



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

Welcome!

Yes it is the very beginning of April but I was on annual leave last week so that is the reason why this is a little later than usual. This month's newsletter is full of useful information and more about my role. The next issue will be after the Easter holidays so I hope you have a lovely Easter and don't eat too much chocolate.

I hope you find the information in this newsletter useful and remember you can contact me by phone: 01900 821976 or email; hannahblake@westcumbriacarers.co.uk on a Thursday, Friday and Saturday morning.

Did you know?

There has been a reduction in the cost of registering your Lasting Power of Attorney paperwork with the Office of Public Guardianship.

From 1st April the cost has been reduced from £110 to £82. We offer a service to help you with the process of LPA which is an additional charge. The service is currently going through a change and there will be different tiers of support available. For more information call our office and ask for Janet on 01900 821976 or [click this link](#).

Interesting Articles

Flexible working does increase job satisfaction but it depends on how you arrange it - [Click Here](#)
Fathers 'afraid to ask for flexible working' - [Click Here](#)
How is Japan caring for the world's oldest population? - [Click Here](#)

New Adult Carers Newsletter is out!

The latest edition of the newsletter is now out.

[Click here to read it online.](#)

This edition covers March to May events and activities as well as useful information. We have a lot of fundraising events this year for our 25th anniversary so there may be something of interest for you.

Topic of the Week

[Click Here](#) to read the latest Topic of the Week articles. Subjects include: Questions to ask when looking for residential care homes, changing relationships and the ACAS service.

Free health & wellbeing MOT for active ageing

This event will be of interest for the person you care for, family member or friend who is in the 'older age bracket'. To celebrate and promote active ageing the Physiotherapy Department of Cumbria Partnership NHS are offering a free health and wellbeing check-up and advice.

West Cumbria Carers, along with a number of other local organisations, will also be on hand to offer information and support on keeping active and independent.

We have had very positive feedback from people who have attended similar events in the past and would love it if you could drop in and say hello.

Date: 28th April 2017

Drop in between: 9:30am- 2:30pm

Location: Whitehaven Library, Lowther Street, Whitehaven CA28 7QZ

What is a health and wellbeing MOT?

Physiotherapy, Occupational Therapy, Speech & Language Therapy, Dietetics, Memory Matters, Pulmonary and Cardiac Rehabilitation Teams will all be offering health and functional fitness checks and advice as well as walking aid reviews.

If you would like any more information about this event please contact:

Physiotherapy Department,
West Cumberland Hospital,
Whitehaven, CA28 8JG
Tel: 01946 523636

Gateshead Carers Trip in February

In my last newsletter I mentioned I was going to Gateshead to meet with the working and caring team over there. It was a very useful trip and they were very helpful answering all my questions

(I had quite a lot of them).

I was able to sit down with 3 ladies and all of their roles varied. A support worker who makes connections with the local businesses. A support worker with clients that work and care as well as being a benefits worker. A trainer who provided courses for carers as well as training for businesses and GPs with subjects such as carer awareness, legal obligations with carers in the workplace, handling stress as a carer. As you can see, they had a wide variety of experience. The team is bigger than just the 3 people I met but they have had a team just for working carers for 10 years.

I learnt about how to get your foot in the door with businesses and tips for presentations in team meetings. I also learnt about the ways to gather information about who is a carer in a company, for example staff surveys, application forms when applying for posts. They have a carer friendly award (similar to the carers certificate I am creating) as well as launching an e-learning site. It covers 8 topics about working and caring with 3 of them for employers improving best practice. The meeting has already helped with my involvement with companies recently and it definitely got the creative juices following.