

# April - June 2015 Newsletter of West Cumbria Carers



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West Cumbria Carers Staff

*We are a local carers organisation providing support to people in Allerdale and Copeland who are caring for a family member, friend or neighbour. We support carers of all ages from the age of five with no upper age limit.*

To include any articles in the newsletter please send by email to:

general@westcumbriacarers.co.uk

or by post to: West Cumbria Carers,

Suite 7F Lakeland Business Park, Lamplugh Road

Cockermouth CA13 0QT

Charity No. 1119369

Reg in England No. 6123034



## Wheely-Caring

Carers Week is approaching again, and we're trying something a little different this year. The theme of the week is "Building Carer Friendly Communities" and we're hoping to achieve this by raising awareness through a cycling event. Clare Edwards, our Project Funding and Development Manager, is going to cycle along the West Cumbrian coast from Millom to Port Carlisle on the historic Hadrian's cycleway. The route, around 100 miles, will take her through some of West Cumbria's 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.

### Get Involved

If you'd like to come and cheer Clare on her route let us know! Details are to be confirmed but Clare will be in Ravenglass for about 10am, and at Moorclose Sports Centre at 12.30pm 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.



You can also help us raise sponsorship. Donations can be made by texting BIKE23 £5 to 70070. The money raised will go towards activities and events for Carers.

## Date for Your Diary

### Carers Conference 2015

In our last newsletter we let you know that together with the other four Carer's organisations in Cumbria we are holding two countywide conferences for Carers from across the county.



The first of these fantastic events is taking place at The Forum in Barrow on Wednesday 10th June which is during Carer's Week. The second conference is planned to take place in approximately 12 - 18 months' time in the north of the county. We hope that this means as many carers as possible will be able to attend one or the other. June's conference will feature a guest speaker giving an overview of the Care Act, a new piece of legislation coming into force this year that will have a significant impact on your rights as a Carer. In addition, a number of workshops are planned, covering "Thriving not Surviving", "It's in Your hands" and "Top Dog not Underdog". There will also be a Market Place with information stalls from a number of voluntary organisations and local businesses.

The conference will start at 9.30am and finish at 3.30pm. Lunch will be provided. If you are interested in attending this day please contact the office for a booking form. Please note that places are limited and you must book your place before the 30th April 2015.

## Big Lottery Boost For Carers

We're pleased to announce that in conjunction with Carlisle Carers and Eden Carers we've been awarded a Big Lottery Grant to improve Carer Support Services in Cumbria. The funding will enable us to set up a telephone information service that will operate out of normal office hours, allowing Carers who find it difficult to make calls during those times to access support. The funding will also be used to set up additional Carers Clinics, including Clinics in rural areas, where Carers will be able to access support in a venue that maybe easier to travel to.

We hope that these new services will significantly improve the level of support we are able to offer Carers. Selina Williams has now joined our team as a Carers Telephone Information Service Worker and we are currently recruiting a Carers Clinic Support Worker who along with Selina will work on these projects.

Work is underway on these new services, and we can confirm that our new telephone information service will be live from Wednesday 20th May. From this date we will be open for telephone support on Wednesdays between 5pm and 7pm, Fridays between 7am and 9am, and Saturdays between 9am and 12pm. By calling us on 01900 821 976 during these extended hours Carers will be able to access information on a range of topics relating to caring as well as being able to request support from our services.



## Wigton Group Medical Practice Excels

### In Care Quality Commission Inspection

We would like to say a big congratulations to Wigton Group Medical Practice for their recent Outstanding rating from the Care Quality Commission inspection that took place at the end of last year. The report recognised the practice's commitment to providing high quality care to patients and also mentioned their work with us at West Cumbria Carers to ensure that the needs of carers were met.



We hold regular Carers Clinics at Wigton Group Medical Practice every Thursday between 10am and 12 noon where patients of the surgery can meet with one of our support workers for information and support.

We hold additional Carers Clinics around Allerdale and Copeland as outlined below. To book an appointment at any of the clinics please call us on 01900 821 976, or contact the surgery directly.

