



THANK YOU

Carer Support Eden would like to thank the following for their continued support:

- * Cumbria County Council—Adult Social Care
- * Cumbria Country Council—Children's Services
- * Cumbria Community Foundation
- * North Lakes Hotel & Spa for pamper sessions
- * Carer Support Eden Volunteers
- * Joanna Griffiths at The Retreat, Greystoke
- * Masons United Grand Lodge of England
- * The National Lottery Community Fund

FUNDRAISING

With continued funding cuts, donations are becoming increasingly crucial to continue and **INCREASE** the services and activities we provide. We want to make a difference, making your caring role easier. *Please, consider supporting Carer Support Eden so we can continue our work supporting Carers through a donation, memorial funding or a legacy.*

Carer Support Eden Statement of Intent

"Carer Support Eden is committed to identifying and eliminating prejudice and all forms of discrimination, direct and indirect, which restrict or hinder the promotion of equal opportunities, the provision of equal treatment and the positive valuing of diversity throughout all areas of its work and activities." Carer Support Eden welcomes any comments, suggestions or criticisms about their work as a means of giving good service. Comments should be sent to the Chairman of Carer Support Eden in the first instance.

Accessibility: Carer Support Eden will do what is reasonable to provide information in alternative formats on request. If we encounter difficulties meeting your request, we will discuss the best solution for you. Please contact us on 01768 890280. Whilst every care is taken to ensure that the information is correct, Carer Support Eden cannot accept liability for omissions or inaccuracies or for any consequences arising therefrom and cannot take responsibility for the quality of any of the services or products mentioned. Any opinions expressed are those of the authors and not necessarily of Carer Support Eden.

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Summer 2022



Newsletter

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Eden Carers trading as Carer Support Eden

If you do not want to receive this newsletter in the future, please phone our office and we will amend your preferences. Similarly contact us if you no longer want us to support you in your caring role.

A FOND FAREWELL



At the end of April, we said a fond farewell to Adult Support Worker, Wendy Rheam, our longest serving member of the team, who retired after 14 years at Eden Carers. Wendy will be well known to lots of you, and will be remembered for her passion for red squirrels, gardening, and coffee shops! Wendy is a fantastic story teller, and one of her tales will live on for many years – Wendy visited a Carer for the first time in a village outside of Penrith – lovely couple, lovely house, lovely little dog. At the end of the visit, Wendy made arrangements to see the couple again, and the Carer asked "Will you be bringing your dog with you again?" Wendy replied "it's not my dog, I thought it was yours!" It turns out, the lovely little dog had just wandered into the house as Wendy arrived, and sat being very well behaved beside her. To this day, Wendy doesn't know who the dog belonged to! But we assume he made his way home.... Happy Retirement Wendy! Enjoy your garden, your trips, and your cakes. We'll miss you.

DAY OUT FOR CARERS WEEK

To mark Carers Week (6th – 12th June 2022), you are invited to join us on a day out.

On Thursday 9th June, we'll be travelling from Penrith to Barton Grange Garden Centre near Preston. As well as a lovely Garden Centre, there is a great farm shop and the Riverside Café.



A short walk across the way from Barton Grange is the Flower Bowl Entertainment Centre that offers bowling, curling, crazy golf and crazy pool.

If the weather is fine we can sit or stroll by the canal boat marina.

We'll be travelling with Alba Travel, leaving Penrith Bus Station at 9.30am. Please let us know if you want picking up at Shap or Tebay and we can arrange to stop off there.

We expect to be back at Penrith Bus Station by 4.00pm. Numbers are limited so we can accept bookings from Carers registered with us, plus one companion. Booking will be first come, first served so please get in touch soon if you'd like to join us. Phone the office on 01768 890280.

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VOLUNTEER NEWS & VIEWS

During the first few months of this year we launched a bit of a campaign to try to attract some new Volunteers to help us out at Carer Support Eden. You have possibly seen our posters advertising 'Volunteers Wanted' in local shops, cafes, doctors and many other community noticeboards, you might have heard us on Eden FM radio or you may even have read about us in Cumbria Life magazine. I am pleased to say we have had a positive response from this publicity and some new Volunteers have already started as 'Companionship Sitters'. If you feel that you would benefit from a few hours respite, please get in touch with your support worker or the office and we will see if our Volunteer Sitting Service could work for you.

