

# June - July 2013 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



## Can you believe it's our 21st Birthday!

To celebrate we will be holding a Grand 21st Birthday Cake Safari 21st September 10am – 4pm



On the day we will be having 21 birthday celebrations in 21 venues across Allerdale and Copeland. Mystery guests and their mystery vehicles will be attempting to visit all 21 parties between 10am and 4pm.

Any one is welcome to join the challenge and to get to as many venues as possible in the allotted time. There will be prizes for the best dressed vehicles and for those who guess who travelled the most miles in the day.

**We can't do this without you. To make this day successful we need our carers or their friends and supporters to host a coffee and cakes 21st Birthday Celebration in local communities across West Cumbria.**

We need 20 locations between Bowness-on-Solway in Allerdale and Millom in Copeland. Due to possible media interest the 21st Birthday Celebrations will need to be held in a public venue e.g. a village hall, scout hut, church hall, social club, hotel or pub.

**As a host we need YOU to provide:**

Tea, coffee, cakes, volunteer help and loads of enthusiasm!

**West Cumbria Carers will provide:**

Advertising, birthday candles, balloons, a mystery guest and a mystery vehicle, a 'Host's Information Pack' and loads of enthusiasm!

If you want to organise and host one of our 21st Birthday Celebrations please contact us as soon as possible. You are welcome to involve other organisations to help out e.g. local WI, Mother's Union, Scouts, Brownies, Round Table, Inner Wheel.

We can't wait to hear from you with your ideas for the day!

## 21st Birthday thoughts from our Chief Officer

Following weeks of investigation and detective work we have established that West Cumbria Carers will reach the grand old age of 21 this year.

Our investigation included collecting forensic evidence from Cumbria CVS, interviews with staff and volunteers who worked with the organisation over many years and we even had a newsletter from 1995 donated by from one of our former carers.



The organisation has grown from its inception, as part of a CVS run project to becoming a charity in its own right and from humble beginnings to the organisation that it is today supporting a total of over 1500 carers throughout Allerdale and Copeland with 10 Full time equivalent support staff.

In these current difficult times of budget cuts, organisations scaling down or closing, our survival and that we have reached the age of "21" is something to make a big noise about and gives cause for celebration. We are therefore planning to have a big splash in September and hope that some of our carers can help to make this happen and most definitely join in our celebrations.

## DON'T FORGET

Don't forget that West Cumbria Carers have moved offices. Our new address and contact numbers are as follows:

**Suite 7F Lakeland Business Park  
Lamplugh Road  
Cockermouth  
CA13 0QT**

**Tel: 01900 821976 · Fax: 01900 826206**

ALL EMAILS AND THE WEBSITE ADDRESS remain the same.

## I would like a copy of 'You Lift Me Up'

Name: .....

Address CD to be sent to: .....

Postcode:.....

I would like ..... copies of the CD and enclose a cheque for £.....

(£2.00 per CD, £1.50 postage & packing for 1st CD, 50p postage & packing per extra CD)

## Carers In Harmony Special event & song premier!

**NOT TO BE MISSED!**

**Saturday 15th June 3.30pm – 5pm Rosehill Theatre, Moresby, Whitehaven.**



Our carers singing group has gone from strength to strength. Now called The Meercat Choir (ask one of the members to explain) we felt the need to flex our singing muscles so we've organised a very special event to get our 21st Birthday Celebrations off to a flying start. The Meercat Choir joined by members of our Young Carers singing group will be hosting Carers in Harmony on Saturday 15th June during National Carer's Week.

Carers In Harmony will bring together four local community choirs from across West Cumbria for a concert of joyful singing. Sing Owt from Workington, Voices Dot Com from Cockermouth, Opera Studio and Giocomesa will be joining us to celebrate our 21st Birthday, entertain us and help West Cumbria Carers to raise funds and awareness.

