

January - February 2014 Newsletter of **West Cumbria Carers**



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West Cumbria Carers Staff

We are a local carers organisation providing support to people in Allerdale and Copeland who are caring for a family member, friend or neighbour. We support carers of all ages from the age of five with no upper age limit.

To include any articles in the newsletter please send by email to:

general@westcumbriacarers.co.uk

or by post to: West Cumbria Carers,

Suite 7F Lakeland Business Park, Lamplugh Road

Cockermouth CA13 0QT

Charity No. 1119369

Reg in England No. 6123034



Planning Ahead for Your Future

Introducing our Lasting Power of Attorney Service

Carers are increasingly wishing to register a Lasting Power of Attorney for themselves or the person they care for. As the costs to do this can be high, we have made the decision to work with Carlisle Carers, in order to use their experience and expertise and launch a new service to help meet this need at a low cost.

By registering a Lasting Power of Attorney, you are leaving instructions about what should happen in the future if you aren't able to look after your own affairs due to mental or physical incapacity. You choose who you want to look after your affairs and leave them clear guidance on your wishes.



There are two types of Lasting Power of Attorney and it is possible to register only one or both:

A Property and Financial Affairs Lasting Power of Attorney can be activated whenever you wish. You choose one or more people who are allowed to make decisions about money and property for you and can choose to ask them to act whilst you are still able to if it makes things easier to manage, such as dealing with utility suppliers or insurance companies.

A Health and Welfare Lasting Power of Attorney can only be activated if you are no longer able to make your own decisions and covers your wishes on important things

such as your daily routine (for example: what to wear, hair care, diet choices), your medical care, whether to move into a care home or refusing life-sustaining treatment.



We can help you plan for your future by appointing a dedicated supporter to assist you with every step of the process and explain the different decisions you need to make. We complete the necessary registration documents for you and forward them to the Office of the Public Guardian.

We do charge a single fee of £125.00* per LPA which is a far lower cost than most other providers and there is a registration fee payable to the Office of the Public Guardian for each LPA, currently £110.00* which may be part or wholly waived dependent upon your financial circumstances.

For more information or to arrange support for completion and registration of a Lasting Power of Attorney please contact us direct on:

Telephone: 01900 821976

Email: lpa@westcumbriacarers.co.uk

Or visit our website and download the form:

www.westcumbriacarers.co.uk/projects/lpa-project/

*Disclaimer: prices may be subject to change

Happy New Year

West Cumbria Carers would like to wish you a Happy New Year. You will find lots of activities inside to help you stay healthy and save money in 2014.

Don't forget, we are here for you if you need us, and you can call us on 01900 821 976.

Health Activities for Carers

Regular Relaxation Sessions for Carers

Feeling Anxious? Stressed? Finding it difficult to cope?

Why not pop along to one of our regular relaxation sessions and learn how to de-stress?

Research has shown that stress can have a serious impact on a person's physical health, as well as mental health. We offer carers regular sessions that can be dipped in and out of as required. You can meet other carers, as well as learn valuable relaxation techniques.

Come along and see for yourself the benefits that relaxation can bring.

Times, dates and venues are below. If you require transport and / or respite for your cared for, please contact us at the office to let us know.

Wigton – All sessions take place in the Education Room, Wigton Group Medical Practice, at 11am until 12pm.

Monday 3rd February.	Monday 17th February.
Monday 3rd March.	Monday 17th March.
Monday 31st March.	

Workington – All sessions take place in St Michael's Church, Falcon Place, Workington, at 11am until 12pm.

Friday 7th February.	Friday 21st February.
Friday 7th March.	Friday 21st March.
Friday 4th April.	

Maryport – All sessions take place in the Community Resource Centre, 12a Selby Terrace, Maryport, at 1pm until 2pm.

Monday 3rd February.	Monday 17th February.
Monday 3rd March.	Monday 17th March.
Monday 31st March.	

Heartstart for Carers

The British Heart Foundation estimates that there are around 60,000 cardiac arrests in the UK every year that take place outside of a hospital and that every minute without CPR a person's survival chances reduce by 10%.

Cumbria Fire and Rescue Service, the BHF and the North West Ambulance Service provide training in Emergency Life Support Skills that could help a person going into cardiac arrest. The two hour course covers CPR, choking and other life saving first aid skills.



We are offering carers a chance to learn these basic life saving skills with Cumbria Fire and Rescue on **Tuesday 4th March 2014**. The course, at the **Salterbeck Oval Centre**, starts at **10.30am**, lasts two hours, and lunch is

provided. Transport and respite is also available if required. If you would like to attend, please contact us at the office to let us know.

(All of the activities on this page are open to current carers only)

Keep Your Back Safe

We understand that carers regularly find themselves in situations where they have to lift and move the cared for, or heavy objects and furniture without support. We recognise that carers can put themselves at risk because of the cared for's needs, without giving any thought to their own safety.

We are therefore offering carers FREE "Keep Your Back Safe" training – an all day course that will provide you with techniques to support moving and

handling people and objects safely, minimising the risk of injury to yourself.

Copeland – Monday 24th February – 9.30am – 5.00pm – Cleator Moor Health Centre, Birks Road, Cleator Moor.

Allerdale – Tuesday 25th February – 9.30am – 5.00pm – The Wild Solway Centre, Aquarium, Maryport.

The course will be a day long session with lunch provided. Transport and Respite will be available as required. If you would like to attend, contact us at the office to let us know.