The Men's Hub which is run by our Volunteer Mark, continues to go from strength to strength. They have had quite a few new members over the last year and have also taken part in a few activities in addition to their monthly coffee meet ups. Amongst these activities the group have visited Shap Abbey (& Chippie), Solway Aviation Museum and have recently visited an 'Escape Room' in Carlisle. We are really grateful to all the time and energy Mark puts into organising these trips and meetings – thank you Mark! If you are interested in joining the Men's Hub, they meet for coffee on the second Tuesday of the month at 1.30pm at various local venues. Call the office or check out our Facebook and Twitter for details.

Finally, my last thank you is to Jo at the Retreat at Red Barn. Every Wednesday from 10-11am. Jo offers a FREE treatment for our Carers. We are receiving fantastic feedback from the Carers who have visited Jo, some people have even requested a second visit which Jo is more than happy to do. All you need to do is phone or email our office and we will organise a date for you, so please feel free to get in touch and treat yourself to an hour at The Retreat!

Sue Munro - Volunteer Services Coordinator



COURSES FOR DEMENTIA CARERS

Carer Support Eden are working with the charity **Dementia Carers Count** to provide courses for Dementia Carers. This face-to-face course will give you more information about dementia and the brain to give you a greater understanding of the person you care for. It will also give you tips to thrive as a Carer and feel more resilient in dealing with challenges you face. There will be a day dedicated to helping you choose the best care for your loved one and what to consider when doing this. These sessions will take place on Monday 27th and Tuesday 28th June at Penrith Rugby Club, times to be confirmed.

We will be sending information on how to book soon. You can also find support at: <https://dementiacarers.org.uk/> including a Virtual Care Centre with online courses available.

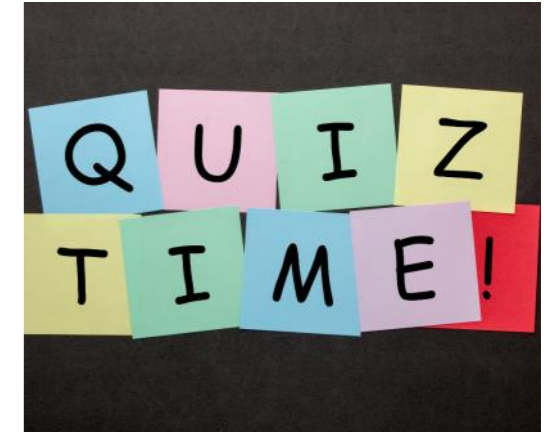


SPRING 2022 QUIZ ANSWERS

Thanks to everyone who entered the Spring Quiz. We had a number of correct entries but chose three winners at random who all received a £10 gift voucher.

Below are the answers for you to check:

- | | |
|--------------------|---------------------------|
| 1. Mint | Name the TV Shows: |
| 2. German Shepherd | 1. Eastenders |
| 3. Pastry | 2. Call the Midwife |
| 4. Pisces | 3. Line of Duty |
| 5. Fleming | 4. Only Fools and Horses |
| 6. A Friend | 5. Gogglebox |
| 7. His Ear | 6. The Repair Shop |
| 8. Madagascar | 7. Mastermind |
| 9. Rio de Janeiro | 8. Gardeners World |
| 10. Snowdrop | 9. Top Gear |
| 11. Tomato | 10. Paw Patrol |
| 12. Taj Mahal | |
| 13. Eros | |
| 14. 3 | |
| 15. Lady Gaga | |
| 16. Robbie Burns | |
| 17. Mark Drakeford | |
| 18. 18 | |
| 19. Russia | |
| 20. Vatican City | |



**Please have a go at our Summer Quiz enclosed.
Amanda loves receiving your answers!!**

Future Events

If you have any ideas for future Adult Carers newsletters and activities we would like you to tell us about it. Please contact us by phone 01768 890280 or

email: enquiries@edencarers.co.uk



TEST YOUR SMOKE ALARM NOW

A working Smoke Alarm can help save lives. Ensure everyone in your household knows what to do if a fire occurs. To request a FREE 'Safe & Well' visit for a home fire safety assessment. Contact Cumbria Fire & Rescue Service on: 0800 358 4777

IMPORTANT

EMERGENCY PLANS

If there are any changes to the details we have for your Emergency Plan, please advise us immediately so that we can amend the Plan/Card details.

Emergency Out of Hours Contact Adult Social Care

Out of office hours and during Bank Holidays, Carers can contact Cumbria County Council Switchboard **01228 526690** In the event of an emergency or not.

