**Autumn 2016 Newsletter of West Cumbria Young Carers**

**Soundwave Discover Your Talent Day October Half Term**

**Tuesday 25th October 2016**  
**Young Carers 8 years and over**  
**11am-3pm Please bring a packed lunch**

After the success and popularity of the Soundwave workshop we ran in June, we have decided to arrange another workshop.

Discover your talents with a music workshop. Try your hand at lots of different instruments, writing music, DJing on the decks and using their recording studio. These exciting sessions are happening with the help of Soundwave. Check out their website for more info about what they do at www.soundwave.org.uk

Sound wave uses music and singing to learn, live better, connect with each other and inspire change.

There will be 20 places available for this activity and they will be allocated on a first come first served basis and level of need.

Transport is available from the Copeland area, (unfortunately we are unable to fund the bus to Millom but if you can make your way to the Brownriggs depot Egremont, you could catch the bus from there) if you live in Workington or the surrounding locations in Allerdale can we ask that you make your own way there and home again.

If you would like to take part in this activity please let us know either by telephoning the office 01900 821976 or texting the mobile 07557356964 and fill in the consent form enclosed with this newsletter and return it to us ASAP.

**What We’ve Been Up To in The Summer Holidays**

Well that is summer over and the weather has been kind to us which has been nice. We hope you had a lovely time both on the trips and with your families.

All the trips went really well and were well attended. You are all getting really good by returning consent forms promptly.

We do understand that things happen and we can all suddenly become ill and unable to keep our commitments and we really appreciate when this happens that you have let us know and we have been able to refill the places. It is obviously much better to have full trips because it means that we are using funders money to the best.

**Muncaster Castle Family Fun Day**

We had the family day out in Muncaster Castle, tickets for the day were donated to us from CFM Cash for kids. There were lots of activities for everyone, including face painting, CFM competitions, and fabulous display by the police with their dogs and to top it all, beautiful weather. The day was a huge success and thanks to CFM and local Rotary Clubs over 30 families enjoyed a day out at Muncaster Castle. The Rotary Clubs very kindly funded our transport there and food vouchers for the café.

**Millom Fun Day at the Theatre!**

**Young Carers 5 years and over**  
**11am-3pm Please bring a packed lunch**

Beggars Theatre in Millom are hosting a fun day at the theatre for young carers. Come and have a go at all things theatre, don't worry if you don't like the idea of drama as there's something for everybody. You can try your hand behind the scenes at lighting, sound or costume. There will be fun games to join in with and you can meet other young carers.

Check out their website: www.beggarstheatre.co.uk

There will not be transport available for this event children will need to be dropped off at the Beggars Theatre, Millom Square at 11am and picked back up at the same place at 3pm.

If you would like to take part in this activity please let us know either by telephoning the office 01900 821976 or texting the mobile 07557356964 and fill in the consent form enclosed with this newsletter and return it to us ASAP.

**Keswick Leisure Pool**

We had a great day out at Keswick Leisure Pool during the summer holidays. We picked a good day for going, as the sun was not shining! The young carers enjoyed having a swim, but the most popular part of the day was the wave machine! The wave machine comes on approx. every 30 minutes! The big slide was also hit as we watched some young carers go on the slide repeatedly. Lots of fun was had this day and all who went where a pleasure to take.

We know that this trip was something that a lot of young carers would have liked to go to, but unfortunately we could only take a small group. Not to worry though, I’m sure we will plan another trip in the future!
CLIP N CLIMB AT MARYPORT WAVE CENTRE

We hired the whole of the clip n climb so that 28 of you could have a go at climbing the various walls. It was a fun afternoon and a very popular trip which is requested often.

CAVING AT MARYPORT WAVE CENTRE

We took two group of 8 young carers (one group from the Allerdale area and one group from the Copeland Area) to Caving at The Wave Centre in Maryport. Caving is brilliant for those who are brave to enter the 75m of indoor caving system. Most of the young carers who attended hadn’t been caving at the Wave Centre before and couldn’t wait to go in and explore, discover, squeeze, climb and crawl around the cave. The young carers who attended discovered tight squeezes, ball pools, passages, fossils, stalagmites and stalactites and much more along the way. We know you got very warm inside the cave but we hope everyone who attended had a fantastic time!

Look out for future trips to caving to explore for yourselves what exciting things are inside the cave!

