



## Get Healthy and Connected



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

In 2018 the focus of the week is on supporting carers to be healthy and connected. Caring can be a hugely rewarding experience, enriching relationships and providing a sense of satisfaction and well-being. However, caring for others often comes at a cost to carers' own health and well-being as they put their own health needs to the back of the queue.

To be healthy and connected, carers need information and practical support to care safely without harming their own physical and mental health. They also need the appropriate knowledge and access to services to allow them to stay fit and eat healthily.

Why not take your own steps towards getting healthy & connected by joining in with one of our Carers Weeks events.

### Carers Support Event

**"Carers can find it a challenge to find time to take care of their own well-being whilst caring"** Carers UK State of Caring Report 2017

This Carers Week we are working jointly with Hospice at Home West Cumbria to arrange a FREE Carers Event.

We have teamed up with a variety of local charities and organisations to share information about the different options and services out there to help carers get healthy and connected.

The event will take place on Wednesday 13th June at St Michaels Church, Workington from 10am to 2pm.

This is a fantastic opportunity for you to discover new ways of caring for YOU. The person you are caring for is also very welcome to attend and chat to the professionals there on the day. The list of organisations attending is growing daily, currently we are expecting Hospice at Home West Cumbria, Age UK, Better Leisure Centres, a variety of health professionals and, of course, us!

During the course of the day you will also have the opportunity to take part in a variety of taster sessions.

We hope the event will show you just how much support there is available in West Cumbria for carers.

Keep an eye out on the website for further updates on this event, or just call the office to speak to Michelle or Julie.

### In a Carers Shoes

**"Carers are more likely to have physical or mental health conditions and often neglect those conditions"** NHS England GP Patient Survey 2016

Four years ago Helen Statham, from Cumbrian Newspapers, spent the day "in carer's shoes" for Carers Week, tweeting the results to highlight the issues carers face.

We started wondering exactly what a pair of "carers shoes" would look like. Carers often have to multitask, juggling their caring role alongside all of the other aspects of day to day life, i.e. work, family, leisure. A "one size fits all" shoe just wouldn't do, when you're a carer you may need to change shoes (and hats!) multiple times a day.

### What shoes have you worn today?

During Carers Week we are going to ask people to think about the different types of shoes they have worn and to share their photos with us on social media using the hashtag #InCarersShoes. If possible we would like to share the equivalent of a miles worth of shoes, this will be a huge 1000 pairs!

Don't forget that Carers Week this year is all about getting healthy and connected so try to find some time to put on your walking / gym shoes during the week.

If you would like to join in the fun then send us your shoe shots via email or social media.



### Cupcakes4Carers

**"Carers can often experience loneliness and social isolation which can have a negative impact on health"** Carers UK State of Caring Report 2017

To help you get connected we would like to invite you to attend our Cupcakes4Carers event during Carers Week. Join us on Thursday 14th June between 12.30pm and 2.30pm at our offices in Cockermouth.

Come along for a cuppa and some cake (baked and/or donated by local businesses, staff and volunteers).

Please note that this event is open to anyone, so you are welcome to bring along the person you care for, friends, family or come on your own, it's entirely up to you.

**We'd be very grateful for any donations of cupcakes anyone is able to make. If you're able to support us then please could you call Michelle McGibbon on 01900 821976**

# ACTIVITIES & EVENTS

All activities and events must be booked unless otherwise stated - call 01900 821976

## Helping to manage stress & anxiety

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.

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.

### Allerdale

**Venue:** West Cumbria Carers Office, Cockermouth

**Times:** All sessions will take place on a Tuesday from 1pm to 3pm

**Dates:** Introduction Session: 19th June

**Eight Week Course:** 26th June, 3rd July, 10th July, 17th July, 24th July, 31st July, 7th August, 14th August

### Copeland

**Venue:** Senhouse Centre, Whitehaven

**Times:** All sessions will take place on a Friday from 5pm to 7pm

**Dates:** Introduction Session: 7th September

**Eight Week Course:** 14th September, 21st September, 28th September, 5th October, 19th October, 26th October, 2nd November, 9th November

## Movie Matinee

Our next cinema trip will be to see **"The Guernsey Literary & Potato Peel Pie Society"**

The film centres on writer Juliet Ashton (played by Downton Abbey actress Lily James), who forms an unexpected bond with the residents of Guernsey in the aftermath of World War II.

