



Happy New Year from West Cumbria Carers!

Another year has flown by and it has been a huge one for West Cumbria Carers.

2017 was our 25th Anniversary and many of you joined us at one or more of the 25 events we held as part of our 'Silver Celebrations'.

Below are just some of the highlights of the year:

Our first ever fashion show was held in April and was a great success (the second will be coming up soon – see back page for more details).

We've rocked along to some fabulous musical entertainment over the last 12 months including local musician Gary Jackson at our Puddings & Prosecco evening, a Band Night in June featuring Collision and a set by Broken English at the Silver Ball. At the Anniversary Concert in November we were entertained jointly by Whitehaven Brass Band and Flimby Male Voice Choir.

We celebrated the end of our Silver year with a fantastic Christmas lunch at Hundlith Hill Hotel, where we were joined by the one and only Elvis!

It was lovely to see so many of you enjoying the festivities, the dancing and the general merry making.

It's now time to shift our focus to the future and we are very excited about what 2018 will bring.

Next month we are branching out into comedy - see back page for more information.



Can you help?

Our Volunteer Project has been chosen for the next round of the Co-op Local Community Fund. This means that every time a member shops at the Co-op, 1% of what they spend on Co-op brand products and services goes into the fund, including the sale of shopping bags.



Co-op members in the local community will be able to choose to give their 1% to us! We want to use this funding to provide additional counselling sessions through volunteer counsellors to carers in crisis.

You and your family and friends can help to boost the amount we receive from the fund by following these 2 simple steps:

- Join the Co-op – you can find out more about membership either in store or online at www.coop.co.uk/membership
- Sign in to your account at membership.coop.co.uk/sign-in and choose to back "West Cumbria Carers Volunteer Project" (if you cannot access your account online you can phone up and ask to back our cause by calling 0800 023 4708).

The funding round runs until 27th October 2018 so the sooner you join in the more we will receive.

If you would like any further information or help with this just give us a call on 01900 821 976.

Silver Ball Winners

In the last newsletter we invited anyone celebrating their own 25th anniversary to enter a ballot for tickets to attend our Silver Ball in October. The lucky winners were Robby and Andrew Hill, from Whitehaven.

They were delighted when they found out they had won. "It will be lovely for us to dress up for an evening and celebrate our Silver Wedding anniversary at such a lovely event. We were married on 9th November 1992. That's also Andrew's birthday so he never forgets our anniversary."

At the ball Robby and Andy enjoyed a tasty three course meal among much glitz and glamour. There was also magic, music and dancing and to top it all off the couple were presented with a bouquet of flowers.

Robby commented afterwards "Great night, amazing place, friendly faces, thank you for letting us share a wonderful evening celebrating our 25th wedding anniversary, and thank you for my lovely flowers xx".



ACTIVITIES & EVENTS

New Year Blues? Feeling Stressed? Join Us for Our Regular Relaxation Sessions

We hold free regular relaxation sessions across West Cumbria for carers to drop in and take a little time out.

Stress can be a major contributor to physical health problems so why not make it a new year's resolution to try out a session?



There is no need to book, just turn up at any of the sessions below.

Cockermouth – *West Cumbria Carers, Suite 7F Lakeland Business Park, Lamplugh Road, CA13 0QT*

11am - 12pm on Wednesday 7th February, 7th March and 4th April

Distington – *Community Centre, Church Road, CA14 5TE*

1.30pm - 2.30pm Monday 5th February, 5th March and 9th April

Maryport – *Maryport Library, Lawson Street, CA15 6ND*

1pm - 2pm on Monday 12th February, 12th March and 16th April

Wigton – *Wigton Group Medical Practice, Southend, CA7 9QD*

11am - 12pm on Monday 12th February, 12th March and 16th April

Millom – *Millom Network Centre, Salthouse Road, LA18 5AB*

11am - 12pm on Monday 5th February, 5th March and 9th April

Whitehaven – *Senhouse Centre, 3 Senhouse Street, CA28 7ES*

1pm - 2pm on Thursday 1st February, 1st March and 5th April

“Permission to look after myself”

We have two new eight week courses starting in 2018, which will enable you to practice mindfulness.

Copeland:

Senhouse Centre, 3 Senhouse Street, Whitehaven, CA28 7ES

30th January, 13th February, 20th February, 27th February, 6th March, 13th March, 20th March and 27th March

All sessions will take place on a Tuesday from 1.30pm to 3.30pm

Allerdale:

Helena Thompson Museum, Park End Road, Workington, CA14 4DE

3rd April, 10th April, 17th April, 24th April, 1st May, 8th May, 15th May and 22nd May

All sessions will take place on a Tuesday from 6pm to 8pm

‘Top-up’ your Mindfulness

Drop in to any of our free top-up sessions. No need to book.

