

July - September 2015 Newsletter of West Cumbria Carers



Contents...

Page Two

News

Page Three

Activities & Events

Page Four

Useful Information

Contacts

Quick reference for

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



What a Wonderful Week!

Thank you to all our wonderful carers who supported us in raising over £1100.00 during Carers Week.

What a lot we packed into our week!

On Monday 8th June 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! In the midst of all this merriment we were delighted to discover that #Cupcakes4Carers was spreading online via twitter with many local colleagues and businesses sharing their 'cakies' and donating via text.

And finally to 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.

This epic journey took 11 hours and covered 93 miles.



Our cyclists had a lovely surprise near Seascale, where carer Gwen Rea and her daughter Alice were waiting to cycle alongside them for a few miles, offering much needed encouragement and support.

Clare and Cath were greeted by a host of co-workers on arrival in Workington, where they had a quick pit-stop to re-fuel, before ploughing on towards Maryport (with a couple of ride-alongs – our Adult Support Workers Susan Pickering and Ann Burns).

Dot Barwise, our Adult Carers Project Manager, donned her helmet and joined in the fun at Silloth, helping spur the intrepid athletes on to the finishing post at Port Carlisle.

Another of our wonderful carers, Jean Black, was waiting at the finishing line with congratulations and some much needed refreshments!!

It was a herculean effort by Clare and Cath, and a wonderful way to end the week.

You can read the full round up of the week, and see some of our pictorial highlights, be clicking here.

Carers Support Cumbria hosts the 1st Cumbrian Carers Summit

The Carers Summit was a resounding success with over 60 Carers attending from all over Cumbria. All who attended agreed that it was an enjoyable and informative day.

If you missed the day you can still experience a snapshot of the event by clicking on the links clicking [HERE](#) to see excerpts from the workshops about:

Beyond Tea and Sympathy

Learn about Lasting Power of Attorney.

Top Dog not Underdog

Learn how to get what you need from statutory services.

Thriving Not Surviving

Learn how to deal with the stresses of caring.

There is another Summit planned for next year so watch this space for venue and dates.

New Out-of-Hours Telephone Information Service

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

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.

Anyone wishing to access the service can call our usual office number, telephone 01900 821 976, on the following days and times:

5pm & 7pm on Wednesdays

7am & 9am on Fridays and 9am & 12noon on Saturdays



Would you benefit from some volunteer support?

A message from Angela and Sam our Volunteer Project workers.

It has now been a few months since we joined West Cumbria Carers to run the volunteer project. We have had a bit of time to get to know our existing volunteers a little better, recruit new volunteers and to meet with some of our Carers and Former Carers which has been great!

Our volunteers support us in a variety of ways and our volunteer services include respite sitters, drivers, counsellors, fundraisers and carer supporters but volunteers also support us with administration, clinics and act as ambassadors for the organisation. If you feel you would benefit from some volunteer support please contact the support team who can make a referral to us in the volunteer project.

We are currently in the process of recruiting and developing Carers Champion volunteers whose role will be to promote and raise awareness of the role of the Carer in their communities and the services we at West Cumbria Carers can provide for Carers. For more information contact Angela or Sam on 01900 821 976 and watch this space for further developments!

CarerSmart – making life a little easier for carers.

CarerSmart is a new web based club set up by Carers Trust. It is open to carers, people with care needs and staff and volunteers across the Carers Trust Network.

The club offers all sorts of reductions to carers such as:

- Cash back on shopping from a variety of high street retailers.
- Best rates from energy providers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free legal advice services

Why not register at www.carersmart.org and use the online calculator to see how much you can save. It's a simple process that could help you make all sorts of savings.

Worried it's too late for a Lasting Power of Attorney?

We know how difficult it can be to raise the issue of setting up a Lasting Power of Attorney (LAP). Sometimes the knowledge and confidence to embark on this process comes too late and the person you are caring for loses mental capacity.

If this has happened to you and the person you care for – please DON'T WORRY. You may be able to apply for a Court of Protection instead.

The process of applying for a Court of Protection is a bit more complicated than a Lasting Power of Attorney and will take quite a bit longer. Unfortunately it also costs quite a lot more, at least £1,000 to set it up and an additional annual fee of approximately £500 per year (reducing over time).

West Cumbria Carers, working closely with Carlisle Carers, NOW offers a competitive and simple process to apply for a Court of Protection. If you would more information, or would like to talk through the process, please call Janet McElwee our LPA Administrator on Tel. No. 01900 821976.

Do you care for someone with Dementia?

Why not join us at our Carers Meets in August

When?

Allerdale - Thursday 20th August 2015 10am – 12.00noon

Copeland - Wednesday 26th August 2015 10am - 12.00noon

Where?

