Come and Celebrate Carers in Cumbria

Join us at Carers Support Cumbria’s Carers Conference - What are Words Worth?

Monday 12th June 2017 10am to 3pm Daffodil Hotel and Spa, Grasmere.

What are Words Worth? – how many of you struggle to find an outlet? A way to express the range of happy and sad emotions that are a part of your daily life as a carer?

This year’s conference is all about sharing your thoughts and feelings about being a carer. To ensure that the stories and experiences reflect the real life struggles and achievements of carers in Cumbria the Wordsworth Trust ran a series of creative workshops with carers earlier in the year. Through poetry, letters, conversations and shared readings of the Wordsworth Journals carers were inspired to reflect on their lives and find new, creative ways to communicate something of their life as a carer. This work will be shared at the conference and carers attending on the day will have a chance to get creative at a selection of taster workshops.

If you are interested in attending call the office to reserve your place. We will let you know nearer the time if you have a place and send out a programme for the day as soon as it’s finalised.

Juggling for Carers

We are pleased to present our wonderful and much anticipated Celebration Beer - Juggler’s Ale. The ale has been specially brewed for us by Ennerdale Brewery and is available on draught at a number of local pubs. Why not pop in for a pint at:

- The Wainright in the centre of Keswick
- Middle Ruddings at Braithwaite
- The Vagabond in Whitehaven
- The Fox & Hound at Ennerdale
- The Inn @ Ravenglass
- Wasdale Head near Gosforth

Those of us who attended the ale’s launch in February are happy to recommend it as a very drinkable beer!!! For those of you who would like a taste or to buy a bottle to take away why not visit the brewery’s on-site café at Rowrah or the Rum Story shop in Whitehaven where bottles are on sale for £2.50 or £25 for 12. They’re easy to pick out on the shelf in their bright bold colours (see above).

Anniversary Afternoon Tea at Hundith Hill Hotel

Dear Carer

Why not treat yourself this Spring? 25th anniversary celebrations are always a bit special, aren’t they? We certainly want ours to be. So we’d like you to share them with us...

On Wednesday 17th May, we’re hosting a traditional afternoon tea between 2.30pm and 4pm at Hundith Hill Hotel near Cockermouth.

It’s free and exclusively for carers. Why? Because this is our way of recognising all the effort and dedication that people such as you put into a typical day.

Obviously, your time is precious but why not come and join us? You can relax for a couple of hours, be waited upon and enjoy nice food in lovely surroundings.

We would love to see you there and free transport will be provided.

Best Wishes

All at West Cumbria Carers

This event is open to current carers registered with West Cumbria Carers.

We have limited places available. If you would like to reserve a place please complete the form on page 3. If we are oversubscribed all completed forms will be put into an anonymous draw and the first 90 drawn will be offered a place.

London, Milan, New York ……

Ever wanted to experience the buzz of the catwalk? The new catwalk destination is Cockermouth. Come and join us for our Charity Fashion Show and Pop Up Shop 19th April Hundith Hill Hotel, Cockermouth at 7.00pm.

It’s a great opportunity to bag some real bargains with clothes from M & S, Topshop, Wallis, Coast, Monsoon, Phase Eight, Hobbs, French Connection, Warehouse and many more at 50% off RRP.

Tickets for the event cost £5 and are available from Michelle McGibbon at the office.

Just send a cheque made payable to West Cumbria Carers or book a ticket and pay on the night.
Thursday evening Mindfulness
We are offering another FREE 8 week Evening Mindfulness Course for carers. Treat yourself and come and join us at:

Wigton Market Hall
Thursday 6pm – 8pm starting 6th April 2017

Please call the office to book a place
Six reasons to book your place NOW. Carers who have completed a Mindfulness Course say the course has helped them:

“...... smile inside!”
“Experience peace and quiet in my mind”
“Feel happier and more resilient”
“Respond with more patience and greater flexibility to difficult emotions and experiences”
“Better focus to concentrate on things”
“... understand my thoughts and feelings so I could manage them in a more helpful way – brilliant!”

Mindfulness Top Ups
Monthly session to help those who have completed the 8 week course keep practicing and catch up with friends they made.

Whitehaven
Thursday 6th April 10.30am to 11.45am @ Senhouse Centre
Thursday 4th May 2pm to 3.30pm @ Grace Church, Whitehaven (Please note temporary change of venue)

Workington
Wednesday 12th April and Wednesday 10th May
6.30pm to 8pm @ Helena Thompson Museum

Sing away your worries ........
“I go into a singing session full of worries and come out free”
That’s how one carer describes how our singing session help her. Why not come along and see if they can do the same for you.
The lovely staff at Soundwave in Workington will be hosting our fortnightly sessions again. Starting Monday 8th May the sessions will run 12.30 – 2.30pm at Soundwave 30, Wilson Street, Workington. Further dates 22nd May, 5th & 19th June and 3rd July.
Anyone interested in attending must contact the office Tel: 01900 821976

Relaxation sessions
Give yourself a break – join us for an hour of relaxation
Relaxation doesn’t have to take up lots of your time – just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.

