

May - June 2014 Newsletter of West Cumbria Carers



Contents...

Page Two

Carers Week Activities

Page Three

IT news and activities

Page Four

Staff Reference Guide

Support Groups

Contacts

Quick reference for

West Cumbria Carers Staff

We are a local carers organisation providing support to people in Allerdale and Copeland who are caring for a family member, friend or neighbour. We support carers of all ages from the age of five with no upper age limit.

To include any articles in the newsletter please send by email to:
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or by post to: West Cumbria Carers,
Suite 7F Lakeland Business Park, Lamplugh Road
Cockermouth CA13 0QT
Charity No. 1119369
Reg in England No. 6123034



A word from Sue Whitehead, our Chief Officer:

I am delighted to announce that West Cumbria Carers along with the other four carers' organisations in Cumbria will continue to offer carers assessments, support planning and health and wellbeing support for carers for the next three years. It is great that carers will benefit from ongoing support provided by people they already know and trust.

You will see from our article "Times they are a changing" that there will be changes to some of our services but we have some new and exciting things to look forward to and I hope I will see you along the way.

'The times they are a changing

You will all be aware that budgets are being cut at both local and national levels and that as a result funding for charities and health and social care services is falling.

West Cumbria Carers has not been immune to these changes and we have had to think long and hard about how and where we provide services, how we can deliver these more efficiently whilst maintaining our exacting high standards and at the same time respond and develop services in response to carers feedback.

Over the coming months there will be some changes to the services and support that we currently offer. The biggest change will be that our support groups in their current form will cease. However, a number of new and exciting services and activities will be starting. As you get to know about the new services we will provide it will become clear just how hard we have been working and we will continue to work to develop the best, most flexible and useful services for you as a carer living in West Cumbria. Below are some examples of the new services we aim to provide for active carers in the near future.

Carers Benefit Clinics

FREE library based Clinics for carers wanting support to access benefits such as: Attendance Allowance, Personal Independence Payments, Disability Living Allowance & Carers Allowance. Help to access Council Tax Discounts and support to apply for grants and other funding sources for carers. Each month we will aim to provide 4 clinics in Allerdale and 3 in Copeland.

Carers Meets

FREE events for carers with a focus on; dementia, learning disability, physical disability or mental health. The events will include FREE workshops, speakers and an opportunity to find out about other support services and to meet carers in a social environment. Carers Meets will take place once a month in a series of different locations across Allerdale and Copeland.

Short trips and outings

Our popular trips and outings will continue and will include:

- subsidised short trips to popular tourist destinations, towns and activities in Cumbria
- our famous Christmas shopping trip to a great festive location
- Our renowned Carers Christmas Lunch
- FREE cinema trips

Men's Social Support Groups

Five social events each year for male carers at pubs, clubs and locations across Allerdale and Copeland

Relaxation Sessions

The continuation and expansion of our ever popular 1 hour sessions to help you relax and de-stress. We hope to run session in venues across Allerdale and Copeland

Mindfulness

The continuation and expansion of our ever popular 8 week programmes teaching carers the basics of Mindfulness to help you relax and de-stress. We hope to run session in venues across Allerdale and Copeland

Singing Group

The return of our much loved singing sessions for carers, we hope to run six monthly sessions over the Autumn and Winter months.

Carers Week 2014

Keep Your Back Safe in Carers Week.

Following on from the success of the "Keep Your Back Safe" training held in February, and as part of our National Carers Week celebrations, we are offering another one day course free to Carers. This training will give you techniques that will enable to move and lift safely, reducing the risk of injury to yourself.

The one day course takes place on:

Monday 9th June 2014 - 9.30 am — 4.30pm

At the Salterbeck Oval Centre, Salterback Drive, Workington CA14 5HA

Lunch and refreshments will be provided. Transport and respite may be available.

Places are Limited—To book your place—please call us on 01900 821 976 by Wednesday 28th May.

