

## How Your Money Will Help

- **£5** could pay for a young carer to have a day out at the ice skating rink.
- **£10** could pay for transport for a carer to attend vital medical appointments.
- **£25** could pay for a young carer to attend a training course on Healthy Eating to help them prepare nutritious meals for their family.
- **£100** could pay for a carer to receive relaxation therapies to help relieve stress and anxiety.

## What to do next

Give us a call on 01900 821976 or visit our website at [www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)

If you would like to meet up with one of our support workers to find out more about how to access our services then give us a call.

### To Donate:

**Visit:** [www.justgiving.com/westcumbriacarers](http://www.justgiving.com/westcumbriacarers)

Or Text WCCA01 £10 to 70070 to donate £10 through your mobile.



## Compliments, comments & complaints...

West Cumbria Carers welcomes all feedback about our services and will aim to use the information you provide to improve our service.

If you have a compliment, comment or complaint about our service then please let us know.

## How to Contact us

West Cumbria Carers  
Suite 7F  
Lakeland Business Park  
Lamplugh Road  
Cockermouth  
CA13 0QT

**T: 01900 821976**

**E:** [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)

**[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)**

 WestCumbriaCarers  @WCumbriaCarers

Charity No. 1119369 | Reg in England No. 6123034



**West Cumbria Carers**  
Supporting young & adult carers



## Fundraising and Donating...



Tel: 01900 821976

Email: [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)  
[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)

# Fundraising for West Cumbria Carers

## Local charity supporting local people

There are an estimated 19,500 young and adult carers in West Cumbria.

- A carer is anyone of any age who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

We've been working with carers in West Cumbria for 25 years, providing vital quality support to carers of all ages from 5 years and up. We provide a listening ear, counselling services, trips, training courses, respite and information events for carers in order to support them in their caring role.

With your support, we can increase the number of services that we are able to offer, and provide a much needed break for carers in our area. Any funds that you raise will go directly to providing services to carers.

*We support  
people like you,  
who care.*



*If you would like to hold a fundraising event, we will support you. We can provide sponsor forms, as well as publicity on our website and social media accounts.*

## Stuck for fundraising ideas? Here are some of our favourites...

- Make a one off donation or become a regular giver
- Buy/sell raffle tickets for our Grand Draw
- Join our lottery where every week you could be in with a chance of winning £25,000
- Attend/help out at our events
- Go Outdoors! Take advantage of the wonderful Cumbrian countryside and do a sponsored walk, climb, run, or bike ride.
- Host a Coffee Morning. Invite over friends, bake some cakes, and charge a fee to donate.
- Have a Clear Out. Sell your old and unwanted items at a local Car Boot sale.
- Feeling Creative? Create items to sell at local fairs and fetes.
- Become a restaurateur for the evening. Host an evening meal, invite your friends and ask them to pay what they think the meal would be worth in a restaurant.

*We are also registered with JustGiving. This means you can set up your own sponsorship page online and the money is paid directly to us.*

*Visit [www.justgiving.com/westcumbriacarers](http://www.justgiving.com/westcumbriacarers) for more information.*



## Looking for something to do in the workplace? Here are some ideas to get you started:

- Dress Down Friday—Charge your colleagues to come to work in their casual clothes.
- Host a Quiz Night. Test your colleagues' general knowledge and raise money by charging an entrance fee.
- Hold a Promise Auction. Your colleagues can bid on promises to carry out tasks such as being on tea duty for a week.
- Nominate us as charity of the year at your place of work
- Ask your business if they'd be interested in our sponsorship packages
- Donate a raffle prize