MEET OUR NEW TEAM MEMBERS

Hello everyone, my name is Carin and I have recently started with Carer Support Eden as a Generic Support Worker. I grew up in Edinburgh but have lived in Carlisle for many years. I help to look after my Mam who has severe COPD and a lot of mobility issues. She still lives in Edinburgh so I go there most weekends. My background is mostly Retail as I was a manager at Tesco for a good few years but moved into care 5 years ago where I helped support people to live their best lives at home with physically debilitating conditions. A lot of my spare time is given to my grandchildren but I do love to get away in the sun on holidays as much as I can. Spain is my favourite place. I'm looking forward to meeting you all.



Hi everyone, my name is Helen and I have just started at Carer Support Eden as a Carers Health Coordinator. I am originally from Staffordshire but moved up to Cumbria three years ago to be closer to family. I live with my husband and have two sons. I originally worked as a nurse, then I went into social services. I have also spent time working in a hotel, a shop, a stately home and a residential home. I worked for a Carers charity in Stafford, promoting Carers awareness in GP Surgeries. I have also been involved in caring for my father in law who was blind. In my spare time I love walking and visiting art galleries. I love travelling and my favourite place to visit is Italy. I will be working in the hospitals identifying and supporting Carers as they navigate the discharge process.

Hi, I'm Chrissie and have recently joined the team at Carer Support Eden as a Carers Health Coordinator. I'm going to be working within local hospitals; identifying and liaising with Carers, being a contact point and enabling signposting to further services. I live in Eden and have spent most of my life in the area. I enjoy spending time with my family. We love travelling both in the UK and abroad. I like socialising with friends too and love having lunch outdoors. I have previously worked for the NHS and Social Services. I am really looking forward to meeting people in this role.



Hello, I'm Heather and I joined Carer Support Eden in March as Admin and Finance Manager.

I have worked as a Service Administrator supporting children and young people and a Financial Administrator in a local care home for many years. I live in Penrith and like to spend my spare time with my family especially my little granddaughter, walking and meeting friends.

I will be working in the office Monday to Thursday. I look forward to meeting you or speaking to you on the phone.

SOCIAL EVENTS

Hubs	Dates
Kirkby Stephen Memory Club Methodist Church Hall Carer Support Eden join with the memory club on certain Thursday's once a month	Thursday 10:30am-12pm 26 th May, 23 rd June Please contact us for September & October dates, nearer the time.
Court Thorn Hub Court Thorn Surgery 1 st Monday of month, not Bank Holiday	Monday 1pm-3pm 9 th May, 6 th June, 4 th July, 1 st Aug, 5 th Sept, 3 rd Oct
Penrith Hub The George Hotel 1 st Tuesday of the month	Tuesday 10.30am-12pm 3 rd May, 7 th June, 5 th July, 2 nd Aug, 6 th Sept, 4 th Oct
The Men's Hub Various venues, please contact the office 2 nd Tuesday of the month	Tuesday 1.30pm-3.30pm 10 th May, 14 th June, 12 th July, 9 th Aug, 13 th Sept, 11 th Oct
Penrith Lunch Hub Lemon Tree Café, Devonshire Arcade 2 nd Wednesday of the month until May then from *June onwards changing to 3 rd Wednesday	Wednesday 12pm (please arrive at 12pm) 11 th May, *15 th June, 20 th July, 17 th Aug, 21 st Sept, 19 th Oct
New Appleby Memory Club Methodist Church on The Sands, Appleby Carer Support Eden join with the memory club on certain Wednesday's once a month	Wednesday 10:30am-12pm 25 th May, 22 nd June, 27 th July Please contact us for September & October dates, nearer the time.
Alston Hub The Swans Head (Top Pub) Alston Last Thursday of the month	Thursday 11am-12.30pm 26 th May, 30 th June, 28 th July, 25 th Aug, 29 th Sept, 27 th Oct
IT Home Support	One to One home visits arranged by appointment. Contact the office for more details or speak to your Support Worker.

What are our Hubs all about?

To get involved with our Hubs just come along on one of the dates above for a coffee and a chat with other Carers, no need to book in advance, and a volunteer or member of Carer Support Eden staff will be there to welcome you.

JUST BREATHE

Have you heard people say "just breathe" meaning relax or calm down? Here's a useful tip for when you're feeling anxious or to help you relax and drop off to sleep more easily. You can also try this when you're finding it hard to control your emotions or when you need to be able to concentrate on something.

It's called 7-11 breathing. You simply breathe in for a count of 7 and then breathe out for a count of 11. It doesn't matter how fast or slow you count – do it at a pace that suits you – so long as your breath out is longer than the breath in. Try to breathe deeply if you can and concentrate on counting. Try it now. It works!