LOCKERBIE MANOR RESIDENTIAL TRIP

Monday 15th – Wednesday 17th August 2016

In August eight young carers aged 8-13 (four boys and four girls) went to Lockerbie Manor Outdoor Activity Centre for a two night stay, Gillian and Melissa went along too. We all had a good time and experienced a wide range of activities and outdoor pursuits including: archery, fencing, we learnt some survival skills, worked well in teams helping each other along the ‘low ropes,’ enjoyed several different ways of climbing – up a climbing wall and a VERY high pole, we enjoyed some abseiling and went on a woodland walk set deep in the surrounding forest.

All the activities were great fun and the children enjoyed taking part. They were encouraged to challenge themselves which most were keen to do. We were impressed with how the children had a go, helping and encouraging each other when it was something a bit new or scary! The activities were well organised and the days were planned well, the activities began straight after breakfast and lasted all day. Phew! It’s amazing we managed to keep going because the children had very little sleep and kept the staff up until very late at night!

We had different instructors for different activities, and they explained everything well and were encouraging about the activities we took part in. Safety was always a top priority.

The group told us that they enjoyed meeting other young carers and making new friends. Some children were really surprised and proud of themselves for trying new and scary things and completing a task that they thought they wouldn’t be able to achieve. The weather was fabulous too.

The facilities were brilliant, we had a fun and exciting activity break in a safe environment. The young carers who took part were very lucky to be offered these free places as lots and lots of young carers applied for a place but had to be disappointed on this occasion. Hopefully we will be able to go back again and take some more children to enjoy this experience.

LOCKERBIE MANOR RESIDENTIAL TRIP

Monday 22nd – Wednesday 24th August 2016

We also took a group of Older Young Carers age 14+ to Lockerbie Manor for a two night residential the following week. They had a fabulous time and built some long lasting friendships. Taking part in lots of fun outdoor pursuits in the gorgeous weather and beautiful surroundings.
**SOUTH LAKES ANIMAL PARK**

On Thursday 25th August Michelle and Gillian travelled down to Millom to take our Young Carers who live in Millom and the surrounding area to South Lakes Animal Park. A mini bus picked us all up at Millom to take us to Barrow – there was great excitement on the bus as we were all looking forward to seeing the animals!

The weather was kind to us and it didn't rain. There is lots to see at the zoo - we saw Giraffes, Lions, Hippos, Tigers, Monkeys, Kangaroos, Giant Otters, Parrots, Wolves, Snow Leopards, large Vultures and lots more, too much to remember!

We all took a packed lunch and ate this at the picnic benches and then we had a good run around and played on the large play park, we all loved doing this as well.

By the end of the day we were all tired and had sore feet from all the walking we had done. South Lakes Animal Park takes a lot of walking around!

The older girls who came with us were very helpful with the younger children and everyone had a really good day.

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**TIME FOR CHANGE**

The Time For Change Project for Transitional Carers has seen quite a lot of activity during the spring and summer.

Mary Falcon; the tutor from Lakes College facilitated a second group over a 3 week period which was very successful, new friends were made and everyone enjoyed the opportunity to get to know what the college has to offer.

Mary has also been meeting some transitional carers on a one to one basis to talk about options for future learning or careers, updating and creating CVs and generally helping with concerns and worries they have about what they want to do in the future.

These one to one sessions are still available to anyone 14 years and over.

We also have some counselling available if you feel that you are struggling.

Mindfulness Practitioner; Ann Connelly, ran an 8 week course for carers 16 years and upwards which was also a great success, If you want to read about the subject there is a good article on our website which describes what it is and how it works, One carer who attended the course told us:

“I felt nervous going for the first time because I didn’t really know what to expect, but it was a relaxed atmosphere, everyone was there for the same reason as me, coping with stress and daily struggles. It’s like a sort of meditation but without having to think about anything. It helped me to be in the moment and to focus, It was also fun and interesting, something to look forward to every week and it’s something you can continue doing yourself anytime anywhere.”

There will be another chance to experience the Mindfulness sessions soon so if you are interested in that or any other activity mentioned just ring the office or text the Young Carer’s mobile for details

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**ARE YOU AGE 14-25?**

Looking after someone at home and facing choices about your future? Don’t know where to turn? Are you juggling your caring role, education, work and socialising?

You can access individual support on a one to one basis with a specialist tutor, training in small groups to enable you to gain skills for future employment. Mindfulness sessions to help you cope with stress. Social events with other Young Adult Carers First Aid Training and more...

West Cumbria Carers have introduced a Time for Change Project for Young Adult Carers, which is all about supporting carers ages 14-25 who are facing issues around education, training or employment.

