



**West
Cumbria Carers**
Supporting young & adult carers

Welcome everyone!

If you have been reading my 'topic of the week' articles then you may have noticed that I went for health and well-being topics for January. There are always good intentions and promises in the air during the first 30 days or so. I have been one of the masses who has tried to be healthier. I have started to exercise several times a week and I have tried to keep up to date with my mindfulness exercises (I completed the 8 week course just before Christmas). I won't say too much about the food and drink, but I haven't touched any alcohol but I am a sucker for a cake and biscuits. One step at a time I think is the best phrase to use for me. Have you made any new year promises to yourself? How have you got on? I hope you find the information in this newsletter useful and remember you can contact me by phone: 01900 821976 or email; hannahblake@westcumbriacarers.co.uk on a Thursday, Friday and Saturday morning.

Health and Well-being

If you have missed any of the topics I have written about health and well-being please click the links below:

Mindfulness: Click [HERE](#)

Healthy eating: Click [HERE](#)

Exercise tips: Click [HERE](#)

Re-Brand

You may notice that this newsletter is a little bit different to the previous editions. We are currently going through a rebrand. (this newsletter may change again). The bubbles are probably the most noticeable but there is also the maroon coloured header. This colour will be associated with all things working & caring so you will be

Did you know?

There are many GP practices in Allerdale and Copeland that have online services to make life a little bit easier. You can book appointments or order repeat prescriptions. Why not check out your GP practice website or ask when you are next in.

Adult Carers Newsletter

Some of you out there may or may not receive the adult newsletter. This is sent out quarterly. It can be sent to carers by post or via email. It covers a range of topics including adult carer trips and events as well as helpful information. Click [HERE](#) to view the latest copy online. If you would like to receive this, please let me know and I can add you onto the adult carer email list or the post list.

Interesting Articles

Working in theatres and the disadvantages for carers: Click [HERE](#)

Making organisations more dementia-friendly: Click [HERE](#)

6 MONTHS as the Working & Caring Support Worker

I thought I would give you a little update with the progress I have been making in my role. If you read this newsletter you know I write this and a weekly topic of the week butwhat else do I do?

First thing to say is time flies by so quickly. I cannot believe it is already 6 months but I am enjoying the role and now I am starting to see some great progress.

A small group of West Cumbria Carers staff including myself gave a presentation to the Business Cluster in November. This is a different crowd to what we are used to. The audience were people in the nuclear industry and connected businesses. We spoke about who a working carer is, as well as providing personal experiences. It was very well received and I think it opened their eyes to a large group of people they may not have been aware of before.

I have had very positive meetings with Iggesund Paperboard at Workington, Allerdale council as well as a cleaning firm in Wigton. We are at the early stages of working with them but we have lots things in the pipeline. I have had discussions with people from other organisations so there is a growing awareness about our charity. If you think that your company could benefit from support from West Cumbria Carers and myself please get in touch with me. I tailor make the support to suit businesses and their needs. I offer training, drop in sessions, write copy for in-house publications, discuss carers rights and including working carers into policies.

I am creating with the help from Carlisle Carers; an employers certificate. This certificate will recognise companies and organisations who have put actions, policies and structures in place to support working carers in the workplace. It will reviewed to ensure that the companies are keeping the high standards and improving the workplace for working carers.

I will be heading over to Gateshead Carers in February to meet the working carers team. They have grown and developed into a big team over 6 years and have close relationships with major businesses so it is an opportunity to learn about their development and gain valuable knowledge.

Carer's Assessment

There a few of you that receive the newsletter but are not know carers to us. If you have been hesitate about what the first steps are when working with us – please click [HERE](#) and find out about what is a carer's assessment and the process.

Great North Run Update

The countdown has begun for the Great North Run. The date is set for 10th September. I have had to be very organised about it. The first thing I had to do which may surprise you is to book my hotel. YES you heard me. Not running but getting a bed sorted. People travel from all over the world to take part so the hotels get book up very quickly. In fact the prices reflect the demand. I have booked in for two nights. I didn't think a long drive and traffic chaos would be a good start to the day so I am staying over on Saturday and Sunday night. I will make a weekend of it.

So we have received our letters and application forms. One of the questions in the application form is: how long do you think it will take for you to complete the great North Run? Considering I am at the start of my training and I have never done it before- I was very tempted to write- 'I will just be glad to finish it'. They ask so they get people with similar abilities in groups, meaning that the faster people won't be stuck behind slower runners. It helps create a flow for the thousands of people running. Running itself is going ok. Very slow but I am moving and that is the important thing. The next step is making a strategy of how to raise money.