



Spring is in the Air

Dumfries and Gretna Gateway

Our spring trip this year will take us north of the border (passports may be required!!!). Come and join us for a lovely day out at Dumfries on **Thursday 19th April 2018**.

Dumfries, 'the Queen of the South', is a historic country town, famed for its connection with Scotland's National Bard Robert Burns. This charming town lies on the banks of the River Nith



and became a royal burgh in the 12th century. It has countless attractions as well as an intriguing history. The High Street is home to many well-known shopping chains alongside independent retailers and there are a variety of places for eating out.

We will be stopping on the return journey at Gretna Gateway - for those of you who are not already shopped out it will be another opportunity to browse the many shops and outlets.

The cost of the day, which includes transport via coach from a variety of local pickup points, is **£10.00**.

To book your place complete the reply slip below and return to us, along with your payment, by **Wednesday 4th April**.

Spring Trip Reply Slip

I would like to attend the Spring Trip and have enclosed payment of £10.00

Name: _____

Address: _____

Post Code: _____ Tel No: _____

Clinics in the Community

Now that the weather is starting to improve (slightly!) you might be thinking about getting out for some fresh air.

Did you know that we hold a number of regular clinics in the local community; where carers can pop along and have a chat with one of our support workers?

At these clinics you can receive:

- Help to access support services and equipment for the person you care for
- Support to access benefits and/or carers grants
- Time to talk about YOUR caring role in a safe and secure place
- Information about training, activities and social events for you as a carer

So, if you need some information, support, or simply to talk about your caring role, why not ring and make an appointment today.

Carers Health Clinics

These are held within GP surgeries across Allerdale

Caldbeck Surgery

4th Friday every month, 10.30am - 12.30pm
Contact: 016974 78254

Castlegate & Derwent Surgery, Cockermouth

2nd & 4th Thursday every month, 10am - 12 noon
Contact: 01900 705750

James Street Group Practice, Workington

4th Monday every month, 3.30pm - 4.30pm
Contact: 01900 62241

Maryport Group Practice

1st, 2nd & 3rd Friday every month,
10.30am - 12.30pm
Contact: 01900 815544

Oxford Street Surgery, Workington

1st & 3rd Monday every Month,
10am - 11am
Contact: 01900 603302

Wigton Group Medical Practice

1st & 3rd Thursday every Month, 10am - 12 noon
Contact: 016973 42254

To book an appointment at a health clinic please call the relevant doctors surgery on the number above. **Carers must be registered at the surgery in which the Carers Clinic is held.**

In the Copeland area our Support Workers are available in the West Cumberland Hospital every Wednesday afternoon from 1-4pm and every Thursday afternoon from 1-4.30pm. If you or the person you care for is in the hospital please ask staff if you can meet with them.



ACTIVITIES & EVENTS

All activities and events must be booked unless otherwise stated - call 01900 821976

New Mindfulness Dates

There is still time to book onto our next Mindfulness Course starting in April.

Following a recent course one carer said "The mindfulness course has been the single biggest tool I have found to help combat anxiety. Being able to control my mind and achieving true relaxation for the first time in years allowed me to regain control over my life."

If you're not sure what it's all about why not go to the Introduction Session. You will be able to meet the trainer and other interested carers. It is an informal session where you can have a bit of a chat and find out what mindfulness is before deciding whether to join the eight week programme.

Venue: Helena Thompson Museum
Park End Road, Workington, CA14 4DE

Introduction Session: 3rd April

Eight Week Course: 10th April, 17th April, 24th April, 1st May, 8th May, 15th May, 22nd May and 29th May

Times: All sessions will take place on a Tuesday from 6pm to 8pm

To book, or just to find out more about mindfulness, call the office on 01900 821 976.



Need a Top-up?

If you would like a bit of a refresher don't forget the FREE mindfulness top-up sessions. Just go along to any of the sessions below - no need to book.

Whitehaven

Senhouse Centre, 3 Senhouse Street, CA28 7ES

Thursday 12th April 2.00pm - 3.30pm

Workington

Helena Thompson Museum, Park End Road, CA14 4DE

Wednesday 11th April 6.30pm - 8.00pm

Wednesday 9th May 6.30pm - 8.00pm

Wednesday 13th June 6.30pm - 8.00pm

Movie Update

Would you like to join us at a matinee performance of Phantom Thread?

Nominated for 6 Academy Awards, Phantom Thread is a period drama set in London's couture world in the 1950s.