If you are interested please contact Michelle or Jacqui at West Cumbria Carers 01900 321717 for more information.
UNITY LOTTERY
Parents/ Guardians of Young Carers
Please note you must be 16 years or older to play
A chance to win £25,000 and support your favourite charity!

We are delighted to announce that we have joined Unity Lottery.

Unity is the nation’s favourite fundraising lottery scheme, designed to give good causes large and small the chance to gain support and raise valuable funds through our own weekly lottery draw.

You can play for as little as £1 per week. 50p of every £1 you play is guaranteed to go straight to West Cumbria Carers to support our services in Allerdale and Copeland. The remaining 50p will be used to provide prizes and cover administration costs.

For just £1 per week you will be allocated a six digit Unity Lottery number, which will remain yours for as long as you wish to keep playing. You can purchase more than one number if you wish.

Every Saturday, the lucky winners are selected at random and prize cheques issued and posted directly to you, so there is no need for you to claim. You must be 16 or over to enter.

Winners have to match 3, 4, 5 or all 6 digits of the winning number in the correct place in the sequence.

You can play for as little as £1 per week. 50p of every £1 is donated to West Cumbria Carers. Visit http://www.unitylottery.co.uk/charity/display/west-cumbria-carers or give Michelle a call and she can send you out a leaflet to join by post.

WEST CUMBRIA CARERS WILL BE 25 YEAR’S OLD IN 2017!!

Next year we are planning lots of events to mark our 25th Anniversary. So far we have arranged a Puddings & Prosecco evening in February and our first ever fashion show and pop up shop on 19th April (tickets will be on sale after Christmas).

Other ideas include a band night, coffee mornings, pop up restaurant, choir night. If you have any suggestions don’t hesitate to get in touch with Michelle for a chat.

A BIG THANK YOU TO OUR GREAT NORTH RUNNERS!

Carla Fletcher, Katrina Hughes, Rachel Bradley and Lisa Forrester successfully completed the 13.1 mile challenge. Well done ladies!! To date they have raised over £2000.

It’s not too late if you would like to sponsor our runners, you can do so on our Justgiving page www.justgiving.com/westcumbriacarers.

Thank you to everyone taking part in our regular weekly Lottery. So far we have had 4 lucky winners.

There is a weekly prize of £25,000. You can play from as little as £1 per week. Don't forget 50p of every £1 is donated to West Cumbria Carers.

You can play by post or by phone. If you would like to know more about the Unity Lottery please send by email to general@westcumbriacarers.co.uk or call the office on 01900 821 976.

Four easy ways to contact us:
1. In person at the office:
   West Cumbria Carers
   Suite 7F
   Lakeland Business Park
   Lamplugh Road
   Cockermouth
   CA13 0QI
   www.westcumbriacarers.co.uk

2. By Letter
   at the above address

3. By E-Mail:
   general@westcumbriacarers.co.uk

4. By Phone:
   Tel: 01900 821976
   Fax: 01900 826206

Staff Quick Reference

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Dot Barwise

Adult Carers Support Workers:
Susan Pickering
Mary Armstrong
Andrea Suwden
Malcolm Pritchard
Eleanor Scott
Joanne Carter
Bethany Johnstone

Young Carers Project Manager:
Gillian Walker

Young Carers Support Workers:
Maps Little
Melissa Messenger
Gill Wintrup

Transitional Project Support Worker:
Jacqui Miller

Project Funding Development Manager:
Kate Linton

Community Fundraising Coordinator:
Michelle McGibbon

Volunteer Project Manager:
Angela Longrigg

Volunteer Support Worker:
Sam Adewoye

Lasting Power of Attorney Support Worker:
Janet McElwee

Data & Comms Support Worker:
Julie Crellin

Administrator:
Vanessa Gray

Our newsletter is printed in good faith. Whilst every care is taken to ensure that it is correct, West Cumbria Carers cannot accept liability for any omissions or inaccuracies and does not take responsibility for the quality of any services or products mentioned.

We are a local carers organisation providing support to people in Allerdale and Copeland who are caring for a family member, friend or neighbour. We support carers of all ages from the age of five with no upper age limit.

To include any articles in the newsletter please send by email to general@westcumbriacarers.co.uk or by post to West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, Cockermouth CA13 0QI.

Charity No. 1119369  Reg in England No. 6123034

VERY IMPORTANT INFORMATION PLEASE READ

BANANA ALLERGY

Please note one of the young carers who is registered with us, has a banana allergy. We therefore ask you to please make sure you DO NOT send your children with bananas in their pack lunches.

Vanessa Gray

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