The New Year is typically a time when we think about making changes (one of the most common of these being to take better care of ourselves). With this in mind we thought we would help out with some tips, tricks and ideas to help you improve your wellbeing.

As well as our own tips and activities, on page 2, we have also scoured the web and local noticeboards to find some other services you might be interested in.

### The Haven

A new Safe Haven at Whitehaven provides a place of sanctuary for those experiencing or approaching a mental health crisis to go to outside of usual office hours.

This service is provided by mental health charity, Richmond Fellowship, and is open from 6pm to 11pm seven days a week. It is available to adults over 18 who live in West Cumbria.

They can offer support and information to help you to recognise and develop your own strategies for managing your mental health.

You can refer yourself, or the person you are caring for, to The Haven by calling 03300 083 911. The phone line is staffed 24/7.

### Keep Warm Keep Well

Cold weather can be seriously bad for your health. That’s why it’s important to look after yourself, especially during the winter. If you, or the person you care for, starts to feel unwell don’t wait until it gets more serious. Seek advice from your pharmacist.

The NHS suggests the following tips for keeping well in the cold:

- contact your pharmacy or GP to get your free flu jab, all carers are eligible for this.
- wear several layers of clothes rather than 1 chunky layer – cotton, wool or fleecy fibres help to maintain body heat
- use a hot water bottle or electric blanket to keep warm in bed
- have at least 1 hot meal a day and make sure you have hot drinks regularly
- stay active – even moderate exercise can help keep you warm
- wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too

For more tips visit www.nhs.uk/staywell

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**Healthy Hopes**

Healthy Hopes is a community interest group which aims to promote health and wellbeing in Cumbria. They provide a range of FREE sessions where you can relax and take part in healthy living and feel good activities.

**Health & Wellbeing** - Each week a different topic is discussed followed by relaxation. Sessions range from stress awareness, coping strategies, self-esteem and confidence building, goal setting, mindfulness, etc.

- **Tuesday, 1pm to 2.30pm at the Best Life Building in Workington**
- **Wednesday, 10am to 11.30am All Souls Church, Maryport**
- **Thursday, 10am to 11.30am at Whitehaven Foyer**
- **Friday, 10am to 11.30am at the Best Life Building in Workington**

**Drop In** - This is within a relaxed environment where individuals come along for a cuppa, slice of toast and a chat on a weekly basis.

- **Monday, 1pm to 3pm at Wigton Methodist Church**
- **Tuesday, 10.30am to 12noon at the Senhouse Centre, Whitehaven**

**Maryport Marras** – men’s wellbeing group which meets weekly.

- **Wednesday, 1pm to 3pm at Signpost, Curzon Street, Maryport**

**Dementia Pals** – This is a new befriending service for people in Workington/Maryport who have dementia. The service will connect a person with dementia to a trained volunteer who will visit on a regular basis allowing time for carers to have a break.

For more information on these services visit www.healthyhopes.co.uk or contact 07763 152529 / admin@healthyhopes.co.uk
Our Continence and Tissue Viability Carers Forums were so popular last year that we have decided to offer another opportunity to attend.

Come along, listen to guest speakers, health professionals and meet other carers dealing with similar issues and problems.

**Lets talk...Continence and Incontinence**
Continence care helps people to achieve and maintain control of their bladder or bowel functions. This can include tips on keeping the bladder healthy, continence assessment, identifying a course of treatment if necessary and emotional support and advice.

**Lets talk...Tissue Viability and how to prevent pressure ulcers**
Pressure ulcers are an injury that breaks down the skin and underlying tissue. They are caused when an area of skin is placed under pressure. They are sometimes known as ‘bedsores’ or ‘pressure sores’.

Sandwiches and refreshments will be provided, so if you enjoy a nice natter over a spot of lunch call now to book your place!

- **The Oval Centre, Workington** on Thursday 4th April 2019 from 10am to 12noon
- **Bransty Legion, Whitehaven** on Thursday 6th June 2019 from 10am to 12noon

**New for 2019...Caring ‘n’ Sharing Cuppa**
For more information about these new sessions see the "Focus On" article on page 3.