Carers Clinics in Carers Week:

We will be holding our ongoing Carers Clinics in Carers Week where Carers can make an appointment to sit down and chat to one of our Carers Support Workers within a GP practice. You can get advice and information about support available.

Carers Clinics have been successfully running for a while now and provide a way for carers to access information and support locally. You can access the clinics either by making an appointment through the practice or through our office, or you can turn up on the day and wait for the next available slot.

The clinics will be held as follows:

Thursday 12th June –
Wigton Surgery – 10am – 12pm.

Friday 13th June –
Maryport Group Practice – 10.30am – 12.30pm.

Carers Week 2014 – Join The Quest

Did you know that 1 in 8 of us cares for an ill, frail or disabled family member or friend? It is also thought that thousands of carers are not accessing the help and support they are entitled to. This year, the national Carers Week will focus on the "Carers Week Quest" – a project aiming to reach out to as many of these "hidden" carers as possible during the week 9th – 15th June. Perhaps you know of a friend or family member who is in a caring role but not receiving support – maybe they don't see themselves as a carer but as someone who is simply looking after a loved one – why not join in the Quest and encourage them to give us a call?

As part of Carers Week we will have an information stand in Sainsburys Cockermouth on Friday 13th June between 10am and 4pm with staff from both the Adult and Young Carers teams. Please come along and say hello!

Inside you will find details of all our activities that are taking place during and around Carers Week. Don't forget, you can also view our upcoming activities online at www.westcumbriacarers.co.uk



West Cumbria Carers Staff make a pledge.

Saving Mr Banks - Cinema Screening for Carers

Following on from the popularity of our private cinema screening last year, we are delighted to be able offer a screening of "Saving Mr Banks" during Carers Week. Come and join us on Wednesday 11th June, at 2.30pm at the Plaza Cinema, Workington.

Saving Mr Banks tells the true story behind Walt Disney's attempts to persuade author P.L Travers to let him turn her Mary Poppins story into film. The uncompromising P.L Travers remains unmoved by Disney's pursuit

and both of them are forced to confront their past as a result. The film has had multiple award nominations and is rated highly by critics.

Places are limited so if you would like to join us at the screening please contact us at the office to put your name down.



Eat Well – Feel Good – Free Courses for Carers

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. Furthermore, these difficulties can be compounded when a medical condition such as diabetes requires careful dietary management.

In recognition of this we have once again teamed up with the Lakes College to offer two practical courses free of charge to carers looking at healthy eating.

Both courses are two sessions and carers would need to be able to attend both sessions. The details are as follows:

Getting Your Five A Day – Looking at how to get your five fruit and vegetables a day into your meals:

- Monday 9th June and Monday 16th June, 1pm – 4pm.

Cooking for a Diabetic Diet – Meal ideas and information about cooking for someone with diabetes:

- Thursday 12th June and Thursday 19th June, 5pm – 8pm.

Both courses will take place at The Lakes College, Hallwood Rd, Lillyhall Business Park, Workington, Cumbria CA14 4JN.

Places are limited and it is expected that these courses will be popular so please contact us by Wednesday 28th May to confirm your place. Please note that priority will be given to those who have not previously attended Healthy Eating courses. As this course is part funded by the Local Education Authority we will need you to confirm your age and employment status when booking.



Caring in a Digital Age

Carers Together Online Mentoring Project.

Carers Together is a mentoring project, funded by the Big Lottery Fund and delivered by TimeBank and Carers UK. It is a free online support service for carers where you can chat online, privately and securely, to a trained volunteer who also has experience of caring and can share their experiences with you, and help you make decisions to improve your life.

You don't need advanced computer skills to access this support. E-mentoring takes place on an easy to use, safe, secure website. It isn't any more difficult than using regular email.

Volunteer Mentors are also needed - you don't need any special qualifications – a positive outlook, time, patience and an understanding of the issues facing carers are most important. TimeBank provides full training and on-going support & supervision.

