Carers Week 6th – 12th June

Cupcake Crazy once more!!

Monday 6th June marks the start of Carers Week 2016. We will be, once again, going Cupcake Crazy and are re-launching our popular Cupcakes4Carers campaign! Carers Week is a national week of campaigning and fund raising to raise the profile of Britain’s seven million unpaid Carers. Carers Associations up and down the country hold events and activities.

On Monday 6th June we will be running our popular carers baking course at Lakes College - all ingredients are included and you can take home what you have made at the end of each session – ideal for taking your ‘cakeies’!

On Tuesday 7th June between 10am and 2pm we’re holding a cupcake event at our offices in Cockermouth. Come along and join us for a cuppa and one of the cupcakes donated by staff, volunteers, and Carers.

On Wednesday 8th June we will be holding a second event at the Cornerstone Bookshop in Whitehaven, we’d love you to drop by to help us to eat even more cupcakes!! You will also be able to enjoy a cuppa while browsing the bookshelves.

We’d like everyone to get involved in our Cupcakes4Carers campaign, so if you’re a cupcake fan and can’t get along to one of the events don’t despair - you can still join in the fun by taking a ‘Cakie’!! You can do this by following these 4 simple steps:

Step 1 Make (or buy) a cupcake
Step 2 Take a picture of you enjoying the cake (a Cakie) – the sillier the picture the better!
Step 3 Donate to West Cumbria Carers by texting Cake09 £2 to 70070
Step 4 Share your ‘Cakie’ online using the hashtag #Cupcakes4Carers or email it to us general@westcumbriacarers.co.uk

Everyone who submits a ‘cakeie’ will be entered into a prize draw to win Afternoon Tea at Greenhill Hotel, Wigton. The money raised will help us to support the 18,000 unpaid carers in West Cumbria.

To book on the baking course or for any more information about the events please call the office on 01900 821 976.

Staff and Volunteers are going the XtraMile4Carers!!

Last year it was all about wheels as one of our staff members took to the road and cycled from Millom to Port Carlisle. This year it’s all about feet and boots as a team of over 15 staff members & volunteers take up the challenge to walk from Millom to Port Carlisle in stages along the Cumbria Coastal Way.

The theme of Carers Week is “Building Carer Friendly Communities” and we’re hoping to promote this during the walk by stopping off at a number of Cumbrian towns and villages to raise awareness of the challenges young carers face.

GET INVOLVED

If you would like to join us most sections will be 10 miles long, however there will be some stretches of 5 miles or less on flat cycle paths suitable for wheelchairs and/or pushchairs.

Not a walker? If you’d prefer to come and cheer us along please let us know! Details are to be confirmed but each group is expected to set off at approximately 10.30am from various points along the coast. Exact locations and times will be published on our website as soon as they are confirmed so keep an eye out at www.westcumbriacarers.co.uk.

Alternatively you could make a donation to help us to support the 1700 Young Carers in Allerdale and Copeland. You can do this online via our JustGiving page www.campaign.justgiving.com/charity/westcumbriacarers/xtramile4carers or you can donate £1, £2, £3, £4, £5 or £10 by text, just text XTRA04 followed by the amount you want to donate to 70070. For example, if you wanted to donate £4 you’d text: ‘XTRA04 £4’ and send to the number 70070.

If you would like any further information contact us on 01900 821 976.
**ACTIVITIES & EVENTS**

**All Activities and Events must be booked unless otherwise stated - call 01900 821976**

**POP UP, POP IN!**
As part of our Big Lottery project, which funds services that reach out to carers who don’t know about us, we will be running a series of pop up events over the summer (June to August).

Our Community Clinic Support Worker Ann will be hitting the road, getting out to yet more local communities.
She will be running a series of “Pop up - Pop in” Clinics in Egremont and Keswick and also “Pop up Picnics” at Millom, Maryport and Fletchertown (see below for dates and venues).

At the Clinics Ann will be dispensing loads of really useful one to one information and support and most importantly, she will be offering carers free tea/coffee and cake!

At the Pop up Picnics Ann will be helping people with issues related to their caring role as well as giving carers an opportunity to talk to other carers and offering free scrumptious lunch time bites.

 Whilst she looks forward to meeting lots of West Cumbria Carers current carers at these events Ann is hoping they will be a great way to meet Carers who have never heard of us before. We would love your help to spread the word or alternatively if you know a carer who does not currently use our services why not bring them along to meet Ann.

At all the Pop up events places will be limited, so booking is essential. Please note priority will be given to carers who live locally to the venue.

To book an appointment at a clinic or a place at one of the picnic’s please ring 01900 821976.