Workington

Helena Thompson Museum, Park End Road, CA14 4DE

Wednesday 14th February 6.30pm - 8.00pm

Wednesday 14th March 6.30pm - 8.00pm

Wednesday 11th April 6.30pm - 8.00pm

Whitehaven

Whitehaven sessions will continue as normal, please ring the office for exact dates.

At the Movies

We will be arranging our regular cinema trip for February/ March but are unable to confirm the film or exact date yet.

If you would be interested in joining us can you please call the office to let us know. You can also keep checking the online activities calendar for more details.

NEW Carers Forums

Come along, listen to guest speakers, health professionals 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.

Lets talk...Continenace and Incontinence

Continenace care helps people to achieve and maintain control of their bladder or bowel functions. This can include tips on keeping the bladder healthy, continence assessment, identifying a course of treatment if necessary and emotional support and advice.

Lets talk...Tissue Viability and how to prevent pressure ulcers

Pressure ulcers are an injury that breaks down the skin and underlying tissue. They are caused when an area of skin is placed under pressure. They are sometimes known as 'bedsores' or 'pressure sores.'" - (with thanks to NHS Choices).

Dates and venues are still to be confirmed, if you are interested in attending any of the forums please call the office to register your interest.

If you need to contact the Department for Work and Pensions to claim benefits or to report a change in your circumstances the telephone numbers below are now free to ring

Attendance Allowance	0800 731 0122
Carers Allowance	0800 731 0297
Disability Living Allowance	0800 328 4600
Personal Independence Payment claims	0800 917 2222
Personal Independence Payment enquiries	0800 121 4433

All Activities and Events must be booked unless otherwise stated - call 01900 821976

INFORMATION

FOCUS ON...Benefit Clinics

If you are befuddled by benefits you are not alone!

We know how difficult it can be finding time to understand the rules and regulations around different benefits...and that's before you've even started to fill in the forms!

Why not call to find out about our Benefit Clinics and how we can help?

Our Benefit Support Worker explains "Navigating your way through the benefits system understanding entitlement and completing paperwork is complicated and time consuming. A real headache for busy, stressed carers."

The additional costs involved when living with illness or disability can cause people to struggle financially. The money you may be entitled to can make a huge difference.

We can help you to complete applications for Attendance Allowance, Personal Independence Payment, Carers Allowance, Carers Credit and DLA (under 16's only). In addition we can provide you with information about (and support to access); Council Tax discounts, health benefits and funding, grants from appropriate charitable trusts and benevolent foundations. Plus discounts from local businesses, leisure facilities etc.



If you are a carer and would like to know if you are entitled to any of the benefits listed above contact Lynne Christie-Quinn at lynnechristiequinn@westcumbriacarers.co.uk or call 01900 821 976.

Lynne can then book you into an appointment at your nearest clinic

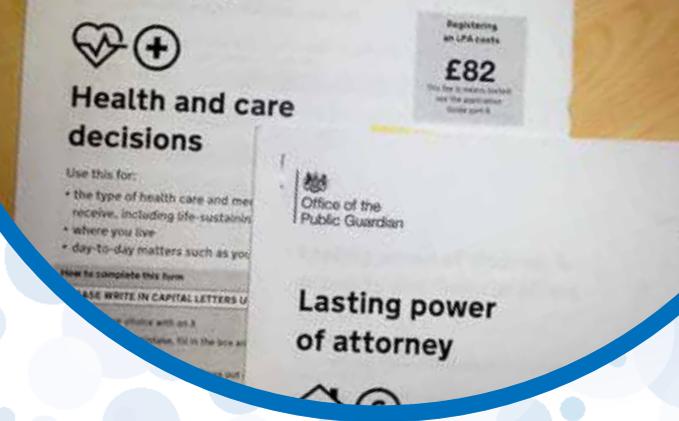
Our Benefit Clinics are held regularly across West Cumbria.

Allerdale:

- Keswick Library - 1st Wednesday of the month - 10am
- Maryport Library - 3rd Thursday of the month - 10am to 1pm
- Silloth Library - 2nd Wednesday of the month - 10am
- West Cumbria Carers office, Cockermouth - 4th Wednesday of the month - 10am to 1pm
- Wigton Library - 4th Thursday of the month - 2pm
- Workington Library - 1st Tuesday of the month - 10am to 1pm

Copeland:

- Seascale Library - 2nd Tuesday of the month - 2pm
- Whitehaven Library - 3rd Tuesday of the month - 10am to 1pm



Lasting Power of Attorney

100% of survey respondents would or have already recommended our Lasting Power of Attorney Service

Customer feedback is invaluable in helping us continuously improve the LPA Service. Responses to our annual customer survey 2017 tell us 96% of customers rate our value for money service as very positive. They really value how our friendly team make a complicated process easier for them, taking the stress away.