During 1946 the author receives a letter from Dawsey Adams of Guernsey. When Dawsey reveals that he is a member of the Guernsey Literary and Potato Peel Pie Society, her curiosity is piqued and it's not long before she begins to hear from other members. As letters fly back and forth with stories of life in Guernsey under the German Occupation, Juliet soon realizes that the society is every bit as extraordinary as its name.

As the secrets from their wartime past unfold, Juliet's growing attachment to the island, the book club and her affection for Dawsey will change the course of her life forever.

The showing will take place on Friday 22nd June at 2.00pm at the Kirkgate Centre, Cockermouth.



## Free Refresher

Don't forget you can call in at any of the mindfulness top-up sessions - no need to book.

### Whitehaven

Senhouse Centre, 3 Senhouse Street, CA28 7ES

Tuesday 12th June 1.30pm - 3.00pm

Tuesday 10th July 1.30pm - 3.00pm

### Workington

Helena Thompson Museum, Park End Road, CA14 4DE

Wednesday 13th June 6.30pm - 8.00pm

Wednesday 11th July 6.30pm - 8.00pm

Wednesday 8th August 6.30pm - 8.00pm

## 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.

**Cockermouth** - West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, CA13 0QT

11am - 12pm on Wednesday 6th June, 4th July and 1st August

**Distington** - Community Centre, Church Road, CA14 5TE

1.30pm - 2.30pm Monday 4th June, 2nd July and 6th August

**Maryport** - Maryport Library, Lawson Street, CA15 6ND

1pm - 2pm on Monday 11th June, 9th July and 13th August

**Wigton** - Wigton Group Medical Practice, Southend, CA7 9QD

11am - 12pm on Monday 11th June, 9th July and 13th August

**Millom** - Millom Network Centre, Salthouse Road, LA18 5AB

11am - 12pm on Monday 4th June, 2nd July and 6th August

**Whitehaven** - Senhouse Centre, 3 Senhouse Street, CA28 7ES

1pm - 2pm on Thursday 7th June, 5th July and 2nd August

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

[www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk)

## Let's Get Together

During Carers Week we will be starting a new series of our ever popular carers meets. We'd love it if you could join us to:

- listen to our guest speakers/health professionals
- meet up with other carers dealing with similar issues and problems
- have a chat with one of our Adult Carer Support Workers
- enjoy some of the yummy lunch and refreshments provided!

## Let's talk...Emotional Resilience

**"Carers are more likely to experience stress, anxiety and worse mental health"** Carers Week (2016), Building Carers Friendly Communities

Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience. Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience isn't a personality trait – it's something that we can all take steps to achieve.

### Allerdale

**When** - Wednesday 13th June from 10.30am to 12.30pm

**Where** - The Market Hall, Wigton

### Copeland

**When** - Monday 20th June from 10.30am to 12.30pm

**Where** - The De Lucy Centre, Egremont

## Lets talk...Back Care

**"Carers often experience physical injury as a result of their caring role"** Carers Week (2016), Building Carers Friendly Communities

Lifting and carrying are an everyday part of life for many carers and for some this can lead to significant back pain and problems. You may often find yourself lifting and moving the person you care for, heavy objects and furniture such as cumbersome wheelchairs or equipment, often without support and without giving any thought to your own safety.

These sessions will provide information to help you to keep YOUR back safe. The Cumbria Occupational Therapy Team will be on hand to share their tips for safe moving and handling techniques.

### Copeland

**When** - Wednesday 18th July from 10.30am to 12.30pm

**Where** - The Senhouse Centre, Whitehaven

### Allerdale

**When** - Thursday 26th July from 10.30am to 12.30pm

**Where** - The Helena Thompson Museum, Workington

**Places are limited and booking is required.**

**Please get in touch to book your place.**

## Choose Wisely



Did you know that your local pharmacy can offer health advice and support? Your local pharmacist is a trained healthcare professional and can give advice on common illnesses without the need to go to your GP.

### A message from the Community Pharmacy

*"We are all aware that our NHS is running on reduced resources and that we all share the responsibility for using it wisely, to make sure that it is there for us when we really need it.*

*The NHS has taken a number of measures to try and make sure it uses its precious resources for the best of its patients.*

*There's been a lot of talk recently around stopping the prescribing of low-value items for minor ailments, such as dry eyes or constipation. This is because these can end up costing the NHS millions of pounds, given the quantity prescribed and related costs such as GP appointments and dispensing fees.*

*It is important to remember that although these items are relatively low-cost, these costs are not insignificant to a large section of our community who have a limited income and this is where the community pharmacy minor ailments scheme comes in.*

