Summer Round Up – Meet Ups, Benefits, and Ambling in Ambleside.

Welcome to the latest addition of our newsletter. Inside you will find details of all our events and activities, plus the latest news and updates.

We hope you’ve enjoyed the warm summer months and had the opportunity to take advantage of some of the events that we have held. In August we launched our New Carers Meets, a great opportunity to learn more about a health condition whilst meeting other Carers. The first took place in Cockermouth, where a presentation from the Community Mental Health Team gave Carers information about services for Dementia. Carers also had the opportunity to enjoy a relaxation session with one of our therapists or learn more about our Lasting Power of Attorney Service. We’ve lots more Carers Meets planned, and you can find further details inside.

The summer also saw the start of our Benefits Clinics, taking place in libraries across Allerdale and Copeland. The first clinics have been very popular, with appointments snapped up quickly. If you are boggled by benefits, confused by Carers Allowance, or just need a bit of help completing a form, please give us a call to book into a Benefits Clinic near you.

In the early part of September we took a late summer trip and ambled down to Ambleside. We hope you enjoyed the visit to one of the Lake District’s picturesque towns.

Wheely-Caring Clare

Bradley Wiggins has got nothing on Clare Edwards, our Carers Health Worker and cyclist extraordinaire. After several hot days in the office left us all feeling a bit befuddled, we somehow came to the conclusion that it would be a good idea to do a cycle ride to raise money and awareness for West Cumbria Carers. One discussion led to another and we are excited (if a little nervous) to announce that next June during Carers Week, we will attempt a cycle relay from Millom to Port Carlisle, covering 100 miles of coastal route. Whilst the more sensible of us in the office will limit ourselves to 10 mile stints, Clare will be cycling the full 100 mile route.

Clare said:

“IT’s my 50th Birthday in 2015 and I wanted to do something memorable to ‘celebrate’. It seemed like such a great idea from the comfort of the office but now I’m out on the road doing regular evening rides of up to 25 miles I’m really not so sure. But I’ve 10 months to get myself fit and hope that with your help I’ll make the distance in June next year.”

Over the next few months we will update you on our training progress, and will be launching a sponsorship campaign soon, as well as releasing full details of the day itself. So if you happen to see one of our support workers huffing and puffing on a bike, please give them a supporting cheer.

Annual General Meeting

Another year has flown by, and it’s been a year with lots of changes for West Cumbria Carers. This year, our Annual General Meeting will take place on Wednesday 19th November, at 10.30am, at the Oval Centre in Workington.

Tea and coffee will be provided at the start, followed by a formal business meeting, and then presentations and updates from the team. The meeting will be rounded off with a sandwich lunch.

If you would like to attend, please contact the office by Wednesday 5th November to book your place.
Feeling tired? Stressed? Hectic lifestyle getting you down?

Why not take time out to join us and learn how to relax at one of our free regular relaxation sessions.

Our trainer Maria will help you to manage your stress levels. Research has shown that simple relaxation techniques can improve overall health and well-being.

Sessions take place as follows:

**Maryport - Community Resource Centre, 12a Seby Terrace, CA15 6NF**
**Monday:**
- 29th Sept 1pm - 2pm
- 17th Nov 1pm - 2pm
- 15th Dec 1pm - 2pm

**Wigton - Wigton Group Medical Practice, Southend, CA7 9QD**
**Monday:**
- 29th Sept 11am - 12 noon
- 17th Nov 11am - 12 noon
- 15th Dec 11am - 12 noon

**Millom - Millom Network Centre, Salthouse Road, LA18 SAB**
**Monday:**
- 3rd Nov 11am - 12 noon
- 1st Dec 11am - 12 noon

Feel free to pop along to any of the sessions. Free refreshments provided. For more details please call us on 01900 821 976. We may be able to provide transportation and respite under certain circumstances.

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**Improve Your Well-Being In Just EIGHT Weeks With Our FREE Mindfulness Meditation Programmes**

**Struggling to cope with stress, anxiety or depression?**

According to The Mental Health Foundation, exercises in Mindfulness have been shown to alter brainwave activity and can assist with a host of health issues including recurring depression, anxiety disorder and chronic pain conditions. We are therefore delighted be able to offer more of our highly popular eight week courses of Mindfulness Mediation and Therapeutic Exercise throughout West Cumbria. Our tutor Kay will guide you to develop techniques you can use on a daily basis to aid relaxation and improve your overall health.

Dates for all courses are listed below. You must book a place before attending and hurry, as places are limited and these courses are very popular. All sessions are FREE to current carers who have not previously attended a Mindfulness course.

To book a place, call us on 01900 821 976.

