



Welcome to Andrea Carlton



Happy New Year from us all here at West Cumbria Carers.

I have the huge task of following in Dot's footsteps as the newly appointed Manager for the Adult Carers Project. I have worked with the organisation now for 3 years and already I have met some lovely and memorable people and hope this will continue for many years to come...

I've lived and worked all my life in West Cumbria and have a background in both finance and health and social care. I am also a wife, mother to 2 grown up daughters, nana to a very active 2-year-old and dog-mam to 'Hope' (a very large dog that takes up the majority of the sofa!).

Sickness Virus

We are aware that a winter sickness virus has been doing the rounds (as it does most years!) If you, or anyone in your household, is ill and you are expecting a visit from one of our staff members, would you please call the office to let us know. Our Support Workers visit many carers at home every week and we would like to limit the spread of these bugs as much as we can. Many thanks.

What would you like us to do?

In our July 2019 newsletter our then Manager Dot asked **What would you like us to do?**

This was because we had put on several events across Allerdale and Copeland and had very few attendees. In fact, some had no attendees at all and had to be cancelled.

We try our best to ensure our activities are in locations that are easily accessible to the majority of our carers however as you all know Copeland and Allerdale is a very large area for us to cover.

We never want to cancel any of our events however cost is very important to us and every penny is accounted for as we are a charity.

We had very little feedback and / or suggestions from our question but have not given up!

We really do want to hear from you about this. That way, you'll be helping us to continue helping you. Simply tell us the kind of event, or course/training or whatever it is that you would find useful in your caring role and that you would be willing to attend.

As we are now having a trip out to the Cinema on 19th March 2020 we have decided to have our annual spring trip a little later on in the year, hopefully around June time. Again, we would welcome any ideas of where you would like to visit and with a bit of luck we may get a bit of sunshine on our travels!

Please contact us with any ideas either by email – general@westcumbriacarers.co.uk – or by calling 01900 821976. Thank you!

WINTER WELLNESS

Cold weather can have a negative effect on your health, and here in West Cumbria we certainly get our fair share of cold weather! When you are caring for someone it's even more vital that you take care of your own health, unfortunately, all too often, it's something that gets pushed to the back of the queue. Here are our top tips for winter wellness. Some may seem obvious, but they could help you stay warmer throughout winter.

Look After Yourself

Contact your pharmacy or GP to get your free flu jab. You are eligible if you are the main carer for an elderly or disabled person.

Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment.

If you do need help when your GP surgery or pharmacy is closed, call NHS 111 or visit the NHS website.

For more tips visit www.nhs.uk/staywell

Keep Warm

Heat your home to at least 18°C (65°F).

Wear several layers of clothes rather than one chunky layer.

Use a hot water bottle or electric blanket to keep warm in bed.

Have at least one hot meal a day and make sure you have hot drinks regularly.

Stay active – even moderate exercise can help keep you warm.

Wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too.

Mental Health Help

The Cumbria, Northumberland, Tyne and Wear (CNTW) NHS Foundation Trust is trying to raise awareness of how people can look after their mental wellbeing this winter, as well as advice on how to support loved ones when they are struggling.

The trust has a range of self-help guides that are available online at www.cntw.nhs.uk/selfhelp.

If you would like to request a copy of any of these guides Call CNTW patient helpline on 0191 246 7288.

If you or the person you care for is in distress and needs help you can get in touch with CNTW's Initial Response services that are open for anyone to call, 24 hours a day, call 0300 123 9015.

The image shows the cover of a booklet titled 'Mental Health Self Help Guides' from the Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust. The cover features a list of topics and a dandelion illustration. At the bottom, it provides the website www.cntw.nhs.uk/selfhelp and mentions availability in BSL, easy read, and audio format. Social media icons for Facebook and Twitter are also present.

