers coming to stay, about activities you have enjoyed, places to visit, shops, pubs, walks etc. When you drop off your keys we will ask you to fill in our short feedback form to ask if you have any suggestions on how we can improve Caldew House for the future.



"We had a wonderfully relaxing break, thank you. Beautiful house, so well kept, every amenity provided and very clean and comfortable."

Mr & Mrs M.

Gateshead Carers



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**"Thank you for our recent holiday at Caldew House.
It did my wife Nora the world of good to have a break
and a few days away in a different environment
and I myself really enjoyed the change."**

Nora and Bob

**For further information and availability
please contact your Carer Wellbeing Facilitator.**

**Take time out for yourself, and focus on
relaxing and giving yourself space.**



Call: 0191 490 0121

www.gatesheadcarers.com

enquiries@gatesheadcarers.com



@GatesheadCarers

