

# April - June 2016 Newsletter of West Cumbria Carers



## We're embracing new technologies...

In February we went live with our wonderful new database! The database is a vital tool that helps us to maintain records and keep in touch with the 2,000 carers we know in West Cumbria. For many years now we have been struggling with an antiquated database that made keeping in touch with you difficult and at times patchy. Many of you will have experienced problems; missed newsletters, incorrect address labels or emails that just never turned up. We hope that our wonderful new database will mean all that will be in the past.

### NOW WE NEED YOUR HELP!

We have transferred all of you on to our new database but we want to make sure that the details that we have are as up to date as possible. PLEASE PLEASE let us know if any of your details are incorrect; perhaps we have made you a Mr instead of a Mrs or given you the wrong initial. Maybe we've not got your postcode quite right. PLEASE call the office if any changes need to be made.

Thank you.

## One last thing...



We would also like to make sure that we save as many trees as possible! If you have an email address that you are happy for us to use to send you any information and/or newsletters why not email us on [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk) or call the office to let us know.

## Out-of-hours Telephone Information Service

Our Telephone Information Service, designed to provide an information service for working carers or carers who find it difficult to call us during usual office hours (9am – 5pm weekdays), is changing.



Anyone wishing to access the service can call our usual office number, telephone 01900 821 976, on Saturday mornings between 9am and 12noon.

## Best foot forward for Carers Week

Plans are well underway for a great week of events for Carers Week 2016 6th – 12th June

After the success of Cupcakes4Carers last year we will be running several cupcake themed events. You can come and join us to sample yummy cakes or help us out by baking cupcakes to help celebrate. Once again we will be encouraging everyone to take Cakies (photographs of you and your cupcakes) and to send them to us to help us publicise Carers Week and to celebrate carers in West Cumbria.

Last year it was all about wheels as one of our staff members took to the road and cycled from Millom to Port Carlisle to raise money and awareness of carers. This year it's all about feet and boots as a team of over 15 staff members take up the challenge to walk in stages from Millom to Port Carlisle along the Cumbria Coastal Way. If you would like to join us most sections will be 10 miles long, however there will be some stretches of 5 miles or less on flat cycle paths suitable for wheelchairs and/or pushchairs.

## The Great Carers Bake Off Returns!

In June we will once again be celebrating Carers Week and #Cupcakes4Carers with a healthy baking course at Lakes College, Workington.



The three week course will be led by Lynette Mair. The sessions will offer you an opportunity to develop your baking skills, with particular focus on low fat and low sugar alternatives to the traditional sponge.

Sessions take place at Lakes College, Workington 1pm and 4pm, on the following dates:

Monday 6th June 2016  
Monday 13th June 2016  
Monday 20th June 2016

All ingredients are included and participants take home what they have made at the end of each session. Tea/coffee is included.

To book your place please ring the office on 01900 821 976.

## ACTIVITIES & EVENTS

### Renew, Refresh, RELAX!!

We hold free regular relaxation sessions across West Cumbria for Carers to drop in and take a little time out.

Our trainer Maria, has extensive experience in relaxation therapies and will take you on a tranquil journey to help calm your mind and ease your soul.

There is no need to book, just turn up at any of the following sessions.



#### **Maryport**

Community Resource Centre, 2a Selby Terrace, CA15 6NF  
1pm-2pm - 9th & 23rd May, 20th & 27th June

#### **Workington**

Oval Centre, Salterbeck, Workington, CA14 5HA  
11am-12pm - 4th May and 1st June

#### **Wigton**

Wigton Group Medical Practice, Southend, CA7 9QD  
11am-12pm - 9th May and 27th June

#### **Millom**

Millom Network Centre, Salthouse Road, LA18 5AB  
11am - 12pm - 16th May and 13th June

#### **Cleator Moor**

Methodist Church, Market Square, Cleator Moor  
CA25 5AU  
1.30pm - 2.30pm - 16th May and 13th June

#### **Whitehaven**

Senhouse Centre, 3 Senhouse Street, CA28 7ES  
1pm - 2pm - 3rd and 31st May

Thanks to a very kind anonymous donation from a grateful carer we are still able to offer some additional Relaxation sessions at Maryport.

### Mindfulness Top up sessions

For Carers who have previously attended a mindfulness meditation course don't forget the FREE monthly Mindfulness Top Up sessions. No need to book.

