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.

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-along’s – 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:

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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 acts 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 (LPA). 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 McIver on 01900 821 976.

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 McIver, 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 quiet 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
Thursday 10th August 1.00pm – 2.15pm
Monday 14th September 1.00pm – 2.15pm
Monday 12th October 1.00pm – 2.15pm
Whiteweben - Senhouse Centre, 3 Senhouse Street, CA28 7ES
Wednesday 16th September 10.15am – 11.30am
Wednesday 21st October 10.15am – 11.30am

Making it personal: Would you like to make a personal gift? If you would like to make a personal gift you can book a place by calling Janet McIver on 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.

Would you 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

Whiteweben - 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 – 1.00pm
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.

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

**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.