The film stars Daniel Day-Lewis as a dressmaker who falls in love with a young waitress, the couple's relationship vacillates between affection and distance as they struggle to live with each other's differences. The showing will take place on **Tuesday 27th March at 2.00pm at the Kirkgate Centre, Cockermouth.**

Open to all carers registered with us, call now to book your place.



Regular Relaxation

These guided relaxation sessions are a great way of taking time out for yourself. No need to book, just turn up and enjoy.

Cockermouth

West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, CA13 0QT

11am - 12pm on Wednesday 4th April, 2nd May and 6th June

Distington

Community Centre, Church Road, CA14 5TE

1.30pm - 2.30pm Monday 9th April, 14th May and 4th June

Maryport

Maryport Library, Lawson Street, CA15 6ND

1pm - 2pm on Monday 16th April, 21st May and 11th June

Wigton

Wigton Group Medical Practice, Southend, CA7 9QD

11am - 12pm on Monday 16th April, 21st May and 11th June

Millom

Millom Network Centre, Salthouse Road, LA18 5AB

11am - 12pm on Monday 9th April, 14th May and 4th June

Whitehaven

Senhouse Centre,
3 Senhouse Street,
CA28 7ES

1pm - 2pm on
Thursday 5th
April, 3rd May
and 7th June



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

FOCUS ON... Volunteer Sitting Service

We have a great team of volunteers who support us in providing a range of services. All carers who are registered with us can ask to access them. Services include volunteer counsellors, a sitting service and drivers.

How could a volunteer sitter help?

As a carer do you find that you are regularly putting your own needs at the bottom of the priority list because your main concern is the person you care for? Most likely.

However, it is essential - not just for you but also the person you are looking after - that as a carer you maintain your physical, emotional and mental health. This, in turn, enables you to continue in your caring role.

Our sitting service can provide up to six, two hour long sits with the person you care for to enable you to have a valuable break. This gives you the peace of mind that they are with a responsible adult and being safely looked after. You could arrange to meet up with friends, indulge in some retail therapy, or just enjoy a soak in the bath in the knowledge that someone is with them.

Alternatively, it may be you only need a sitter for a one-off break to attend an appointment or a birthday lunch.

Whether you are interested in six sits or a one-off sit; before you are able to access the service a member of the volunteer team would need to come and visit you. We would discuss your requirements and decide whether the service would be suitable for you and the person you care for. We would then add you to our waiting list.

As you can imagine this process can take a while. Therefore, referrals for the sitting service must be made well in advance of when the volunteer sitter is required.

What can/can't volunteer sitters do?

- ✓ Give pre-prepared food to the cared for
- ✓ Make a drink for the cared for
- ✓ Play games, watch TV, chat, read to, and do crafts and the like with the cared for
- ✗ Give personal care
- ✗ Undertake any practical/household duties
- ✗ Administer medication
- ✗ Assist with toileting needs
- ✗ Answer the door (unless by prior arrangement)

Do you feel you would benefit from having a volunteer sitter?

Then please contact either Angela or Ann from the Volunteer Team. They will be happy to discuss this service with you.

Lasting Power of Attorney Service 10% discount available

We know how important it is to have Lasting Power of Attorney in place for both Finance and Health so we have introduced a 10% discount* when you register both or take out two LPA's of either type.

Property and Finance and Health and Welfare LPA's give you peace of mind that your affairs will be looked after by someone of your choice when you are no longer able to manage them.

In recent months we have had an increase in enquiries about making Health and Welfare LPA's due to recommendations from healthcare professionals.

Whilst the Health and Welfare LPA does not come into effect until capacity has been lost this can mean a **temporary loss of capacity** due to an illness such as stroke or infection.

It is becoming a key document for the medical and social services team when arranging the care of an individual in hospital.

We offer a range of tailored support to help you register LPAs. This often starts with a chat on the phone; our friendly team can help you identify the right option for you, based on your circumstances.

You can make an appointment to visit us at our office and we will take you through the process on a one to one basis or we can manage the whole process by post with you.

Our service offers value for money with costs starting at £150 plus the Office of the Public Guardian registration fee of £82 for each Lasting Power of Attorney.

Call on 01900 821976 to find out how we can support you to register Lasting Power of Attorney

**10% discount promotion applies when two LPAs are completed at the same time for people who live at the same address and have the same attorneys.*



Creating Moments of Joy for People with Alzheimer's

You can learn how to help people with Alzheimer's disease live as well as possible, with practical tips and advice, by completing a free online course offered by Future Learn.

