



West Cumbria Carers

Upcoming Carers Courses & Events

Summer 2015

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Here at the West Cumbria Carers office we are all looking forward to this years Carers Week taking place 8th - 14th June 2015. A number of activities are planned for the week around the theme of "Building Carer Friendly Communities".

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 And Become More Confident In Your Caring Role

We have 3 further Carers Meets this summer that will give you the opportunity to develop your knowledge and skills and meet up with other carers.

Lets Talk...Learning Disabilities

Allerdale – St Michaels Independent Living Centre, Workington. Wednesday 24th June.

Copeland – The Beacon, Whitehaven. Thursday 25th June.

Both events 10am - 12.30pm

Find out about services that provide employment and/or training and development opportunities. Staff from Chrysalis Cumbria will talk about opportunities in their Wholefood Shop. West House will talk about opportunities in their network of Café West's and Allerby Gardens. Lakes College will talk about their training and development opportunities.

Please note Chrysalis can only attend the Workington event.

Lets Talk...Mental Health

Allerdale – Low Moor Church Rooms, Wigton. Wednesday 29th July.

Come along and listen to Dean Graham (Lead Practitioner) talk about the services provided by West Community Health Teams in Allerdale and Copeland.

N.B. We are very sorry but we have had to cancel July event at Millom.

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

CARERS WEEK 2015

Cupcakes4Carers - 9th & 10th June

As we're big fans of cake here in the office we thought we'd do something cake related during Carers Week.

We will be holding two **cupcake** events:

Tuesday 9th June 10am – 2pm at our offices in Cockermouth. Unit 7F Lakeland Business Park.

Wednesday 10th June 11am – 2pm in Whitehaven Library.

Pop along, donate a £1 and get a cuppa and one of the cupcakes that will be lovingly baked beforehand by staff, volunteers, and Young Carers.



Join In The Cupcakes4Carers Fun Online

Step One

Make or buy a cupcake

Step 2

Take a selfie with your cake – a "cokie"

Step 3

Donate by texting CAKE09 £2 to 70070

Step 4

Share online with hashtag #Cupcakes4Carers

Wheely Caring!



100 miles in 10 hours. Millom to Port Carlisle - Friday 12th June 2015

Clare Edwards, our staff member, is going to cycle along the West Cumbrian coast. The route will take her through some of our largest towns including Workington, where a number of our staff will join her for a 14 mile stretch to Allonby. Towards the end of the route Clare will be joined by Adult Carers Project Manager Dot Barwise, who will cycle with Clare into Port Carlisle.

If you'd like to come and cheer Clare on her route let us know! Expected times are Ravenglass for about 10am and Workington Sports Centre at 13.30pm where she will be joined by a group of our staff who will cycle onto Allonby where they will finish at the ice cream. shop for a much needed treat. Clare is hoping to reach Port Carlisle at 8pm.

If you would like to support West Cumbria Carers by making a donation there are 3 ways you can donate:

1. Via the web at: campaign.justgiving.com/charity/westcumbriacarers/wheelycaring
2. Via mobile - Text BIKE23 £2/£5/£10 to 70070
3. Via post - please make cheques payable to "West Cumbria Carers" and return using the address above.

Support us on the day!

Follow all the action on Twitter and tweet your support using the hashtag #WheelyCaring

MAKE TIME FOR YOU

Thursday 2nd July 10.00am - 3.00pm

Communication & Confidence Building with Mary Falcon.

A fun day looking at communication and confidence skills and the importance of them.

Wednesday 8th July 10.00am - 4.00pm

Complimentary Therapies with Fiona Donaldson.

The day will include an introduction to holistic therapies, such as aromatherapy oils, reflexology, crystals, homeopathy and flower remedies and how these can be used for self-help.

These 2 full day sessions will take place at Lakes College, Workington. A voucher for £2.00 per carer will be provided towards refreshments or lunch (there is a café that sells sandwiches or the carer can bring a packed lunch.)

To book please call 01900 821 976.

Mindfulness Meditation Course

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

Allerdale - Community Resource Centre Selby Terrace Maryport
Monday 8th June - 1pm – 2.30pm

Copeland - Meeting Place Egremont
Thursday 18th June - 10am – 11.30am

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 trainer, 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 - 12a Seby Terrace, CA15 6NF.

- 1pm - 2pm - 29th June, 20th July, 17th August
- Workington** - Oval Centre, Salterbeck, Workington, CA14 5HA
- 11am - 12pm - 10th June, 8th July, 5th August
- Wigton** - Wigton Group Medical Practice, Southend, CA7 9QD
- 11am - 12pm - 29th June, 20th July, 17th August

Egremont - Methodist Church, Main Street, CA22 2DR

- 1.30pm - 2.30pm - 8th June, 6th July, 3rd August
- Millom** - Millom Network Centre, Salthouse Road, LA18 5AB
- 11am - 12pm - 8th June, 6th July, 3rd August
- Whitehaven** - Senhouse Centre, 3 Senhouse Street, CA28 7ES
- 1pm - 2pm - 9th June, 7th July, 4th August

Free Cinema Screening

The Second Best Exotic Marigold Hotel



Join us on **Tuesday 23rd June, 2pm**, at **Workington Plaza Cinema** for a **FREE** screening of British comedy drama *The Second Best Exotic Marigold Hotel*. Starring Judi Dench, Maggie Smith, Bill Nighy, and Richard Gere, the film depicts the difficulties of organising a full traditional Indian wedding whilst expanding a hotel empire.

To book please call 01900 821 976.

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 Gillian 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 18th June 10 - 12noon
Thursday 23rd July 10 - 12noon

Seascale

Tuesday 9th June 1 - 3pm
Tuesday 14th July 1 - 3pm

Keswick

Wednesday 3rd June 10 - 12noon
Wednesday 8th July 10 - 12noon

Whitehaven

Tuesday 16th June 10 - 12noon
Tuesday 21st July 10 - 12noon

Silloth

Wednesday 10th June 10 - 12noon
Wednesday 15th July 10 - 12noon

Millom

Tuesday 2nd June 10 - 12noon
Tuesday 7th July 10 - 12noon

Wigton

Thursday 25th June 2 - 4pm
Thursday 30th July 2 - 4pm

Please book an appointment to attend by telephoning 01900 821 976.

Due to Staff Annual Leave we will not be running any Benefits Clinics during August.



Keep Your Back Safe - Places STILL AVAILABLE!!

Do you find that you are having to do a lot of lifting and carrying as part of your caring role? Are you worried that this is affecting your back? Come along to our FREE course and get some support and ideas about lifting and carrying people and equipment safely.

We have teamed up with Marie Rose Corey to offer Carers this free half day training course on **Tuesday 23rd June 10am to 1.15pm** at **The Oval Centre, Salterbeck, Workington**. Tea, Coffee, and Cake will be provided during the break.

To book your FREE place, please call **01900 821 976**.

