



Christmas is coming

We know it's only September but with carers leading such busy lives it can't hurt to try to plan ahead!

As always we will be helping you to get prepared for the season of goodwill with our annual Christmas Shopping Trip and Carers Christmas Lunch.

If you would like to attend one or both of these festive events please complete and return the enclosed reply slip, along with your payment by Friday 20th October.

Christmas Shopping Trip

It's never too early to start shopping for Christmas presents!

Why not get a jump start on the most magical time of the year by joining us on our Christmas Shopping Trip?

This year we are heading for Blackpool with one central drop off point but you will then have the opportunity to plan your day as you wish.

You could visit the Tower, get the tram to Bispham or Fleetwood, or treat yourself to afternoon tea in one of the many hotels.



The trip will take place on Thursday 16th November.

We offer lots of pickup and drop off points such as Seascale, Egremont, Cleator Moor, Whitehaven, 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 £10.00. Booking is essential, if you would like to attend, please return the enclosed reply slip with a cheque made payable to West Cumbria Carers.

Christmas Lunch

We will be returning to the Hundlith Hill Hotel, just outside of Cockermouth, for our Carers Christmas Lunch on Wednesday 13th December at 12.30pm.

There will be the usual mix of food, fun, and festivities along with some extra exciting entertainment.

The cost of the lunch will be £17.00 per person and booking is essential.

If you would like to attend, please return the reply slip enclosed along with a cheque made payable to West Cumbria Carers.



Time for your Health & Wellbeing MOT

As a carer are you regularly putting your own needs at the bottom of the priority list because your main concern is the person you care for?

It is vital that you maintain your physical, emotional and mental health to enable you to continue in your caring role.

We have linked in with several departments at the West Cumberland Hospital (Cumbria NHS Partnership Trust) to hold a free health and wellbeing day for all unpaid carers.

This is a fantastic opportunity to come along and speak to health professionals for advice and support.

This event will be held on Monday 16th October, see the enclosed leaflet for more information.



ACTIVITIES & EVENTS

Mindfulness Matters!

We wanted to find out what carers really think about these courses and how valuable they have found them in helping to cope with caring and all the stress and anxiety it has thrown their way.

Below are just some of the fabulous comments we received:

"It's kept my head above water - I was going under and this has given me coping mechanisms to get through all of it."

"The mindfulness course has been the single biggest tool I have found to help combat anxiety. Being able to control my mind and achieving true relaxation for the first time in years allowed me to regain control over my life."

"Helps to understand you're not alone - mixing with other carers... talking and releasing your problems!"

"The group setting and the expert way it was facilitated allowed us to commune with fellow carers and reduced my feelings of isolation."

"I liked the loving kindness parts as it taught me to care for myself as well as others."

You can find out more about what mindfulness is all about in our "Focus On..." section on page 3. We're sure after reading this you'll want to get yourself booked straight onto the upcoming course!

Copeland

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

Introduction Session: 23rd January 2018

8 Week Course: 30th January, 6th February, 13th February,
20th February, 27th February, 6th March, 13th March
and 20th March

All sessions will take place on a Tuesday from 1.30pm to 3.30pm

Allerdale

The next course in Allerdale is currently being arranged, details will be in the next newsletter or you can keep an eye on our Activities Calendar at www.westcumbriacarers.co.uk/our-news/activities-calendar/

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.

Mindfulness "Top-up"

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

Friday 27th October 2.00pm - 3.30pm

Friday 24th November 2.00pm - 3.30pm

Friday 12th January 2.00pm - 3.30pm

Workington

Helena Thompson Museum, Park End Road, CA14 4DE

Wednesday 11th October 6.30pm - 8.00pm

Wednesday 8th November 6.30pm - 8.00pm

Wednesday 10th January 6.30pm - 8.00pm

Wednesday 14th February 6.30pm - 8.00pm

Relax, Refresh and Rejuvenate

Do you make time for you? Do you ever book an appointment just for the purpose of making you feel lighter or reduce the stress of trying to juggle everyday life and caring?

Our regular drop in relaxation sessions are a great way of taking time out for yourself. No need to book, just turn up and enjoy.