Mental Health Self Help Guides

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

- Abuse
- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression and Low Mood
- Depression and Low Mood - a guide for partners
- Domestic Abuse
- Eating Disorders
- Food for Thought
- Health Anxiety
- Hearing Voices and Disturbing Beliefs
- Obsessions and Compulsions
- Panic
- Post Traumatic Stress
- Postnatal Depression
- Self Harm
- Social Anxiety
- Sleeping Problems
- Stress
- Plus 3 guides for prisoners
 - Anxiety
 - Depression and Low Mood
 - Post Traumatic Stress

www.cntw.nhs.uk/selfhelp

Also available in BSL, easy read and audio format

cntwnhs @cntwnhs

Check On Others

Encourage the person you are caring for to get their Flu Jab if they are eligible. The vaccine is offered free of charge on the NHS to people who are at risk. This includes:

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- those living in a residential or nursing home
- children aged 2-3 (on 31 August 2019) and all primary school aged children

Check on vulnerable neighbours and relatives to make sure they are safe and well.

If you're worried about an older person contact the Adult Social Care Emergency Duty Team on 01228 526690.

If you are worried about a child or young person (under 18) contact the Cumbria Safeguarding Hub on 0333 240 1727.

Don't forget you can keep up to date with all our activities and events at

www.westcumbriacarers.co.uk

WINTER WELLNESS

Get Financial Support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.

You can call the Simple Energy Advice line on 0800 444 202 for energy efficiency advice. If you were born before 5 April 1954 you could be eligible for a Winter Fuel Payment. To find out more about this visit www.gov.uk/winter-fuel-payment or call 0800 731 0160.

The Warm Home Discount Scheme helps low income and vulnerable households with energy costs. Participating energy companies will provide a discount of £140 on the electricity bills of certain customers in winter 2019/20. For further information on this scheme call 0800 444 202 or contact your energy supplier direct.

Switching energy suppliers for a cheaper deal could also save you money, you can get independent advice about this from the Citizens Advice service on 03454 04 05 06. For information about other financial support which could help speak to our Benefit Support Worker on 01900 821 976.

Xmas Lunch – Hundith Hill

Our annual Christmas Lunch was held on Wednesday 11th December at Hundith Hill. It was lovely that so many of you managed to take time away from your busy schedules to join us for the festivities, the lunch and then a boogie!



Public Health England's "Keep Warm Keep Well" guide contains lots of useful tips. You can download a copy by visiting www.gov.uk and searching "Keep Warm Keep Well".

Cumbria County Council have a Winter Ready website that has loads of great information on being Health Ready, Travel Ready and Emergency Ready. Visit www.cumbria.gov.uk/winterready for information such as local pharmacy opening times and links to other online resources.



ACTIVITIES & EVENTS

Did you know you can make your own Lasting Power of Attorney (LPA)?

- We are running workshops where you can learn how to make an LPA for yourself or a member of your family.
- Learn about LPA forms and build your confidence to make your own LPA direct from the Government website.
- Have the guidance explained, and opportunity to think about the responsibilities and ask questions.
- Practice in filling in the forms on paper to take away with you.

Lasting Power of Attorney Learn and Do Workshop

Tuesday 18 February 2020
10.00 am – 12.30 pm

At West Cumbria Carers Offices, Cockermouth

£50 per person - Payable on the day by cash, cheque, card or transfer

Places are limited to six people.

Call & book now
01900 821976

At the Movies

We have arranged a cinema trip to Dunmail Park, Workington on the afternoon of Thursday 19th March 2020. Transport can be provided for anyone that requires it.

There will be some time before and after the movie for you to grab a cuppa or have a browse around the shops.

There are several new films due to be released at the beginning of the year so we will have a few to pick from nearer the time. Feel free to get in touch if you have any suggestions.

If you are interested in joining us, please call the office to let us know.



Dance the Night Away

We have been working with a team of young graduates from Sellafield Limited and have booked the Solway Hall in Whitehaven on Saturday 6th June 2020 to hold a fundraising Ceilidh and auction.

This promises to be a great evening so make sure you put the date in your diary. More details will follow in our April newsletter!

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

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Administrator:
Vanessa Gray

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Save the Date

DATE	EVENT	VENUE
Thursday 19th March 2020	Cinema / Shopping Trip	Dunmail Park, Workington
Saturday 6th June 2020	Ceilidh and Auction	Whitehaven Civic Hall