

Newsletter

If you do not want to receive this newsletter in the future, or would prefer to receive it via email, rather than in print, 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.

We would like to thank the following for their continued support:

- * Cumberland / Westmorland & Furness Councils
- * The Scott Trusts
- * North Lakes Hotel & Spa, Vybrant Beauty and Red Barn Retreat for pamper sessions
- * Our AMAZING Volunteers
- * The National Lottery



Our Statement of Intent

"Carer Support Carlisle & 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." We welcome any comments, suggestions or criticisms about our work as a means of giving good service. Comments should be sent to the Chief Officer of Carer Support Carlisle & Eden in the first instance at enquiries@carlisle-eden-carers.org.uk

Accessibility: We 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, we cannot accept liability for omissions or inaccuracies or for any consequences arising therefrom. Nor can we 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 Carlisle & Eden.

Follow us on Facebook, Instagram and X for all up to date news and events!



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CA11 9EH

Carer Support Carlisle & Eden
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Warwick-on-Eden, Carlisle
CA4 8PA

2. By E-Mail:

enquiries@carlisle-eden-carers.org.uk

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Newsletter

August 2024



Welcome to our August Newsletter!

Here at Carer Support Carlisle & Eden we support unpaid Carers from the age of 5 upwards. We provide young Carers (aged 5 to 18) the opportunity to have a break from their caring role and join us for days out doing activities they may not otherwise have the chance to do.

Below are some photos of the activities we have provided for young Carers so far this year with more exciting days out planned for this summer. We have also started planning their upcoming Halloween and Christmas parties!



Above: Rookin House Activity Day - Quad Biking. Below: (L-R) Ice skating at Dumfries Ice Bowl, Carlisle United Football Match, Newcastle University Campus Visit.



Below: (L - R) Easter Crafts, Forest School at Branch Out, Bowling at Hollywood Bowl.



T: 01768 890280 / 01228 580214 E: enquiries@carlisle-eden-carers.org.uk
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We want your feedback!!

Are you benefiting from our support? If not, what more could we realistically do; bearing in mind we can only lobby for changes in Social Care and the NHS.

We would like feedback on the support we provide, the hubs, activities, trips and on the services our Volunteers provide.

Please let us know your thoughts and if you no longer wish to be registered with ourselves, you can email us at enquiries@carlisle-eden-carers.org.uk.

You may have read in our last newsletter we have a fantastic bunch of people running the Great North Run on September 8th to raise money for Carer Support Carlisle & Eden (including one of our very own Support Workers Jayne).

If you would like to support our runners, you can donate here:



Carer Support Carlisle and Eden Hubs - Carlisle

Hub	Venue	Date and Time
Houghton Hub	Houghton Hall Garden Centre, CA6 4JB	Tuesday 10.30am-12pm (3 rd Tuesday of the month) 17 th Sept, 15 th Oct, 19 th Nov, 17 th Dec, 21 st Jan, 18 th Feb, 18 th Mar
Brampton Hub	Howard Arms, 1 Front Street, Brampton, CA8 1NG	Wednesday 10.30am-12pm (2 nd Wednesday of the month) 11 th Sept, 9 th Oct, 13 th Nov, 11 th Dec, 8 th Jan, 12 th Feb, 12 th Mar
Denton Holme Hub	Cornerstone Coffee Shop, Denton Holme, Carlisle, CA2 5EH	Wednesday 1pm- 2.30pm (4 th Wednesday of the month) 25 th Sept, 30 th Oct, 27 th Nov, (no Dec session) 22 nd Jan, 26 th Feb, 26 th Mar
Carlisle Central Hub	Newcastle Building Society, 65 English St, CA3 8NX	Thursday 10.30am-12pm (1 st Thursday of the month) 3 rd Oct, 7 th Nov, 5 th Dec, 2 nd Jan, 6 th Feb, 6 th Mar

Carlisle Central Hub is not going ahead in September. On 5th September at 2pm, Newcastle Building Society are delivering a talk providing an overview of all the services and benefits offered by the society including financial advice, and mortgages. Refreshments will be provided on the day.