**BUT BEST OF ALL** - we will be premiering our very own self penned song You Lift Me up! Members of the singing group have worked with Sarah Wallcock, our instructor, to write the lyrics which have been complemented by a lovely melody composed by Sarah. The song is bitter-sweet and describes our choir members, thoughts and feelings about caring for a loved one. We know there won't be a dry eye in the house when it is sung in public for the very first time.

Not only will we be premiering the song but we will be launching it as a single with copies for sale on iTunes and CD's available at the concert.

Tickets for Carers in Harmony are £3.00 or £5.00 for 2, they are ONLY available DIRECT FROM ROSEHILL THEATRE Tel: 01946 692422. If you need a wheelchair space let the theatre know when booking tickets.

**If you can't get to Rosehill on 15th June but would like buy a copy of the CD please complete the cut off slip at the top of the page and return it with a cheque for £3.50 (CD £2.00 postage & packing £1.50) made out to West Cumbria Carers, (please add additional 50p for each extra CD you order if sent to the same address).**

**CD's will also be on sale at Carers Support Groups and from our office in Cockermouth.**

## Can I apply for extra help with my rent on top of my Housing Benefit?

### Discretionary Housing Payments

A Discretionary Housing Payment (DHP) is not a benefit payment. It is a separate payment on top of Housing Benefit. Every year, local councils have a limited amount of money to help residents who need extra financial help to meet their housing costs.



It can help to pay you maximum eligible rent - this means your rent, less any service charges like water rates, fuel charges, meals or rent arrears.

If you are struggling with your rent as a result of the new so called 'Bedroom Tax' but are making an effort to move to more appropriate housing this fund may be able to help you out.

Information from: [www.allerdale.gov.uk/advice-and-benefits/benefits/housing-benefit/discretionary-housing-payments.aspx](http://www.allerdale.gov.uk/advice-and-benefits/benefits/housing-benefit/discretionary-housing-payments.aspx)

## Council Tax Discounts and exemptions for adults with an enduring mental illness

Did you know that you may be eligible for a discount of 25% off your Council Tax if you live with someone who is a person classed as having an enduring mental illness?

For Council Tax purposes, a person is considered to suffer from an enduring mental illness if:

- he/she has severe impairment of intelligence and social functioning (however caused) which appears to be permanent; and,
- a certificate is provided by a registered medical practitioner giving the date from which the person has been or was likely to have been suffering from enduring mental illness; and,
- he/she is entitled to one of the following:

- incapacity benefit
- attendance allowance
- severe disablement allowance
- the care component of a disability living allowance (payable at the middle or highest rate)
- increased disablement pension because constant attendance is needed
- disability working allowance
- unemployability supplement
- constant attendance allowance
- unemployability allowance
- income support where the applicable amount includes a disability premium
- has lost one of the above due to reaching pensionable age

You can download a form from Allerdale or Copeland Borough Council websites or request a form from West Cumbria Carers

Information from: [www.allerdale.gov.uk/advice\\_and\\_benefits/council\\_tax/council\\_tax\\_discounts/enduring\\_mental\\_illness.aspx](http://www.allerdale.gov.uk/advice_and_benefits/council_tax/council_tax_discounts/enduring_mental_illness.aspx)

# Gain a new skill or develop an existing interest?

Why not try one of our new health based activities/ training sessions?

You could develop a new skill, expand an existing interest or of course meet new people in similar situations.

Coffee and chats and trips and outings were not for Carol Stent, a Carer from Seascale who came along to our Mindfulness Exercise training. She attended initially because she was curious to try something new and it changed her outlook on her role along with benefitting her health

*"I was initially very curious about the mindfulness training, but I went along with an open mind and I developed new skills, I use them regularly to feel less stressed when things get on top of me. From the start of the course Kay made the group feel comfortable, supported and listened too. I felt comfortable attending the course with people who were in a similar situation and as soon as the session started I felt a weight lifting. Going along to the session took me out of my given situation and when I came home I felt I could carry on caring feeling better able to cope".*

Why not try one of our new activity like Carol, below are some of our new training/ activities:

## Do you love words?

Why not join us at one of our two Creative Writing Sessions? Building on the success of a recent event at Wigton support group we have been approached by Dave Chapple an experienced writer who is offering to run 2 Creative Writing Sessions for carers in West Cumbria.