Mindful Movement in Whitehaven

We are now rolling out our successful Carers Stress and Relaxation programme in Copeland. Each session is led by Kay McMahon who has been working with carers for some time now with very positive results. Kay uses 'Mindful Meditation', a therapeutic exercise and breathing technique consisting of very effective exercises that are completed in a chair. It promotes the body's natural healing energy, reduces stress and creates a feeling of well being. After completing the 8 week programme you will gain tools and techniques to manage your stress levels.



Kay says, "For some of the carers, it's a real struggle before they arrive at the session, and all they want to do is log off, relax and give their brain a rest, so we begin and end each session with ten minutes Mindful Meditation. I tell carers that this is their time, and it's the most important time of the day, independent of any other role they may have – it's a time to self-care, nurture, recharge, replenish and top up their batteries

New sessions starting as follows:

Tuesday 11th February, 10.00am – 12.00pm - De Lucy Centre, Market Place, Egremont. (Current carers only).

Thursday 13th February, 1.00pm – 3.00pm – Distington GP Practice, Hinnings Road, Distington (Open to current patients at the practice who are carrying out a caring role).

Tuesday 8th April, 10.00am – 12.00pm – Senhouse Centre, Whitehaven. (Current carers only).

We can support carers attending sessions with respite and transport services to enable attendance, each case will be looked at on an individual basis.

The Cuddly Club

*When people come and hug you, and their arms are just not that long,
As you've eaten all the chocolate, and the mince pies have long since gone.
It's time to come and join us, as none of us are smug,
Since all our pants and trousers are feeling slightly snug.
So we're gonna have a weigh in, to make our curves look great.
Come along and join us, say goodbye to lumps we hate.*



Would you like to have support and fun with others to help you slim and trim?

We are starting a diet club for Carers and warmly invite anyone who wants to shed a few of those post-Christmas pounds.

Times and dates are yet to be confirmed but if you would like to join, please let us know at the office and we will put your name down. Please be aware this is only available to current carers.

Money Saving Advice for Carers

Winter Warmth Grants

Once again West Cumbria Carers are offering grants of up to £125 to help carers to pay for winter fuel bills.

Grants may be available if you are:

- Caring for someone and you or the person you care for
- Have a chronic underlying health condition, particularly respiratory or coronary
- Have a disability particularly affected by cold weather
- Receive a means tested benefit

.... and struggle to maintain a basic acceptable standard of living during the winter due to the cost of heating your home.

We particularly want to help those of you who are not on mains gas and use bottled gas, coal or oil as your main form of heating.



Call the office for more information or to make an application. A Carers Support Worker from West Cumbria Carers may need to visit you to gather some extra information.

Save Money on Energy Bills – The Allerdale Big Switch

Allerdale Borough Council are running an initiative that is open to everyone regardless of where you live, that will enable people to save money on their gas and electricity bills.

The initiative brings together a large group of people and then energy companies are invited to offer their cheapest deal to the group. The more people that sign up the more negotiating power the group have with the energy companies, therefore increasing the possible savings that could be offered.

For more information visit www.allerdale.gov.uk or call 01900 702702, or visit Allerdale House or any of the Council's district offices. You will need a copy of an energy bill to hand as information will be required from it.

NHS Low Income Scheme (LIS)

If you have a low income, you may be able to get help with NHS costs through the NHS Low Income Scheme (LIS).

The scheme covers:

- prescription costs
- dental costs
- eye care costs
- healthcare travel costs
- wigs and fabric supports

You can apply for the scheme as long as your savings, investments or property (not counting the place where you live) don't exceed the capital limit. In England, the limit is:

- £23,250 for people who live permanently in a care home
- £16,000 for everyone else

Any help you're entitled to is also available to your partner and any dependent young people.

How to apply



To apply for your certificate, you'll need to complete an HC1 form and return it in the envelope provided.

You can order an HC1 form online (<https://apps.nhsbsa.nhs.uk/LISWebAppStaticData/begin.do>) or pick one up at your local Jobcentre Plus office and most NHS hospitals. Your doctor, dentist or optician may also be able to give you one.

If you need help making your claim or you have questions about the LIS, call 0300 330 1343 to speak to an adviser. They can also fill in the form for you and post it to you to sign. All you need to do then is post it back in the envelope provided.

Knit and Natters.

Carers are invited to join a Knit and Natters group at the Drop In Centre, Keswick, on Tuesday afternoons, 2pm until 4pm. The cost is 60p that includes tea or coffee and biscuits.

Get help with prescription costs

Prescription prepayment certificates (PPC) are available in England and they can save you money.

Prescription costs as of April 1 2013

- The current prescription charge is £7.85 per item (£15.70 per pair of elastic hosiery).
- A three monthly PPC is £29.10. This saves you money if you need four or more items in three months.
- A 12 month certificate is £104.00 and saves money if 14 or more items are needed in 12 months.

PPCs are available by 10 monthly direct debit installment payments. The prescription prepayment certificates allow anyone to obtain all the prescriptions they need for £2 per week.

To order one, or find out more, call the NHS Business Services on 0300 330 1341 .



10% off Mobility Equipment at Boots.

Carers Enterprises, part of the Carers Trust Network, have teamed up with Boots to offer 10% off daily living aids and mobility aids purchased on the Boots website.

To take advantage of this offer, visit www.carersenterprises.org/mobility.htm for more information.