"We are very grateful to have found this service, nothing was too much trouble"

Our service offers tailored support to help you register LPAs for Property and Finance and Health and Welfare. This often starts with a chat on the phone when our team help you identify the right option for you based on your circumstances. Alternatively, you can make an appointment to visit our office where we can talk through the process on a one to one basis.

Call us on 01900 821976 to find out how our service can support you to register Lasting Power of Attorney.

What's your favourite monochrome classic?

Carers looking after dementia sufferers have reported how much they enjoy watching Talking Pictures TV as they love "being immersed back in the past that they remember".

Talking Pictures TV provides a 24/7 supply of golden oldies ranging from westerns to weepies, comedies to creepies. They have plundered the deepest and darkest vaults of Pinewood, Twickenham and Shepperton Studios to present a wide variety of nostalgic treats.

You can watch on Virgin 445, Freesat 306, Freeview or Youview 81 or on Sky channel 343. So, grab your bag of popcorn and your drink on a stick, take your seat in the one-and-nines, and re-live some of the rarest gems from British film history!



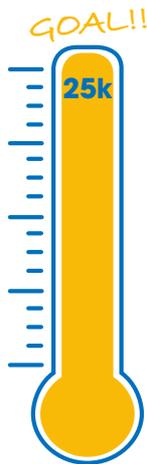
Don't forget you can keep up to date with all our activities and events at www.westcumbriacarers.co.uk/our-news/activities-calendar/

USEFUL INFORMATION

Thank You!

A very big thank you to everyone who supported us during our 25th Anniversary year. We are pleased to announce that we hit our £25,000 target!

Our fundraising doesn't stop there. 2018 will see us running events and fundraising activities in the hope that we raise even more this year.



Fundraising events coming up

Please note that all our fundraising events are open to anyone so you can bring your family and friends along. For more information about any of these events please call Michelle McGibbon on 01900 821976.

Florence gets funny

The Florence Arts Centre in Egremont is holding a special comedy charity night in February, with all proceeds from ticket sales being donated to us to support local carers like you.

When – Saturday 24th February at 7pm

Where - Florence Arts Centre, Florence Mine, Egremont, CA22 2NR

Laugh along with a brilliant line-up of talent, headlined by the ever-popular Steve Royle. Steve has made appearances on Sunday Night at the Palladium and Phoenix Nights Live as well as comedy clubs across the country.

Also on the bill for the night is Rob Mitchell and Yorkshire funnyman Howard Walker.

Don't miss out on this great night! Tickets cost £10.00 and can be bought online at florenceartscentre.com/comedy or by calling 01946 824946.

Something for everyone

There will be a charity night at the Pack Horse Inn, Seaton on Saturday 3rd March at 8pm.

Entertainment will be provided by The Holborn Hillbillies, described as "A mixture of Irish/Country music with a few Classic Rock and Pop tracks too" so there should be something for everyone.

Fabulous Fashion

Following on from the success of last year we will be hosting another fabulous fashion show.

When - Thursday 15th March 2018 at 7pm

Where - Energus at Lillyhall, Workington

Tickets for the event cost £5. You may also want to buy a raffle ticket! The raffle will be drawn during the event, giving one lucky attendee the chance to win a £50 voucher to spend on clothes on the night.



Looking for a challenge?

Once again we are looking for people to run for us in the Great North Run in September. We are also seeking five swimmers to take part in the Great North Swim in June at Windermere.

If you fancy a challenge for 2018 why not register to take part and help a local charity at the same time?!



Prizes Galore!

Congratulations to the winners of our 2017 Grand Draw

- Barry Nulty won the iPad, very generously donated by Morgan Sindall
- Mabel Simpson won two nights B&B at The Trout Hotel, Cockermouth
- Chloe Crellin won a king size Sealy mattress
- M Spink won a years family membership for Keswick Pencil Museum plus £150 worth of goodies
- Jane Clark won a luxury hamper donated by Morrison's, Workington

Well done all and thank you to everyone who bought tickets.

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 Reference

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Jeff Carroll
Joanne Carter
Malcolm Pritchard
Susan Pickering
Carers Health Workers:
Ann Quinn
Bernie Cresswell
Community Clinic Support:
Ann Bruce
Benefits Support Worker:
Lynne Christie-Quinn
Young Carers Project Manager:
Michelle Watson
Young Carers Support Workers:
Emma Spencer
Gill Wintrup
Jane Hanlon-McNab
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Melissa Messenger
Transitional Project Support Worker:
Jacqui Miller
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Clare Edwards
Community Fundraising Co-ordinator:
Michelle McGibbon
Volunteer Team:
Angela Longrigg
Ann Bruce
Working and Caring Support Worker:
Andrea Carlton
BBO - Choices
Helene Wickins
Lasting Power of Attorney Team:
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Administrator:
Vanessa Gray
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