Monday 15th July, 1.00pm - 3.30pm  
Tuesday 16th July, 1.00pm - 3.30pm

Both sessions take place at Rosehill Theatre Barn, Moresby, Whitehaven. Dave is working in conjunction with the Rosehill Theatre to deliver these sessions which will form part of a wider literary celebration event on 19th and 20th July.

Believe it or not, the physical act of writing itself has been found to have a positive effect on our wellbeing. Many people feel drawn to write down their feelings and experiences in diaries, poems and songs especially when they're feeling strong emotions such as grief, despair, love or joy. It seems that regardless of what we write or how good it is we still feel the benefits.

Dave is great fun and he won't expect you to come armed with fully formed poems or a novel ready for publication! Just bring a pen or pencil and your thoughts, ideas and words and see what happens.



## Using IT to support your caring role

Do you wish you could access health based websites for support and information, order your repeat prescriptions online or maybe become involved in online focus group in relation to your caring role?



This course run by Lakes College will build your confidence in IT.

It will include—online safety, using email; Skype or social media, along with accessing health based websites for information and support.

Wednesday 12th June, 1pm -3pm  
Wednesday 19th June, 1pm -3pm  
Wednesday 26th June, 1pm-3pm

## Relaxation sessions (especially designed for carers)

Why not come and join Maria Richardson at one of our relaxation sessions. The sessions are free, come as and when you want; turn up for one session if you are feeling particularly stressed or anxious or come regularly to learn new techniques and keep stress free.

**Wigton:** Wigton Surgery at their education room 11am – 12 noon (surgery patients only)

**Maryport:** Wild Solway Centre, Maryport Aquarium 2pm – 3pm (all current carers welcome)

Monday 3rd June  
Monday 10th June (not Maryport)  
Monday 17th June (not Wigton)  
Monday 1st July  
Monday 15th July (not Maryport)  
Monday 29th July



## Cooking for a Diabetic

(Also recipes for people trying to lose a few pounds)

Monday 10th June, 1.30pm - 4pm  
Monday 17th June, 1.30pm - 4pm  
Monday 24th June, 1.30pm - 4pm

All sessions are at Lakes College, Workington.

Although the recipes will focus on cooking for people on a sugar free diet they would also support anyone cooking for someone who needs to lose a few pounds.

As always all the ingredients and equipment will be provided, you get real hands on cooking experience and you get to take home a free beautifully cooked meal.



**DON'T FORGET** - all the above courses are FREE to current carers. All equipment (food) will be supplied as relevant to the course. Respite and or transport services can be arranged to enable you to attend. Please ask for further information.

**PLEASE BE AWARE PLACES ARE LIMITED AND MUST BE BOOKED BY CALLING GILLIAN OR CLARE AT THE OFFICE**  
**TELEPHONE: 01900 821976**

## GROUP DATES

## Carers Support Groups

You are always welcome to join us at one of our friendly carers support groups.

If you are attending a group for the first time or haven't been to the previous meeting it's always best to call the office to check the venue, we may also be able to help with transport.

### Cleator Moor

1pm - 3pm at the Civic Hall, Cleator Moor

*Tuesday 28th May **NO GROUP**, Tuesday 25th June, Tuesday 30th July, Tuesday 27th August, Tuesday 24th September, Tuesday 29th October*

### Cockermouth & Keswick

10am - 12pm at Southey Street Methodist Church, Keswick

*Tuesday 18th June, Tuesday 16th July, Tuesday 20th August, Tuesday 17th September, Tuesday 15th October*

### Copeland

1pm - 3 pm at the Reading Rooms, Beckermert

*Friday 21st June (Afternoon Tea, places must be booked), Friday 19th July, Friday 16th August, Friday 19th September, Friday 18th October.*

