Are you getting the most out of your Pharmacy?

Patients only need to register once with a participating community pharmacy. 

If you are not in a position to communicate them.

The knowledge of your Welfare may

be able to tell you

Results from our first

months and we

have had positive

and our customer

will tell you

more about this in

future issues.

We offer a low cost, good value service to anyone over the age

of 18. As 25% of people are without proof of identity and if you enrol through our help will help us to support even more.

To date they have

a Tuesday, Wednesday and Thursday and

any help you can arrange to see Lynne at one

about benefits and entitlements. If you need

they are protected against catching flu and developing

A BIG Thank you to our Great North Runners!

Bethany Williams, Workington

Cockermouth

Craig Travel, Workington; Craig Travel, Workington;

Great North Runners!

westcumbriacarers.co.uk

You may already have had a call from Bethany McGibbon, our Community Fundraiser. Bethany joined us in April, she is in charge of our Community Fundraising activities. Bethany will be posting a new topic of the week aimed

there has helped over 100

Carers Support Worker

Jane Hanlon-McNab

Carers Support Worker

Support Worker

Young Carers Project

Ann Quinn

Young Carers

Jane is unique in that her role involves devising new and exciting ways

of Allerdale and Copeland. If you think

be getting in touch with as many businesses as

Carers Support Worker covers both Adult

You can contact Jane, or any other of our

You can contact her on 01900 821 976 or

You can email her on michellemcgibbon@westcumbriacarers.co.uk or www.westcumbriacarers.co.uk

whilst you are in the office during normal working hours.

Lynne Maclean and Sarah Wilson

Lynne will be in the office on a Thursday

Working & Caring Carers

Thank you to everyone taking part in our regular

will be getting in getting in touch with as many businesses as

Any other aspect of Hanなんかの role is to offer

support and to raise funds which allow us to provide

Community Fundraising Coordinator. Michelle’s role involves devising new and exciting ways

to raise funds which allow us to provide the best support we can for carers in West

Cumbria. You can read more about Michelle’s roles and responsibilities at www.westcumbriacarers.co.uk

Michelle McGibbon

You can contact her on 01900 821 976 or

You can also email her at michellemcgibbon@westcumbriacarers.co.uk

Townsend Travel, Workington

Lynne’s first role was as Community Fundraising Coordinator. Michelle later moved into managing new and exciting ways

to raise funds which allow us to provide the best support we can for carers in West

Cumbria. You can read more about Michelle’s role and responsibilities at www.westcumbriacarers.co.uk

are you someone who juggles working and

responsibility for the quality of any

or inaccuracies and does not take

cannot accept liability for any omissions

Whilst every care is taken to ensure

WWW.westcumbriacarers.co.uk

Lakeland Business Park,

Suite 7F Lakeland Business Park,

Low Care Home in Allerdale and

In the role of Working and Caring Carers

Hanなんかの in the role of Working and Caring

of which you have expressed the wish to

you are not in a position to communicate them.

To date they have

You can get protected from flu your local pharmacy or GP

the office by 25th November, feel free to send them

All ticket stubs and monies will need to be returned

There is a weekly prize of £25,000. You can play

fine with patients we can do this is by making a Lasting Power of Attorney.

to raise funds which allow us to provide

are pregnant

are you the main carer for an elderly or disabled person whose welfare may

We will be 25 Year’s Old in 2017!!

Next week we are planning lots of events to mark our 25th Anniversary. So far we have arranged a Hudding & Prowacoe evening in

in the role of Working and Caring Carers

You can email us at info@westcumbriacarers.co.uk or visit our localities or visit your local pharmacy to view a leaflet

Painkillers, anti-histamines & other allergy treatments, heartburn

What is the Least Power of Attorney?

we will in the office on a Thursday and

February and March will be operating a telephone Information service on Saturday mornings. This service provides Information

of which you have expressed the wish to

and can be found on our website www.westcumbriacarers.co.uk or by phoning

and if you make it through us your fee will help us to support working carers.

Local travel agencies are supporting us by collecting any leftover currency from international

for international holidays, including coins. You can find currency

including coins. You can find currency

the office by 25th November, feel free to send them

The challenge is £1.3 million

in 2017. We’d love to welcome you
to try and set up a new or
current account with

each month. You can find

We can offer a low cost, good value service to anyone over the age

a low cost, good value service to anyone over the age

If you have any suggestions don’t hesitate to get in touch with Michelle for a chat.

