



**West
Cumbria Carers**
Supporting young & adult carers

Newsletter May 2022

Carers Week

Carers Week takes place 6th - 10th June this year and the theme is "Make Caring Visible, Valued and Supported".

We believe that unpaid carers and the challenges of caring should be recognised in all areas of life, caring should be valued and respected by everyone in our society, and carers should have access to the information and support they need, where and when they need it.

We'd love it if you could join us for a cuppa and some cake during Carers Week. As well as meeting other carers it will be a great opportunity to take a break from your caring role and have a chat with one of our Support Workers.

On the Wednesday you may also meet some of our wonderful volunteers who we are hoping will join us.

- Monday 6th June at 10:30am - 12.30pm The Foyer, Irish Street, Whitehaven
- Wednesday 8th June at 10:30am - 12.30pm United Reform Church, Main Street, Cockermouth
- Friday 10th June at 2.00 - 4.00pm Millom Baptist Church, Crown Street

No need to book - these are drop-in events that are open to anyone, call in at any venue at any time and feel free to bring a friend.



CARERS CHAMPION TRAINING

Also during Carers Week, we are taking the opportunity to raise awareness of carers in the workplace by holding Carers Champion training as well as hosting stalls with local employers.

If you are a working carer and feel that your employer would benefit learning more about carer issues and how to support carers, then get in touch with our Working and Caring team.



Places still available

There is still time to book on our upcoming Zoom Guided Relaxation sessions with Simone from Self Care for the Soul.

All sessions will start at 2pm and last approximately 30-40 minutes.

- Tuesday 31st May
- Tuesday 7th June
- Tuesday 21st June
- Tuesday 5th July
- Tuesday 19th July
- Tuesday 2nd August
- Tuesday 9th August
- Tuesday 23rd August

To book your place, or for more information just drop us a line.

Chatting and Chips

We are so pleased that you were able to join us for a spot of lunch and a good chinwag last month. Hopefully we will be meeting up with even more of you throughout the rest of the year, starting with our Carers Week Catch-Ups in June.



Introducing...Bog Stars

Hello. My name is Christine Entwisle.

I'm a script writer and actor and I am writing a new play called BOG STARS about the lives of "informal carers" in West Cumbria. This is inspired by the last two years of caring for both of my elderly parents who lived in Cleator Moor.

I have been so struck by not only how difficult, overwhelming and painful caring can be, but also how informal carers continue to be invisible, unacknowledged and often completely unsupported. I want to throw more light on what is happening behind closed doors and give more voice to this hidden away and vast community. But I need your help!

I would love to hear your stories and find out more about what caring means to you, how it has changed your life and what some of the biggest challenges have been. I'd also love to hear about any lighter moments you might wish to share - I have found some absurd comedy in some of the darkest times.

If you are interested in speaking with me please contact Jane Hanlon on 07557 354 924 or email her at janehanlonmcnab@westcumbriacarers.co.uk in the first instance and I will be in touch. There will



also be an opportunity to attend rehearsals and give feedback at a later date.

Nb. all information will be treated confidentially and anonymously.

(Christine Entwisle is a multi award-winning writer and is currently writing for BBC radio 4 and Hampstead Theatre, London. Her darkly comic world explores notions of isolation, perception and what it means to be "normal".)

Volunteers Week



National Volunteers Week runs from the 1st - 7th June and this year it overlaps with Carers Week.

Our incredible Volunteers and Carers Champions give their time and skills to support our carers week on week. We're sure you'd like to join us in saying a huge thank you to them for their continued support and commitment and bearing with us over the last 2 years.

We are hopeful that all of our volunteer services will be back up and running over the coming weeks.

If you would like to know more about our volunteer services, which include counselling, a driving or sitting service and our befriending service "call a carer", then please contact the office and ask to talk to the volunteer team.



Have your say

Did you know that you can provide feedback on Mental Health services to help make improvements and positive changes?

The NHS foundation Trust that manages Mental Health services in North Cumbria values input from service users and their carers. They want you to share your views and have some influence on the way that services are run. Anyone who has used Mental Health services over the last 4 years is being encouraged to register with the trusts involvement team.

If you would like to get involved contact the team at involvement@cntw.nhs.uk or on **01670 501 816**.

For more information visit:

www.cntw.nhs.uk/services/patient-and-carer-involvement

Thanks for your support!

We started our 30th year here at West Cumbria Carers with our Annual Grand Draw.

The draw took place on Monday the 14th February. We raised an amazing amount of £1,515 which will go towards events and activities for unpaid carers.

We want to say a huge thank you to everyone who bought tickets and donated prizes for the event.

Organisations who supported this year's grand draw include:

- The Trout Hotel, Cockermouth
- Sainsbury's, Cockermouth
- Armathwaite Hotel, Keswick
- Summergrove Hotel, Whitehaven
- Beacon Museum, Whitehaven
- Ravenglass and Eskdale Railway
- CGP books, Broughton-in-Furness
- The Kirkstile Inn, Loweswater
- Morrison's, Whitehaven



Four easy ways to contact us:

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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.

Charity No. 1119369
Reg in England No. 6123034

To include any articles in the newsletter please contact us.

Safeguarding

West Cumbria Carers is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

A Network Partner of

CARERS TRUST

Cumbria
County Council

