

Health Visitor Clinics in the Carlisle area

Dalston Clinic, Dalston	1.30 - 3 pm 2 nd & 4 th Monday every month
Belah Clinic	1.00 pm - 3 00 pm every Wednesday
Botcherby Community Centre	9.30 am - 11.30 am every Wednesday
Botcherby Healthy Living Centre 15 Botcherby Avenue	10.00 am - 12 noon Monday and Friday
Harraby Community Centre	1.30 pm - 3.00 pm every Wednesday
Houghton Baby Clinic	10.30 am - 12 noon 1 st Wednesday in month
Longtown Clinic, Moor Road, Longtown	2.00 pm - 3.00 pm 1st Monday of month 9.30 am - 11.30 am 3 rd Thursday of month
Morley Street, Denton Holme	1.30 pm - 3.00 pm 2 nd and 4 th Thursday
Morton Surgery, Langrigg Road	9 - 11 am Every Thursday
Petteril Bank	9.30 am - 11.00 am Friday Weekly
Raffles Living Well	1.00 pm - 2.30 pm First Monday in month
Currock House	1.30 pm - 3.00 pm Tuesday weekly
Yewdale Community Centre	1.30 pm - 3.00 pm 1 st and 3 rd Wednesday
Greystone Community Centre	1.30 pm - 3.00 pm Every Thursday

A contact number for your Health Visitor is in your Baby's Yellow Book