**ALLERDALE**
- Lowmoor Church, Wigton at 10am – 12noon on 20th March, 15th May and 17th July
- Caldwel Hall, Solway Street, Silloth at 1pm – 3pm on 20th February, 17th April and 19th June
- West Cumbria Carers, Lakeland Business Park, Cockermouth at 10am -12noon on 1st February, 5th April and 7th June
- The Bradbury Independent Living Centre, Oxford Street, Workington at 1pm – 3pm on 1st March, 3rd May and 5th July

**COPELAND**
- Millom Network Centre, Salthouse Road, at 10am – 12noon on 14th February, 11th April and 13th June
- De Lucy Centre, Market Place, Egremont at 1pm - 3pm on 14th March, 9th May and 11th July
- Bradbury House Day Centre, Wasdale Road, Gosforth at 10am – 12noon on 26th February, 23rd April and 25th June
- Senhouse Centre, Whitehaven at 1pm - 3pm on 22nd January, 26th March and 28th May.

**Spring Trip**
This year we are heading to Conishead Priory at Ulverston on Tuesday 30th April 2019.

Historic Conishead Priory is home to Manjushri Kadampa Meditation Centre, an internationally renowned centre for meditation.

Visitors can enjoy the peaceful atmosphere of the romantic gothic house set in fine gardens and extensive woodlands that lead down to the shores of Morecambe Bay.

You will also have the chance to take part in a free 15 minute guided meditation in the World Peace Temple.

Following the priory visit we will be stopping off at the Wax Lyrical outlet. Here you will be able to shop for candles and other home fragrance accessories to help you re-create the calm and peaceful atmosphere at home.

The trip will cost £12.00 and places will be limited.

If you would like to attend please complete and return the reply slip, along with your payment, by 28th March 2019.

**Spring Trip Reply Slip**
I would like to attend the Spring Trip and have enclosed payment of £12.00

Name: ______________________________________
Address: ______________________________________

______________________________________________
Post Code: _____________ Tel No: ________________

We will be taking photos at this event to be used for publicity purposes. Please indicate below if you consent to your photo being used for publicity.

☐ Yes  ☐ No

**Don’t forget you can keep up to date with all our activities and events at**

www.westcumbriacarers.co.uk
FOCUS ON...Volunteer Sitting Service
We have a great team of volunteers who support us in providing a range of services. All carers who are registered with us can ask to access them. Services include volunteer counsellors, a sitting service and drivers.

How could a volunteer sitter help?
As a carer do you find that you are regularly putting your own needs at the bottom of the priority list because your main concern is the person you care for? Most likely.

It is essential - not just for you but also the person you are looking after - that as a carer you maintain your physical, emotional and mental health. This, in turn, enables you to continue in your caring role.

Our sitting service can provide up to six, two-hour long sits with the person you care for to enable you to have a valuable break. This gives you the peace of mind that they are with a responsible adult and being safely looked after. You could arrange to meet up with friends, indulge in some retail therapy, or just enjoy a soak in the bath in the knowledge that someone is with them.

Alternatively, it may be you only need a sitter for a one-off break to attend an appointment or a birthday lunch.

Whether you are interested in six sits or a one-off sit; before you are able to access the service a member of the volunteer team would need to come and visit you. We would discuss your requirements and decide whether the service would be suitable for you and the person you care for. We would then add you to our waiting list.

As you can imagine this process can take a while. Therefore, referrals for the sitting service must be made well in advance of when the volunteer sitter is required.

What can/can’t volunteer sitters do?
They CAN:
- Give pre-prepared food to the cared for
- Make a drink for the cared for
- Play games, watch TV, chat, read to, colour in/ do crafts and the like with the cared for

They CANNOT:
- Give personal care
- Undertake any practical/household duties
- Administer medication
- Assist with toileting needs
- Answer the door (unless by prior arrangement)

If you feel you would benefit from having a volunteer sitter please contact the Volunteer Team. They will be happy to discuss this service with you.