#### **Maryport**

Community Resource Centre, 12a Selby Terrace, CA15 6NF  
Monday 25th April 1pm - 2pm  
Monday 23rd May 1pm - 2pm  
Monday 20th June 1pm - 2pm

#### **Whitehaven**

Senhouse Centre, 3 Senhouse Street, CA28 7ES  
Thursday 14th April 10.30am -11.30am  
Thursday 12th May 10.30am -11.30am  
Thursday 16th June 10.30am -11.30am

### Helping to manage stress & anxiety

#### Mindfulness with Margaret Beck

Lots of carers have attended our FREE Mindfulness Courses and learnt so much about managing stress and anxiety. Why not try it for yourself. You have nothing to lose and you are sure to make new friends, gain new skills and learn to manage stress and anxiety effectively.

We have two 8 week Mindfulness Programme's coming up, one in Seascale and one in Workington see details below.

The Workington course takes place at Dean Street Church Rooms, 1pm to 3pm on:

Wednesday 11th May, Wednesday 18th May, Wednesday 25th May, Wednesday 8th June, Wednesday 15th June, Wednesday 22nd June, Wednesday 29th June, Wednesday 6th July

The Seascale course takes place at the Library 10am - 12 noon on the following dates:

Tuesday 17th May, Tuesday 24th May, Tuesday 31st May, Tuesday 7th June, Tuesday 14th June, Tuesday 21st June, Tuesday 28th June, Tuesday 5th July

If you would like to book a place or would like to know more about Mindfulness and how it can support you as a carer call the office on 01900 821 976.

### Spring Trip Afternoon Tea at The Waterfront, Whitehaven

Give yourself a few hours off and join us for Afternoon Tea at the Waterfront in Whitehaven; indulge in some delicious treats while looking out over the harbor. The Waterfront's Afternoon Tea is certainly something special with a selection of:

- Freshly made open and closed sandwiches on homemade bread;
- Freshly Baked Scones with Jam and Clotted Cream;
- Classical Victoria sponge cake;
- Miniature fresh fruit tarts;
- Homemade traybakes.

The afternoon tea will be served at 2.30pm - 4.30pm on Thursday 26th May. Afternoon tea and transport via coach is £15.00 (subsidised by West Cumbria Carers). Dependent on the numbers attending you may need to add a further 1-2 hours to the Afternoon Tea for travel.

To book your place, please complete the attached booking form (right) and return it with a cheque made payable to West Cumbria Carers by 13th May.



## ACTIVITIES & EVENTS

### Dad's Army SPECIAL Free Film Screening Event for Carers

In recognition of carers in West Cumbria and in celebration of Carers Week we are offering all carers known to West Cumbria Carers the opportunity to join us on Tuesday 14th June, 2pm, at Workington Plaza Cinema for our SPECIAL FREE screening of Dad's Army.

A perfect cast bring the much-loved Home Guard sitcom to the big screen.

It's 1944 and WWII is nearly at an end when attention turns to Walmington-on-Sea, where a German spy is on the loose. Can the Home Guard avert disaster? The classic TV comedy that has delighted generations is brought to the big screen. It's brilliantly cast, with Toby Jones as Captain Mainwaring and Bill Nighy as Sergeant Wilson.

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



### Raise your voice and sing!

It's not too late to join in with our Singing Sessions - come and sing with others, have a good time, meet new people and make some noise - all abilities (or no ability as the case may be!) welcome. There will be absolutely no solo singing just a lot of fun with your voice with people who feel just like you do.



*Could West Cumbria Carers become the next big thing?*

Sessions will take place at the Theatre Royal, Workington (entrance is on Wilson Street - No 30 look for the 'Soundwave' sign).

Dates of the sessions are:

Tuesday 17th May 2016 - 1.30pm to 3.30pm  
Tuesday 21st June 2016 - 1.30pm to 3.30pm  
Tuesday 19th July 2016 - 1.30pm to 3.30pm  
August 2016 - date/time to be confirmed

Call us on 01900 821 976 to book your place.

### Lets Talk...Physical Disability

We are hosting more of our popular Carers Forums in May. They will focus primarily on those caring for someone with a physical disability but will also provide some general information of interest to all carers.

Guest speakers at the event will include the Disabled Facilities Grants Officer who will be able to provide you with information about these grants, which enable you to make necessary changes to your home, for example:

- widen doors and install ramps;
- improve access to rooms and facilities e.g. stairlifts or a downstairs bathroom;
- provide a heating system suitable for your needs;
- adapt heating or lighting controls to make them easier to use.

Also attending will be Ann Broom of Age UK, who will be speaking about the new Bradbury Independent Living Centre, which will be opening on Oxford Street in Workington in September of this year.