For more information on how to volunteer and receive support, please visit our website www.timebank.org.uk/carers-together. Alternatively you can email carers@timebank.org.uk, or if you would prefer to speak to someone please call 0121 236 2531 and ask for Halinka or Stephen.



Caring In A Digital Age

You may remember that last summer we updated our website. We've enjoyed being able to update it with our activities and news and we hope that it has been of use to you. However, we think it could be even better. We'd love to hear your thoughts on the site to see how you think it could be improved. If you have any ideas please contact Emma at the office.

Many carers use IT to aid in their caring role, whether it be by seeking information about health conditions, ordering shopping online to save time, or keeping in touch with friends and family when face to face meet ups are not possible. However, others may be put off from using technology they have no experience with. Thankfully, you can get help to get to grips with the web, through Age UK's new IT drop in sessions. The details of the Millom session are below, but for other sessions around Allerdale and Copeland please contact Age UK direct on 08443 843 843.



Age UK's IT drop in sessions in Millom:

The sessions will likely take place at the Bradbury Centre on Friday mornings from 9.30 am to 11.30 am at a cost of £2.00 to include refreshments. A small number of laptops will be available but attendees are encouraged to take advantage of the Free Wi-fi available and bring along your own laptop, tablet or mobile phone. A start date will be confirmed once sufficient interest has been registered.

Age UK would also like to hear from anyone who would like to assist with the above sessions as an IT & Digital Support Volunteer – this role is supported by a 'Practical Guide Toolkit'

For more information call the Bradbury Centre on 01229 774573.

Keeping Safe Online.

More and more of us are using internet technology on a daily basis and for carers it can be a vital link to the world around them. Sadly, this also means that more and more of us are vulnerable to being exploited through this technology.

Recently there have been a number of people who have been taken in by scammers who call up and pretend to be from Microsoft. The scammer will say that he or she has detected a virus on your computer and will give you instructions to follow on your computer that will result in you downloading one of their own viruses. They will then ask for your credit or debit card details to pay for removal of this virus.

It is important to remember that Microsoft will never ever call you up about your personal computer, and anyone who claims to do so is likely to be attempting this type of scam.

Get Safe Online, the government's IT security information site, has produced a top ten list of things that you can do to stay safe online. These are:

Get Safe Top 10

1. Make sure your computer has up-to-date internet security software, switched on.
2. Don't reveal personal information on social networking sites.
3. Regularly backup the data on your computer and smartphone/tablet.
4. Never reveal your password or PIN when asked to do so by email or on the phone.
5. Make sure your wireless network is secure at all times.
6. Be careful who you are selling to and buying from on auction sites.
7. Choose strong passwords, change them regularly and don't tell anybody what they are.
8. When shopping, paying or banking online, always make sure the website is secure.
9. Always download the latest software and operating system updates when prompted.
10. Remember your smartphone is also a target for viruses and spyware.

For more information about staying safe online, visit www.getsafeonline.org

Disabled Living Foundation Equipment Library.

The Disabled Living Foundation are a national charity who are now offering an equipment loan service online. Through their "Library" users can borrow equipment for free for up to two weeks.

The library items broadly cover four main categories:

- Simplified electronic equipment for everyday use
- Memory prompts
- Devices to notify a carer within the same house that someone may require assistance
- Devices to help blind or partially sighted individuals identify or operate household items.

The service is free to use but a deposit is required that is refunded upon return of the equipment, and the user must pay postage to return the item. For more information visit: www.dlf.org.uk/library



GROUP DATES

Support Group Dates

Please find the details of the support groups below:

Cleator Moor

Please ring the office to book a place for the Cleator Moor groups.

Tuesday 3rd June - Waverly Hotel Whitehaven
12:30 for lunch.

Tuesday 24th June – Lunch at the Beacon café Whitehaven.
12:30pm

Cockermouth & Keswick

Held on the third Tuesday of the month 10-12 noon in Booth's Cafe, Keswick.

Tuesday June 17th

Copeland

Held on the third Friday of the month, 1pm until 3pm, at the Beckermeth Reading Rooms.