### Men's Group

Call Jeff Carroll for next date

### Millom

1pm - 3pm at Knight's Club, Kings Street, Millom

*Wednesday 19th June, Wednesday 24th July, Wednesday 21st August Wednesday 18th September, Wednesday 23rd October*

### Wigton

1pm - 3pm at Low Moor Church, Wigton

*Friday 31st May, Friday 28th June, Friday 26th July, Friday 30th August, Friday 27th September, Friday 25th October*

### Workington

1pm - 3pm at the Curwen Centre, Workington

*Tuesday 11th June, Tuesday 9th July, Tuesday 10th September, Tuesday 8th October*

### Maryport Relaxation

2 - 3pm Wild Solway Centre, The Aquarium Maryport

*Monday 20th May, Monday 3rd June Monday 17th June, Monday 1st July, Monday 29th July*

### Wigton Relaxation

11 am - 12pm Wigton Surgery (Wigton surgery patients only)

*Monday 3rd June, Monday 10th June, Monday 1st July, Monday 15th July, Monday 29th July*

If you are attending any of the groups for the first time it would be advisable to contact the office to confirm the venue.

## Goodbye Clarice...not quite!

Just to let readers know that I have now retired from my role of CARERS SUPPORT WORKER. After 7 wonderful years with West Cumbria Carers, it was time to bite the bullet, take the Pension and put my feet up. My last 2 weeks have been a bit tearful as I have said my farewell to some lovely people. A very special thank you to the Millom Group where the Carers and Volunteers have always made me feel valued. A big thank you also to all the carers I have met throughout Allerdale and Copeland who have welcomed me into their lives.

Although my fabulous colleagues have given me a last week to remember, it is not quite the end of my time here. I am returning on a temporary, part time basis to a new role as Reviewing Officer and I very much look forward to speaking with many of you in the near future.

## Chatting & Crafting Together

We are excited to let you know about new groups for Carers, 'Silloth Chatters' and 'Carers Corner'. These will be informal gatherings, run by some of our dedicated volunteers for a couple of hours, once a month.

Carers are welcome to drop in for a quick coffee and a chat, stay for a couple of hours and have a good long gossip or bring along some knitting, crochet or other craft / hobby you enjoy to help pass the time and share the joy with others.

The first two are launching in Silloth and Cockermouth.

**Silloth** at Trinity Methodist Church, Wampool Street, 2.00 pm to 4.00 pm - run by Annie & Joan

**Cockermouth** at URC Church, Main Street, 1.30 pm to 3.30 pm - run by Barbara & Dot

Both will run on the following Thursdays

Thursday 23rd May

Thursday 20th June

Thursday 25th July

Thursday 22nd August

Thursday 19th September

If anyone is interested in attending, could you please contact the office and ask for your name and contact details to be added to the 'Chat List'.

Provided there is demand and willing volunteers, we hope to be able to open groups in other areas in the future.

If you would like to volunteer to help run a group, contact:

**Nia-maria Quinlan Tel: 01900 821976**



## 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](http://www.westcumbriacarers.co.uk)
- 2. By Letter at the**  
above address
- 3. By E-Mail:**  
[general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)
- 4. By Phone:**  
Tel: 01900 821976  
Fax: 01900 826206

## Staff Quick Reference

**Chief Officer:**  
Sue Whitehead

**Adult Carers Support Workers:**  
Susan Pickering  
Jeff Carroll  
Lisa Forrester

**Reviewing Officer:**  
Clarice Nichol

**Adult Project Manager**  
Dot Barwise

**Carers Health Workers**  
Clare Edwards (Allerdale)

**Carers Health Worker**  
Gillian Walker (Copeland)

**Young Carers Project Manager:**  
Deb Vaughan

**Young Carers Support Workers:**  
Mags Little  
Michelle Watson  
Gill Wintrup

**Administrator:**  
Vanessa Gray

**Volunteer Coordinator:**  
Nia-maria Quinlan  
**Transitional Project Support Worker:**  
Jacqui Miller

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