Flu Jabs
When is the best time of year for a Flu Jab? We feel it would be beneficial to register as a carer with your Practice to take advantage of the free vaccine. To do this you will need to discuss your circumstances and your flu protection with your GP. 

Please contact your surgery to arrange an appointment and we would be more than happy to provide transport to and from the surgery for the person you care for, see the above address.

FREE Electric Blanket Safety Tests
Cumbria Trading Standards will be carrying out examinations and FREE Electric Blanket Safety Tests. If you or anyone you know are registered as a carer and who you think would benefit from our help they can contact Clare at the office.

Wednesday 14th November at 2pm – 4pm at the Home Instead shop, Workington.

Thursday 10th December at 2pm – 4pm at the Reading Rooms, Beckermet.

Friday 4th October at 10am – 11am

Cumbria Trading Standards will be carrying out examinations and FREE Electric Blanket Safety Tests.

If you are attending a group for the first time or haven’t attended for over a year, please call Clare at the office to check the venue, we may also be able to help with travel.

Carers Support Groups
This newsletter provides you with a list of local friendly carers support groups.

If you are attending a group for the first time, the following meetings always show you how to contact the staff in the office and who to contact if you have a question or problem. If you are attending any of the groups for the first time it would be advisable to contact the office to confirm the venue.

Carers Call: 01900 821976

Emilea
Emilea Carers support group will be held at the Cumbria Trading Standards office. If you are unable to attend an appointment to see their office in Ennerdale we can also help with travel.

Clearer Open Space: 07979 923451

Emma CLC
Emma CLC (Cumbria Local Carers) is a registered charity that can provide information and support to carers. If you are able to help support other carers we would be more than happy to help.

Carers in Harmony
We have plenty of CD’s left and would hope that those who Up have been very disappointing. We have had a very limited number of copies of the single. Sadly we only sold just over 50 copies and staff commenting ‘I was unexpectedly bowled over by the joyful medley of songs in preparation for the concert with the Young Carers Choir and Meercat Choir, Voices Dot Com, and six other choirs. By 2pm the Barn at Rosehill Theatre was filled to capacity. Many thanks to all of you who attended our Carers in Harmony event.

Judi Bakes Great Cakes!
We are very happy to introduce you to Judi Bakes, a lovely lady who has wowed us with her creative cakes in previous years. The company makes cakes to order including catering for dietary requirements and any allergies. They are very friendly working with us and are sure to impress our event guests again with their amazing work and they are sure to give you a great taste of what they can do, you can sample their cakes at Judi Bakes, Workington.

Maidens
Maidens is a community owned charity that also works in conjunction with West Cumbria Carers. It has many services available for carers including information and support, transport, club and group activities, advice and guidance, and outreach services.

Gilly
Gilly is one of the carers that will be attending the Carers in Harmony event.

Gournayth
Gournayth is a carer that will be attending the Carers in Harmony event.

11pm
We are very much looking forward to seeing you all again on Wednesday 21st October at the Oval Centre in Salterbeck at 10.30 am. There will be the usual short formal meeting following presentations as we are in the current projects currently being run by West Cumbria Carers. Tea and coffee will be available from 10.30 am with the meeting starting at 11 am and finishing at 12 pm with a sandwich lunch. If you would like to attend please contact your local office.

Keep Calm & Stop Smoking!
For more information on our special Carers Stop Smoking Event.

Please note: nothing published in this newsletter can be reproduced without the permission of West Cumbria Carers.
I would like a copy of 'You Lift Me Up'

You help me in and out of my chair
You never moan you never whine
You're always there and that's a fact
And from that day we've laughed and cried
The day we wed we said out loud
In between my endless care
Never venture far from home
You're always there and that's a fact
Although I know you love me best
But I'll always be right by your side.