PLEASE NOTE: There will be NO relaxation sessions in January 2018, they will resume in February 2018

Distington

Community Centre, Church Road, CA14 5TE

1.30pm - 2.30pm Monday 2nd October, 6th November
and 4th December

Maryport

Maryport Library, Lawson Street, CA15 6ND

1pm - 2pm on Monday 9th October, 13th November
and 11th December

Cockermouth

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

11am - 12pm on Wednesday 4th October, 1st November
and 6th December

Wigton

Wigton Group Medical Practice, Southend, CA7 9QD

11am - 12pm on Monday 9th October, 13th November
and 11th December

Millom

Millom Network Centre, Salthouse Road, LA18 5AB

11am - 12pm on Monday 2nd October, 6th November
and 4th December

Whitehaven

Senhouse Centre, 3 Senhouse Street, CA28 7ES

1pm - 2pm on Thursday 5th October, 2nd November
and 7th December



All Activities and Events must be booked unless otherwise stated - call 01900 821976

INFORMATION

FOCUS ON...Mindfulness

Do you ever find yourself...

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

If you answered yes to any of these questions, mindfulness could be beneficial for you.

Sometime the sheer amount of thoughts whirling around in our head can be overwhelming and it can be extremely difficult to switch them off. This can be especially noticeable in bed at night when trying to nod off, making it difficult to get a good night's sleep.

No sleep + whirling thoughts + the normal daily tasks of caring = exhaustion!

Mindfulness is a way to train your brain to cut out all the whirling thoughts, give you a rest and reducing your stress levels. What's not to like?

Each of our 8 week courses is preceded by an introduction session which will give you the opportunity to meet the practitioner and other interested carers. You will also be able to have a bit of a chat and find out more about what mindfulness is all about before deciding whether to join the programme.



Silver Ball

When - Friday 6th October, 7pm – late

Where - Armathwaite Hall Hotel,
Bassenthwaite, Keswick CA12 4RE

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

The main sponsor for this event is the Box Encapsulation Plant Delivery Team (BEPDT). The event is also sponsored by The Cumberland and Milburns Solicitors.

There are a limited number of reduced price tickets available for carers registered with us. These will be available at £30 each. After that, tickets are £35.

Tickets include a three course meal and entertainment. Join us for an evening of glitz and glamour and magic, whilst helping raise money for the charity.

To book please call Michelle McGibbon on 01900 821976. Please note there will be no transport provided for this event.



FOCUS ON...Volunteer Counselling Service

We have a great team of volunteers who support us in providing a range of services. All carers who are registered with us can ask to access them. Services include volunteer counsellors, a sitting service and drivers.

What is counselling and how could it help?

As a carer do you find that you are regularly putting your own needs at the bottom of the priority list because your main concern is the person you care for? Most likely.

However, it is vital - not just for you but also the person you are looking after - that as a carer you maintain your physical, emotional and mental health. This, in turn, enables you to continue in your caring role.

Our counselling service can provide an opportunity for you to discuss any problems you are experiencing, or any difficult feelings you may be encountering, in a safe and confidential environment, face to face, with a counsellor.

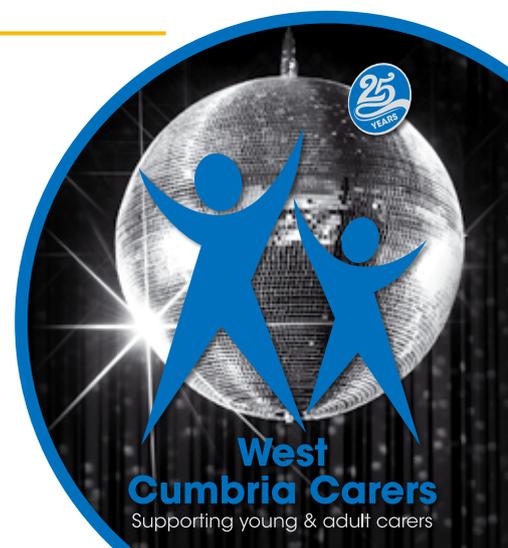
Some people choose to speak to a counsellor as opposed to their other half, family or friend. That is because they feel more comfortable discussing personal feelings and situations with someone who can offer an objective viewpoint.

