



## It's our favourite time of the year - Carers Week

Carers Week is a national week of campaigning and fundraising to raise the profile of Britain's seven million unpaid carers. Carers Associations up and down the country hold events and activities.

This year Carers Week takes place on **12th – 18th June** and the theme is "Building Carer Friendly Communities". We're hoping to help raise awareness in the community, and money for the charity, with our Carers Week activities.

### Cupcakes4Carers

It just wouldn't feel like Carers Week if we didn't mention Cupcakes!

Over the last couple of years our Cupcakes4Carers events have proven so popular that we can't resist asking you all to go cupcake crazy with us one more time.

**We would like to invite you to join us for a cuppa and some cake on:**

- Wednesday 14th June 2017, 10am - 1pm at West Cumbria Carers, Suite 7F Lakeland Business Park, Cockermouth
- Thursday 15th June 2017, 10am - 1pm at The Cornerstone Bookshop, Church Street, Whitehaven

Please note 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.**



### Calling all Working Carers

Our Working and Caring support worker, Hannah, will be taking charge of the @WCumbriaCarers twitter feed on Monday 12th June at 7pm to host **#CumbriaHour**.

Hannah will be asking

**"Why is it important to support carers in the workplace?"**

Could you help us to tell local employers what it's like to juggle caring with working, in 140 characters or less?

Why not put on your jammies, pour a glass of your favourite tippie and join us from the comfort of your own living room.

You can follow the conversation at [www.twitter.com/hashtag/cumbriahour](http://www.twitter.com/hashtag/cumbriahour)

*If you can't make it on the night why not send Hannah your suggestions and she can share them for you - [hannahblake@westcumbriacarers.co.uk](mailto:hannahblake@westcumbriacarers.co.uk)*

*Hannah supports Working Carers*

### A Conference about Carers for Carers

**On Monday 12th June, 2017 the second annual Cumbria Carers Conference will be taking place.**

This year's conference is going to be all about you and your thoughts & feelings about being a carer.

In the January newsletter we asked "What are Words Worth?" and invited carers to attend a creative workshop with the Wordsworth Trust. At these, carers were inspired to reflect on their lives and find new, creative ways to communicate something of their life as a carer.

The amazing work produced during these sessions will be shared at the conference. Carers attending on the day will also have a chance to get creative at a selection of taster workshops. In addition to this:

- The conference will give the opportunity for consultation with carers on services provided locally both by Adult Social Care and the Carers Organisation they are registered with
- There will be an opportunity to put forward ideas that you would like considered as part of a Cumbria Carers Strategy
- There may be the opportunity to have some taster sessions of Tai Chi and Yoga (this is still to be confirmed)

The Conference is being held at the Daffodil Hotel and Spa in Grasmere, transport will be provided.

*PLACES ARE LIMITED so if you are interested in attending please call the office as soon as possible. We will let you know nearer the time if you have a place and send you a full programme for the day.*

The conference will be hosted by Carers Support Cumbria a consortium made up of Cumbria's five Carers Organisations – West Cumbria, Carlisle, Eden, South Lakeland and Furness.

### Silver Celebrations

Are you celebrating a 25th Anniversary this year? If so we want to hear from you!

To help us commemorate our Silver Anniversary we would like to share an elegant treat with a couple also celebrating during 2017.

**You can read more about our special Anniversary plans on the back page.**



# ACTIVITIES & EVENTS

## FREE Screening – Hidden Figures

**Wednesday 21st June at 2pm, at Workington Plaza.**

As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history.

Nominated for numerous awards, Hidden Figures is based on the unbelievable true life stories of three of these women, known as "human computers".

The story follows the women as they quickly rose the ranks of NASA, alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return.

Dorothy Vaughan, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes

**Please call 01900 821 976 now to book your place.**



## Make time for Me with Mindfulness

Why not treat yourself by booking onto one of our upcoming Mindfulness courses.

**Copeland** – all sessions will take place on a Tuesday from 1.30pm to 3.30pm

**Venue:** Grace Church, the George Street Centre, Whitehaven, CA28 7PW

**Introduction Session:** 13th June

**Eight Week Course:** 20th June, 27th June, 4th July, 11th July, 18th July, 25th July, 1st August, 8th August

**Allerdale** – all sessions will take place on a Thursday from 6pm to 8pm

**Venue:** Helena Thompson Museum, Park End Road, Workington, CA14 4DE

**Introduction Session:** 7th September

**Eight Week Course:** 14th September, 21st September, 28th September, 5th October, 12th October, 19th October, 26th October, 2nd November

The introduction sessions give you the opportunity to meet the practitioner and other interested carers, have a bit of a chat and find out what mindfulness is all about before deciding whether to join the eight-week programme.