Once you have completed a full 8 week programme we have a monthly top up session which you can attend to refresh and top up your skills. This helps and supports you maintain your level of knowledge. (These are open to current carers that have attended one of our previous 8 week programmes only.)

**Sessions in Allerdale**
All courses are for eight weeks.

**Keswick - St Herbert's Social Centre, High Hill, Keswick**
- Start Date – Monday 29th September 2014, 2.15pm - 3.45pm.

**Cockermouth - The Kirkgate Centre, Kirkgate, Cockermouth**
- Start Date – Thursday 29th January 2015 - 1.00pm - 2.30pm

**Allerdale Monthly Top Up Session**

**Maryport - Community Resource Centre, Selby Tr, Maryport.**
- Tuesdays: 21st October, 18th November, 16th December, 20th January, 17th February, 10th March. 10.00am - 11.30pm.

Open to current carers who have attended one of the eight week long programmes.

**Sessions in Copeland**
All courses are for eight weeks.

**Whitehaven - Senhouse Centre, Senhouse St, Whitehaven**
- Start Date – Thursday 9th October 2014, 1.00pm - 2.30pm

**Cleator Moor - Birks Rd Health Centre, Cleator Moor**
- Start Date – Monday 26th January 2014, 2.15pm - 3.45pm

**Copeland Monthly Top Up Session**

**Egremont - Methodist Church, Main Street, Egremont.**
- Tuesdays: 30th September, 28th October, 25th November, 27th January, 24th February, 24th March. 10.00am - 11.30am.

Open to current carers who have attended one of the eight week long programmes.
Benefits Clinics
Don’t forget our FREE benefits clinics are now running monthly at various libraries across Cumbria:

Allerdale:
- Keswick Library
- Maryport Library
- Silloth Library
- Wigton Library

Copeland:
- Millom Library
- Seascale Library
- Whitehaven Library

You may be applying for benefits for the first time, transferring onto the new Personal Independence Payments, or perhaps your circumstances have changed and you would like to check your entitlement. Our Benefits Support Worker, Gillian Walker, can offer you support. Appointments are necessary. To book, please call us and let us know what you would like help with.

Reach Those High Notes With Our Singing Workshops
Fancy yourself as the next Lulu, Tina Turner, or old blue-eyes himself Frank Sinatra? Or maybe you just want to improve the way you sound when singing in the shower. Why not join us in our latest round of Singing Workshops. The workshops, led by Hannah Reid from Soundwave provide a fantastic chance to improve your vocal abilities, as well as meet other carers.

The workshops will start in October and there will be one session for two hours each month until March. All sessions take place in the Art Room in the Carnegie Theatre, Workington, and start at 10am and finish at 12pm.

Dates of the sessions are as follows:
- Tues 14th Oct
- Tues 11th Nov
- Tues 16th Dec
- Tues 13th Jan
- Tues 10th Feb
- Tues 10th Mar

Get-Together With Other Carers At Our Regular Carers Meets
Our Carers Meets provide a fantastic opportunity to get together with other Carers and learn more about caring for someone with specific health conditions. Each month we focus on one of four themes – Dementia, Physical Disability, Mental Health, and Learning Disability. A guest speaker, usually with professional experience, will deliver a presentation on the theme for that month.

Carers are able to choose from one of two workshops that are on offer during the event. Learn more about a specific illness or disability, enjoy a relaxation session, or find out more about a host of issues including benefits and legal rights. Bring along a packed lunch and chat to other Carers and share experiences, then spend some time visiting the stands in the Carers Market Place, where organisations and charities will be on hand to supply information about their services.

Healthy Eating
Struggle to get your five a day? Confused about food groups and vitamins? Or just lacking the time needed to cook a healthy meal? According to Carers UK, 60% of Carers worry about the nutrition of the person they care for. Whilst eating a balanced diet is essential for maintaining health, it is often difficult for carers to find the time to prepare nutritious meals, especially when having to meet special dietary requirements.

We’ve teamed up with Lakes College again to offer two Free Healthy Eating courses and the full details are below. If you would like to attend, please call us to book your place by 30th September. (Open to all current carers). Refreshments will be provided. Transport and respite may be available. Both courses take place at the Lakes College.

Getting Your Five A Day:
- Start: Thurs 9th Oct, 1pm - 4pm.
- Follow up sessions 16th Oct & 23rd Oct.

Sugar Free Christmas:
- Start: Thurs 6th Nov, 1pm – 4pm.
- Follow up sessions 13th Nov & 27th Nov.

