Benefits and Other Funding

Our Benefits Support Worker Gillian is available to provide help to apply for a host of benefits including Carers Allowance, Personal Independence Payment and Attendance Allowance. She can also assist with Council Tax discounts and referrals to the Department for Work and Pensions. Our Benefit Clinics not only provide information about benefits but can also help carers to access a range of other grants, discounts and savings. Below are some examples of grants we are currently raising awareness of:

The Nuclear Industry Benevolent Fund – a registered charity providing assistance to current and past employees (and dependants) of eligible organisations within the Nuclear Industry.

Bank Workers Charity (BWC) – who support current and former bank employees with information, advice, expert support services and in some cases, financial assistance.

The Royal British Legion – who support serving and/or ex service personnel and their families with practical and financial support.

Royal Agricultural Benevolent Institution (R.A.B.I) – is a welfare charity for farming people in financial difficulty.

These charities are specifically aimed at certain client groups. There are many, many more benevolent funds and charities who offer specific financial support that may be able to help individual situations.

Clinics are held as follows:

Allerdale:
- Silloth Library on the 2nd Wednesday of the month at 10am & 11am
- Wigton Library on the 4th Thursday of the month at 2pm & 3pm
- Maryport Library on the 3rd Thursday of the month at 10am & 11am
- Keswick Library on the 1st Wednesday of the month at 10am & 11am
- West Cumbria Carers Cockermouth Office on the 2nd Monday of the month at 10am

Copeland:
- Whitehaven Library on the 3rd Tuesday of the month at 10am & 11am
- Seascale Library on the 2nd Tuesday of the month at 1pm & 2pm
- Millom Library on the 1st Tuesday of the month at 10am & 11am

If you are aware of any carers who are struggling financially or want more information regarding these grants, benefits or other savings ask them to contact Gillian Walker on 01900 821 976 or gillianwalker@westcumbriacarers.co.uk.

NEW Community Clinics

Spring is on the way and we are celebrating by providing carers with 6 new ways to meet up with our staff to get support and information vital to their caring role.

We know that carers prefer to meet face to face with our staff and that they like to meet in local venues that are easy to find and where other services can be accessed; such as public libraries and GP surgeries. With this in mind we have set up 6 new Carers Community Clinics in the following venues:

- Workington Community Hospital 1st Saturday of each month 10am – 12pm
- Kirkbride Medical Practice 1st Wednesday of each month 2pm – 4pm
- The Byre Tearoom, Bootle 2nd Wednesday of each month 10:30am – 12:30pm
- The Methodist Church, Cleator Moor 3rd Friday of each month 10:00am – 12:00pm
- Minto Centre Workington 4th Wednesday of each month 11am -1pm
- Mirehouse Community Centre 4th Friday of each month 11:30 – 1:30

The clinic will be a chance for carers to meet up with a Carers Support Worker who can provide:

Help to access appropriate services and equipment for the person you care for

Time to talk about YOUR caring role

Support to access appropriate benefits

Information about training, activities and social events for you as a carer

There will be 2 x 1 hour slots at each of the clinics, appointments must be booked by calling us on Tel: 01900 821976.

Mindfulness with Margaret Beck

Coming up this April we have a new EVENING course. The 8 week course will enable you to practice the art of mindfulness meditation.

Where
Oval Centre, Salterbeck, Workington, CA14 5HA

Dates
The course runs for 8 weeks, on a Tuesday evening, starting on Tuesday 12th April from 6pm – 8pm

If you know a carer who would benefit from this course please encourage them to book a place or talk more about Mindfulness and how it can support them.

Call the office on 01900 821 976 for more information.
Help us to help more carers!!

Are you a GP, Social Worker, Nurse, Teacher, Charity Worker, or working in the health and social care sector? Perhaps you are a Solicitor, Accountant, or someone who works in Housing or the Third Sector? Whatever your professional role may be, we need your help.

There are an estimated 18,000 carers providing unpaid care to friends, family, and neighbours, and we are currently working with around 10% of them. We need your help to reach out to those in the remaining 90% who need our support.

We work with Carers aged 5+ and have 3 teams that are here to support carers or support you to support carers:

**Adult Carers Team**
The Adult Carers Team works with adults in Allerdale and Cumbria who are in a caring role. We are contracted by the Adult Social Care department of Cumbria County Council and the Clinical Commissioning Group to undertake Carers Assessments and develop support plans.

We provide information and advice to Carers and have a volunteer programme through which we can provide counselling, transport and respite sitters. We also organise trips and events for Carers to attend. Visit our Events page for examples of the type of activities we offer.

**Young Carers Team and Transitional Carers Team**
The Young Carers Team works with Carers under the age of 18. The Transitional Carers Team works with Carers aged 18-25.

There are an estimated 700,000 Young Carers in the UK, and a Carers Trust survey found that 39% of Young Carers were not known to be Carers by school staff. We can work with your school or college to help identify Young Carers. We can deliver training presentations to staff on how to identify and work with Young Carers to ensure they can access the support they need whilst in education and training.

We organise trips and social events for carers, as well as provide information and one to one support from our trained Support Workers.

**Professional Support**
If you are working with Carers and in need of advice, support, or are looking for someone to deliver a presentation or talk, please contact us, and we will try to assist you. We’ve been working with Carers in West Cumbria for over 21 years and have extensive knowledge and experience that we would be happy to share. If you would like to contact us to discuss this further, you can call us on 01900 821 976 or email us here.

**Successful work with local GP Surgeries.**
Our two Carers Health Workers work alongside a number of GP Practices in both Allerdale and Copeland. This has enabled us to run a series of regular Carers Clinics in the following surgeries: Allerdale: Maryport, Orchard House (Workington), Oxford Street (Workington) and Wigton. Copeland: Distington, Lowther Street (Whitehaven), Seascale and Westcroft (Egremont).

Our work with both Wigton and Maryport surgeries was recognised in their OUTSTANDING reports following recent CQC inspections.

**Dates for your diary!**

- **Carers week takes place on 6th to 12th June 2016.** West Cumbria Carers will be involved in a variety of awareness raising events.

- **Keep checking the website for updated information.**

- **NEW Carers Forum discussing Physical Disability**
  Carers can come along, listen to guest speakers and meet other Carers dealing with similar issues and problems.
  The Forums will take place at 10.30am to 12.30pm, lunch and refreshments will be provided.

- **Dates & Venues**
  - **Wednesday 25th May** at The Market Hall, Wigton
  - **Thursday 26th May** at The Senhouse Centre, Whitehaven

We hope you find our new newsletter for Professionals helpful and interesting.
If you have something you would like to be included in the next edition, please email juliecrellin@westcumbriacarers.co.uk
To subscribe to this newsletter please click here

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