



CREATIVE carers display their work at hit exhibition...

STUNNING artwork and poetry by West Cumbria's carers saw a successful exhibition extend its run.

The work, by the West Coast Carers Poetry Group, was initially scheduled to be shown throughout August at Dove Cottage in Grasmere. However, it has proved so popular it will now continue into mid-September.

In the run-up to the exhibition, the carers have been meeting monthly with Susan Allen, of the Wordsworth Trust, to discuss and write poetry on an individual and group level.

The group also gained funding from the Arts Council to run poetry and painting workshops with brilliant local artist, Allison Critchlow.

The poetry group meets on the last Thursday of every month from 10am-12.30pm at West Cumbria Carers in Cockermouth. New members always welcome.

“Poetry is not really my thing...”

Dot, Adult Project Manager said “Despite having to initially bribe people to join the group it has been a huge success with members of the group writing both individual and group poems. They have been so prolific we now have enough poems to publish a book. So watch this space....”



Seeds of Time

Flowers so blue, remind me of you
Our times together, precious and true
Remembering, reminiscing, times gone by, roaming
through the
Garden, so colourful, full of laughter and fun.
Everything can change in the blink of an eye
Times come, times go, forget me not.
Mouse ears, scorpion grasses, old names smelling
sweet as night falls,
Eyes still bright, your blue dress brushing by the seeds,
Not in the present, more in the past, not faded
Overlooked but valued, fading like
The forget-me-not

Anne, Dot, Dot, Hilary, Jane, Janet, Michael, Susan
22 February 2018



**More Poetry
Inside!!**

ACTIVITIES & EVENTS

Poet Hilary and Dot have ways with words

Hilary said "The poetry group is a very uplifting experience and has helped me through some difficult times this year"

Dot said "I enjoy the poetry group as it has helped me expand my creative abilities. It is not just a poetry group but a friendship group as well with lots of fun, laughter and sometimes tears."



For Tom and Rita

Remember the waves
Remember the Sea
Remember, being just 'me'
Remember the wind, sand burning your face,
looking for shelter in a hidden place,
Remember the happy times playing with friends,
When the days seemed longer, never to end.
Remember the sad times, the bullying, the tears,
When each new day brought a new set of fears.
Remember the laughter and fun with your brother,
and when there was trouble, you would each blame
the other!
Remember the smell of sawdust and wood
Time spent with Dad that felt so good,
Walks on the beach and puzzles with Mam,
Remember these things for that's who i am.

Hilary

Just Another Day

Morning, a new day dawns
What lies before me amidst my yawns?
Bring me, fetch me, help me, will it never end
I feel like a tree that will break and bend
We walk hand in hand, our love never dies
Although my heart aches and I sometimes cry
I'll care for him until the end
My husband, my lover, my very best friend
Night has come and sleep is calling
Another day over and I am crawling
Under the duvet warm and snug
In my own world but surrounded by love

Dot

THANK you for donations

Barbara Lee; Bassenthwaite Rotary; Claire Hennelly; Cockermouth Country Market; Ellen Leeson; Gary Christie; GMB; Inner Wheel Club of Cockermouth; John Cudby; Julia Nicholson; Kaefer Ltd; Karen George; Kat Blakeney and Linda. Lynn Myers; Margaret Lightfoot; Mrs Coombes; Nolan; Orano; Sainsbury's; Sarah Haslam; Sealy; Sellafield Ltd; Whitehaven Castle Rotary; Women's Outlook Seascale and Workington Rotary.

Wheelie Bin Challenge raises thousands for charity.

FUNDRAISERS have raised over £2,400 for West Cumbria Carers after completing a 18.2 mile walk in blistering June sunshine.

WCC staff and staff from Orano took part in The Wheelie Bin Challenge, alongside other charity competitors, which also saw 3.5 tonnes of food collected for the North Lakes Foodbank.

A spokesperson for WCC said: "We had a great day and it was good to see so many worthy causes come together with the aim of helping the Foodbank."



GRAND Draw

Tickets were sent out in the last newsletter, unless you requested not to receive them. Thank you to those who have returned them – there's still time to send back any spare tickets!

All activities and events must be booked unless otherwise stated - call 01900 821976

www.westcumbriacarers.co.uk

ACTIVITIES & EVENTS

Make a Will

As you may be aware, drawing up professionally written paperwork can be expensive. During the month of October, West Cumbria Carers have an opportunity for people to make a Will and the following solicitors have kindly agreed to waive their fees in return for a suggested minimum donation to West Cumbria Carers of £130. A limited number of appointments are available. When calling the solicitors to book please mention 'West Cumbria Carers Will Month'.

You can make an appointment at:

Cartmell Shepherd, Sutton House, Dovenby Hall Estate, Dovenby, Cockermouth, CA13 0PN.

Tel: 01900 876123

Burnett's Solicitors, 3c Lakeland Business Park, Lamplugh Road, Cockermouth, CA13 0QT.

Tel: 01900 510366

Play the lottery and you could win £25,000

Would you like to join this lottery where you can win up to £25,000? Take a look at <http://www.unitylottery.co.uk/charity/display/west-cumbria-carers> or give Michelle a call and she can send you out a leaflet so you can join via post instead.



You can play from as little as £1 per week. 50p from each £1 comes directly to West Cumbria Carers.