Don’t forget we may be able to provide transport and respite for you to attend our activities.
More than four in ten (42%) of the UK's unpaid carers are male, dispelling the stereotype that caring is a female issue, according to a report launched in July by Carers Trust and the Men's Health Forum. The report ‘Husband, Dad, Son, Boyfriend, Carer?’ was commissioned by Carers Trust to look into the experiences and needs of male carers and to help raise awareness of the fact that male carers may not be getting the support they need.

The report, which surveyed more than 600 male carers found that:

- More than one in four male carers in employment would not describe or acknowledge themselves as a carer to others, meaning they may not get the support they need at work.
- Over half of the male carers (53%) surveyed felt that the needs of male carers were different to those of female carers, many citing that men find it harder to ask for help and support and that balancing work and caring is challenging, particularly if they are the main earner.

Male carers under 65 in England are also more likely to visit their GP than the rest of the male population, visiting four times per year — but despite this their health is often still poor and many are not identified as being male carers and so do not get support.

We want to provide support to all Carers from all walks of life. If you know of someone who you think needs our support please encourage them to give us a call.

Over 65? Still Driving? Want to Drive Safely for Longer?

Did you know that once we reach the age of 60 our risk of having an accident whilst driving steadily starts to increase? Whilst we all age differently it is important to recognise that our reactions can be affected, along with our eyesight and hearing, and these can all impact on our ability to drive safely.

The Cumbria Road Safety Partnership, a collection of organisations that includes the Fire Service and the County Council, are offering a Free refresher course for drivers over the age of 65.

Using your own car, a qualified driving instructor will sit with you during an informal drive and assess your skills, giving you an opportunity to identify any possible areas of concern.

The course will also refresh your knowledge of the Highway Code and provide information on alternative transportation should you decide to stop driving.

This course is currently free until March 2015. To book your place please contact Chris Broadbent, Cumbria County Council’s Road Safety Coordinator, on 07826 874 345. Visit www.crsr.co.uk for more information.

Help Us to Reach Out to 18,000 Carers

Did you know there are 18,000 unpaid Carers living in West Cumbria? We want to support as many of them as possible and need your help to reach them. We want to talk to as many community groups as we can over the next few months to try and raise awareness of the work we do.

If you are a member of a community group and think that they would be interested in hearing more about us, please get in touch. Members of our staff are able to come to your meeting place and deliver a presentation about West Cumbria Carers. We hope this work will help us to identify more Carers throughout West Cumbria.

AbilityNet – Helping You To Get The Best Use From Computers

Our volunteer coordinator, Nia, recently met with a representative from AbilityNet, a registered charity offering support to disabled people with computer use.

AbilityNet have a team of professionals and volunteers who can provide information and advice about adaptive and assistive technologies.

They can help you with a range of topics, including voice recognition software, tablet computers such as the ipad, and online safety.

Visit www.abilitynet.org.uk/advice-information for more information or call their free helpline on 0800 269 545 (calls from a mobile may be charged).
 Deputy Volunteer Project Co-ordinator, Tuesday 14th October.

I enclose a cheque made payable to West Cumbria Carers for

Dessert:

Telephone Number:.......................................................................................

Address:.........................................................................................................

Rich Chocolate Sponge Filled With Fresh Cream & A Chocolate Ganache

Christmas Pudding Served With Rum Sauce

27th January – Millom – Physical Disability

22nd January – Wigton – Physical Disability

13th November – Cockermouth – Mental Health

18th November – Egremont – Mental Health

3rd December – Workington – Dementia

4th December – Whitehaven – Dementia

22nd January – Wigton – Physical Disability

27th January – Millom – Physical Disability

Christmas Meal Menu Options –

Please choose one starter, one main and one dessert:

Starter:

□ Mildly Curried Parsnip Soup With Cream Swirl & Toasted Croutons
□ Duo Of Melon Fan With Winter Fruits & Fruit Coulis
□ Chicken & Duck Liver Terrine
□ Seafood Casserole Served In A Large Crisp Vol Au Vent

Main:

□ Rib Of Beef Roasted & Served With Yorkshire Pudding
□ Roasted Turkey With Sage And Onion Stuffing & Chipolata Sausage
□ Baked Salmon With A Lemon & Ginger Crust
□ Stuffed Peppers With Savoury Rice Stuffing & A Sweet Tomato Sauce

Dessert:

□ Christmas Pudding Served With Rum Sauce
□ Chocolate & Raspberry And Vanilla Duo Of Crème Brûlée
□ Lemon Pot With A Brandy Basket & Lemon Grass Sorbet
□ Rich Chocolate Sponge Filled With Fresh Cream & A Chocolate Ganache

I would like to attend (Please tick all that apply):

□ Christmas Shopping Trip – 6th November
□ Carers Christmas Meal – 18th November

Carers Meets:

□ 16th October – Wigton – Learning Disabilities
□ 21st October – Millom – Learning Disabilities
□ 13th November – Cockermouth – Mental Health
□ 18th November – Egremont – Mental Health
□ 3rd December – Workington – Dementia
□ 4th December – Whitehaven – Dementia
□ 22nd January – Wigton – Physical Disability
□ 27th January – Millom – Physical Disability

Christmas Meal

We are holding our annual Christmas Lunch for Carers on Thursday 18th December at 12.30pm at the Hundith Hill Hotel just outside of Cockermouth.