Allerdale - Christchurch Rooms, South Street, Cockermouth, Cumbria, CA13 9RU

Copeland - The Meeting Place, Methodist Church, Main Street, Egremont, CA22 2DR

Who?

Open to all current carers in both Allerdale and Copeland. Places are limited and booking is required. Please call us on 01900 821 976 to book your place.

What?

Janet McElwee, our Lasting Power of Attorney worker, will be attending both Carers Meets to talk about Lasting Power of Attorney - how important they are and how to set one up (see article above).

Local staff from the Community Mental Health Older Adults Team will also be there to talk about their services and how to get support and a diagnosis if you are worried about the person you care for and their memory problems or confusion.

The Nitty-Gritty

Tea and Coffee will be provided.



Carers Autumn Trip on Thursday 10th September 2015



Bowness-on-Windermere with the opportunity to take the Ferry to Hawkshead & Beatrix Potter's Hilltop House – Cost is £8.00

Come and join us for a lovely day out at Windermere, one of the most popular tourist centres in the Lake District. Those who want can spend the full day in Windermere browsing the quirky mix of craft, gift and antique shops, outdoor clothing shops and boutiques.

Others may want to take the Ferry across the lake and mini-bus service to Beatrix Potter's Hilltop House and the quaint village of Hawkshead.

Please complete the attached booking form and return, along with payment, by Friday 21st August.

Regular Relaxation Sessions with Maria

Our regular drop in relaxation sessions are still going strong and are a great way of taking time out for yourself to relax, rejuvenate, and revitalise. Maria Richardson, our trainer, will take you on a serene journey through an oasis of calm that will leave you feeling refreshed and ready to take on the world. No need to book, just turn up and enjoy.

Maryport

Community Resource Centre, 12a Selby Terrace, CA15 6NF

1pm-2pm on 17th August, 24th August, 28th September and 26th October 2015

Workington

Oval Centre, Salterbeck, Workington, CA14 5HA

11am-12pm - 5th August and 2nd September

Wigton

Wigton Group Medical Practice, Southend, CA7 9QD

11am - 12pm - 17th August and 28th September

Egremont

Methodist Church, Main Street, CA22 2DR

1.30pm - 2.30pm - 3rd August and 7th September

Millom

Millom Network Centre, Salthouse Road, LA18 5AB

11am - 12pm - 3rd August and 7th September

Whitehaven

Senhouse Centre, 3 Senhouse Street, CA28 7ES

1pm - 2pm - 4th August and 1st September

Thanks to a very kind anonymous donation from a grateful carer we have been able to offer an additional 6 Relaxation sessions over the next 6 months.

Activities and Events Taking Place This Autumn. To book on any of these activities please call 01900 821 976.

Mindfulness with Margaret Beck

We have a new eight week course, starting in October, which will enable you to practice the art of mindfulness meditation. Please note, due to financial constraints this course is not open to those who have already undertaken a Mindfulness programme.

Where?

The Market Hall, Church Street, Wigton, CA7 9AA

Dates?

Tuesday 6th October 10.30am - 12.30pm

Tuesday 13th October 10.30am - 12.30pm

Tuesday 20th October 10.30am - 12.30pm

Tuesday 27th October 10.30am - 12.30pm

Tuesday 3rd November 10.30am - 12.30pm

Tuesday 10th November 10.30am - 12.30pm

Tuesday 17th November 10.30am - 12.30pm

Tuesday 24th November 10.30am - 12.30pm

Another 8 week course has been arranged to start on Thursday 7th January 2016 10.00am - 12noon at The Senhouse Centre, Whitehaven. Further details will be in the next issue of the Events Bulletin.

If you would like to book a place or would like to know more about Mindfulness and how it can support you as a carer call the office on 01900 821 976.

Mindfulness Top Up Sessions

For current Carers who have previously attended a mindfulness meditation course don't forget the FREE monthly Mindfulness Top Up sessions. No need to book.

Maryport – Community Resource Centre, 12a Selby Terrace, CA15 6NF

Monday 10th August 1.00pm – 2.15pm

Monday 14th September 1.00pm – 2.15pm

Monday 12th October 1.00pm – 2.15pm

Whitehaven - Senhouse Centre, 3 Senhouse Street, CA28 7ES

Wednesday 16th September 10.15am - 11.30am

Wednesday 21st October 10.15am - 11.30am

Crafty Carers!

No artistic experience necessary, come along and have a go while having a break from your caring role, take home your new skill to share with loved ones. Make an early Christmas present or design your own mug, paint some glass etc. in a friendly and relaxed atmosphere with Ann Bruce.

