



Dot's Fond Farewell to Carers



'In the words of the song from the Sound of Music So long, Farewell, Auf Wiedersehen, Adieu! After 14 and half years working for West Cumbria Carers (THE BEST JOB I HAVE EVER HAD)

I have finally retired. I know I have been threatening to do this for the last two years but hey third time lucky.

Joking aside it has been a privilege to meet and work with and alongside all you fantastic family carers we have had lots of laughs and a few tears along the way and I have met some truly lovely people. Nice people like you make me almost sad to have retired ALMOST.' - **Dot**

All of us at West Cumbria Carers would like to thank Dot for her dedication, expertise and kindness – she will be missed by us all.

Dot's successor is Andrea Carlton who has been working alongside Dot as the Senior Adult Support Worker. Andrea will introduce herself to you in the next newsletter in early 2020.

Journey to Work - A Cumbrian Winter Commute!

Traffic terrible, gritter lovely,
Dreich Thursday, roads slape,
White-knuckle driving, feeling tense,
Vans off the road, through the fence.
Weather forecast not too good,
Running late, pressure on,
Fog low, mood low
Music playing on the radio -
Did I say gritter man lovely?
Fingers tapping, head nodding
Singing at the top of your voice,
Gritter Man, where has he gone?
Super Hero doesn't know it,
Hi-Vis, he sure is!

By Ann, Dot, Hilary, Jane, Janet, Susan

DON'T worry – West Cumbria Carers are here to help!

Struggling customers may see their bills washed away

ANYONE suffering financial hardship can now get help with their water accounts.

The United Utilities Trust Fund – an independent company supported by United Utilities Water – provides assistance to customers struggling with their budgets.

To apply for help, customers must have arrears on their current account and be unable to clear this debt themselves.

If successful, the Trust will clear their water charges to the date of the assessment enabling them to agree a more affordable repayment plan.

A spokesperson for the Trust said: "We will also assess every application to ensure that they are being charged the correct tariff moving forward.

To ensure a prompt decision it is important that all areas of the application are fully completed, including the financial statement and a brief explanation of how the arrears have accrued. We also need current proof of income."

Individuals and advisers can now apply via www.applyuu.org.uk.

Or an application form can be requested by calling 0300 790 6172.



Peace of mind from our Lasting Power of Attorney team

It always feels more comfortable when you know who you are doing business with, doesn't it? When you want help with Powers of Attorney, here at West Cumbria Carers you will be speaking to Janet or David.

Janet joined the LPA Project part-time in February 2015 and was mentored by the legally qualified worker at Carlisle Carers. As a former carer for her father, she understands first-hand the stresses of caring for older adults.

For three years David generously gave half a day free of charge as a volunteer in the LPA Project. In summer 2018 he was recruited as a part-time employee. Customers value David's calm, thoughtful manner.

Between them the LPA service is now available four days a week, Tuesday to Friday.

Janet says, "As many of the public get used to filling in government forms online, more people want to have a go at LPA themselves. My role now includes development, moving towards an almost bespoke service to suit anyone's level of need. So whether you are a whizz on the internet, an admin aficionado or are paperwork-averse, we are here to help you with your Power of Attorney registration."

In the last three years we have successfully registered over 460 LPAs.



Our LPA team David and Janet

FANCY SOME FESTIVE FUN?

Be inspired with your Christmas shopping – sign up for our trip

Newcastle Christmas Market is the place to soak up some festive spirit next month.

Join our trip and enjoy an exciting array of yuletide smells, scents, sounds and sights. From alpaca hats and gloves to Christmas cakes, locally-brewed beers, decorative mirrors, stunning pottery and handmade jewellery, you won't be stuck for ideas.

Newcastle Christmas Market – based in the city centre – also includes a Farmers' Market offering a mouth-watering range of produce and there will be a visit from Santa and local choirs.

The trip – on **Tuesday, November 19** – will also see a wide selection of gourmet foods from Europe including a currywurst from Germany, waffles from Holland, paella from Spain and crepes, both sweet and savoury, from France.

It will also welcome stall holders from closer to home with beers from local microbreweries, home-made jams, delicious cakes and handmade chocolates.

West Cumbria Carers offers lots of pickup and drop off points such as Seascale, Egremont, Cleator Moor, Whitehaven, Workington, Maryport and Wigton and we will do our best to support you to join us on this great day out.

The cost of the trip will be £12 and booking is essential. If you would like to come along, please return the reply slip along with a cheque made payable to West Cumbria Carers.



Christmas Lunch

This year's Christmas lunch for carers will be at Hundith Hill Hotel on **Wednesday, December 11 at 12.30pm.**

Tickets are £18 per person and booking is essential. If you would like to join us please return the enclosed reply slip with a cheque made payable to West Cumbria Carers.



Reply Slip for Christmas Activities – please complete and return the enclosed flyer by Wednesday 6th November with payment to secure your place. If no flyer enclosed please contact the office.

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

Acts of Kindness benefit carers!- We thank you all

Thank you!

Thank you to the following people/businesses who have made donations to us recently:

Arlecdon Primary School;
Cartmell Shepherd; Cockermouth School; Co-op, Cockermouth;
George Ditchburn; Gail Dobson-Burns; Sheena Green; Iggesund Paperboard; Margaret Lightfoot; Maryport Afternoon Plus; Masonic Charitable Foundation; Barbara McLean; Jean Moss; Oneaim; Elizabeth Penn; Probus Club; Sealy; Carol Smith; St Benedict's Catholic High School; The Alchemy Foundation; Thornhill Primary School; Victoria Junior School – Workington; Westfield Nursery and Primary School; Whitehaven and District Lions Club and Workington Derwent Rotary.

A huge thank you to everyone who took part in the Great North Run in September. Totals raised will be updated soon.



Foreign Currency

Just a reminder that we are collecting foreign currency, including coins. If you have any leftover coins and would like to donate them to us, you can do so at: Cockermouth Travel; Craig Travel, Workington; Graham's Travel, Workington; Cumbria Travel, Whitehaven.

Barbara McClean has kindly been making some gin bottles with lights in and selling them for £5, with all profits coming to West Cumbria Carers. If you are interested in buying any then please contact the office on **01900 821976**.

Grand Draw Tickets

The 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. The draw will take place on 21st November so there is still time to send them back if you haven't done so already.



Could YOU be lucky?

Join our lottery where you can win up to £25,000! You can play from as little as £1 per week and 50p from each £1 comes directly to West Cumbria Carers. You can join 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.

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:

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 Project:

Angela Longrigg

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.