



Talking Carers

The newsletter for professionals engaging with Carers.

Carers Benefits Clinics

In July of this year we launched our new Benefits Clinics for Carers. Clinics are held in libraries around West Cumbria on a monthly basis and one hour appointment slots are available with our Benefits Advisor, Gillian Walker. These free clinics enable Carers to seek advice concerning a range of benefits, including the new Personal Independence Payment and Carers Allowance. Carers can get help to complete forms, identify possible funding sources, and be referred onto the Department of Work and Pensions for further assistance if required. The clinics have proved popular so far, with many of the appointment slots taken up quickly. If you know of a Carer who may benefit from this type of support, appointments can be made by telephoning us on 01900 821 976.

The clinics are held as follows:

Allerdale:

- Keswick Library—1st Wednesday of the month—10am—12pm.
- Maryport Library—3rd Thursday of the month—10am—12pm.
- Silloth Library—2nd Wednesday of the month—10am—12pm.
- Wigton Library—4th Thursday of the month—2pm—4pm.

Copeland:

- Millom Library—1st Tuesday of the month—10am—12pm.
- Seascale Library—2nd Tuesday of the month—10am—12pm.
- Whitehaven Library—3rd Tuesday of the month—10am—12pm.



Carers Meets—Could You Join Us?

Each month we hold two free events for Carers, one in Allerdale, and one in Copeland. Carers Meets are a fantastic opportunity for Carers to get together, meet other carers, and also receive information, advice, and support that can assist them in their caring role. Each Carers Meet focuses on one of four themes: Learning Disability, Dementia, Mental Health, and Physical Disability. All of the Meets follow the same format:

- 10am – 10.30am Registration and coffee
- 10.30am – 11.15am Main speaker(s)
- 11.30am – 12 noon Workshop (choice of 2 workshops)
- 12 noon – 1pm Lunch and Market Place
- 1pm – 1.30pm Speakers and Market Place attendees Q & A session

For each Meet we invite a guest speaker to talk about an issue relating to the theme, whether it be about the benefits system, health care for certain conditions, or the various services available. This will be followed by a workshop session, where Carers can choose from one of two workshops to attend. Previous workshops have included relaxation sessions and information about Lasting Power of Attorneys.

We invite various organisations to host a stall at the Market Place, giving Carers an opportunity to find out more about the services and support that is available.

If you are interested in hosting a stall, or feel you could run a workshop or be one of our main speakers, please get in touch. Our November sessions will focus on Mental Health, and our December sessions will focus on Dementia.



Carers Clinics—Drop In Sessions for Carers.

Did you know that we hold regular drop in sessions for Carers in GP surgeries across West Cumbria? Our friendly Carers Health Support Workers are available for Carers to get advice and support in a neutral place close to their home. Carers must be registered at the surgery where the clinic is held.

Allerdale

Carers Clinics in Allerdale are via appointments. Appointments can be booked with the surgery reception, or through us on 01900 821 976.

Maryport Group Practice

Orchard House Surgery Workington

Wigton Group Medical Practice

Copeland

Carers Clinics in Copeland are “drop-in” sessions, and appointments are not required.

Distington Surgery

Waterloo House Surgery

Full details can be found online: <http://www.westcumbriacarers.co.uk/for-adult-carers/reaching-us/>

Planning For An Uncertain Future

Many Carers tell us they experience difficulties in managing the personal and financial affairs of their loved ones during what can already be a difficult and stressful time. This can be compounded further by the fact that arranging a Lasting Power of Attorney in order to manage these affairs through a solicitor or other legal professional can cost several hundreds of pounds.

Recognising that many Carers have limited budgets and that having an LPA in place can bring peace of mind to those involved, we have recently teamed up with Carlisle Carers to provide our own LPA service.

We charge £125 per LPA, which in addition with the fee of £110 to the Office of the Public Guardian for registration, makes arranging an LPA much more affordable at £235. Furthermore, all of our LPA paperwork is thoroughly checked by a qualified legal professional, ensuring that we are able to provide a high quality service. Our process is simple, with Carers supported throughout, and has proven highly popular with over 100 applications since the service was launched last year. To find out more information, visit <http://www.westcumbriacarers.co.uk/planning-for-your-future/>



Forthcoming Events

Listed below are our events for Young and Adult Carers. If you know of anyone who may benefit from these activities please refer them to us.

- 04/11/2014—Young Carers Cookery Course—Lakes College.
- 06/11/2014—Adult Carers Cookery Course—Lakes College.
- 13/11/2014—Adult Carers Meet—Mental Health—Christ Church Cockermouth.
- 14/11/2014—Young Carers Residential—Calvert Trust
- 18/11/2014—Adult Carers Meet—Mental Health—Methodist Church, Egremont.
- 19/11/2014—Annual General Meeting, Oval Centre, Workington.
- 30/11/2014—Young Adult Carers Christmas Shopping Trip—Metro Centre.
- 03/12/2014—Adult Carers Meet—Dementia—St Michael's Independent Living Centre, Workington.
- 04/12/2014—Adult Carers Meet—Dementia—Beacon Museum, Whitehaven.
- 18/12/2014—Adult Carers Christmas Dinner—Hundith Hill Hotel.

New Memorandum of Understanding for Young Carers

Cumbria County Council's Health and Care Directorate and Children's Services Directorate have recently published a new Memorandum of Understanding for working with Young Carers. The Memorandum sets out a framework for staff who have contact with Young Carers and their families and details the responsibilities that practitioners have. The Memorandum has been endorsed by Cumbria's Local Safeguarding Children Board and our Young Carers team are committed to adhering to its principles. You can download the full Memorandum at www.cumbrialscb.com/professionals/publications.asp

Confirmation of West Cumbria Carers' Quality of Service.

West Cumbria Carers was recently audited for its adherence to the ISO 9001 Management Systems Quality Standards. We are pleased to report that the audit confirmed our commitment to providing a high quality service, and no non-conformities were identified.



New Online Referral Service.

Our website has recently had a makeover that we hope makes it more user-friendly and informative. As part of this redesign we have introduced a new section dedicated for Professionals, with information on our service and copies of this bulletin.

In addition we have added a secure referral section to enable you to refer to us quickly and simply. The section is encrypted with a security certificate and the information is sent directly to us. You can find out more at <http://www.westcumbriacarers.co.uk/professionals/>



Learn More About West Cumbria Carers.

If your team or organisation would like to learn more about the services that West Cumbria Carers provides, we can come and visit you in your place of work to do a short presentation. We would particularly like to visit those in the legal and housing professions.

We can provide information on identifying and supporting Carers, as well as discuss the various volunteer roles that are available within our organisation. If you think this would be of benefit, please contact us to get in touch.

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