Making Technology work for you

There are a number of different technologies that you can use every day to make your life easier, including some really simple tools that you probably haven’t even thought about or used before. Here we summarise some.

Get your shopping done

Avoid queues, worry-free wheeling trolleys and carrying heavy bags simply by fitting a door handle system that can be used with a cup of tea and ordering your weekly shopping. All the major supermarkets offer delivery for online orders and lots of smaller independent retailers are getting on the act.

Seek out

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CHRISTMAS ACTIVITIES & EVENTS

We are holding our annual Christmas Lunch for Carers on Thursday 17th December at 12.30pm at the Hundith Hill Hotel just outside Cockermouth. Come and join us for some Christmas fun, food and festivities.

The cost will be £17.00 per person. Booking is essential if you would like to attend please return the reply slip along with a cheque made payable to West Cumbria Carers by Mon 11th December 2015.

Christmas Lunch at Hundith Hill

Christmas Meahl Menu Options

Starters

Cranberry, Leek & Potato Soup with cranberry coulis & toasted walnuts
Ham, Hock, Chicken Breast & Asparagus Terrine with apple and horseradish chutney
Melan Fan Duo with toasted nuts and blackcurrant coulis
Smoked Salmon, Pea & Salmon & Atlantic Prawns with dill, horseradish and lemon mayonnaise

Main

 Succulent Roast Rib Of Beef with rosemary & red wine jus
Traditional welsh Rarebit with gruyere cream
 Lamb Shank, mashed potatoes, red wine jus & seasonal vegetables
Roast Seasonal Turkey with apple & pear chutney, crisp artisan bread
Smoked Salmon, Poached Salmon & Atlantic Prawns with dill, horseradish and lemon mayonnaise

Dessert

Black Cherry Trifle Duo
Apple and cinnamon sponge alternate with apple chutney & black cherry jelly
Smoked Salmon, Pea & Salmon & Atlantic Prawns with dill, horseradish and lemon mayonnaise

Coffee

Visit our website – www.westcumbriacarers.co.uk/for-adult-carers/ benefits-clinics

We offer lots of pickup and drop off points such as Seascale, Egremont, Workington, Maryport, and Wigton and will do our best to support you to join us on this great day out. The cost of the trip will be £12.00. Booking is essential, if you would like to attend please return the reply slip on this page along with a cheque made payable to West Cumbria Carers.

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 gentle 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.

It’s not too late to get Crafty!

There are still some places left on our upcoming Arts and Crafts sessions. Make an early Christmas present or design your own mug, paint some glasses etc. in a friendly and relaxed atmosphere with Ann Bruce at Business Park, Lamplugh Road, Cockermouth, CA13 0QT.

Christmas Reply Slip

I would like to attend (Please tick all that apply):

Christmas Shopping Trip to Newcastle

Christmas Lunch at Hundith Hill

Christmas is nearly here!! As always we will be helping you to get prepared for the festive season by offering you a chance to join our Christmas Shopping Trip.

As last year we are heading for Newcastle with two drop off points such as Seascale, Egremont, Workington, Maryport and Wigton and will do our best to support you to join us on this great day out. The cost of the trip will be £12.00. Booking is essential, if you would like to attend please return the reply slip on this page along with a cheque made payable to West Cumbria Carers.

We will work in partnership with local libraries in Silloth, Wigton, Keswick, Maryport, Whitehaven, Seascale and Millom, who provide venues and a welcoming atmosphere in which to run the clinics. We also hope to receive help from two wonderful volunteers, Judith and Margaret, who help Gillian at clinics in Wigton, Silloth and Keswick.

The project is funded by a grant from Cumbria County Council and Cumbria Clinical Commissioning Group for a further 2 years.

We are running free drop-in benefit Clinics on the following dates at the venues and times shown.

We have a new eight week course starting in January 2016, which will enable you to practice and develop mindfulness meditation.

Time to play Father Christmas!

Time to break out the tissue and wrapping paper Christmas is nearly here! As always we will be helping you to get prepared for the festive season by offering you a chance to join our Christmas Shopping Trip.

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Oval Centre, Salterbeck, Workington, CA13 9JH

Thursday 17th January 10am - 1pm

Thursday 14th February 10am - 1pm

Thursday 14th March 10am - 1pm

Monday 12th October, Monday 9th November and 8th December 1.30pm - 2.30pm

Thursday 28th January 10am – 12pm

Thursday 4th February 10am – 12pm

Thursday 25th January 10am – 12pm

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Mindfulness with Margaret Beck

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