#### Maryport Group Practice

Alneburgh House, Ewanrigg Road, Maryport  
Every Friday 10.30am – 12.30pm  
Tel: 01900 815544

#### Orchard House Surgery, Workington

South William Street Workington  
Every Monday 10am – 11.30am  
Tel: 01900 603985

#### Wigton Group Medical Practice

South End, Wigton  
Every Thursday 10am – 12 noon  
Tel: 016973 42254

#### Distington Surgery

Hinnings Road, Distington  
10am – 12pm 1st Thursday each month  
Tel: 01946 830207

#### Lowther Medical Practice

Castle Meadows, Whitehaven  
10am - 12pm - Every Tuesday  
Tel: 01946 692241

#### Seascale Health Centre

Gosforth Road, Seascale, Cumbria CA20 1PN  
Last Friday of every month – 2pm – 4pm  
Tel: 019467 28101

#### Westcroft House Surgery

66 Main Street, Egremont, Cumbria CA22 2DB  
Every Friday – 11.30 – 1.30  
Tel: 01946 820348

## Care Act 2014

### How Implementation This April Will Affect You

The Care Act 2014 received Royal Assent on the 14th May 2014, but its implementation will only take place this April. This is a historic piece of legislation, having a significant impact on Social Care Law and covering a range of topics, including the legal rights of Carers.



#### What are the changes?

Under the old legal system, Carers were only entitled to an assessment of their needs as a Carer if they were providing "a substantial amount of care on a regular basis". The change in the law means that all Carers are now entitled to an assessment from their local authority regardless of how much care they are providing.

In Cumbria, Carers Assessments are currently carried out by the five Carers' support organisations, including West Cumbria Carers, on behalf of Cumbria County Council. If you have not previously had an assessment either because you were not entitled or because you didn't think it necessary you may wish to now consider having one. You may also want to have a re-assessment of your needs if your Caring role has considerably changed since your last assessment.

#### What does an assessment involve?

One of our Carers Support Workers will visit you, normally in your home but it can be another neutral place if you prefer. They will ask you a range of questions about how caring for your loved one affects your day to day life, including employment, health, social activities, and finances. They will also look at your emotional well-being and any contingency plans you may have or need should you suddenly find yourself unable to care for your loved one. Depending on the outcome of your assessment you may be eligible for additional support from us or Cumbria County Council.

If you would like to have an assessment or an informal chat to find out more, please call our office on 01900 821 976.

## Another Success Story From Our Benefits Clinics

Recently Gillian, our Benefits Worker, met with 39 year old Linda who cares for her Mum Patricia, aged 71. Patricia has a number of health issues including Rheumatoid arthritis and Breathing Difficulties leading to reduced mobility. Linda also has health problems and following her redundancy in 2010 she had been out of work with no income.

At a Carers Assessment with one of our support workers it was noted that Patricia's care needs had dramatically increased since her assessment for Disability Living Allowance and that she may have been eligible for additional support. Both Linda and Patricia attended one of our Benefits Clinics and Patricia was able to apply for the higher rate of Disability Living Allowance and Linda was found to be eligible to apply for Carers Allowance. This increased level of income has reduced the emotional strain on both Linda and her Mum significantly, and both have since been referred to the DWP to identify further support.

Gillian holds regular clinics around Allerdale and Copeland and is available to provide information and support to apply for a whole host of benefits including Carers Allowance, Personal Independence Payment, and Attendance Allowance. Gillian is also able to assist with Council Tax discounts, funding from other sources such as grants etc, and referrals to the Department for Work and Pensions for additional support. For more information call the office on 01900 821 976.

## Reminder

### Free Activities and Events Taking Place This Spring / Summer

We hope you found our recent activities and events bulletin useful, and here's a quick recap of all the events that are taking place over the next few months. To book on any of these activities please call 01900 821 976.

#### Regular Relaxation Sessions With Maria

- Where? – Maryport, Workington, Wigton, Egremont, Whitehaven, Millom.
- When? – Monthly at each location – for full details contact the office.
- What? – A drop in relaxation session that will enable you to feel more serene.

#### Mindfulness With Margaret Beck

- Where? – Cleator Moor Methodist Church.
- When? – Starts Tuesday 16th June, 1pm – 3pm.
- What? – An eight week course that will enable you to practice the art of mindfulness meditation.

#### Baking Course

- Where? – Lakes College
- When? – 2nd, 9th, & 16th June 1pm – 4pm.
- What? – A course covering the basics of baking where you can take home the results!

