2015 - It’s been a Grand Old Year!!

In April we launched the Out-of-hours Telephone Information Service - aimed at reaching working carers unable to access information during office hours.

In May we took a trip to Holker Hall & Gardens for their fabulous Garden Festival.

June once again brought Carers Week – a week of fun and fundraising! Including a baking course for our Young Carers, two Cupcakes4Carers events and Wheely Caring – an epic 95 mile cycle along the West Cumbrian coast.

Thanks again to all our wonderful carers who supported us in raising over £1100.00 during Carers Week.

In August we celebrated the success of our Benefit Clinics – 98 carers supported to claim over £200,000 of benefits by our Benefit Support Worker, Gillian Walker.

Our Autumn Trip to Windermere took place in September. A great day out meandering around town or venturing across the lake to visit Beatrix Potter’s Hilltop House and Hawkshead.

Our Support Worker Ann got together with some “Crafty Carers” in October, transforming plain mugs & glasses into works of art! We also launched the FREE Caring with Confidence training on our website.

On 20th November - Carers Rights Day - our staff were on hand throughout the day at Cockermouth Sainsbury’s with information and support.

And finally December - over 70 of you joined us for a very tasty Christmas Lunch at the Hundith Hill Hotel, followed by a Christmas Quiz, raffle and fabulous entertainment from Whitehaven Male Voice Choir!

We’re coming to a town near you!

It’s the New Year and we are celebrating by providing you with 6 new ways to meet up with our staff to get support and information.

We know that as carers you like to meet face to face with our staff. We also know that you like opportunities to meet in local venues that are easy to find and where you can access other services; such as public libraries and GP surgeries. With this in mind we have set up 6 new Carers Community Clinics in the following venues:

**Workington Community Hospital**
1st Saturday of each month
10am – 12pm

**Kirkbride Medical Practice**
1st Wednesday of each month
2pm – 4pm

**The Byre Tearoom, Bootle**
2nd Wednesday of each month
10:30am – 12:30pm

**The Methodist Church, Cleator Moor**
3rd Friday of each month
10:00am – 12:00pm

**Minto Centre Workington**
4th Wednesday of each month
11am – 1pm

**Mirehouse Community Centre**
4th Friday of each month
11:30 – 1:30

There will be 2 x 1 hour slots at each of the clinics.

Appointment slots must be booked by calling us
Tel: 01900 821976

Winter Warmth Grants Available

We are pleased once again to be offering grants of up to £150 to help carers to pay for winter fuel bills.

Grants may be available if you are:

Caring for someone and you or the person you care for:

- Have a chronic underlying health condition, particularly respiratory or coronary
- Have a disability particularly affected by cold weather

Receive a means tested benefit and struggle to maintain a basic acceptable standard of living during the winter due to the cost of heating your home.

We particularly want to help those of you who are not on mains gas and use bottled gas, coal or oil as your main form of heating.

Call the office on 01900 821 976 for more information or to make an application. A Carers Support Worker may need to visit you to gather some extra information.
Help to SPOT and STOP scams!
Scams are schemes to con you out of your money. They can arrive by post, phone call, text message or email or from someone on your doorstep turning up at your home, when you are least expecting them.

Although anyone can fall for a scam, some people are vulnerable and more likely to be targeted. If you are a carer of someone who is vulnerable you might be the only person who can stop them from being scammed.

It could be a scam if:
- You are asked to send money in advance - for example, they’ll ask you to pay a fee before you can claim a prize.
- You are told you have to respond quickly - "if you don’t act now you’ll miss out!"

A scammer may:
- Be over-familiar and over-friendly with you
- Ask for your bank account details. Never give your bank details to people you don’t know, especially people you meet online
- Give a mobile number or PO Box number as the contact details for their company.
- If you think something might be a scam, don’t reply - throw it away, delete it or hang up and get further advice.

What help can you give?
People are often embarrassed to admit they’ve fallen for a scam or don’t believe they have been conned. Reassure the person that it’s a common problem, that scammers are clever and that all sorts of people get taken in. If you think someone else might be a victim, pass on the information you’ve been given about the scam or don’t believe they have been conned.

Free Cinema Screening - Bridge of Spies
Join us on Thursday 25th February, 2pm, at Workington Plaza Cinema for a FREE screening of the latest Spielberg title 'Bridge of Spies'. A great film nominated for 6 Oscars!

Set during the Cold War, Tom Hanks plays an American lawyer, recruited to defend an arrested Soviet spy in court, and then persuaded to help the CIA facilitate a tense exchange of the spy for a captured American U2 spy plane pilot.

To book please call 01900 821 976.

NEWS

NEW Carers Forums
Come along, listen to guest speakers and meet other Carers dealing with similar issues and problems.
The Forums will take place between 10.30am and 12.30pm. Lunch and refreshments will be provided.

Let’s talk….Dementia
Dates & Venues
Thursday 3rd March at The Oval Centre, Workington
Tuesday 22nd March at The Network Centre, Millom

Time for a New Years Resolution?
In celebration of Valentine’s Day we will be running a “Take Care of Your Heart” Healthy Eating course.
The three week course will be led by Lynette Mair. Each week Lynette will show you how to make a low fat, low sugar, low calorie starter, main and dessert, all aimed at keeping your heart healthy.
In June we will once again be celebrating Carers Week and Cupcakes4Carers with a healthy baking course at Lakes College, Workington.
Also led by Lynette, these sessions will offer you an opportunity to develop your baking skills, with particular focus on low fat and low sugar alternatives to the traditional sponge.

