Contents...

Page Two
News

Page Three
Activities & Events

Page Four
Useful Information

Contacts
Quick reference for 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.
**Care Act 2014**

**How Implementation This April Will Affect You**

<table>
<thead>
<tr>
<th>Westcroft House Surgery</th>
<th>Tel: 01946 728101</th>
<th>Last Friday of every month – 2pm – 4pm</th>
<th>Gosforth Road, Seascale, Cumbria CA20 1PN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowther Medical Practice</td>
<td>Tel: 01900 815305</td>
<td>Every Thursday 10am – 12 noon</td>
<td>South End, Wigton</td>
</tr>
<tr>
<td>Maryport Group Practice</td>
<td>Tel: 01900 830207</td>
<td>Every Thursday 10am – 12 noon</td>
<td>Lowther Medical Practice</td>
</tr>
<tr>
<td>Maryport Group Practice</td>
<td>Tel: 01900 830207</td>
<td>Every Thursday 10am – 12 noon</td>
<td>South End, Wigton</td>
</tr>
<tr>
<td>Seascale Health Centre</td>
<td>Tel: 01946 820348</td>
<td>Every Friday – 11.30 – 1.30</td>
<td>Westcroft House Surgery</td>
</tr>
</tbody>
</table>

**What are the changes?**

Under the new 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.

**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**

<table>
<thead>
<tr>
<th>Where?</th>
<th>Cleator Moor Methodist Church.</th>
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</thead>
<tbody>
<tr>
<td>When?</td>
<td>Starts Tuesday 16th June, 1pm – 3pm.</td>
</tr>
<tr>
<td>What?</td>
<td>An eight week course that will enable you to practice the art of mindfulness meditation.</td>
</tr>
</tbody>
</table>

**Mindfulness With Margaret Beck**

<table>
<thead>
<tr>
<th>Where?</th>
<th>Lakes College</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>2nd, 9th, &amp; 16th June 1pm – 4pm.</td>
</tr>
<tr>
<td>What?</td>
<td>A course covering the basics of baking where you can take home the results!</td>
</tr>
</tbody>
</table>

**Baking Course**

<table>
<thead>
<tr>
<th>Where?</th>
<th>Saltbeach Oval Centre, Wigton.</th>
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</thead>
<tbody>
<tr>
<td>When?</td>
<td>Tuesday 23rd June, 10am – 1.15pm.</td>
</tr>
<tr>
<td>What?</td>
<td>Learn safe lifting and handling techniques to maintain a healthy spine.</td>
</tr>
</tbody>
</table>

**Cupcakes4Carers**

To coincide with our baking course, and as we’ve big fans of cake here in the office, we thought we’d do something cake related during Carers Week, again to help raise awareness to 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.

**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 2016 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 eligibility 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 increase in terms of income has reduced the emotional strain on both Linda and her Mum considerably, 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**

**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 soft 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 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.

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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 the first hour being free for people on low incomes or to access the internet. Many of Cumbria's libraries have resources out there to enable people to keep up to date with local and international news.

“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
And fall all over the place
Enormous, I am still here
Don’t your whisper, or I’ll hide
See only a blanket 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
Don’t you whisper, or I’ll hide
When I could be having a ball
Losing touch, I’m not alone
No can’t have, not in these old clothes
No more tears nor storms within these walls
Past or present, day or night
Don’t cry for me in my world
Cry for you in yours

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 Crosswell, Carers Health Support Worker, Janet McElwee, LPA Support Worker, and Selina Williams, Carers Telephone Line Information Worker.

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

Four easy ways to contact us:

1. In person at the office: West Cumbria Carers Suite 7F Lakeland Business Park Lamplough Road Cockermouth CA13 0QJ 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: Abyy Williamson
          Bernie Crosswell

Benefits Support Worker: Gillian Walker

Young Carers Project Manager: Michelle Watson
Young Carers Support Workers: Maisie Little
          Melissa Messenger
          Gill Winstrup

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
Adult Project Manager: Sue Whitehead
Volunteer Coordinator: Janet McElwee

Disclaimer:
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