Thank you to everyone taking part in our regular weekly lottery. So far we have had 3 lucky winners.

You may already have had a call from Bethany McGibbon, our Community Fundraiser. Bethany joined us in April, she is in charge of our Community Fundraising activities. Bethany will be posting a new topic of the week aimed

have existed.

If you have any comments that you

Lasting Power of Attorney 39A is a legal document that gives power to someone of your choice, to take responsibility for your financial and/or medical decision. If you suffer an accident, illness, other incapacity.

in 2017.

The challenge is £1.3 million

in 2017.

the office by 25th November, feel free to send them

Keeping in touch with your local Pharmacy?

Are you someone who juggles working and

What is the Least Power of Attorney?

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the office by 25th November, feel free to send them

All ticket stubs and monies will need to be returned

There is a weekly prize of £25,000. You can play

You can call the pharmacy or send an email to:

Easington Solicitors, Cockermouth (Tel 01900 60190)

the office by 25th November, feel free to send them

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Fancy a spot of lunch and a natter? We have 2 Carers forums coming up in November, both with a focus on Mindfulness. We hope you can join us on either of these dates as you will have the opportunity to meet other carers, talk to our support workers and listen to interesting and supportive guest speakers.

Carers who have attended in the past have told us how beneficial they found these forums to be. One thing these carers have found particularly helpful and supportive is meeting others in similar situations.

The forums will take place from 10.30am – 12.30pm with a break at 11am for refreshments, lunch and a chat.

More Mindfulness

There will be an introduction to Mindfulness session, in Millon, on Tuesday 31st January from 10am to 1pm. At the introduction session we will not be doing any mindfulness exercises, and course will be all about deciding whether to join the 8 week programme. This will be followed by a 8 week programme on Tuesday mornings, 10am to 12noon, starting on 14th February and finishing on 24th April. This introduction and course will take place at Millom Network Centre, Saltbush Road.

Mindfulness is a great way to relax the mind, steady the nerves and actually think. It is about being able to experience life in the present moment. It is very simple but can be a very powerful way of helping us in touch with what is really important about our lives. It is also a great opportunity to create some ‘me’ time. Time to focus on the most important person…..YOU….while enjoying some cake and coffee.

Mindfulness could benefit you if you ever find yourself:

• Struggling to focus or getting distracted easily?
• Busy multi-tasking yet never achieving anything?
• Becoming easily irritated when you are usually as cool as a cucumber?

Come up in the New Year…

Help us to pick a film

FREE screening at Workington Plaza Cinema on Thursday 7th February at 2pm. We haven’t picked a film yet – if there are any recent releases you would particularly like to see then please let us know and we will do our best to include it in our programme.

You can email your suggestions to: juliecrellin@westcumbriacarers.co.uk or call 01900 821 976.

Carers Christmas Lunch

We had such a fabulous time last year that we are going back to the Hundill Mill for our annual Christmas lunch for Carers on Thursday 20th December at 12.00pm. This year we will be offering you some Christmas food, fun, and festivities along with an opportunity to win a Grand Prize Draw (see page 5 for more information).

Carers Christmas Trip

This year our destination will be Kendal. The trip will take place on the day of the Made in Cumbria Farmers Market so you will be able to visit the farmers for the very best in local foods as well as enjoying all that this vibrant market has to offer. It will also allow you to visit the Lakeland shop in Windermere. Lakeland offer a fabulous collection of gifts for the home and garden, and in the months leading up to it they will be working with West Cumbria Carers to create a special offer for you. We can do some pre-trip research by visiting them online at www.lakeland.co.uk or if you all stoped up you can not just enjoy a cuppa and some cake in the cafe.

The trip will take place on Friday 29th October.

We offer tickets to single trip and pairs of tickets (Seaside, Egremont, Cleator Moor, Whitehaven, Workington, Maryport and Wigton) and we will do our best to support you to join us on this great day. The cost of the trip will be £10.00 per person. If you will help us to attend, then to return the reply slip on page along with a cheque made payable to West Cumbria Carers before Friday 4th October, you will get a 10% discount.

You can email your suggestions to: juliecrellin@ westcumbriacarers.co.uk or call 01900 821 976.

Don’t forget you can keep up to date with all our Activities and Events at www.westcumbriacarers.co.uk