Come along and meet other carers dealing with similar issues and problems and enjoy some lunch and refreshments.

#### **Wigton**

**Wednesday 25th May**, 10.30am to 12.30pm  
at **The Market Hall**, Wigton

#### **Whitehaven**

**Thursday 26th May**, 10.30am to 12.30pm  
at **The Senhouse Centre**, Whitehaven

Call 01900 821 976 to book your place.

### Spring Trip Booking Form

Name: ..... Telephone Number: .....

Number of places requested: ..... Name of other carer(s) attending: .....

I enclose a cheque, made payable to West Cumbria Carers for the full amount of £ .....

I require transport - Yes / No

Please return this slip to our Cockermouth Office by Friday 13th May 2016.

# ACTIVITIES & EVENTS

## Parkinson's Awareness Week - April 2016

Every hour, someone in the UK is told they have Parkinson's - a brain condition that turns lives upside down, leaving a future full of uncertainty. Parkinson's Awareness Week aims to make sure that everyone affected by Parkinson's has the information and support they need.

### Caring for someone with Parkinson's

Someone newly diagnosed with Parkinson's may not need any practical help but it's important they have someone to talk to, for emotional support. Both the local and national Parkinson's groups provide lots of good, useful information.

The symptoms of Parkinson's change over time and the care you provide may also need to change. Finding out as much as you can about Parkinson's can help you understand what kind of care is required and how to manage the treatment of Parkinson's.

Parkinson's medication can be one of the biggest concerns of day-to-day life with Parkinson's. Someone with the condition may have a complicated medication regime, taking a number of different tablets each day at specific times. Being responsible for medication may feel quite daunting, especially as the condition progresses. Ask for support from your GP,

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

specialist, Parkinson's nurse or pharmacist to get a good understanding of types and timings of medication.

Impulsive and compulsive behaviour can be a side effect of some Parkinson's drugs. People who experience this behaviour may not realise they have a problem so if you notice anything unusual it's important you discuss it with a healthcare professional.

Parkinson's UK can provide information on how Parkinson's progresses and on living with the disease. Visit their website at [www.parkinsons.org.uk](http://www.parkinsons.org.uk) or call the helpline on 0808 800 0303.

You can also download "The Carers Guide - for carers of people with Parkinson's" here - <http://www.parkinsons.org.uk/content/carers-guide-carers-people-parkinsons> or order a copy by calling 0845 121 2354.

If you know of someone who cares for someone with Parkinson's and would benefit from some support please encourage them to contact us here at West Cumbria Carers.



**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](mailto: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

## A chance to win £25,000 and support your favourite charity!

We are delighted to announce that we have joined Unity Lottery.

Unity is the nation's favourite fundraising lottery scheme, designed to give good causes the chance to gain support and raise funds through a weekly lottery.

You can play for as little as £1 per week. 50p of every £1 you play is guaranteed to go straight to West Cumbria Carers. The remaining 50p will be used to provide prizes and cover admin costs.

For just £1 per week you are allocated a six digit Unity Lottery number, which will remain yours for as long as you wish to keep playing. You can purchase more if you wish.

Every Saturday winners are selected at random and prize cheques posted directly to you, so no need for you to claim. You must be 16 or over to enter.

You can play and support West Cumbria Carers by using the following link <http://www.unitylottery.co.uk/charity/display/west-cumbria-carers>

If you would like to know more about the lottery please call 01900 821 976.



## 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](http://www.westcumbriacarers.co.uk)
- 2. By Letter**  
at the above address
- 3. By E-Mail:**  
[general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)
- 4. By Phone:**  
Tel: 01900 821976  
Fax: 01900 826206

## Staff Reference

**Chief Officer:**  
Sue Whitehead  
**Adult Project Manager:**  
Dot Barwise  
**Adult Carers Support Workers:**  
Susan Pickering  
Jeff Carroll  
Andrea Sowden  
Malcolm Pritchard  
Eleanor Scott  
Joanne Carter  
**Carers Health Workers:**  
Ann Quinn  
Bernie Cresswell  
**Community Clinic Support:**  
Ann Bruce  
**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  
**Community Fundraising Co-ordinator:**  
Michelle McGibbon  
**Volunteer Project Manager:**  
Angela Longrigg  
**Volunteer Support Worker:**  
Sam Adewoye  
**Carers Support Line Information Worker:**  
Selina Williams  
**Lasting Power of Attorney Support Worker:**  
Janet McElwee  
**Data & Comms Support Worker:**  
Julie Crellin  
**Administrator:**  
Vanessa Gray  
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