ME AND MY TRAVELS....

Thoughts and ideas are like plants aren't they – some fail to take root, wither and shrink, and you never think of them again. Others take root, and grow, and begin to flourish – and before you know it, you've made a major decision to have the adventure of a lifetime. Five years ago, after a particularly successful trip touring the far north of Scotland, my husband and I began to have an idea. I can't even remember now who thought of it first. As we headed south past Inverness, we said "oh can we not go round again, and have another 2 weeks?" – and the seed was planted. How wonderful would it be, to have longer than our usual fortnight? A month even!

Well, that initial thought has had plenty of time to grow and develop. The potential of taking a month off work gradually turned into "why don't we have 3?!", combined with deciding to celebrate some "big" birthdays in style, and our little weedy plant idea has become a fully grown SHRUB! So, in May 2022, I'm having a 3 month sabbatical (thanks boss!), and my husband and I are off in our little campervan to travel round Europe – primarily France and Italy, but who knows after that?

I'll be back at Carer Support Eden mid-August. I know my fantastic colleagues will do a great job in being there for anyone who needs any support or advice in my absence – so please don't hesitate to get in touch, there's always a friendly voice at the end of the phone. Alston and Court Thorn Carers Hubs will continue as normal. And just imagine the stories I'll have to share with you all when I get back!

Take care everyone – Jenny



MUSIC FOR DEMENTIA TASTER SESSION

Music can help to connect people together and improve the quality of life for a person living with dementia so join us at Sunbeams, to celebrate Carers Week, on Tuesday 7th June for an opportunity to sing, play music and have fun. This event will start at 1pm and refreshments will be provided.

Please contact Carer Support Eden on 01768 890280 for further information and to book your place.

SINGING FOR THE BRAIN

Alzheimer's Society Singing for the Brain Penrith
1st and 3rd Wednesday of the month. Arrival 2.15pm, Singing 2.30pm-3.30pm

The Ullswater Room, Penrith Methodist Church Rooms, Wordsworth Street, Penrith CA11 7QY
Please note this is not a drop in session and booking is required.

Please contact the Alzheimer's Society Dementia Support Team via e-mail or telephone to register your interest. 01228 819299 cumbria@alzhiemers.org.uk

Dementia Support Worker (Eden) Maria Day

BOOK CLUB

The Carers book club started during Covid restrictions when people couldn't meet up. Now we can meet face to face if we want to but the benefit of an online book club is that people don't have to travel to join in, and those Carers who can't leave the person they care for can still join in without having to leave home. Every month we choose a book that sounds interesting. We try to pick books that aren't too expensive to buy or that can be downloaded to a kindle or tablet or can be picked up at the library. Sometimes people don't want to read the book club choice for that month – they might not have the time to read or they might be enjoying another book and want to finish it before looking at another. There's no pressure on anyone to read the book club choice, although of course it's better if a few people do, so that we can talk about it at the next get together.

Our get-togethers are online using Microsoft Teams. So long as you can get online and have email, it's easy. We send a link by email and people just click on the link to join in. Some people are anxious about joining in online chats and don't want to join in but still want to hear about the books. So, after session, we send out an email summarising what we talked about and the book we've chosen for the following month. Then if you want to read the books, you can receive the emails to hear what we're up to and you're very welcome to send in your comments on the books if you want to. We're also interested to hear about other books. If you've read something recently that you found gripping or would like to recommend, please let us know.

We started 2022 with Washington Black by Esi Edugyan. The story starts in 1880 with Wash, a boy living as a slave on a sugar cane plantation in Barbados. He experiences and witnesses all manner of cruelties before being assigned as a servant to the brother of his "owner". From that point, his life starts to change and he embarks on the quest for freedom.

Then we read The Puppet Show by M W Craven. This is a grisly murder mystery detective story set in Cumbria. The detective in the story lives on Shap Fell and some of the action takes place at the Shap Wells Hotel. Although the killings in the story are gruesome, there is some humour in the story.

If you are interested in taking part call Amanda Milton on 01768 890280. Book Club sessions are usually on the last Tuesday of every Month from 2pm.



PHOTO COMPETITION WINNER

The theme of the photography competition in the Spring newsletter was Cumbrian Weather and Wildlife.

We are pleased to announce that the winner of the competition was Mr Ian Douthwaite and here is the winning photograph he took of a gorgeous red Squirrel.

