

# Talking Carers



West Cumbria Carers

The newsletter for professionals engaging with Carers.

Issue 3 - July 2015

## 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 **5pm & 7pm on Wednesdays**  
**01900 821 976** **7am & 9am on Fridays and**  
between: **9am & 12noon on Saturdays**



"Young Carers enjoying the baking course at Lakes College"

## Carers Week 2015

We had an amazing Carers Week here at West Cumbria Carers, with your support we managed to raise nearly £1100.00 to provide essential support to carers.

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 cycleway.

Their journey took them 11 hours and covered 93 miles. At various points along the way Clare and Cath were 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 Support Cumbria Carers Summit

The Carers Summit hosted on the 10<sup>th</sup> 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.

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 9am—5pm office hours



## In the Twitterverse!!

On the evening of Monday 8<sup>th</sup> 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.

You can read the full article by clicking on the picture below or view our twitter feed at [twitter.com/WCumbriaCarers](https://twitter.com/WCumbriaCarers)



### Tweeter of the week

This week's Tweeter of the Week is [@WCumbriaCarers](https://twitter.com/WCumbriaCarers). The charity hosted #CumbriaHour on Monday night in a bid to help businesses support carers in their workforce and have recently launched an out of hours telephone service for carers.

[Follow them](#)

## Balancing the Books!

It's on ongoing battle ..... that we don't always win!  
Our organisation needs over £500,000 each year to continue to deliver all the services that we currently provide for Young Carers, Young Adult Carers and Adult Carers including:

- 1 to 1 information and support
- Carers assessments
- Benefit Clinics (see additional article)
- Relaxation & Mindfulness sessions
- Trips, outings & events
- Newsletters
- Out of hours telephone information service (see additional article)
- GP and Community based Carers Clinics
- Young Carers schools small group work
- Transitional Making Great Choice Programme (see additional article)
- Gentleman's group
- LPA & CofP service (see additional article)
- Volunteer programme (drivers, sitter, befrienders, counsellors, Carers Champions etc.)

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 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).**

### How can you help?

- We always need your help with monitoring and evaluation to support our grant applications so PLEASE complete a survey if we 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.**

## Young Adult Carers - Making Great Choices Programme (14-25 years)

We are delighted that Carers Trust in conjunction with the Co-operative will be funding us for 2 years to provide a great new project for Young Adult Carers in West Cumbria.

We will be working with Lakes College to provide Young Adult Carers (YACs) with support at significant times of choice:

- GSE & A/AS level choices
- Degree choices & UCAS application
- Apprenticeships & FE College courses and applications
- Job applications
- Exam revision/stress

We will be designing activity programmes that will be delivered at Lakes College which will include; interview techniques, writing great CVs, applications & personal statements, confident communication. We will also be offering the same support on a 1 to 1 basis for those YACs who live too far from the college.

All the courses will be designed with input from YACs and will have a strong element of FUN!

The project will start to deliver services in the new school year 2015/16.

For more information contact:

**Michelle Watson Tel: 01900 821976 email: [michellewatson@westcumbriacarers.co.uk](mailto:michellewatson@westcumbriacarers.co.uk)**

## Please Support People to Make Good Decisions about Lasting Power of Attorney

*As professionals working within health and social care sector you will know how difficult it can be to raise the issue of setting up a Lasting Power of Attorney (LPA).*

*But ..... are you aware just how much more challenging it would be for a family to cope with the alternative to an LPA a COURT OF PROTECTION?*

"Henry (not his real name), was unaware of LPA, and did not apply when his wife first showed signs of dementia. His only option was the long and arduous process of applying to the Court of Protection (CofP). Henry, explained to us that this was "a complicated business" and very "invasive." The process took around 6 months and that during that time he could not access his wife's investments to help pay for care. The process was also costly; an application to the CofP costs an initial £400 with further registration fees of £100 and an insurance bond of approx. £150. The costs don't end there. Having achieved a CofP Henry has to provide detailed annual accounts giving information about how his wife's money has been spent for her care. He paid £350 to submit the first set of accounts and although this may reduce in subsequent years it will be an ongoing cost."

The costs detailed above DO NOT INCLUDE the fees a solicitor, or similar, will charge to help someone through the CofP process.

*As part of our ongoing development to support and inform carers West Cumbria Carers, working closely with Carlisle Carers, NOW offers a competitive and simple process to apply for both LPA's and CofP. If you would more information please call Janet McElwee our LPA Administrator Tel: 01900 821976*

## Learn More About West Cumbria Carers.

If your team or organisation would like to learn more about the services that West Cumbria Carers provides, we can come and visit you in your place of work to do a short presentation. We would particularly like to visit those in the legal and housing professions.

We can provide information on identifying and supporting Carers, as well as discuss the various volunteer roles that are available within our organisation. If you think this would be of benefit, please contact us to get in touch.

*We hope you find our new newsletter for Professionals helpful and interesting.*

*If you have something you would like to be included in the next edition, please email [juliecrellin@westcumbriacarers.co.uk](mailto:juliecrellin@westcumbriacarers.co.uk)*

*To subscribe to this newsletter please click [here](#)*



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