When someone has short-term memory loss their life is made up of moments. This means we cannot always create a wonderful day, but we can create a wonderful moment.

During the course you'll find out how to encourage and enjoy such wonderful moments. You'll get practical tips to ease the daily struggles of Alzheimer's for those living with it, and those helping them.

Ultimately you will learn how to look beyond the challenges of the disease and focus on creating the best possible life for those living with Alzheimer's.

You will need to register and sign in to complete the course but it is very informative and gives some good ideas for both carers and cared for who are living with dementia. For more information or to register for the course visit www.futurelearn.com/courses/creating-moments-of-joy

Wheelie Bin Challenge



The Wheelie Bin Challenge is a volunteer led event to raise awareness of local charities and support the Food Bank.

On the day 10 teams of volunteers, each representing a different charity, will visit local schools and collect food bank donations in wheelie bins.

West Cumbria Carers have a team taking part, sponsored by Orano, and we will be walking from Egremont to Workington on **Friday 29th June 2018**.

"Orano is delighted to be supporting West Cumbria Carers at this year's Wheelie Bin Challenge. West Cumbria Carers makes a fantastic contribution to the local community and the challenge will be a perfect opportunity to raise awareness and funds for this great cause... even if it does mean a few sore feet!!" Ruth Hall, Orano

If you would like to sponsor us then please visit our Justgiving page <https://www.justgiving.com/campaigns/charity/westcumbriacarers/wheeliebinchallenge2018>

Upcoming Events

Please note that these fundraising events are open to anyone so you can bring your family and friends along. For more information please call Michelle McGibbon on 01900 821976.

Fashion show at Energus, Lillyhall on Thursday 15th March 2018 at 7pm tickets cost £5

Our **Cupcakes4Carers** events will be taking place again this year during Carers Week (11-17 June 2018) cake donations would be very much appreciated

Grand Draw

Following on from the past support we have received from our carers we will be sending out raffle tickets for our 2018 Grand Draw in the next newsletter.

If you would prefer **NOT** to receive them, please let us know by calling 01900 821976 or emailing michellemcgibbon@westcumbriacarers.co.uk

Thank You!

Morgan Sindall

During the past 6 months Morgan Sindall have been doing some fantastic fundraising for us. They have also generously sponsored 1 year's membership of the BEC Business cluster. This will allow us to continue raising awareness of carers, and championing their needs, with many more local businesses.

The Nuclear Institute Cumbria Branch

On 8th February we were the chosen charity of the NI Cumbria Branch on the evening of their Annual Dinner. The evening was full of fun a laughter with a delicious three course meal. In addition to this they held a raffle and put donation envelopes on the tables which in total raised a staggering £3000! This was a lot more than we expected so would like to say a huge thank you for choosing us and for the generosity from everyone who attended on the evening.

Massive thanks also to the following recent donors and supporters:

- Brian Richardson
- Brockbank Solicitors
- Castle Bar, Cockermouth
- Diane Wilson
- Flavour, Workington
- Fredericks, Cockermouth
- Galloping Horse, Harrington
- Hundith Hill Hotel
- Ravenstone Manor, Keswick
- Sellafield Ltd
- Valerie Warwick

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 Project Manager:
Dot Barwise
Adult Carers Support Workers:
Andrea Carlton
Andrea Sowden
Bethany Johnstone
Eleanor Scott
Jane Hanlon-McNab
Jeff Carroll
Joanne Carter
Malcolm Pritchard
Susan Pickering
Carers Health Workers:
Ann Quinn
Bernie Cresswell
Community Clinic Support:
Ann Bruce
Benefits Support Worker:
Lynne Christie-Quinn
Young Carers Project Manager:
Michelle Watson
Young Carers Support Workers:
Emma Spencer
Gill Wintrup
Jane Hanlon-McNab
Mags Little
Melissa Messenger
Transitional Project Support Worker:
Jacqui Miller
Project & Funding Manager:
Clare Edwards
Community Fundraising Co-ordinator:
Michelle McGibbon
Volunteer Team:
Angela Longrigg
Ann Bruce
Working and Caring Support Worker:
Andrea Carlton
BBO - Choices
Helene Wickins
Lasting Power of Attorney Team:
Annamarie Desmond-Storey
Janet McElwee
Data & Comms Support Worker:
Julie Crellin
Office Manager:
Linda Stamper
Administrator:
Vanessa Gray

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