*The scheme has been running for about three years and covers a wide range of conditions including constipation, diarrhoea, oral thrush, bacterial conjunctivitis, hay fever and sore throat. For patients exempt from prescription charges, medication provided on the scheme is free of charge. The scheme has been a huge success, with thousands of successful consultations, even though it is often called the 'minor ailments' or even 'minor ailments' scheme.*

*It is up to the pharmacies running the scheme to make sure that it is accessed responsibly and that it is not simply used to stock up on medicines. Used correctly it improves access to medicines, saving GP appointments and helping patients to get effective treatment promptly."*

### Nat Mitchell

#### Community Pharmacy Cumbria Committee Member & Pharmacist at JWW Allison & Sons Ltd in Cockermouth

One of the great things about this scheme is that you do not need an appointment, you can just pop in when you need to.

Pharmacies across Cumbria are taking part, so pop into your local pharmacy or visit [www.cumbriaccg.nhs.uk](http://www.cumbriaccg.nhs.uk) for more details.



# INFORMATION

## 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 an opportunity to think about the responsibilities and ask questions
- Practice filling in the forms on paper to take away with you;

## Lasting Power of Attorney Learn and Do Workshop

Tuesday 26th June 2018

10am - 12.30pm

West Cumbria Carers Meeting Room,  
Suite 7D, Lakeland Business Park,  
Cockermouth  
CA13 0QT

£40 per person  
Payable on the day by cash,  
cheque or card

**Places are limited to six people  
Call and book now 01900 821976**

## Grand Draw

Enclosed are some raffle tickets for our Grand Draw. If you would like to buy any and be in with the chance of winning an iPad, mirror will or a luxury hamper, then please complete and send money back by 28 October 2018.

As always if you have received the tickets but do not want to buy any, then we kindly ask you to either return them to the office or dispose of them.

If you would prefer **NOT** to receive them in future, please let us know by calling 01900 821976 or emailing michellemcgibbon@westcumbriacarers.co.uk

## FOCUS ON...

### Our Wonderful Volunteers

Did you know that June 1st – 7th is National Volunteer Week? That's when volunteers across the UK are celebrated for all the time and skills they give to their local communities.

We wanted to take this opportunity to say a huge thank you to all our fantastic volunteers for their support over the last year! They truly are worth their weight in gold.

### Have you heard about our carers champions?

They are volunteers in the workplace and local communities who raise awareness of our services with carers. They assist us in identifying anyone who may wish to receive our support and, if required, signpost them to us.

We have carers champions based in a range of places which include some local pharmacies and GP surgeries.

We also have carers champions based in the workplace; some of these include Franks Portlock, Hertel, Iggesund, Inspira, Kaefer Ltd, LLWR, Morgan Sindall, PPM Ltd and Sellafield Ltd.

### Do you know anyone who would like to be a volunteer?

#### Why Volunteer?

At West Cumbria Carers we highly value and appreciate all our volunteers and the time they give us. We offer free training plus ongoing support.

#### Interested?

More detailed information on our volunteer opportunities can be found on our website [www.westcumbriacarers.co.uk/get-involved](http://www.westcumbriacarers.co.uk/get-involved)



## 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

## Staff Reference

**Chief Officer:**  
Sue Whitehead  
**Adult Project Manager:**  
Dot Barwise  
**Adult Carers Support Workers:**  
Andrea Carlton  
Andrea Sowden  
Bethany Johnstone  
Eleanor Scott  
Jane Hanlon-McNab  
Jeff Carroll  
Joanne Carter  
Malcolm Pritchard  
Susan Pickering  
**Carers Health Workers:**  
Ann Quinn  
Bernie Cresswell  
**Community Clinic Support:**  
Ann Bruce  
**Benefits Support Worker:**  
Lynne Christie-Quinn  
**Young Carers Project Manager:**  
Michelle Watson  
**Young Carers Support Workers:**  
Emma Spencer  
Gill Wintrup  
Jane Hanlon-McNab  
Mags Little  
Melissa Messenger  
**Transitional Project Support Worker:**  
Jacqui Miller  
**Volunteer and Projects Co-ordinator:**  
Angela Longrigg  
**Volunteer Team:**  
Andrea Carlton  
Ann Bruce  
**Community Fundraising Co-ordinator:**  
Michelle McGibbon  
**Working and Caring Support Worker:**  
Andrea Carlton  
**BBO - Choices**  
Helene Wickins  
**Lasting Power of Attorney Team:**  
Annamarie Desmond-Storey  
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**Data & Comms Support Worker:**  
Julie Crellin  
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