Why not come along to one of our relaxation sessions especially designed to support you and other carers? Learn some techniques and get ideas to see how relaxation can fill into your daily life.

We have 6 sessions running each month so pick a venue, a day or a time that best suits you from the list below. There is no need to book, just turn up on the day.

Our 6 venues are:
Maryport – Maryport Library, Lawson Street CA15 6ND.
1pm – 2pm 10th April, 8th May & 12th June

Wigton – Wigton GP Surgery, Southend CA7 9QD
11am – 12pm 10th April, 8th May & 12th June

Cleator Moor – Howgill Family Centre, Birks Road CA25 5HR
1.30pm – 2.30pm 3rd April & 5th June

Millom – Millom Network Centre, Salthouse Road LA18 5AB
11am – 12pm 3rd April & 5th June

Whitehaven – Senhouse Centre, 3 Senhouse Street, CA28 7ES
1pm – 2pm 4th April, 2nd May & 6th June

AND our BRAND NEW VENUE:
Cockermouth – West Cumbria Carers offices 7F Lakeland Business Park, Lamplugh Road CA13 0QT 11am – 12 noon 3rd May & 7th June.

Summer Carers Trip on Friday
2nd June 2017
Bowness-on-Windermere and Hayes Garden Centre
Cost is £10.00
Come and join us for a lovely day out at Windermere, one of the most popular tourist centres in the Lake District. Those who want can spend the full day in Windermere browsing the quirky mix of craft, gift and antique shops, outdoor clothing shops and boutiques.
Others may want to take a boat trip on the lake or if we are lucky and the weather is kind just sit in the sun and watch the world go by.

We will be stopping on the return journey at Hayes Garden Centre.
From seasoned gardeners to the less green fingered, there’s something here for everyone and the quality of the stock is generally excellent. In the crystal palace there are 4000 square feet of Amazonian-like plant life, exotic bedding plants, climbing and hanging plants and miniature Bonsai trees.
This trip is open to any carer currently registered with West Cumbria Carers.
If you would like to come along please fill in the form on page 3

All Activities and Events must be booked unless otherwise stated - call 01900 821976
Gold, Silver and Bronze

Not winners’ medals but new Lasting Power of Attorney (LPA) services.

Our existing LPA service is very popular, and we would like to say a big thank you to all our customers, past and present. In fact, the service has been so successful that we are expanding to offer a new range of services from 1st April 2017.

Gold Office visit LPA – if you want to talk things through face-to-face and maybe get a better understanding of LPAs, you can make a one hour appointment with the LPA team at our office in Cockermouth. For an express service, if you come to this meeting prepared with all the names and addresses you can go home with the typed LPA ready for signature. Because of the more personal service involved, our price for office visits will be £180.00 per LPA and will become known as our ‘gold standard’ service.

Silver Postal LPA - of course we still have our normal, postal ‘silver standard’ service available at £150.00 per LPA, where we support you by telephone and post to make your LPAs.

Bronze Passport-style checking service – for those of you brave enough to prepare your LPA forms yourselves, we can check the paperwork for common errors and make sure it is filled in correctly so that it won’t be rejected. Please note that we will not be giving advice on your decisions. For £40.00 per LPA we are sure you will find this ‘bronze standard’ a useful support service to put your mind at rest.

If you have not yet used our service, we are sure there is a winner here to suit your needs.

Benefit Clinic Success!!

Since July 2016 the Benefits Clinic has successfully managed to support and secure benefits for over 60 carers or the people they care for.

If you need any help applying for any non means-tested benefits such as Carers Allowance, Attendance Allowance, Personal Independence Payment or Disability Living Allowance (child under 16) then book an appointment at one of our FREE Benefit Clinics. The clinics run monthly in libraries across West Cumbria. You can also book an appointment at our office in Cockermouth on the fourth Wednesday of the month.

In addition we can provide you with information about Council Tax discounts, health benefits, Social Fund Payments, funding, grants from appropriate charitable trusts and benevolent foundations and discounts from local businesses, leisure facilities etc.

Keswick Benefit Clinic

From the 5th of April 2017 there will only be one monthly appointment available to book at Keswick Library at 10:00am on the first Wednesday of the month.

West Cumbria Carers Benefit Clinic

From 26th of April 2017 there are now two appointments every month that can be booked at 10:00am and 11:30am in our offices in Cockermouth.

Benefit Clinic appointments must be booked in advance by calling 01900 821976.