**To book any of these dates, or just to find out more about mindfulness, call the office on 01900 821 976.**

## “Top-up” your Mindfulness

*If you have previously attended a mindfulness meditation course then don't forget the FREE top-up sessions. No need to book.*

### Whitehaven

**Grace Church, the George Street Centre, CA28 7PW**

Thursday 22nd June 2.00pm - 3.30pm

Friday 21st July 2.00pm - 3.30pm

### Workington

**Helena Thompson Museum, Park End Road, CA14 4DE**

Wednesday 14th June 6.30pm - 8.00pm

Wednesday 12th July 6.30pm - 8.00pm

Wednesday 9th August 6.30pm - 8.00pm

Wednesday 13th September  
6.30pm - 8.00pm



## Unwind with Maria

Our regular drop-in relaxation sessions are still going strong and are a great way of taking time out for yourself to relax, rejuvenate, and revitalise. Maria Richardson, our trainer, will take you on a serene journey through an oasis of calm that will leave you feeling refreshed and ready to take on the world. No need to book, just turn up and enjoy.

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

1pm-2pm on 12th June, 10th July, 21st August & 11th September

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

11am-12pm on 7th June, 5th July, 9th August & 6th September

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

11am-12pm on 12th June, 10th July, 21st August & 11th September

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

11am - 12pm on 5th June, 3rd July, 14th August & 4th September

**Cleator Moor** - Howgill Family Centre, Birks Road, CA25 5HR

1.30pm - 2.30pm 5th June

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

1pm - 2pm on 6th June, 6th July, 10th August & 7th September

### BRAND NEW VENUE!

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

1.30pm - 2.30pm 3rd July, 14th August and 4th September

## Carers Get Together

Our next Carers Meet will focus on Dementia, we'd love it if you could join us to:

- meet up with other carers who are in a similar situation
- have a chat with one of our Adult Carers Support Workers
- listen to a member of the local Memory Matters team

**The meet will take place on Thursday 25th May from 10.30am – 1.00pm at The Senhouse Centre, Whitehaven, CA28 7ES.**

*Sandwiches and refreshments will be provided, so if you enjoy a nice natter over a spot of lunch call now to book your place!*

# USEFUL INFORMATION

## How do I...?

From hoists to hearing aids and ramps to reachers, one of the questions we are asked most often is how you can get hold of aids and adaptations to help make life a little easier.

We've spent some time investigating this and have pulled together a selection of handy resources for you.

**Age UK West Cumbria** supply a wide range of aids for use all around the home and when you are out and about.

They are able to provide information & advice on all aspects of active, healthy and independent living. Trained Assessors can assess your daily living and equipment needs, including an assessment of your home environment (available on request).

They have outlets throughout West Cumbria where you can find equipment to help you meet your needs:

Outlet	Address	Tel No	What's Available
Old Customs House	West Strand, Whitehaven	01946 66669	Full range of equipment available
Maryport Age UK shop	71 Senhouse Street, Maryport	01900 872824	
Wigton Age UK Office	Wigton Hospital, Cross Lane	016973 4229	Most popular items in stock and ordering service available
Bradbury Centre	St George's Road, Millom	01229 774573	
Bradbury Independent Living Centre	Oxford Street, Workington	01900 844670	Showroom - see below

**The Bradbury Independent Living Centre** has the latest range of daily living aids and equipment laid out in room settings where you can try before you buy:

- Equipment on prescription and for purchase
- Recycled equipment for purchase and larger equipment for hire e.g. wheelchairs
- Larger equipment; stairlifts, riser-recliner chairs, adjustable beds and easy bathing bathrooms for purchase
- Motorised scooters to purchase in partnership with Cumbria Mobility

The Centre is open Monday to Friday 9.00am-4.30pm and Saturday 9.00am-1.00pm. They can be contacted on 01900 844670 or [bradburyilc@ageukwestcumbria.org.uk](mailto:bradburyilc@ageukwestcumbria.org.uk).

