

January - March 2016 Newsletter of **West Cumbria Carers**



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.

NEWS

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) – is a welfare charity for farming people in financial difficulty.

These charities are specifically aimed at certain client groups. There are many, many more benevolent funds and charities who offer specific financial support that may be able to help you and your situation.

If you are struggling financially or want more information regarding these grants, benefits or other savings such as Council Tax Discounts, NHS prescription savings and other financial issues please make an appointment at one of the benefit clinics.

Call Gillian Walker on 01900 821976.

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.

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 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 by them.

To help keep them safe from scammers ask them to:

- Never give out their name, address, bank account details or any other personal information
- Speak to you before replying to any offer
- Never trust someone who says they've won a prize
- Not ring any number they are given to claim a prize
- Never send money to anyone to claim a prize
- Help them to ask Royal Mail to re-direct their post either to you or another trusted friend or relative
- Help them sign up to the free Telephone (0845 070 07070) and Mailing Preference Services (0845 703 4599), which cuts down unwanted phone calls, texts and post.

If you think you've been scammed what should you do?

Report a scam to Action Fraud. They provide a special service, alongside Victim Support, for carers to report scams on behalf of a vulnerable victim. The website address is www.actionfraud.police.uk and the telephone number is 0300 123 2040.

You can also report the scam to Trading Standards by phoning the Citizens Advice consumer helpline on 03454 04 05 06.

ACTIVITIES & EVENTS

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.

Lets talk...Dementia

Dates & Venues

Thursday 3rd March at The Oval Centre, Workington

Tuesday 22nd March at The Network Centre, Millom

Lets talk...Physical Disability

Dates & Venues

Wednesday 25th May at The Market Hall, Wigton

Thursday 26th May at The Senhouse Centre, Whitehaven

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.

Both courses will take place at Lakes College, Workington. The sessions will be held between 1pm and 4pm, on the following dates:

Healthy Eating - Cooking	Healthy Eating - Baking
Thursday 25th Feb 2016	
Thursday 3rd March 2016	June 2016 - Date tbc
Thursday 10th March 2016	

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

To book on either of these courses please ring the office on 01900 821 976.

All together now!! Sing your way to health and happiness.

Come and sing with others, have a good time, meet new people and make some noise - all abilities (or no ability as the case may be!) welcome.

There will be absolutely no solo singing just a lot of fun with your voice with people who feel just like you do.

The workshops will be led by Claire Hume from Soundwave, an experienced workshop and choir leader and will provide a fantastic opportunity to improve your vocal abilities.

All sessions will start at 1.30pm and finish at 3.30pm and will take place at the Theatre Royal on Washington Street in Workington.

Dates of the sessions are:

Tuesday 23rd February 2016	Tuesday 22nd March 2016
Tuesday 19th April 2016	Tuesday 17th May 2016
Tuesday 21st June 2016	Tuesday 19th July 2016

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

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

Four easy ways to contact us:

- 1. In person at the office:**
West Cumbria Carers
Suite 7F,
Lakeland Business Park,
Lamplugh Road,
Cockermouth, CA13 0QT
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

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Vanessa Gray

Disclaimer:

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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.



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 0QT
Charity No. 1119369 Reg in England No. 6123034