Keep Your Back Safe Training
We have teamed up with Marie Rose Corry to offer Carers a free half day training course on how to keep your back safe.
Carers regularly find themselves in situations where they have to lift and move the cared for, or heavy objects and furniture without support, sometimes putting themselves at risk without giving any thought to their safety.
The course will cover spinal function and causes of back injury, as well as safe lifting techniques with demonstrations to help minimise the risk of injury to yourself.

Copeland - Millom Network Centre
Thursday 21st April, 10am to 1pm.
Allerdale - The Market Hall, Wigton.
Wednesday 27th April, 10am to 1pm.
Tea and coffee will be available during the mid-session break.
Places are limited. To book your place please call 01900 821 976.

ACTIVITIES & EVENTS

Benefits and so much more
Our Benefit Clinics not only provide you with information about and support to apply for benefits but can also help you to access a range of other grants, discounts and savings. Below are a few examples of the grants on offer:
The Nuclear Industry Benevolent Fund – a registered charity providing assistance to current and past employees (and dependants) of eligible organisations within the Nuclear Industry.
Bank Workers Charity (BWC) – who support current and former bank employees with information, advice, expert support services and in some cases, financial assistance.
The Royal British Legion – who support serving and/or ex service personnel and their families with practical and financial support.
Royal Agricultural Benevolent Institution (R.A.B.I) – a registered charity that offers support services and in some cases, financial assistance for the farming community.
The Nuclear Industry Benevolent Fund - a registered charity providing assistance to current and past employees (and dependants) of eligible organisations within the Nuclear Industry.

In the middle of each session is included.
They have made at the end of each session. A tea/coffee break
All ingredients are included and participants take home what

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**ACTIVITIES & EVENTS**

**Mindfulness with Margaret Beck**

Coming up this April we have a new EVENING course. The 8 week course will enable you to practice the art of Mindfulness meditation.

**Where?**

Oval Centre, Salterbeck, Workington, CA14 5HA

**Dates?**

Tuesday 12th April 6pm – 8pm
Tuesday 19th April 6pm – 8pm
Tuesday 26th April 6pm – 8pm
Tuesday 3rd May 6pm – 8pm
Tuesday 10th May 6pm – 8pm
Tuesday 17th May 6pm – 8pm
Tuesday 24th May 6pm – 8pm
Tuesday 31st May 6pm – 8pm

If you would like to book a place or would like to know more about Mindfulness and how it can support you as a carer call the office on 01900 821 976.

**Mindfulness Top up sessions**

For Carers who have previously attended a mindfulness meditation course don’t forget the FREE monthly Mindfulness Top Up sessions. No need to book.

**Maryport**

Community Resource Centre, 12a Selby Terrace, CA15 6NF

Monday 8th February 1pm – 2pm
Monday 14th March 1pm – 2pm
Monday 25th April 1pm – 2pm

**Whitehaven**

Senhouse Centre, 3 Senhouse Street, CA28 7ES

Tuesday 9th February 11am -12noon
Tuesday 8th March 11am -12noon
Tuesday 14th April 10.30am -11.30am

**New Year Blues? Frayed at the edges? Need a Boost?**

Join Us for Our Regular Relaxation Sessions.

We hold free regular relaxation sessions across West Cumbria for Carers to drop in and take a little time out.

Our trainer Maria, has extensive experience in relaxation therapies and will take you on a tranquil journey to help calm your mind and ease your soul.

Stress can be a major contributor to physical health problems, so why not make it a new year’s resolution to try out a session.

There is no need to book, just turn up at any of the following sessions.

**Maryport - Community Resource Centre**

12a Selby Terrace, CA15 6NF

1pm-2pm 8th & 22nd Feb, 7 Mar and 4th & 18th Apr

**Workington - Oval Centre**

Salterbeck, CA14 5HA

11am-12pm 10th Feb, 30th Mar and 13th Apr

**Wigton - Wigton Group Medical Practice**

CA7 9QD

11am-12pm 22nd Feb, 7th Mar and 4th Apr

**Millom - Millom Network Centre**

LA18 5AB

11am - 12pm 15th & 29th Feb and 11th Apr

**Cleator Moor - Methodist Church**

Market Square, CA25 5AU

1.30pm - 2.30pm 15th & 29th Feb and 11th Apr

**Whitehaven - Senhouse Centre,**

CA28 7ES

1pm - 2pm 9th Feb, 8th Mar and 5th Apr

**Know what to do in an Emergency?**

If not come to our First Aid training, delivered by Hazel Lanchberry of North & Beyond First Aid Training. The Free half day training course covers basic First Aid skills.

**Copeland - Millom Network Centre**

Wednesday 30th March, 10am to 1pm.

**Allerdale - Market Hall, Wigton**

Wednesday 23rd March, 10am to 1pm.

Places are limited, to book call 01900 821 976. Tea and coffee will be available during the break.

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**Disclaimer:**

The information contained in this newsletter is genuine 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.