**Independent Living** is a website which provides information about living independently with a disability.

The site ([www.independentliving.co.uk](http://www.independentliving.co.uk)) was set up in the first place simply because there was nowhere to find out about products and services that could make daily living and mobility easier.

The site is really easy to navigate and contains a wealth of information and advice on a wide range of aids and equipment.

One page on the site is designed particularly for family carers looking for ways to help with caring for an adult or child. Just hover over the words "Independent Living Buyers Guide" to show the menu pictured. Click on any service you want to know more about.

*If you need any help accessing this website please call the office or visit your local library who are always available to help you get online.*

**Wheel freedom** is a company that specialises in hiring and selling mobility equipment.

The company also operates an affordable nationwide hire service for manual wheelchairs, knee scooters and other products, delivering equipment to your address on a next-day service.

*You can check out the full range available for hire at [www.wheelfreedom.com](http://www.wheelfreedom.com) or by speaking to one of their mobility specialists on 0800 025 8005.*

You can end your hire at any time, there is no notice period required. They will be able to collect your wheelchair on the next working day after you contact them. They are also able to collect from a different address to the delivery address - perfect when taking a wheelchair on holiday or to visit relatives!

Did you know that **Argos** also offer a range of Independent Living products, advice and inspiration to make day-to-day life easier and more comfortable. You can shop online at [www.argos.co.uk](http://www.argos.co.uk) or pick up a catalogue in your nearest store.

*A number of our **Local Pharmacies** also stock a range of handy equipment, some of these are listed below:*

**Whelans Chemist** at John Street, Workington, (01900 603332) stock a range of wheelchairs and disability living aids, they also offer a wheelchair hire service.

**Allisons Chemist** on Main Street in Cockermouth (01900 822292) stock of a number of items regularly prescribed by occupational therapists under the Transforming Community Equipment Services (TCES) scheme. Less commonly used products can be obtained direct from the supplier. They also have catalogues available for you to take away if you wish to purchase any disability living aids.

**Dobies Chemist**, Curzon Street, Maryport (01900 812662) offer a wheelchair hire service and can obtain a wide range of disability living aids.

If you know of any other services which your fellow carers would find helpful then please let us know for future editions!

**Call Julie on 01900 821976 or email [juliecrellin@westcumbriacarers.co.uk](mailto:juliecrellin@westcumbriacarers.co.uk).**



# USEFUL INFORMATION

## Fed up of Nuisance Calls?

Most of us dread the phone ringing these days in case it's a PPI or accident claims company. However, there is now some incredible technology available to help you take back control of your home phone from nuisance callers.

### BT Call Protect

Available to BT customers only, BT Call Protect is free. It's quick and simple to turn on and will give you access to:

- The BT Blacklist – once the worst nuisance call offenders are identified BT will automatically divert them for you
- Your Personal blacklist - you can add any number you like to your personal blacklist, including the last call you answered from your home phone. Then any future calls from those numbers will go straight into junk voicemail
- Types of caller - you can arrange to send certain types of call to junk voicemail. Choose from international numbers, withheld numbers or unrecognised numbers

### Call Blocker Equipment

*If you're not with BT, don't worry, you can still block nuisance calls.*

Most new telephone handsets now have a blocker built in. This allows you to add any specific number to your blocked list as well as types of caller.



You don't need to wait until you are in the market for a new phone. You can get the same functionality using a blocker which plugs into your current phone. They cost from around £35 online, but prices can vary so shop around!

## Now Available - NoWcard

The NoWcard scheme provides free off-peak travel on scheduled bus services for older people and those with disabilities.

### How does it work?

Within each NoWcard is a small electronic chip, which gives details of your fare discount. The ticket machine on the bus will be able to read your NoWcard, check its validity and ensure that you are given the correct fare. Your personal details are kept securely by your District Council; these details cannot be read by bus service operators.



### How do I find more information?

You can get leaflets and applications from local libraries and Council offices. You can also visit [www.nowcard.org](http://www.nowcard.org) or call 0300 123 6737.

## Deadline looms for digging out old paper fivers

Millions of the old banknotes are still in handbags, bedroom drawers and down the back of sofas across the country. This is despite the fact that old-style £5 notes ceased to be legal tender on 5th May.

