

Upcoming Carers Courses & Events

Autumn 2016

West Cumbria Carers - Suite 7F Lakeland Business Park, Lamplugh Road, Cockermouth, CA13 0QT
Tel: 01900 821 976. Online: www.westcumbriacarers.co.uk



West Cumbria Carers

Welcome to the latest edition of our Activities and Events newsletter. This newsletter will be sent to you from time to time in between editions of our regular Adult Carers newsletter in order to keep you informed of all our latest activities and events. We hope that you find it useful and that there is something in here for you. Don't forget all of our activities are put on our website. You can read about them first by visiting westcumbriacarers.co.uk or follow us in real time on twitter [@WCumbriaCarers](https://twitter.com/WCumbriaCarers)

Join with other Carers at our Carers Meets

Lets Talk...Learning Disabilities

Allerdale – The Helena Thompson Museum, Park End Road, Workington

Tuesday 27th September

10am - 12.30pm

We will break for lunch at 12 noon, sandwiches and refreshments will be available free of charge.

At each Carers Meet we will focus on one condition and will have **guest speakers** (speakers to be confirmed) providing information on caring for someone with that particular condition. In September we will look at **Learning Disabilities**. There will be an opportunity to talk to other carers about your experiences over lunch.

To book a place either Carers Meet please telephone the office.

Lets Talk...Learning Disabilities

Copeland— The Phoenix Enterprise Centre, Room 29, Phase 3 building, Earl Street, Cleator Moor

Wednesday 28th September

10am—12.30pm

We will break for lunch at 12 noon, sandwiches, chips and unlimited refreshments will be available free of charge.

To book your place on any of the events, or anything else featured on this bulletin, please call 01900 821 976. Places are limited so don't miss out and book today!

Mindfulness Courses

Reasons Why You Should Try Our Mindfulness Meditation Courses

- Better focus and concentration
- Raised self-awareness
- Better conflict resolution skills
- Increased calm
- Better ways to respond to difficult emotions
- Increased empathy and understanding of others

We will be holding taster sessions '**An Introduction to Mindfulness**' so our practitioners can chat informally and tell you a bit more about how mindfulness can help you before you commit to the 8 week programme. See below for introduction session dates, times and locations. To book your place please call: **01900 821976**.



The Helena Thompson Museum, Workington

Introduction to Mindfulness - Anne Connolly

Monday 19th September 6.00pm—8.30pm

Eight Week Mindfulness Course:

6.00pm - 8.00pm

Monday 3rd October
Monday 10th October
Monday 17th October
Monday 24th October
Monday 31st October
Monday 7th November
Monday 14th November
Monday 21st November

The Senhouse Centre, Whitehaven

Introduction to Mindfulness - Margaret Beck

Thursday 15th September 10.00am—1.00pm

Eight Week Mindfulness Course:

10.00am - 12 noon

Thursday 29th September
Thursday 6th October
Thursday 13th October
Thursday 27th October
Thursday 3rd November
Thursday 10th November
Thursday 17th November
Thursday 24th November

Mindfulness Meditation

We have regular "top up" sessions for Carers who have previously attended a mindfulness meditation course. No need to book.

The Senhouse Centre, Whitehaven

1.00pm - 2.15pm

Practitioner Margaret Beck

Thursday 22nd September
Thursday 27th October
Thursday 24th November

MAKE TIME FOR YOU

Free Regular Relaxation Sessions For Carers

Our regular drop in relaxation sessions are still going strong and are a great way of taking time out for yourself to relax, rejuvenate, and revitalise. Maria Richardson, our trained practitioner will take you on a serene journey through an oasis of calm that will leave you feeling refreshed and ready to take on the world. No need to book, just turn up and enjoy.

Maryport - Cumbria CVS Building, Selby Terrace, CA15 6NF

- 1pm - 2pm Monday 5th September & Monday 19th September

Maryport - The Library, Lawson Street, CA15 6ND

- 1pm - 2pm - Monday 17th October, Monday 7th November, Monday 5th December

Workington - Helena Thompson Museum, Park End Road, Workington CA14 4DE

- 11am - 12 noon - Wednesday 7th September, Wednesday 19th October, Wednesday 2nd November, Wednesday 7th December

Wigton - Wigton Group Medical Practice, South End, Wigton CA7 9QD

- 11am - 12 noon - Monday 5th September, Monday 17th October, Monday 7th November, Monday 5th December

Cleator Moor - The Library, Market Square, CA25 5AP

- 1.30pm - 2.30pm - Monday 12th September

Cleator Moor - Howgill Family Centre, Birks Road, CA25 5HR

- 1.30pm - 2.30pm - Monday 31st October, Monday 28th November, Monday 19th December

Millom - Millom Network Centre, Salthouse Road, LA18 5AB

- 11am - 12 noon - Monday 12th September, Monday 31st October, Monday 28th November, Monday 19th December

Whitehaven - Senhouse Centre, 3 Senhouse Street, CA28 7ES

- 1pm - 2pm - Tuesday 6th September, Tuesday 18th October, Tuesday 1st November, Tuesday 6th December



Free Benefits Advice For Carers

Our benefits clinics are proving really popular, appointments are in demand so book now to avoid disappointment. Our benefits worker can help you with a plethora of enquiries, including council tax discounts, Personal Independence Payment (PIP), Attendance Allowance, plus grants that are available from various charitable trusts. All clinics are held in local libraries in the following towns:

Maryport

Thursday 22nd September 10 - 11am
Thursday 22nd September 11.30- 12.30pm

Seascale

Tuesday 11th October 2 - 3pm
Tuesday 11th October 3.30 - 4.30pm

Keswick

Wednesday 5th October 10 - 11am
Wednesday 5th October 11.15 - 12.15pm

Whitehaven

Tuesday 20th September 10 - 11am
Tuesday 20th September 11.30 - 12.30pm

Silloth

Wednesday 12th October 10 - 11am
Wednesday 12th October 11.15- 12.15pm

Millom

Tuesday 4th October 10 - 11am
Tuesday 4th October 11.15- 12.15pm

Wigton

Thursday 29th September 2 - 3pm
Thursday 29th September 3.30 - 4.30pm

Please book an appointment to attend by telephoning 01900 821976

Out of Hours Telephone Service

The service is available during the following times: Saturday 9am - 12 noon Telephone No - 01900 821976

Aimed at reaching working carers who can't access information during office hours, the telephone information service provides a first point of contact with West Cumbria Carers. This vital service makes a real difference for people balancing jobs and a caring role. We know they find it really difficult to get the information they need because so many services are only open 9 'til 5.

The service means that carers will be able to speak to someone and ask for details about a wide range of information such as what support is available for them and the person they care for, what benefits they may be entitled to or to request a carer's assessment. If you feel having a chat with our new Working & Caring Support Worker, Hannah Blake, please call on Saturday morning (or alternatively email at: hannahblake@westcumbriacarers.co.uk)