New Out-of-hours Telephone Information Service

We’ve launched our new Big Lottery funded confidential out-of-hours telephone information service.

The service is aimed at reaching working carers who are unable to access information during office hours.

Did you know that:
- Carers make up 1 in 9 of the workforce in the UK
- 3 million people combine work with unpaid care
- 90% of Carers are in their prime employment years (40+)

Telephone 01900 821 976
5pm & 7pm on Wednesdays
7am & 9am on Fridays
9am & 12noon on Saturdays

Many carers are juggling work and home life alongside their caring role and life is made even harder for them because services are difficult to access outside conventional 9 am–5 pm office hours.

In the Twitterverse!!

On the evening of Monday 8th June, as part of Carers Week, @WCumbriaCarers hosted #cumbriahour on Twitter, asking local businesses how they support carers and what more can be done to raise awareness. The response far exceeded our expectations, with business from all over Cumbria joining in the discussion.

In-Cumbria Magazine named us as “Tweeter of the Week” during Carers Week, following this along with our campaigns for #Cupcakes4Carers and #WheelyCaring.

On Monday some of our Young Carers attended a baking course at Lakes College where they baked copious amounts of cake for our two Cupcakes4Carers events. In addition we had cupcakes baked by staff and volunteers and even some donated by local businesses.

On Tuesday and Wednesday we held our Cupcakes4Carers events, one in our office at Cockermouth and another at Whitehaven Library. Both events were well attended with many cupcakes being consumed and much coffee drunk!

On Friday Clare Edwards, West Cumbria Carers Project and Funding Development Manager, and Cath Howard, Chief Operating Officer of Cumbria Community Foundation, cycled along the West Cumbrian coast from Millom to Port Carlisle on the historic Hadrian’s cyleway.

On Friday Clare Edwards, West Cumbria Carers Project and Funding Development Manager, and Cath Howard, Chief Operating Officer of Cumbria Community Foundation, cycled along the West Cumbrian coast from Millom to Port Carlisle on the historic Hadrian’s cycleway.

There journey took them 11 hours and covered 93 miles. At various points along the way Clare and Cath where joined by work colleagues and carers, who offered much needed support and encouragement. Another of our wonderful carers was waiting at the finishing line with congratulations and some much needed refreshments!!

Carers Summit

The Carers Summit hosted on the 10th June in The Forum Barrow in Furness was a resounding success with over 60 Carers attending from all over Cumbria.

The Carers who attended from West Cumbria all agreed that it was a very well run, enjoyable and informative day and they had all learnt something new from the 3 brilliant workshops they had attended from relaxation techniques to how to make sure your views are listened to when talking with professionals.

View videos extracts here.

Those of you who were unable to attend this time another is planned next year so watch this space for venue and dates.

Refer On-line Today

Help Us Reach The 18,000 Carers In West Cumbria

If you know of someone who could benefit from our support you can refer them to us safely and securely by clicking here.

Our referral site is fully encrypted and completely secure.
How can you help?

- We are constantly seeking funding. We are lucky that Cumbria County Council (Adult Social Care and Children’s Services) and Cumbria Clinical Commissioning Group (Health) provide us with a lot of support; however we must still find more than £210,000 in additional funding each year (2014/15).

We provide a huge range of services and aim to have a flexible, responsive approach making sure that the services we provide and develop meet the changing needs of carers in West Cumbria.

We are always needing your help with monitoring and evaluation to help support our grant applications so please complete a survey if you ask for your help.

- Pop along to our website or click here to donate via justgiving.

- Support all our fundraising efforts you might have some fun too! (see our CupCakes4Carers campaign article).

- Leave West Cumbria Carers a legacy in your will.

- Donate on a regular basis.

£100,000 of Benefits secured for Carers

Our Benefit’s Support Worker Gillian Walker runs 7 regular monthly Carers Benefit Clinics in libraries across Allerdale & Copeland. The Clinics take place in Keswick, Maryport, Millom, Seascale, Silloth, Whitehaven and Wigton.

Over the last 12 months Gillian has supported over 100 carers to access well in excess of £100,000 in benefits including Carers Allowance, Personal Independence Payments and Attendance Allowance.

If you know a carer who needs support to access benefits call Gillian at West Cumbria Carers Tel: 01900 821976 to book an appointment.