

Welcome to lots of new young carers who will be receiving our newsletter for the first time!

## What we've been up to

Wow what a year! It has been some time since we have been able to send a full newsletter out to you so we have lots to tell you about! Welcome to lots of new young carers who will be receiving our newsletter for the first time!

If you have given us a parent/guardian's email address we are now sending the newsletter out to you via email. This saves the charity money on printing and postage. If you have received this newsletter in the post please telephone or text us an email address for a parent/guardian. If you have received this newsletter by email and you need it by post please let us know and we will remove your email address from our database.

### Crafty Workshop October Half Term

In October Half Term we had arranged for some First Aid Training, but sadly this was cancelled by the provider due to staff sickness. It was very short notice so we took those of you who had expressed interest in the first aid training to crafty workshop. Unfortunately we did not have time to offer this out to all young carers due to the short notice of the first aid training cancelled. We are hoping to re arrange the first aid training in the New Year.

### Summer Sports Activities

During the summer holidays we ran sports activities at Workington Leisure Centre and Millom Recreation Centre.

These days were very popular and it was lovely to see lots of you attending and having lots of fun! We teamed up with specialist sports coaches to offer you an exciting programme of fun activities including basketball, archery, rounder's, football, swimming, water activities and team games, bench ball, badminton and multi-skills activities. For lots of you this was the first time you had come to any activities with young carers and you told us how much you had enjoyed it and how you'd made lots of new friends!

The Summer sports activities were funding by the following funders:



### VERY IMPORTANT INFORMATION PLEASE READ BANANA & NUT ALLERGY

Please note two of the young carers who are registered with us, have banana/nut allergies. We therefore ask you to please make sure you **DO NOT** send your children with bananas or nuts in their pack lunches.

### One to One Support

We have been lucky enough to receive funding from Cumbria Community Foundation to provide one to one support for some young carers who live in the Allerdale areas and we have been lucky enough to receive funding from Copeland Community Fund to provide one to one support for some young carers who live in the Copeland areas. This funding is secured until summer 2019, we hope to source and secure further funding to enable us to continue this work.

To find out the latest Young Carers information and news subscribe to our website which is [www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)



### CFM Cash For Kids PJ Party

In May CFM Cash For Kids Held a PJ Party for Young Carers and their families to attend, those that came were entered into a draw for a chance to win a Sealy mattress. It was a great evening and lovely to see you having so much fun! We hope those of you who were lucky enough to win a mattress have been enjoying good night' sleep.



# CHRISTMAS PARTY

**WORKINGTON ROTARY CLUB HAVE VERY KINDLY ORGANISED AND FUNDED A JOINT CHRISTMAS PARTY FOR YOUNG CARERS, CHILDREN WHO ATTEND MAYFIELD SCHOOL AND ROTARY KIDS CLUB.**

**DATE: SUNDAY 16TH DECEMBER 2018 TIME: 3PM-6PM**

**VENUE: HUNDAY MANOR COUNTRY HOUSE HOTEL, WINSKALES, WORKINGTON, CUMBRIA, CA14 4JF**

PARTY FOOD WILL BE PROVIDED FROM HUNDAY MANOR ON ARRIVAL, THERE WILL BE ENTERTAINMENT, PARTY GAMES AND A DISCO! YOU WILL ALSO RECEIVE A CHRISTMAS PRESENT FROM FATHER CHRISTMAS.

**TRANSPORT:** WE ARE ASKING WHERE POSSIBLE THOSE OF YOU WHO HAVE TRANSPORT CAN MAKE YOUR OWN WAY THERE AND BACK FROM THE PARTY PLEASE. WE WILL TRY AND PROVIDE SOME TRANSPORT TO THOSE THAT CAN'T BUT THIS WILL BE LIMITED AND THERE WILL BE A LIMITED NUMBER OF PICK UP POINTS.

**IF YOU WOULD LIKE TO ATTEND THE PARTY PLEASE CONTACT US ASAP!**

**CALL 01900 821976 OR TEXT 07531476161** STATING IF YOU REQUIRE TRANSPORT OR NOT, WE WILL ADD YOUR NAME TO THE WAITING LIST, WE WILL CONTACT YOU VIA TEXT MESSAGE (SO PLEASE MAKE SURE YOU GIVE US A WORKING MOBILE NUMBER FOR YOU) BY FRIDAY 7TH DECEMBER.

IF YOU HAVE NOT RECEIVED A TEXT MESSAGE FROM US BY 430PM ON FRIDAY 7TH DECEMBER THEN UNFORTUNATELY YOU HAVE NOT SECURED A PLACE ON THIS ACTIVITY, BUT DON'T WORRY THERE WILL BE OTHER ACTIVITIES YOU CAN GET INVOLVED WITH IN THE FUTURE.

PLEASE ALSO COMPLETE THE CONSENT FORM INCLUDED WITH THIS NEWSLETTER TO THE OFFICE ASAP WE CANNOT ALLOW YOUNG CARERS THAT WE DO NOT HAVE A COMPLETED CONSENT FORM FOR TO ATTEND ACTIVITIES. PLEASE DO NOT WAIT TO FIND OUT IF YOU HAVE SECURED A PLACE BEFORE RETURNING THE CONSENT FORM, RETURN THE CONSENT FORM WHEN YOU LET US KNOW YOU ARE INTERESTED IN ATTENDING.



## Four easy ways to contact us:

- 1. In person at the office:**  
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Cockermouth, CA13 0QT  
[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)
- 2. By Letter**  
at the above address
- 3. By E-Mail:**  
[general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)
- 4. By Phone:**  
Tel: 01900 821976

## Staff Reference

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Dot Barwise  
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Michelle McGibbon  
**Volunteer Team:**  
Angela Longrigg  
Ann Bruce  
**Working and Caring Support Worker:**  
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**BBO - Choices**  
Helene Wickins  
**Lasting Power of Attorney Team:**  
Annamarie Desmond- Storey  
Janet McElwee  
**Data & Comms Support Worker:**  
Julie Crellin  
**Office Manager:**  
Linda Stamper  
**Administrator:**  
Vanessa Gray

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