A counsellor will listen, empathise and help you deal with any negative thoughts and feelings. They will not, however, sit you down and tell you what to do.

We are able to offer 6 consecutive, one hour counselling sessions for which there is no charge.

Do you feel you would benefit from counselling?

Then please contact either Angela or Sam from the Volunteer Team. They will be happy to discuss this service with you and, should you decide to progress, will add you to the waiting list.



USEFUL INFORMATION

Have you made a Will yet?

During the month of October, West Cumbria Carers have an opportunity for people to make a Will and instead of paying a fee to the solicitors involved, make a donation to ourselves.

As some of you will be aware, drawing up professionally written paperwork can be expensive. There can also be a reluctance to putting your affairs in order because it means you have to process what could happen later in life, and a difficult time for your family. Emotionally it is hard but having a Will can make the logistics and the aftermath that little bit easier for everyone involved.

The enclosed leaflet gives you more information.

Knitting Group

We're looking at setting up a knitting group. The location will be dependent on where most people declare an interest and the group will be open to anyone who enjoys the craft. It is a great opportunity to meet new people or bring friends along for a natter.

We can provide patterns and items might be sold at our fundraising events if you wish to do so. Like to join in? Then please call Michelle McGibbon on 01900 821976.



Family Fun Day

Despite the rain, the family fun day was a success. We had an inflatable obstacle course, indoor party entertainment/games, hotdogs, tombola and the candy floss machine went down really well!

The event raised £213.41.

Don't forget we have got many more events over coming weeks & months

Check out our website or give our office a call for more information

Event Title	Date	Time	Venue
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 for Donors	Thursday 16th November	6pm - 8pm	Energus, Lillyhall
Performance by Flimby Male Voice Choir	Thursday 23rd November	7pm	United Reformed Church, Cockermouth

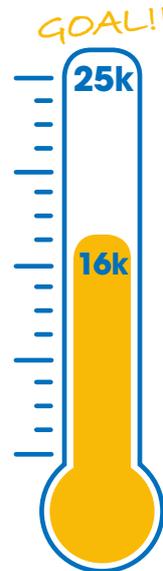
Thank You!

Thank you to everyone who supported us during Carers Week. We went cupcake crazy once again and made a fantastic total of £438.86.



Thank you to the following people who have made donations to us recently:

- Amber McDonald
- Arlecdon Primary School who held a cake sale for us and raised £92
- Brenda Walker held a garden party and raised £212.50
- Donald Greenop
- Dorothy Thompson
- Egremont Inner Wheel
- Elizabeth Penn
- Ellen Leeson
- Jason Mossop
- Joe Eland
- John Moore
- John Smithies
- Maree Messenger
- Margaret Johnston
- Margaret Young
- Mary Wallace
- Michelle Dransfield who held a bake sale and raised £129.26
- National Women's Register
- Norman & Anne Greggains
- Sandra Cressy
- Sellafield Ltd for generously donating £4000 to the Young Carers Project
- Sue Grant
- Unite the Union
- West Coast Challenge Events



Four easy ways to contact us:

- In person at the office:**
West Cumbria Carers
Suite 7F,
Lakeland Business Park,
Lamplugh Road,
Cockermouth, CA13 0QT
www.westcumbriacarers.co.uk
- By Letter**
at the above address
- By E-Mail:**
general@westcumbriacarers.co.uk
- By Phone:**
Tel: 01900 821976
Fax: 01900 826206

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
Stephen Bass
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
Project & Funding Manager:
Clare Edwards
Community Fundraising Co-ordinator:
Michelle McGibbon
Volunteer Team:
Angela Longrigg
Sam Green
Working and Caring Support Worker:
Andrea Carlton
BBO - Choices
Helene Wickins
Lasting Power of Attorney Team:
Annamarie Desmond- Storey
Janet McElwee
Data & Comms Support Worker:
Julie Crellin
Office Manager:
Linda Stammer
Administrator:
Vanessa Gray

Disclaimer:
The information contained in this newsletter is printed in good faith. Whilst every care is taken to ensure that it is correct, West Cumbria Carers cannot accept liability for any omissions or inaccuracies and does not take responsibility for the quality of any services or products mentioned.