Great North Run

Another team of runners have taken part in the Great North Run on 9 September. Thank you to Kat Blakeney, Becky Burns, William Cunningham, Gareth Loryman-Williams and John Atkinson.

You are still able to sponsor them at: <https://www.justgiving.com/campaigns/charity/westcumbriacarers/gnr2018>

Looking ahead to Christmas – book your festivities now

It may only be September but we all know how quickly the next few months will fly in. So we are planning ahead and welcoming our carers along to our annual Christmas meal, and shopping trip. This year's Christmas lunch will be held at Hundith Hill Hotel, near Cockermouth, on Tuesday December 11 at 12.30pm.

The cost will be £18 per person, with booking essential. If you would like to attend please return the reply slip enclosed with a cheque made payable to West Cumbria Carers.

To whet your appetite we have included a menu with a delicious selection of courses.

AND for those who fancy a break from internet festive shopping and a look around one of England's most beautiful cities, then come with us to Durham!

This year's Carers' festive trip will take place on Friday, November 30, and will see us heading to Durham's Christmas Festival.

The event offers visitors a huge Craft and Gift Marquee which includes over 180 stalls as well as 30 regional food and drink producers at Durham Cathedral's Cloisters.

Visitors can also wander around outdoor markets in Durham Market Place, Millennium Place and Durham's Market Hall.

We offer lots of pickup, and drop off, points including Seascale, Egremont, Cleator Moor, Whitehaven, Workington, Maryport and Wigton. We will do our best to support you to join us on this great day out.

Booking is essential, so if you would like to come along then please return the reply slip (enclosed) along with a cheque for £10 to cover the cost of the trip.



Don't forget you can keep up to date with all our activities and events at www.westcumbriacarers.co.uk

INFORMATION

HOW can we improve?

Here at West Cumbria Carers we want to know how we can make things better for our carers.

Over the next few months, you may be contacted by Cumbria County Council who will be sending out a questionnaire asking about the care and support you, and the person(s) you care for, receive.

If you are selected to take part in the survey, then be assured your answers will be strictly confidential and WON'T affect any service you might currently receive.

Thank you for your support.

Meet Janice and Michael two of our fantastic newsletter volunteers. Thank you to all our hard-working team of newsletter volunteers who help to keep you informed of all the latest news from West Cumbria Carers.



Mindfulness/relaxation sessions to end

THE successful mindfulness courses, top up sessions, and relaxation sessions, will finish this month following an end to funding.

Sue Whitehead, CEO at West Cumbria Carers, said: "It has been really pleasing to hear, over the past number of years, just how much some of you have gained from attending the sessions from which many of you have built a lifelong toolkit that will help you through life's challenging times."

"Knowing just how much you have appreciated these makes it really hard to say that funding to run these courses comes to an end this month."

"I know you would all want to thank Anne, Maria and Margaret who have been running these wonderful courses."

Four easy ways to contact us:

- In person at the office:**
West Cumbria Carers
Suite 7F,
Lakeland Business Park,
Lamplugh Road,
Cockermouth, CA13 0QT
www.westcumbriacarers.co.uk
- By Letter**
at the above address
- By E-Mail:**
general@westcumbriacarers.co.uk
- By Phone:**
Tel: 01900 821976

Staff Reference

Chief Officer:
Sue Whitehead
Adult Project Manager:
Dot Barwise
Adult Carers Support Workers:
Andrea Carlton
Andrea Sowden
Bethany Johnstone
Eleanor Scott
Jane Hanlon-McNab
Jeff Carroll
Joanne Carter
Malcolm Pritchard
Susan Pickering
Carers Health Workers:
Ann Quinn
Bernie Cresswell
Community Clinic Support:
Ann Bruce
Benefits Support Worker:
Lynne Christie-Quinn
Young Carers Project Manager:
Michelle Watson
Young Carers Support Workers:
Emma Spencer
Gill Wintrup
Jane Hanlon-McNab
Mags Little
Melissa Messenger
Transitional Project Support Worker:
Jacqui Miller
Volunteer and Projects Co-ordinator:
Angela Longrigg
Volunteer Team:
Andrea Carlton
Ann Bruce
Community Fundraising Co-ordinator:
Michelle McGibbon
Working and Caring Support Worker:
Andrea Carlton
BBO - Choices Lasting Power of Attorney Team:
David Heppell
Janet McElwee
Data & Comms Support Worker:
Julie Crellin
Office Manager:
Linda Stamper
Administrator:
Vanessa Gray
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What our customers say:
"Thank you for the excellent service. Your team helped us in a friendly, professional manner and made the process much easier for us. We are so grateful."

Thinking about Lasting Power of Attorney?

Property and Finance and Health and Welfare Lasting Powers of Attorney give you peace of mind that your affairs will be looked after by someone of your choice when you are no longer able to manage them.

West Cumbria Carers understands how important it is to have Lasting Power of Attorney in place for both Finance and Health so we've introduced 10% discount* for our service when you apply to register two at the same time.

Call West Cumbria Carers on 01900 821976 to find out how we can support you to register your Lasting Power of Attorney.

Monies generated by this service fund the support of over 1800 unpaid carers in Allerdale and Copeland

* Terms and conditions apply see our website for more information.



10% DISCOUNT*

Tel: 01900 821976 · Email: general@westcumbriacarers.co.uk · www.westcumbriacarers.co.uk

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