New Year...New You...

This January we'd like to invite you to attend our Mindfulness Meditation course for carers.

What is Mindfulness?
It’s a busy world. You fold the laundry while keeping one eye on the kids/parents and another on the television. You plan your day while listening to the radio and commuting to work. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment. Did you notice whether you felt well rested this morning or that the snow on the fells was looking particularly stunning? Mindfulness is the practice of purposely focusing your attention on the present moment. Mindfulness is now being examined scientifically and can be a key element in happiness.

Six reasons why you should sign up today:
1. It’s a great way of relieving stress and has been proven to be effective against depression and anxiety.
2. It can help improve memory – scientists found that Mindfulness improves the way our brains function.
3. It helps us to enjoy music better – another study (yes there have been lots!) found that people who practiced Mindfulness respond more positively to music. Time to dig out those old albums and start dancing.
4. It improves physical health – it reduces blood pressure, vital for keeping us fit and healthy.
5. It enables us to worry less, by encouraging us to focus on the here and now, and not what will happen tomorrow.
6. It’s a great way of getting a break from your caring role and meeting other Carers.

We are holding an eight week programme, with trainer Margaret Beck, on the following dates and times.

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<th>Dates:</th>
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<tr>
<td>Thursday 7th January</td>
<td>The Senhouse Centre, Whitehaven</td>
<td>10am to 12 noon</td>
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This programme is open to Carers who have not previously attended a Mindfulness Meditation course with us before. To book your place please call 01900 821 976.

We attended a Mindfulness Course before?
We have regular "top up" sessions for those who have previously attended the course. No need to book.

Community Resource Centre Selby Terrace Maryport
Monday 11th January - 1pm – 2pm
Monday 8th February - 1pm – 2pm
Monday 14th March - 1pm – 2pm

The Senhouse Centre Whitehaven
Tuesday 12th January - 11am – 12noon
Tuesday 9th February - 11am – 12noon
Tuesday 8th March - 11am – 12noon

Carers Coffee ‘n’ Crack @ Whitehaven
Come and join us at Lowther Medical GP surgery on 12th January at 10am. (Open to carers from other surgeries). You’ll be able to meet one of our Carers Support Workers, Lindsey Carver from CAB (giving advice about the best energy deals) and our LPA administrator (giving information about Lasting Power of Attorney or Court of Protection).
DO YOU FEEL A SONG COMING ON?

Why not join us in our latest round of Singing Workshops. The main aim of the session is to have a good time, meet new people and make some noise - all abilities (or no ability as the case may be!) welcome. There will be absolutely no solo singing just a lot of fun with your voice with people who feel just like you do.

Is your inner diva longing to make an appearance?
The workshops will be led by Claire Hume from Soundwave, an experienced workshop and choir leader and will provide a fantastic opportunity to improve your vocal abilities.
All sessions will take place in the newly refurbished Theatre Royal on Washington Street in Workington and start at 1.30pm and finish at 3.30pm.

Dates of the sessions are:

- Tuesday 23rd February 2016
- Tuesday 22nd March 2016
- Tuesday 19th April 2016
- Tuesday 17th May 2016
- Tuesday 21st June 2016
- Tuesday 19th July 2016

Save the Date!
- We’ll be celebrating Valentines Day this year with a Healthy Eating Course - “Take Care of Your Heart” - Late February.
- We will be running some Basic First Aid training in March.
- Learn how to keep your back safe as part of your caring role - you’ll be able to book onto a Back Care and Manual Handling course in April.
- Look out for a new EVENING Mindfulness Course coming up in 2016!

Let’s Talk...Dementia
Join us at one of our NEW Carers Forums - meet other Carers dealing with similar issues and problems.
Lunch and refreshments will be provided.
- Thursday 3rd March at The Oval Centre, Workington
- Tuesday 22nd March at The Network Centre, Millom
Both events 10.30am - 12.30pm

To book your place please call 01900 821 976.
Places are limited so don’t miss out and book today!

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 21st Jan 10 am or 11am
  - Thursday 18th Feb 10 am or 11am

- Whitehaven
  - Tuesday 19th Jan 10 am or 11am
  - Tuesday 16th Feb 10 am or 11am

- Seascle
  - Tuesday 12th Jan 1pm or 2pm
  - Tuesday 9th Feb 1pm or 2pm

- Keswick
  - Wednesday 3rd Feb 10 am or 11am
  - Wednesday 2nd Mar 10 am or 11am

- Millom
  - Tuesday 2nd Feb 10 am or 11am
  - Tuesday 1st Mar 10 am or 11am

- Silloth
  - Wednesday 13th Jan 10 am or 11am
  - Wednesday 10th Feb 10 am or 11am

- Whitehaven
  - Thursday 28th Jan 2pm or 3pm
  - Thursday 25th Feb 2pm or 3pm

NEW - Appointments are also available on Monday’s at our offices in Cockermouth!
Please book an appointment to attend by telephoning 01900 821 976.