REPLY SLIP

I would like to reserve a place at the Afternoon Tea

Yes ☐ No ☐ (If yes please complete below)

Name: .........................................................
Address: ..................................................
Post Code: ..........................................................
Email address: ...............................................
Tel No: ..........................................................
Number of places: ...........................................
Name/s of additional carers requiring a place: ..........................................................
Transport Required: Yes ☐ No ☐ ..........................................................
Special dietary requirements (e.g. gluten free, vegetarian etc) please indicate: ..............................

I would like to reserve a place on the Summer Trip

Yes ☐ No ☐ (If yes please complete below)

Name: .........................................................
Address: ..................................................
Post Code: ..........................................................
Email address: ...............................................
Tel No: ..........................................................
Number of places: ...........................................
Name/s of additional carers requiring a place: ..........................................................
Transport Required: Yes ☐ No ☐ ..........................................................
I enclose payment of £ ..........................................................

(£10.00 per person. Please make cheques payable to West Cumbria Carers)

Please return slips to the office by Friday 28th April

All Activities and Events must be booked unless otherwise stated - call 01900 821976
25th Anniversary update

A BIG thank you to all of you who have managed to get along to one of the 5 fundraising events we have held so far. To those who guzzled puddings, quaffed real ale, popped to see us at store collections, coffee mornings and car boots. To date you, your friends and all our supporters have helped to raise a magnificent £5,216.25. We are well on track with 20% of our target of £25,000 already raised.

Grand Draw

Last year we held our first Grand Draw and you helped us to raise a fantastic £1,007. We have started to gather prizes for this year’s Draw and already have some fantastic treats lined up including:
- iPad, very generously donated by Morgan Sindall
- Two nights B&B at The Trout Hotel, Cockermouth
- King size Sealy mattress
- 1 years family membership for the Keswick Pencil Museum plus £150 worth of goodies
- Luxury hamper donated by Morrison’s, Workington

We are hoping that once again you will be able to support us to sell our tickets which will arrive with the May edition of the Carers Newsletter.

We would like to offer our sincere thanks to all the local businesses who have donated prizes for our Grand Draw and to the small raffles which we will hold at our events.

Silver Anniversary Ball

Since it’s our 25th Anniversary we have decided to celebrate in style by holding a very special Silver Ball in October! Details are still being confirmed but how about ‘Holding the Date’.

**Friday 6th October at Armathwaite Hall, Bassenthwaite.** Music will be provided by Broken English. We are hoping to get as much sponsorship as possible to help fund the event and to offer a discounted ticket price to carers.

If you know of any businesses that might be interested in sponsoring this exciting event please give us a call at the office.

**Make a Will Month**

Well, what can I say? Yet another great big thank you is due!!! This time we want to thank all the solicitors in the Cockermouth office of Burnett’s and the Cockermouth and Workington offices of Milburn’s. They kindly donated their time to help us raise funds by offering to write wills in exchange for a donation to our organisation. Between them the three offices raised a fantastic total of £3,455.

Both solicitors have kindly agreed to run this again in October this year. So if you haven’t as yet sorted your will why not consider getting one written and helping West Cumbria Carers at the same time?

**One final big thank you**

To everyone who has supported us over the last few months (please note this is not an exhaustive list, we are sorry if we’ve missed you off):
- Alfred Taylor
- Asda
- Bassenthwaite Rotary
- Britain’s Energy Coast
- George Studholme
- J Edgar & Son Ltd
- Jeffrey Blamire
- Linda Nolan
- Low Level Waste Repository Ltd
- Pauline Harding
- Phil Bradley
- Rotary Club of Westlakeland
- Sainsbury’s
- Sheena Green
- St Benedict’s Catholic High School
- Stephanie Mallinson
- Tesco, Workington & Whitehaven
- The Trout Hotel
- Westfield Nursery and Primary School
- Workington Rotary

Don’t forget we have got many more events coming weeks & months

Check out our website or give our office a call for more information

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**USEFUL INFORMATION**

**Silver Anniversary Ball**

**Goal!!**

**25k**

**5k**

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**Event Title** | **Date** | **Time** | **Venue**
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Coffee Morning | 27th April | 10am – 12pm | Millom Network Centre
Anniversary Carers Afternoon Tea | 17th May | 2pm | Hundith Hill, Cockermouth
Store Collection | 3 June | 10am – 4pm | Sainsbury’s, Cockermouth
Cupcakes4Carers | 14 June | 10am – 1pm | West Cumbria Carers, Suite 7f, Lakeland Business Park, Cockermouth
Cupcakes4Carers | 15 June | 10am – 1pm | Cornerstones Bookshop, Whitehaven
Band Night (with free bottle of jugglers ale) | 23 June | 7pm – 11pm | Kirkgate Centre, Cockermouth
Silloth-on-Solway Cycling Event (in association with West Coast Challenge Events) | 25 June | 11am | Silloth Green