#### Back Care Training

- Where? – Salterbeck Oval Centre, Workington.
- When? – Tuesday 23rd June, 10am – 1.15pm.
- What? – Learn safe lifting and handling techniques to maintain a healthy spine.

## Care For Someone With COPD?

We're excited to announce that our two Carers Meets in May will focus on Chronic Obstructive Pulmonary Disease (COPD). If you are a Carer for someone with COPD, or you have COPD yourself, come along to one of our free events where we will be joined by the Cumbria NHS Pulmonary Rehabilitation Team. Information and advice will be available on suitable exercises for COPD patients, and the treatments that are available and their usage, such as inhalers and other medication.

The events take place as listed below. Please book your place by calling 01900 821 976.

- Cockermouth Christchurch – 21st May, 10am – 12.30pm.
- Egremont Methodist Church – 27th May, 10am – 12.30pm.

## Cupcakes4Carers

To coincide with our baking course, and as we're big fans of cake here in the office, we thought we'd do something cake related during Carers Week, again to help raise awareness in the community and money for the charity. We will be holding a couple bake sales – one on Tuesday 9th June 10am – 2pm at our offices in Lakeland Business Park, and one on Wednesday 10th June 11am – 2pm in Whitehaven (venue to be confirmed). Pop along, donate £1 and get a cuppa and one the cupcakes that will be lovingly baked beforehand by staff, volunteers, and Young Carers.



We will also be encouraging people to take a photo of their cupcake and post it to social media with the hashtag #Cupcakes4Carers to try and increase awareness of the work that we do, so feel free to bring your smartphone and upload a picture to Facebook or Twitter.

## 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.

Open to Carers registered with us, please call 01900 821 976 to book your place.

## Spring Trip

### Holker Hall & Gardens - The Garden Festival

The daffodils have put on a delightful display, the tulips are triumphant in their emergence, and at last we've broken through the darkest depths of winter. Celebrate the arrival of the sun with us on a trip to Holker Hall & Gardens near Grange-over-sands for their fabulous Garden Festival on Friday 29th May.



Floral displays will abound, the air will be filled with the fragrances of spring, and for the daring amongst us a 50ft traditional Victorian Helter Skelter takes the centre stage. In addition there will be live entertainment, show gardens to inspire those green fingers, and delectable delicacies from a number of artisan and local producers with temptations such as Cartmel Sticky Toffee Pudding and a wholesome hog roast on the menu.

If that's not enough to persuade you to join us, then hopefully the splendour of the Holker Hall stately home will, with its spectacular collection of books, antiques, and artwork. Alternatively, visit the Food Hall for some delightful local produce, peruse the gift shop that features handmade jewellery and hand crafted items for the home, or take a stroll around the immaculately maintained gardens.

The cost of the day, which includes entrance and transport via coach, is £15 and is partly subsidised by West Cumbria Carers. To book your place, please call the office by Friday 8th May.

# USEFUL INFORMATION

## Like Our Activities? Be In The Know FIRST Via westcumbriacarers.co.uk

We regularly update our website with all the latest news, trips, and courses. Information about our activities is often posted online several days or weeks before our regular newsletter is published, so if you want to be in the know, be online!

And whilst we think our website is fab and worth a few clicks, there is so much more to the web than just us. Share photos with friends and family near and far, delve into your family's past via genealogy websites, take an online course in anything from song writing to robot design, and keep update to date with local and international news.

There are lots of resources out there to enable people to access the internet. Many of Cumbria's libraries have computers with internet access you can book onto, with the first hour being free for people on low incomes or over 60 years of age. In addition, Age UK run a number of drop in sessions and classes around the county for people seeking help with computers, as listed below. We strongly recommend that you ring the numbers listed in advance to check that these details are all correct before attending:

### Mondays

- Cleator Moor Library  
1.30pm – 2.30pm  
Contact: 01946 814523.
- Lamplugh Village Hall  
Fortnightly at 7.30pm  
Contact: Bob Marshall - 01946 861493.
- Heskett Newmarket – The Old Crown Pub  
Term Time 12.30pm – 2.30pm  
Contact: Caroline Carey - 016973 52284.
- Whitehaven – Age UK Old Customs House  
10.30am – 12.30pm  
Contact :08443 843 843.
- Whitehaven – Mirehouse Library  
2.30pm – 4.30pm  
Contact : 01946 852923.
- Workington – Age UK St Michael's Active Living Centre  
10am – 12pm  
Contact: 01900 844670.