DATES AND VENUES:

Wednesday 21st October at the Oval Centre, Salterbeck 1.00pm – 3.00pm

Wednesday 14th October at Millom Network Centre 1.00pm – 3.00pm

Wednesday 4th November at the Market Hall, Wigton 1.00pm – 3.00pm

Tea, coffee and biscuits will be provided at each venue so a break can take place during the session. Please call us on 01900 821 976 to book your place.



USEFUL INFORMATION

Carers Allowance

Overview

Carer's Allowance is £62.10 a week to help you look after someone with substantial caring needs. You don't have to be related to, or live with, the person you care for, but you must be 16 or over and spend at least 35 hours a week caring for them.

To be eligible?

You might be able to get Carer's Allowance if all of the following apply:

1. The person you care for already gets one of these benefits:
 - i. Personal Independence Payment (PIP) daily living component
 - ii. Disability Living Allowance (DLA) - the middle or highest care rate
 - iii. Attendance Allowance
 - iv. Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit, or basic (full day) rate with a War Disablement Pension
 - v. Armed Forces Independence Payment (AFIP)
2. You earn no more than £110 a week (after taxes, care costs while you're at work and 50% of what you pay into your pension)
3. You're not in full time education or studying for 21 hours a week or more
4. You have been in England, Scotland or Wales for at least 2 of the last 3 years



Need Help?

If you need any help applying for Carers Allowance, Attendance Allowance or Personal Independence Payment then book an appointment at one of our FREE Benefit's Clinics.

The Benefits Clinics run monthly in libraries across West Cumbria. One hour appointment slots are available with one of our trained members of staff. We can also support you to make a referral to the DWP Home Visiting Team if required.

In addition we can will provide you with information about and support to access; Council tax discounts, health benefits and funding, grants from appropriate charitable trusts and benevolent foundations, and discounts from local businesses, leisure facilities etc.

Appointments must be booked in advance. For more information about our Benefits Clinics, or to book an appointment at a venue close to you, please call us on 01900 821 976 or contact us online here.

Four easy ways to contact us:

1. **In person at the office:**
West Cumbria Carers
Suite 7F
Lakeland Business Park
Lamplugh Road
Cockermouth
CA13 0QT
www.westcumbriacarers.co.uk
2. **By Letter**
at the above address
3. **By E-Mail:**
general@westcumbriacarers.co.uk
4. **By Phone:**
Tel: 01900 821976
Fax: 01900 826206

Staff Reference

- Chief Officer:**
Sue Whitehead
- Adult Project Manager:**
Dot Barwise
- Adult Carers Support Workers:**
Susan Pickering
Jeff Carroll
Joanne Carter
Andrea Sowden
Malcolm Pritchard
Ann Bruce
Eleanor Wakefield
- Carers Health Workers:**
Abbey Williamson
Bernie Cresswell
- Benefits Support Worker:**
Gillian Walker
- Young Carers Project Manager:**
Michelle Watson
- Young Carers Support Workers:**
Mags Little
Melissa Messenger
Gill Wintrup
- Transitional Project Support Worker:**
Jacqui Miller
- Project Funding Development Manager:**
Clare Edwards
- Volunteer Project Manager:**
Angela Longrigg
- Volunteer Support Worker:**
Samantha Adewoye
- Carers Support Line Information Worker:**
Selina Williams
- Lasting Power of Attorney Support Worker:**
Janet McElwee
- Data & Comms Support Worker:**
Julie Crellin
- Administrator:**
Vanessa Gray

Disclaimer:
The information contained in this newsletter is printed in good faith. Whilst every care is taken to ensure that it is correct, West Cumbria Carers cannot accept liability for any omissions or inaccuracies and does not take responsibility for the quality of any services or products mentioned.

Benefits Clinics Dates and Times

Millom Library - 10am and 11am on the following dates:
1st September, 6th October, 3rd November and 1st December

Seascale Library - 1pm and 2pm on the following dates:
8th September, 13th October, 10th November and 8th December

Whitehaven Library - 10am and 11am on the following dates:
15th September, 20th October, 17th November and 15th December

Keswick Library - 10am and 11am on the following dates:
2nd September, 7th October, 4th November and 2nd December

Silloth Library - 10am and 11am on the following dates:
9th September, 14th October, 11th November and 9th December

Wigton Library - 2pm and 3pm on the following dates:
24th September, 29th October, 26th November and 24th December

Maryport Library - 10am and 11am on the following dates:
17th September, 22nd October, 19th November and 17th December

Please call 01900 821 976 to book an appointment.

Tear Off Slip for Summer Trip to Windermere

ALL SECTIONS MUST BE FILLED IN – only one carer per form please.

Full Name

Address

Postcode

You MUST send your payment with this booking form.

Cheques should be made payable to West Cumbria Carers.