**Clinic Dates & Venues**

Café West, Station Road, Keswick (every other Thursday starting 2nd June 2016 – 11am to 1pm)

De Lucy Centre, Market Place, Egremont (every other Thursday starting 9th June 2 – 11am to 1pm)

**Picnic Dates & Venues**

Friday 1st July 11am to 2pm at The Aquarium, Maryport

Friday 29th July 11am to 2pm at Allhallows Centre, Fletchertown

Friday 12th August 2pm to 4pm at Bridge Café Gardens, Millom

**Additional Singing Sessions Now Available**

So many of you have been bitten by the singing bug that we have arranged some additional dates for our Singing Sessions led by Claire Hume from Soundwave.

Sessions will take place at the Theatre Royal, Workington (entrance is on Wilson Street - No 30 look for the ‘Soundwave’ sign) and will start at 1.30pm and finish at 3.30pm.

**Dates of the sessions are:**

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<th>Current Dates</th>
<th>New Dates</th>
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<tr>
<td>Tuesday 17th May</td>
<td>Tuesday 24th May</td>
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<td>Tuesday 21st June</td>
<td>Tuesday 7th June</td>
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<td>August/ September – Dates TBC</td>
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Call us on 01900 821 976 to book your place.

**Find some time to chill**
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

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

**Maryport**
Community Resource Centre, 2a Selby Terrace, CA15 6NF
1pm-2pm on 23rd May, 20th & 27th June, 4th & 18th July, 1st & 22nd August and 5th & 19th September

**Workington**
Oval Centre, Salterbeck, Workington, CA14 5HA
11am-12pm – 1st June

**Workington** – Helena Thompson Museum, Park End Road, Workington, CA14 4DE
11am-12pm – 6th July, 3rd August and 7th September

**Wigton**
- Wigton Group Medical Practice, Southend, CA7 9QD
11am-12pm –27th June, 18th July, 1st August and 5th September

**Millom**
- Millom Network Centre, Salthouse Road, LA18 5AB
11am - 12pm –13th June, 25th July, 8th August and 12th September

**Cleator Moor**
- Methodist Church, Market Square, Cleator Moor CA25 5AU
1.30pm - 2.30pm –13th June

**Cleator Moor** – Library
1.30pm - 2.30pm – 25th July, 8th August and 12th September

**Whitehaven**
- Senhouse Centre, 3 Senhouse Street, CA28 7ES
1pm - 2pm – 31st May, 5th July, 2nd August and 6th September

**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
Tuesday 24th May 1pm – 2pm

**Whitehaven**
– Senhouse Centre, 3 Senhouse Street, CA28 7ES
Thursday 16th June 10.30am -11.30am
Courses for carers in Millom

Back Care Course
As a carer you will, no doubt, regularly find yourself in situations where you have to lift and move the person you care for, heavy objects and furniture and cumbersome wheelchairs or equipment, often without support and without giving any thought to your own safety. You can still book a place on our Free half day training course to help you to keep YOUR back safe.

7th July, 10.30am to 1.30pm at Millom Network Centre.
Tea and coffee will be available during the break.

Would you 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.

Tuesday 21st June, 10am to 1pm at Millom Network Centre.
Tea and coffee will be available during the break.

FREE Cinema Screening of Dad’s Army
Join us on Tuesday 14th June, 2pm, at Workington Plaza Cinema for our SPECIAL FREE screening of Dad’s Army. A perfect cast bring the much-loved Home Guard sitcom to the big screen.

It’s 1944 and WWII is nearly at an end when attention turns to Walmington-on-Sea, where a German spy is on the loose. Can the Home Guard avert disaster? The classic TV comedy that has delighted generations is brought to the big screen. It's brilliantly cast, with Toby Jones as Captain Mainwaring and Bill Nighy as Sergeant Wilson.

Open to Carers registered with us, please call 01900 821 976 to book your place.

Changes to State Pensions
The new State Pension is a regular payment from the government that you can claim if you reach State Pension age on or after 6 April 2016.

You can get the new State Pension if you’re eligible and:
- a man born on or after 6 April 1951
- a woman born on or after 6 April 1953
If you reached State Pension age before 6 April 2016, you’ll get the State Pension under the old rules instead (so no need to read further!)

How much you can get
The full new State Pension is £155.65 per week.

Your National Insurance record is used to calculate your new State Pension.

You'll usually need at least 10 qualifying years on your National Insurance record to get any State Pension. They don't have to be 10 qualifying years in a row.

