

Useful Information.

HEALTH CARE

Brampton Pharmacy

Brampton · 016977 2501

Open 9AM · Closes 6PM

OPTICIANS- Eric Hagan

In Brampton market square.

016977 42703.

Mon Closed.

Tues, Thurs, & Fri – 9am – 5pm.

Wed 9am – 5.30pm.

Sat 9am -12.30pm.

DENTIST - J. Fotheringham,

In Brampton market square.

016977 3015

Out of hours emergency: 01228 603900.

Mon-Fri 9am-1pm & 2-5pm

BRAMPTON COTTAGE HOSPITAL

Tree Road,

Brampton.

016977 2534

4 Miles

CUMBERLAND INFIRMARY and A&E

Newton Road,

Carlisle.

01228 523444

10 Miles

DOCTORS SURGERY – Brampton Medical Practise

4 Market Pl, Brampton CA8 1NL

016977 2551

Emergency doctor, 03000 247 247.

Weekdays 8-6:30

Saturday 8-10:45am

VETERINARY SURGERY - Capontree

Elmfield, Greenhill, Brampton. CA8 1SU.

016977 2318

Elmfield is just out of Brampton heading towards Carlisle and it is the first road on your left. The vet's is not far up that road, also on the left. They are open:

Monday – Friday	08.00-6.30
Saturday	08.00-12.00
24hour emergency service	

They require that you book an appointment with them for all surgeries

Post Office.

In Brampton market square.

Mon – Fri 9am – 5.30pm.

Sat -9am – 12.30pm.

BP Fuel, SPAR & Post Office

Corby Hill

Post Office available Mon-Sat 6am-10pm

Nearest Post Box: Castle Carrock Village Green (2 miles)

FOOD & GROCERIES

TESCO Supermarket.

At junction 43. Go straight over the roundabout which takes you into Carlisle and turn right at the first set of traffic lights into Tesco. (fuel is also sold here)

Opens Monday 6am – Closes Saturday Midnight. Sun 10am – 4pm.

ASDA Supermarket

At junction 44. Go back to junction 43 and travel up to junction 44. Take first left off the roundabout into Carlisle. Take first right into Kingstown Ind. Est. Follow this road along, straight over mini roundabout and Asda is a little further on the left hand side. (fuel is also sold here.)

Opens Monday 8am – Closes Saturday 10pm. Sunday 10am – 4pm.

SPAR Supermarket.

In Brampton market square.

8:30am-10pm everyday

Co-op Food - Brampton

1-7 Main St

Everyday 7am-10pm

016977 45910

Co-op

At Corby Hill, past BP on the left

Everyday 7am-10pm

Family Butcher, Stephen Wilson

At Corby Hill. When you drive up to the traffic lights with BP. on your right, turn left and the butchers is just along that road on the left. Very good quality meat.

Closed on Sunday & Mondays.

Tues, Wed, Thurs, & Fri 8am – 5.30pm.

Sat 8am – 1pm.

Cranston's Butchers.

In Brampton Market Square.

Mon – Sat 8am – 5pm.

TAKE AWAYS THAT DELIVER TO TOTTERGILL

Roosters, Brampton

Fish & Chips – Pizza – Kebabs

016977 42471

Golden Palace, Brampton

Chinese

016977 2232

TRANSPORTATION

Taxi

Airbus 2000.

016977 3735

Mobile 07784774 10891

Brampton Taxis

016977 3386

Bus Stop

Castle Carrock
(2 buses per week)

2 miles

Brampton

5 miles

Railway Station

Brampton Junction
Carlisle Station

4 miles

11 miles

SHOPPING

Brampton (5 miles)

Brampton is our local market town with a wide selection of shops. The sort of place for the butchers, the bakers and the candlestick makers! There are a few nice antique shops or gift shops, a chemist a Co-op and a Spar, but if you're looking for high street

shops or you're more the 'shop-till-you-drop' type, Carlisle or Newcastle would be more your scene!

Carlisle (10 miles)

Carlisle is a large city full of high street shops. It has its Marks & Spencer's and Boots, a Debenhams and a House of Fraser, so hopefully you'll find what you're looking for. And if you're not into shopping, there are some nice café's/coffee shops around for you too!

Gretna Gateway 'Outlet Shopping' (20 miles)

Sign posted just off the M6 J45 over the border into Scotland. Approx a half hour drive.

Newcastle (approx 55 miles)

Newcastle is where you would go if you were looking to spend the whole day out. It offers the traditional City Centre shopping with a wide range of high street shops, but it also has The Metro Centre, which is a large shopping centre on the outskirts of the city. A place for shops, shops and more shops!

Edinburgh & Glasgow

Fantastic day trips by train. Leave your car at Carlisle train station, relax and enjoy the scenic journey through the borders into Scotland.

Glasgow - Approx. 1hr 15mins by train.

Edinburgh – Approx. 1hr 30mins by train

CHURCHES IN CASTLE CARROCK/BRAMPTON

St. Peter's Parish Church, Castle Carrock

1st Sunday: 11.00am Holy Communion

2nd Sunday: 11.00am Holy Communion

3rd Sunday: 9.15 am Family Service

4th Sunday: 6.00pm Taize style worship

St. Martin's Parish Church

This is situated at the bottom of Front Street. If you drive into Brampton and follow the road through the market place, heading out of town towards Carlisle, you will see it on the left hand side of the road. It is a large red brick building and the services are held here at:

8am	Holy Communion	(Every Sunday)
11am	All age service	(Every 1st Sunday)

St. Ninian's Catholic Church

The Catholic Church meets in a house as you get into Brampton. It is set up a driveway opposite the old brewery on Crow Road. If you drive past the Stained Glass gift shop on your right (as if you were heading into the market place), St. Ninian's is shortly after the shop on the left hand side.

9am Sunday Mass (Every Sunday)
(see inside the church for further details.)

Bethesda Evangelical Church

The Evangelical Church is set just out of the other side of Brampton on Main Street (heading out for Carlisle). It is on the road side and the building itself is well signed and has a brightly painted front. Services here are:

10am Communion Service (Every Sunday)
11am Family Service (Every Sunday)

Brampton Methodist Church

The Methodist church is also located along Main Street on the east side of town. (Near Roosters take away!) It is a large traditional building on the corner of a junction. Its Sunday services are:

10.30am Sunday Service (Every Sunday)
& Junior School
6.30pm Evening Service (Every Sunday)

OTHER NEARBY AMENITIES.

Police Station	Brampton	4 miles
Tourist Information	Brampton (closed in winter – open in Carlisle city centre)	4 miles
Fish & Chips	Brampton	4 miles

Chinese Take Away (Golden Palace)	Brampton	4 miles
Indian Take Away (Brampton Tandoori)	Brampton	4 miles
Cinema (Vue)	Carlisle	10 miles
Golf Course	Brampton	3 miles
Swimming Pool	Carlisle	10 miles