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.

Join with other Carers at our Carers Meets

**Let’s 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.

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**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

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**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!**
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

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

Seascale
- 11th October 2pm - 3pm
- 11th October 1pm - 2pm

Keswick
- 5th October 11am - 12.30pm
- 5th October 10am - 11am

Whitehaven
- 20th September 11am - 12.30pm
- 20th September 10am - 11am

Wigton
- 29th September 2pm - 3pm
- 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 ‘till 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)