

## West Cumbria Young Carers

If you have given us a parent/guardian's email address we are now sending the newsletter out to you via email. This saves the charity money on printing and postage. If you have received this letter in the post and are happy to receive it by email, please telephone or text us an email address for a parent/guardian. If you have received this newsletter by email and you need it by post, please let us know and we will remove your email address from our database.



## ACTIVITIES & EVENTS

### February Half Term Tuesday 18<sup>th</sup> February 430pm-6pm

#### Crafty Workshop 74 Corporation Road, Workington CA14 2PQ

We are going to crafty workshop in February half term to do some pottery painting.

If you would like to put your name down for this activity, please ring **01900 821976** or text **07531 476 161** and complete and return the consent form as soon as possible.

If you require transport, please let us know in your text/ phone call and on your consent form.

Transport will be limited so if you can make your own way there and back please do, we will also only be able to put on a limited amount of stops to keep the travel time down for the young carers, we hope you understand this and it won't always be the case for every trip.

We will inform you by text message by 4pm Friday 14<sup>th</sup> February if you have secured a place, if you haven't heard from us by then, unfortunately you have not secured a place at this time.

## COMING UP...Easter Holidays

In the Easter Holidays we are planning a trip to the Lake District Wildlife Park Keswick and a cinema trip to the Gaiety Cinema Whitehaven. Look out for that information being sent out.

We will also be organising some emotional resilience sessions with Soundwave and will let you know when these sessions will take place.

**Please return consent forms to:**

**West Cumbria Carers, Suite 7F Lakeland  
Business Park, Lamplugh Road, Cockermouth CA13 0QT  
Charity No. 1119369 Reg in England No. 6123034**