



What would you like us to do?

A message from Dot Barwise, Adult Carers Project Manager...

Unfortunately, due to a lack of interest we have had to make the difficult decision to close our Caring n Sharing Cuppa events.

In the last 3 months we have put on 24 of them across Allerdale and Copeland and the majority have had no attendees at all. In fact, only 14 people have shown up in total.

As I'm sure you will appreciate, this is a very large geographical area for us to cover. Despite this, we always try to select locations that are easily accessible to the majority of our carers.

Not only that, over the last 12 months we have also organised Carers Forums on various topics plus Mindfulness courses and the like. These have also had to be cancelled due to lack of interest.

Cancelling anything is not what we want to do. But we simply have to consider the costs involved to us when there is such a disappointing take-up. After all, we are a charity!

So I've got a question for you.

WHAT WOULD YOU LIKE US TO DO?

Simply tell us the kind of event, or course, or training, or whatever it is that you would find useful in your caring role and that you would be willing to attend.

We really do want to hear from you about this! That way, you'll be helping us to continue helping you.

**Please contact us either by email
general@westcumbriacarers.co.uk
or by calling 01900 821976.**

Thank you!



Volunteer thank you

We had a busy Volunteer Week during June, celebrating our wonderful volunteers and all they do for us and you!

Some of them enjoyed a lovely celebration lunch, during which we had the opportunity to say thank you for the huge contribution they make to the organisation.

We feel very lucky to have such a fantastic group of volunteer sitters, drivers, counsellors, admin supporters, carers champions and carer supporters.

Here are a few pics of us celebrating.



NEWS

Lets Talk...Energy Saving

We have 2 new Carers Forums arranged for later this year.

The forums will be looking at the different ways you can keep warm while saving money this winter and will include:

- tips to help you become more energy efficient and cut costs
- information on switching suppliers to get the best deal
- details of how to apply for things such as the Warm Home Discount, Winter Warmth grants and the Priority Services Register.

If you would like to find out more about saving energy while keeping costs down join us and representatives from the Citizens Advice Bureau at:

- Copeland - Whitehaven Foyer, Whitehaven on Wednesday 18th September 10.00 – 12.00
- Allerdale – West Cumbria Carers Office, Cockermouth on Thursday 26th September 10.00 – 12.00

Both events will finish with a light buffet lunch so you will also have the opportunity to meet other carers while enjoying some sandwiches and refreshments.

Call 01900 821976 now to book your place.



Help to manage diabetes

Together We CIC are hosting Activity and Wellbeing programmes, for women with Type 2 diabetes and pre diabetes, in Workington and Whitehaven.

The sessions will explore lifestyle changes that could help manage or improve the condition. This will be combined with gentle exercise and ways to make long-lasting changes to improve health and wellbeing.

Each session will last for 1 hour and cost £1.50, they will run weekly for 6 weeks.

For more information, or to refer into this service, email referral@togetherwe.co.uk or call 01900 66375.

What would happen if something happened to you?

Lots of carers tell us that they manage household bills and bank accounts for both themselves and their cared for. They do this by having their own name on the various accounts. This is fine so long as the carer is well.

But what happens if something happens to the carer? Maybe an accident or illness could strike. Then who manages the bills and pays for the shopping?

If the carer had a Lasting Power of Attorney (LPA) in place for themselves, then the people they choose as attorneys can manage their finances to keep the household going. This does not give any authority over the cared for's money, but it would keep a roof over their head, so to speak.

Anyone over 18 can make an LPA, you shouldn't wait to be ill. Carers can be especially vulnerable to poor health because of the stress of the role.

So do yourself, and your family, a favour and make your LPA now. What's stopping you?

West Cumbria Carers can help you with LPA in lots of ways, with prices starting from just £25.

You can contact the LPA team by emailing LPA@westcumbriacarers.co.uk or calling 01900 821976.



Tissue Viability

Do you know who is at risk of getting a pressure ulcer? Equally important, would you recognise a pressure ulcer?

Cumbria Partnership NHS Foundation Trust are running some FREE sessions on Skin Care and Pressure Ulcer prevention. These will help you to:

- Recognise healthy skin
- Understand how pressure ulcers develop
- Identify who is at risk of developing a pressure ulcer
- Prevent the development of avoidable pressure ulcers
- Recognise pressure damage

They will take place at the Cleator Moor Health Centre, Birks Road, on:

Friday 26th July, 9.30 to 12.30

Thursday 15th August, 13.30 to 16.30

Thursday 22nd August, 9.30 to 12.30

If you are interested in attending please contact the Adult Carers Team on 01900 821976.

Four easy ways to contact us:

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

Staff Reference

Chief Officer:
Sue Whitehead
Adult Carers Project Manager:
Dot Barwise
Adult Carers Senior Support Worker:
Andrea Carlton
Adult Carers Support Workers:
Andrea Sowden
Bethany Johnstone
Eleanor Scott
Jane Hanlon-McNab
Jeff Carroll
Joanne Carter
Malcolm Pritchard
Susan Pickering
Carers Health Workers:
Ann Quinn
Bernie Cresswell
Benefits Support Worker:
Lynne Christie-Quinn
Young Carers Project Manager:
Michelle Watson
Young Carers Support Workers:
Bethany Johnstone
Emma Spencer
Gill Wintrup
Jane Hanlon-McNab
Mags Little
Melissa Messenger
Community Fundraising Co-ordinator:
Michelle McGibbon
Volunteer Team:
Angela Longrigg
Ann Bruce
Working and Caring Support Worker:
Andrea Carlton
Lasting Power of Attorney Team:
David Heppell
Janet McElwee
Data & Comms Support Worker:
Julie Crellin
Office Manager:
Linda Stamper
Administrator:
Vanessa Gray

Disclaimer:

The information contained in this newsletter is printed in good faith. Whilst every care is taken to ensure that it is correct, West Cumbria Carers cannot accept liability for any omissions or inaccuracies and does not take responsibility for the quality of any services or products mentioned.