



**West  
Cumbria Carers**  
Supporting young & adult carers

## Welcome!

April has disappeared very quickly due to Easter and May Day bank holiday. This is a one page newsletter this month and please note due to summer annual leave there will not be newsletters for the next couple of months. If you have any question with working and caring remember you can call our office.

## Gateshead Carers e-learning

Some of you may remember I have previously travelled over to the North East to meet the Gateshead Carers team. At the time, the team were talking about an e-learning platform about working carers for carers and employers. Well it is now ready and it has been released. I have had a look through it and I think it is useful. There are interviews with working carers as well as looking at working carers from an employer's side.

Have a look and tell me what you think?

<http://www.gatesheadcarers.com/workingcarers/my-course/>

## Interesting Articles

Who cares for the carers?

[-Click Here](#)

Family members work 70 hour weeks caring for cancer sufferers

[-Click Here](#)

Time off from work to care for elderly parents

[-Click Here](#)

## Topic of the Week

The last three topics of the weeks have been focused on the pounds and pennies. If you have missed the 3 articles please click the links below. It was only meant to be one article but the suggestions and savings got bigger because my colleagues kept finding helpful tips.

Click to go to [part 1](#), [part 2](#) and [part 3](#).

## Events Happening Soon

### Afternoon tea

On Wednesday 17th May, we're hosting a traditional afternoon tea between 2.30pm and 4pm at Hundith Hill near Cockermouth. It's free and exclusively for carers. You can relax for a couple of hours, be waited upon and enjoy nice food in lovely surroundings.

We would love to see you there and free transport will be provided. This event is open to carers currently registered with West Cumbria Carers. We have limited places available. If you would like to reserve a place please contact us as soon as possible. [Click here for details.](#)

### Cumbria Carers Conference 2017

Details will be on our website soon. Monday 12th June 10am - 3pm

### Fancy a night out with live music?

As part of the 25th anniversary celebrations, West Cumbria Carers will be hosting a party night. The band Collision will be performing followed by a disco. The location is; Kirkgate Centre, Cockermouth Friday 23rd June 2017. Doors open 7pm. Tickets are £7 which include a free bottle of Jugglers Ale (our charity beer). To book your ticket please visit [Eventbrite.co.uk](http://Eventbrite.co.uk) or call Michelle McGibbon at our office 01900 821976.