



# Talking Carers

*The newsletter for professionals engaging with carers*

## **Creative carers artwork and poetry displayed at hit exhibition**

Stunning artwork and poetry by carers saw a successful exhibition extend its run.

The work, by the West Cumbria Carers Poetry Group, was initially scheduled to be shown throughout August at Dove Cottage in Grasmere. However, it proved so popular it was extended into mid-September. In the run-up to the exhibition, the carers have been meeting monthly with Susan Allen, of the Wordsworth Trust, to discuss and write poetry on an individual and group level.

The group also gained funding from the Arts Council to run poetry and painting workshops with brilliant local artist, Allison Critchlow.

The poetry group meets on the last Thursday of every month from 10am-12.30pm at West Cumbria Carers in Cockermouth. New members always welcome.

## **Popular sessions must end**

Our successful mindfulness courses, top up sessions and relaxations sessions have now finished due to an end to funding.

Sue Whitehead, CEO, said:

"It has been really pleasing to hear, over the past number of years, just how much our carers have gained from attending these sessions. Many have built a lifelong toolkit that will help them through life's challenging times."

Knowing how much these sessions have been appreciated makes it really hard, but the funding to run these courses has come to an end therefore, sadly, we are unable to continue to run these courses at this time.