FOCUS ON...Caring ‘n’ Sharing Cuppa
At West Cumbria Carers a lot of the feedback we receive is about the positive effect of spending time with other carers.

To help local carers do this we are introducing our new Caring ‘n’ Sharing Cuppa sessions. These will start in January and be held monthly at a variety of venues across Allerdale and Copeland.

We’d love it if you could join us for a cuppa! Just drop-in, there is no need to book.

Sessions will take place, every 2 months at:

ALLERDALE
- Wigton from 10am to 12noon on the 3rd Wednesday
- Silloth from 1pm to 3pm on the 3rd Wednesday
- Cockermouth from 10am to 12noon on the 1st Friday
- Workington from 1pm to 3pm on the 1st Friday

COPELAND
- Millom from 10am to 12noon on the 2nd Thursday
- Egremont from 1pm to 3pm on the 2nd Thursday
- Seascale from 10am to 12noon on the 4th Tuesday
- Whitehaven from 1pm to 3pm on the 4th Tuesday

See page 2 for upcoming dates and venues.

As well as meeting other carers it will be a great opportunity to take a break from your caring role, have a chat with one of our Adult Carer Support Workers and listen to a variety of guest speakers.

There are many reasons why taking some time to meet other carers is beneficial.

Caring for someone can feel isolating. You may struggle opening up to friends and colleagues thinking they are unable to understand your situation fully. Meeting other carers can help reduce that isolation; they understand how you feel, the emotions and pressures that caring can bring.

Sharing knowledge, tips and tricks can be very positive and empowering. Being able to pass on what you have learned or experienced can also make someone else’s caring experience a little easier.

Taking some time to step away from caring and focus on your own wellbeing is invaluable.
Help to put your mind at rest

You may have thought about making a Lasting Power of Attorney in 2018 but never got around to it. Why not make it your New Year’s Resolution for 2019?

Making an LPA now will make things easier for your family and friends in the future. It will be more expensive, difficult and time-consuming for them to get the authority to act on your behalf when you are not able to give it.

We know that the process of registration can seem overwhelming so we have developed a range of support services which can be tailored to meet your needs.

You can make an appointment to complete the forms in our office or we can support you to complete the forms by post.

98% of customers who completed our 2018 survey said our service is value for money – unsurprising given that the price has remained the same for the last 4 years!

Due to increased costs we will need to increase our fees in April, so this is your last chance to get an LPA at 2015 prices.

Make a resolution to complete your LPA in 2019. Do it before April to beat the price rise.

Enjoy some retail therapy

Time to spring clean your wardrobe and then restock at our fabulous fashion show!

For the third year in a row we will be running this very popular event. Taking place on Thursday 18th April, this year the runway will be springing up at the Hundith Hill Hotel, Cockermouth.

The event will start at 7pm and will showcase a variety of clothes from high-street retailers at 50% off their RRP. Retailers such as M&S, Wallis, Topshop, Coast, Hobbs, Phase Eight, Monsoon, Warehouse, French Connection and many more!

Tickets cost £5 and a raffle will be held on the night with a chance to win a voucher for £50 to spend on clothes on the night.

To book tickets for the show email michellemcgibbon@westcumbriacarers.co.uk or call 01900 821976.

Blood Cancer Support Group

Do you care for someone with lymphoma, myeloma, leukaemia or any other blood cancer?

Did you know that there is a friendly and informative support group that meets every other month in Whitehaven? All are welcome including current and past patients, carers, family members and friends.

As well as meeting others with similar experiences, the Whitehaven blood cancer group have interesting talks from invited speakers and the kettle is always on!

The next meeting is on Tuesday 19th March 2019 from 2pm to 3.30pm at the Bransty Royal British Legion Club, Bransty Road, Whitehaven, Cumbria CA28 6HF.

If you want to find out more, please phone Karen on 07710 393 891 for an informal chat.