**But don't worry if you have a stash of these under the mattress, you can still take them into your bank and exchange them for the new polymer version for the next few months.**

## Dementia Café

Do you care for someone with Dementia? There is now a dementia café in Wigton for people with dementia and their carers. Why not join them for coffee, cake chat and more.

**Where:** Wigton Methodist Church

**When:** The first Monday of every month from 10am to 12noon



## Facts and Figures

We've been doing some number crunching recently and wanted to share with you some of the sensational stats we discovered!

### Over the last 12 months the:

<b>Total number of Adult Carers supported is</b>	<b>2347</b>
Number of Adult Carers Assessments carried out	625
Number of Adult Carer Reviews undertaken	1080
<b>Total number of Young Carers supported is</b>	<b>359</b>
Number of Young Carers Assessments carried out	81
Number of Young Carer Reviews undertaken	203

## NEWS

### Do I need a Lasting Power of Attorney?

Anyone can lose capacity to make decisions at any time. We often think of this as being an issue for older people but what if a serious accident or health emergency should happen to you?

How will you manage your bank account or let health officials know your wishes about your care? Having a Lasting Power of Attorney (LPA) in place offers you that peace of mind.

If you are considering making a Lasting Power of Attorney our team are now able to offer one hour appointments at our office in Cockermouth.

We can talk you through the process and answer any questions you might have. Whilst we cannot give legal advice we can explain the options available to you.

We charge £40 for this appointment. This cost can be offset if you decide to use our Silver or Gold LPA service.

**To make an appointment or chat through our services call us on 01900 821976 or email [general@westcumbriacarers](mailto:general@westcumbriacarers)**

### Meet Our Team

*Janet McElwee and Annamarie Desmond-Storey are here to assist you through every step of the process and explain the different decisions you need to make.*



### Our range of services

You can complete the necessary forms online and register an LPA with the Office of the Public Guardian yourself by visiting [www.gov.uk/opg](http://www.gov.uk/opg).

However, should you want some help our team are here to answer your questions and support you through the process.

#### **Bronze Service**

Similar to a passport checking service for £25 per LPA our team can check your completed paperwork is filled in correctly.

#### **Silver Service**

Our team support you by telephone and post to complete and submit your LPA to the Office of the Public Guardian. The price for this service is £150 per LPA.

#### **Gold Service**

Sit down with our team and complete the paperwork ready to take away for signature. This service is £180 per LPA.

*In addition to the above prices each LPA will also require a registration fee of £82\* to the Office of the Public Guardian.*

You may be eligible for a reduction or exemption of this charge if you receive certain benefits or can prove a low income.

**\*Price subject to change by the Office of the Public Guardian**

## FUNDRAISING

### Feeling Lucky?

You have probably already noticed that we have enclosed some raffle tickets for our 2017 Grand Draw.

Last year we held our first Grand Draw and raised an incredible £1007. We have some fantastic prizes lined up for this year!

- iPad, very generously donated by Morgan Sindall
- Two nights B&B at The Trout Hotel, Cockermouth
- King size Sealy mattress
- 1 years family membership for the Keswick Pencil Museum plus £150 worth of goodies
- Luxury hamper donated by Morrison's, Workington

It is entirely up to you if you would like to purchase any. We have found that this is a great way to send them with the newsletter as it saves on postage costs. As it really doesn't cost much money to have these tickets printed in bulk, please dispose of any you don't require.

If you would like to purchase any, they cost £1 each. Please return your completed ticket stub(s) and money to: Michelle McGibbon, West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, Cockermouth CA13 0QT.

To be entered in the draw all monies and ticket stubs must be returned by 1st October 2017. The winners will be drawn on 6th October at our Silver Ball (see over for more on the Ball).

If you would be interested in helping us out by selling raffle tickets to family, friends and colleagues please call Michelle McGibbon on 01900 821 976.

### Collision Band Night

You may remember that earlier this year we teamed up with Ennerdale Brewery, who generously produced a brand new charity beer named "Jugglers Ale". This Real Ale was created especially for our 25th Anniversary.

It proved to be quite popular in the local pubs, where it was a guest ale, selling out very quickly.

If you would like the chance to try Jugglers Ale for yourself then it's not too late!!

Why not join us at The Kirkgate Centre on Friday 23rd June, for an evening of music with local band Collision. Doors open at 7pm and the band will be followed by a disco and raffle.

Tickets for the event are £7 which include a free bottle of the delicious Jugglers Ale.