Friday June 20th

Millom

Held on the third Wednesday of every month, 1pm – 3pm at the Knight's Club, Kings Street, Millom.

Wednesday 18th June

Wigton

Please contact Dot Barwise to confirm details.

Workington

Held at 1pm – 3pm at the Curwen Centre, Workington:
Tuesday 10th June.

Mens Group

Please contact Jeff Carroll for more information.

Take Care of Yourself and Relax

Don't forget we still have our regular relaxation sessions in Maryport and Wigton that are free to current carers:

Maryport – 1pm until 2pm: Monday 9th June, Monday 23rd June, Monday 7th July, at Community Resource Centre 12a Selby Terrace Maryport

Wigton – 11am – 12pm: Monday 9th June, Monday 23rd June, Monday 7th July, at Education Room Wigton Group Medical Practice.

We are also running another course of Mindful

Meditation, a therapeutic exercise and breathing technique consisting of very effective exercises that are completed in a chair. It promotes the body's natural healing energy, reduces stress and creates a feeling of well being. After completing the 8 week programme you will gain tools and techniques to manage your stress levels.

This 8 week programme starts Thursday 19th June at the Salterbeck Oval Centre, Salterback Drive, Workington CA14 5HA, 1pm – 3pm.

If you would like to attend the Mindful Meditation sessions please contact Gillian at the office, as places are limited. Please note that this course is only available to current carers who have not previously attended the course.



Staff Update - We have recently been joined by Abbey Williamson, and some of you may have met her already. Abbey is working with us as a Carers Support Worker in the adult team but has been involved with West Cumbria Carers as a volunteer for some time. We have also said goodbye this month to Cheryl and Sam, our two student social workers who have been with us on placement for the last few months. We wish them good luck as they carry on their studies.

Mental Health Support in Millom from Mind.

Mind in Furness are delighted to announce they were recently granted some funding from Northern Rock Foundation to deliver a pilot service in Millom offering support to anybody experiencing mental distress, this includes service users, carers and anybody requiring advice or information on a range of mental wellbeing topics.

They will be delivering the "Safe Space" project from The Duddon Suite (downstairs) at The Bradbury Centre on St Georges Rd in Millom every Monday from 9.30am-12.30pm. A Mind in Furness support worker will facilitate the sessions which will offer group peer support and access to one to one specialist support where appropriate. Come along for a cuppa and a chat, share your ideas and help Mind develop the service in to something that can really benefit the Millom community.



Voluntary Social Car Scheme

We would like to alert Carers to the Voluntary Social Car Scheme that is operated by Cumbria County Council. The scheme provides transport to members of the community of any age (under 16's must be accompanied by an adult) who cannot make their journey by public or private transport.

Examples of journeys include getting to doctors and dentist appointments, shopping, making public transport connections and visiting friends. Passengers pay 36p for each mile travelled (25p after 20 miles) in cash to the driver. If 2 or more people travel then the fare is shared between them.

Journeys are available depending on volunteers availability. You may be asked to share transport and you may need to be flexible about the times you travel.

Four easy ways to contact us:

- In person at the office:**
West Cumbria Carers
Suite 7F
Lakeland Business Park
Lamplugh Road
Cockermouth
CA13 0QT
www.westcumbriacarers.co.uk
- By Letter**
at the above address
- By E-Mail:**
general@westcumbriacarers.co.uk
- 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
Lisa Forrester
Joanne Carter
Abbey Williamson

Reviewing Officer:
Clarice Nichol

Carers Health Workers:
Clare Edwards (Allerdale)
Gillian Walker (Copeland)

Young Carers Project Manager:
Michelle Watson

Young Carers Support Workers:
Mags Little
Melissa Messenger
Gill Wintrup

Transitional Project Support Worker:
Jacqui Miller

Volunteer Coordinator:
Nia-maria Quinlan

Administrator:
Vanessa Gray

Data & Communications Support Worker:
Emma Clark

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