Come join us for some Christmas food, fun, and festivities.

The cost will be £17.00 per person.

Booking is essential. If you would like to attend, please return the reply slip on this page along with a cheque made payable to West Cumbria Carers.

Christmas Shopping

Our annual Christmas Shopping Trip will be taking place on Thursday 6th November. There will be two drop off and pick up points this year – Newcastle City Centre and the Gateshead MetroCentre – a large indoor shopping centre in Gateshead that also houses numerous restaurants and a cinema. Carers will be able to choose between the two destinations, giving a much bigger choice for all of your shopping needs.

The cost of the trip will be £12.00.

Booking is essential, if you would like to attend, please return the reply slip on this page along with a cheque made payable to West Cumbria Carers.

Please return to West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, Cockermouth, CA13 0QT by Tuesday 14th October.
Dates for Your Diary:
These are all the events that are taking place over the next few months — Cut out, pin it on the fridge as a handy reminder.
Tuesday 14th October — Start of Carers Singing with Soundwave
Thursday 16th October — Carers Meet Wigton — Learning Disabilities
Tuesday 21st October — Carers Meet Millom — Learning Disabilities
Thursday 6th November — Carers Christmas Shopping Trip
Thursday 13th November — Carers Meet Cockermouth — Mental Health
Tuesday 18th November — Carers Meet Egremont — Mental Health
Wednesday 19th November — Annual General Meeting
Wednesday 3rd December — Carers Meet Workington — Dementia
Thursday 4th December — Carers Meet Whitehaven — Dementia
Thursday 18th December — Carers Christmas Lunch
Thursday 22nd January — Carers Meet Wigton — Physical Disability
Tuesday 27th January — Carers Meet Millom — Physical Disability

Staff Changes
This summer saw us say a sad farewell to our colleague, Adult Carers Support Worker, Lisa Forrester. Lisa has been working with us for just under three years and has now moved onto pastures new. We wish her luck for the future. We have also said a temporary farewell to another Adults Carers Support Worker, Joanne Carter, who is going on maternity leave.

We have been joined by two new members of staff over the summer, and hopefully some of you have already met with them. Malcolm Pritchard and Andrea Sowden have both joined us as Adult Carers Support Workers and have been very busy from day one.

Could You Help Raise Money For West Cumbria Carers?
As you may have seen on our front page, we will soon be attempting to raise funds for West Cumbria Carers by taking part in a 100 mile bike ride.

We are always seeking additional funding to help secure the work we do with Carers, and whilst we don’t expect everyone to jump on a bike, we have produced a new leaflet with lots of fundraising tips and ideas that we hope will inspire more people to try and raise money. You will find this leaflet enclosed in this newsletter, and we hope you find it useful.

Volunteer Project
We are very pleased to have been joined by three new volunteers this summer. Our volunteers offer services such as counselling, driving, and respite sitting and the service is in high demand, with volunteers donating 97 hours of time in June alone, so our new volunteers will certainly find themselves busy in their new roles.

If you have a little time to spare then please do consider volunteering with us. It’s a rewarding way of giving something back to the local community and we provide training and ongoing support. If you would like to learn more please give our Volunteer Coordinator, Nia, a call to discuss further.

Tweet Tweet Tweet
West Cumbria Carers is now on Twitter! You can follow us for the latest updates and interesting and useful links via @WCumbriaCarers

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 Quick Reference
Chief Officer:
Sue Whitehead

Adult Project Manager:
Dot Barwise

Adult Carers Support Workers:
Susan Pickering
Jeff Carroll
Joanne Carter
Andrea Sowden
Malcolm Pritchard

Carers Health Workers:
Clare Edwards (Allerdale)
Abby Williamson (Copeland)

Benefits Support Worker:
Gillian Walker

Young Carers Project Manager:
Michelle Watson

Young Carers Support Workers:
Mags Little
Melissa Messenger
Gill Wintrop

Transitional Project Support Worker:
Jacqui Miller

Volunteer Coordinator:
Nia-maria Quinlan

Administrator:
Vanessa Gray

Data & Communications Support Worker:
Emma Clark

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