### Tuesdays

- Wigton – Thomlinson Junior School  
Term Time 10am – 12pm & 12.30pm – 2.30pm  
Contact: 016973 42432.

### Wednesdays

- Egremont – De Lucy Centre  
10am – 2pm  
Contact: 01946 828100.
- Cockermouth – Victoria Hall, High Sand Lane  
1pm – 3pm  
Contact: Tracy - 01900 828393

## Staff Update

We've said farewell this quarter to Tammy Horsewood, Volunteer Support Worker, and Emma Clark, Data and Communication Worker. We've been joined by new team members Angela Longrigg, Volunteer Coordinator, Samantha Adewoye, Volunteer Support Worker, Bernie Cresswell, Carers Health Support Worker, Janet McElwee, LPA Support Worker, and Selina Williams, Carers Telephone Line Information Worker.

## “An Illuminated Mind” A Poem About Dementia By Doris Simpson

Don't look so worried, I'm fine  
Got somewhere to hide you see  
Now you're on the outside,  
looking in  
I am as safe as I want to be

There I go again, off my head  
Things babbling inside my mind  
Settling now, surprise, surprise  
Is there sanity there to find?

It's sad; I can't reach out and touch  
The hands that stroke my face  
Tell me again, so I understand  
Why I am here in this place

Strictly speaking,  
between you and me  
I'm getting tired of it all  
Lolling about in this easy chair  
When I could be having a ball

Hello, Hello, I am still here  
Don't you whisper, or I'll hide  
See only a blank when  
I turn my head  
Behind my hands, fingers wide

Shall I play the clown today?  
And fall all over the place  
Or shall I be the drama queen  
And put a pained look on my face

I'm not ill, I'm just unwell  
There are tears behind my eyes  
It's not the past that's dead for me  
It's for the present my heart cries

But you're old now,  
can't place your name  
Oh forget it, it's a disgrace  
There's never any peace in here  
They scurry all over the place

Walk in the night, don't  
understand  
My tongue is still for now  
Part of brains under command  
I feel a furrow in my brow

Trying to explain puts my back up  
Parked here in this  
half conscious state  
My hands don't know  
where my brain is  
God only knows my fate

Strange face, familiar eyes  
Don't shrink back, I'm not a freak  
It's something out my control  
That I mutter when I should speak

Doesn't anyone knock anymore  
Think I don't know there's a door  
Your world and mine divided  
No communication anymore

Whatever are those flowers for  
I'm not dead, just been to school  
No can't have,  
not in these old clothes  
Someone's playing the fool

There's a wealth of life  
within these walls  
Past or present, day or night  
Trying to grasp hold of reality  
When our fancies up  
and take flight

Don't cry for me in my world  
Cry for you in yours

Don't forget to join us on the 30th April, 10am, at Wigton Market Hall, where we will be offering information and activities for people who care for loved ones with Dementia. We will be joined by the Community Mental Health Team and the Alzheimer's Society.

## 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  
Fax: 01900 826206

## Staff Quick Reference

- Chief Officer:**  
Sue Whitehead
- Adult Project Manager:**  
Dot Barwise
- Adult Carers Support Workers:**  
Susan Pickering  
Jeff Carroll  
Joanne Carter  
Andrea Sowden  
Malcolm Pritchard  
Ann Bruce  
Eleanor Wakefield
- Carers Health Workers:**  
Abbey Williamson  
Bernie Cresswell
- Benefits Support Worker:**  
Gillian Walker
- Young Carers Project Manager:**  
Michelle Watson
- Young Carers Support Workers:**  
Mags Little  
Melissa Messenger  
Gill Wintrup
- Transitional Project  
Support Worker:**  
Jacqui Miller
- Project Funding  
Development Manager:**  
Clare Edwards
- Volunteer Project Manager:**  
Angela Longrigg
- Volunteer Support Worker:**  
Samantha Adewoye
- Carers Support Line  
Information Worker:**  
Selina Williams
- Administrator:**  
Vanessa Gray
- Lasting Power of Attorney  
Support Worker:**  
Janet McElwee

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