**You can buy tickets online at [www.eventbrite.co.uk](http://www.eventbrite.co.uk) (search for Collision Fundraising Night) or by contacting Michelle McGibbon on 01900 821976.**



# FUNDRAISING

More of our  
**25 Events for Our 25<sup>th</sup>**

Event Title	Date	Time	Venue
Store Collection	Saturday 3rd June	10am – 4pm	Sainsburys, Cockermouth
Cumbria Carers Conference 2017	Monday 12th June	10am – 3pm	Daffodil Hotel, Ambleside
Cupcakes4Carers	Wednesday 14th June	10am – 1pm	West Cumbria Carers, Cockermouth
Cupcakes4Carers	Thursday 15th June	10am – 1pm	Cornerstone Bookshop, Whitehaven
Collision Band Night	Friday 23rd June	7pm – 11pm	Kirkgate Centre, Cockermouth
Silloth on Solway Sportive Cycling Event	Sunday 25th June	11am	Silloth on the Green
Family Fun Day	Saturday 15th July	10am – 2pm	Cockermouth Rugby Club
Store Collection	Saturday 22nd July	10am – 4pm	Tesco, Workington
Store Collection	Thursday 10th August	10am – 2pm	Morrisons, Workington
Silver Anniversary Ball	Friday 6th October	7pm til late	Armathwaite Hall, Bassenthwaite
Britain's Best Breakfast	Wednesday 11th October	9am – 11am	West Cumbria Carers, Cockermouth
Thank You Event	Thursday 16th November	6pm – 8pm	Energus, Lillyhall



## Silver Ball

**When** - Friday 6th October 2017, 7pm – late

**Where** - Armathwaite Hall Hotel, Bassenthwaite

On Friday 6th October we will be holding a Silver Ball to celebrate our 25th Anniversary.

Join us for an evening of glitz and glamour and magic, whilst enjoying a delicious three-course meal. Then dance the night away to music and disco from Broken English.

**Tickets will be on sale soon, but to register your interest please call Michelle McGibbon on 01900 821976.**

## Thank You!

We are delighted to announce that we have been chosen by Energus, Lillyhall as their Charity of the Year. They hope to carry out various fundraising activities for us as well as raising awareness of the services we provide. They are also offering us free room hire!

We were the Charity of the Year for the Low Level Waste Repository from April 2016 – March 2017, they raised a fantastic £5001 for us which we are deeply grateful for!

Thank you also to the following people and businesses for supporting us recently:

- Burnetts Solicitors
- Carol Reay
- Charities Aid Foundation (CAF)
- David Attenburgh
- Iggesund Paperboard
- Keswick Pencil Museum
- Low Level Waste Repository Ltd
- Morgan Sindall
- Sealy

## Family Fun Day

On Saturday 15th July we will be holding a family fun day at Cockermouth Rugby Club, Strawberry How (10am to 2pm).

As the title suggests there will be loads of fun things going on, including:

- Children's party games
- Face painting
- Glitter tattoos
- Bouncy castle
- Inflatable obstacle course
- Superhero visits

Entry costs will be £5 per family (entry is free for carers registered with us and their families)

**There will be limited transport available for Young Carers to attend, if you require transport, please contact Michelle McGibbon on 01900 821976.**

## Fabulous Fashion

A massive thank you to everyone who came along to our first ever fashion show, we hope you had as much fun as we did. There were over 110 people there on the night, which is a fantastic turn out!

The evening was hosted by Colours Fashion Show who have proven to be really popular locally.

**The evening raised a fantastic £749 so thank you once again!**



## 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

Fax: 01900 826206

## Staff Reference

### Chief Officer:

Sue Whitehead

### Adult Project Manager:

Dof Barwise

### Adult Carers Support

#### Workers:

Susan Pickering

Jeff Carroll

Andrea Sowden

Malcolm Pritchard

Eleanor Scott

Joanne Carter

Bethany Johnstone

Stephen Bass

Andrea Carlton

### 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:

Mags Little

Melissa Messenger

Gill Wintrup

Jane Hanlon-McNab

### 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

### Working and Caring Support

#### Worker

Hannah Blake

### Lasting Power of Attorney

#### Team:

Janet McElwee

Annamarie Desmond-Storey

### Data & Comms Support

#### Worker:

Julie Crellin

### Office Manager:

Linda Stamper

### Administrator:

Vanessa Gray

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