This means for 10 years at least one or more of the following applied to you:
- you were working and paid National Insurance contributions
- you were getting National Insurance credits, eg for unemployment, sickness or as a parent or carer
- you were paying voluntary National Insurance contributions

Carers Credit – helping carers to protect their NI contributions
If you are a working age carer and worried about your National Insurance contributions you may be entitled to Carers Credit. Carers Credit can help to protect your National Insurance record to ensure there are no gaps if you have a period of time when you are in a caring role.

If you would like more information about Carers Credit and how to claim visit www.gov.uk/carers-credit/how-to-claim or call the Carers Allowance Unit on 0345 608 4321.

If you need help to complete a Carers Credit application form you can book an appointment at one of our Benefit Clinics which we run throughout West Cumbria Tel: 01900 821976.
Awareness Weeks

As you (hopefully) know by now, Carers Week is held every June, but did you know that June is also the month when we celebrate the amazing job our Volunteers do during Volunteers Week. May is also an important month for carers as it contains both Mental Health Awareness Week and Dementia Awareness Week.

Volunteer’s Week - June

National ‘Volunteers Week’ is a time to celebrate volunteers and to thank them for their time, commitment and passion. We would like to say a HUGE thank you to all our volunteers for all the different ways in which they help us to support unpaid carers throughout the year. We appreciate all the time, skills and strengths our volunteers bring to West Cumbria Carers.

Without our volunteers we could not provide some of the services we offer. Our volunteers are highly regarded by the organisation and by the Carers who receive their support; we regularly receive calls and cards thanking us for the services provided by our volunteers. Well done everyone and thank you all!

Please complete our short survey about our Volunteer Services

We have a short and simple questionnaire about our volunteer services which we would like as many Carers to complete as possible. Please contact us for the survey to be sent out to you or if you prefer you can complete it online at: https://www.surveymonkey.co.uk/r/WCCVOL.

Don’t forget we have a wide range of volunteer services please call if you would like to know more about how we can support you.

Dementia Awareness Week - May

The aim of Dementia Awareness Week is to encourage people who are worried about dementia to confront their worries and contact the Alzheimer’s Society for information and support - because life doesn’t end when dementia begins.

Dementia can be scary and many people don’t know where to turn. The Alzheimer’s Society is there for anyone affected, they have lots of ways they can help and also provide some excellent fact sheets and information booklets.

If you, or someone you know, is worried about dementia, you can contact the West Cumbria Branch by calling 01900 607280 (Office opening times: Monday to Friday 9am -5pm) or email Workingtonoffice@alzheimers.org.uk

Mental Health Awareness Week - May

This year the Mental Health Foundation ran its 15th Mental Health Awareness Week all about Mental Health and Relationships.

Relationships matter

Good relationships help us live longer and happier lives with fewer mental health problems. These are the supportive connections we share with friends, family and our community. Investing in these relationships is as critical to our health and wellbeing as other lifestyle factors such as eating well, exercising more and stopping smoking.

During the week The Mental Health Foundation lobbied to promote good relationships and to tackle the barriers to forming them, including mounting pressures on work–life balance and the impact of bullying and unhealthy relationships.

They also challenged the public by asking everyone to go the extra mile in prioritising their relationships. Lots of people made a ‘relationship resolution’ to commit to building and maintaining good relationships, and these where shared far and wide via Social Media.

For more information and support about Mental Health Issues Tel: 020 7803 1100 or visit the website www.mentalhealth.org.uk

Our Volunteer Co-ordinator Angela with 2 of our amazing Volunteers

Useful Information

Four easy ways to contact us:

1. In person at the office:
   West Cumbria Carers
   Suite 7F, Lakeland Business Park,
   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

Staff Reference

Chief Officer:
Sue Whittaker

Adult Project Manager:
Dot Barwise

Adult Carers Support Workers:
Susan Pickering
Jeff Carroll
Andrea Sowden
Malcolm Pritchard
Eleanor Scott
Joanne Carter
Bethany Johnstone
Stephen Bass

Carers Health Workers:
Ann Quinn

Carers Support Line:
Bernie Cresswell

Community Clinic Support:
Gillian Walker

Young Carers Project Manager:
Michelle Watson

Young Carers Support Workers:
Mags Little
Melissa Messenger
Gill Wintrup

Transitional Project Support Worker:
Jacqui Miller

Project Funding Development Manager:
Clare Edwards

Community Fundraising Co-ordinator:
Michelle McGibbon

Volunteer Project Manager:
Angela Longrigg

Volunteer Support Worker:
Sam Adefoye

Carers Support Line Information Worker:
Selina Williams

Lasting Power of Attorney Support Worker:
Janet McElwee

Data & Comms Support Worker:
Julie Cresswell

Administrator:
Vanessa Grey

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