If you wish to attend, please contact the Carlisle office on 01228 580214 to book.

Great News!!!

From September we will be covering the cost of one beverage per Carer at all our hubs!



Are you a member of the Library??

Did you know you can borrow a Dementia Bag for 21 days from Carlisle, Penrith and Appleby Library. The Dementia bag is aimed for use at home with individuals or family members affected by dementia to promote discussions and reminisce. The bags are themed with a range of topics available and include books, pictures, activities and other items. All you need is your **library card!**

Other resources are available, such as, loanable sensory packs, autism support, reading groups, hearing aid batteries and more.

Please see the library section on the Cumberland Council website for more information.

These resources are available on request from Carlisle, Penrith and Appleby Library.

Would you be interested in attending a Men's hub in Carlisle??

If so, we'd like to hear from you!

The idea would be to provide opportunities for men to enjoy shared activities in a safe environment, to socialise and form friendships. All over the UK Men's Hubs are popping up, in pubs, old barns and sheds, community centres and even a canal boat! Each one is unique, and some are just a place to chat and share woes and solve the world's problems. Other hubs make or restore items in workshops. You get the idea. It's what you want it to be!

Of course, if you're so inclined, we can always use help in setting up and running events.

Volunteers are always needed, and volunteering is good for everyone - as one member said, "Helping you helps me." Let us know your thoughts at enquiries@carlisle-eden-carers.org.uk

Aids to help at home

Are you interested in finding out about aids to help you at home??

Westmorland and Furness Council have set up a 'virtual house' interactive tour which shows examples of aids, equipment and solutions that may be helpful to you or a family member to do daily activities around the home, and where they can be purchased/obtained.

Within the tour you will find information about these items, including things which Westmorland and Furness Council do not routinely provide.

You can access the 'Virtual House' interactive tour here:



AskSara is an online tool that provides you with a personalised report to tell you about things that you might find useful in your daily life. By answering a series of questions about your needs, AskSara can suggest equipment or ideas that could help you.

It can also show you where you can buy products. It is linked to the Disabled Living Foundation's website which has over 10,000 products, 950 national suppliers and 800 local retailers.

The personalised report is designed to help identify your needs and to give you some suggestions, **it does not replace the need for an assessment if you require the assistance of formal social care services.**

You can access the askSARA website here:



HEARING AID CHECKS

Held every other month at Millhouse Village Hall, Heskett Newmarket, CA7 8HR, on a Friday from 9.30am

Next session September
Contact Chloe Duerdin 07495 132416.

Carers UK & Access Social Care - AccessAva

Carers UK has teamed up with Access Social Care, a charity that specialises in information and advice for people with social care needs, to help them access easy-to-understand health and social care information at the click of a button.

They have introduced an online tool called **AccessAva** that can help you understand the law on social care in England. The tool can help you find out about the rights you have and the rights of anyone you're caring for and all information is verified by lawyers.

As a Carer, it might sometimes feel like you need to be an expert in the law just to make sure your family member or friend gets the support they have a right to.



Spaces still available!

CONTACT US TO BOOK NOW!

Join us on our Family Carer trip to Edinburgh and Edinburgh Zoo on Saturday 28th September!

This trip is available to all Life After Caring, Adult and Parent Carers and families – please note, no unaccompanied under 18s. Entry to the Zoo or any other attraction is at your own expense. Booking online for the Zoo is recommended (and at discounted price) and some concessions are available.

Priority will be given to Carers and immediate family members – depending on demand we may have some spaces available for companions.



Please register your interest by contacting us on 01768 890280/ 01228 580214

or

enquiries@carlisle-eden-carers.org.uk

no later than 6th September.

We will then be in touch to let you know if you have a place – if we are oversubscribed we will allocate places on a random basis.

Would you like to try a creative textile class?

Together with Adult Learning we are holding a Creative Caesura Journal session led by one of their tutors, Claire.

This is what Claire says about the session:

We will be exploring creative textile art processes that help us to focus. We will combine journalling with slowness and the textures and techniques of simple sewing and textile art experimentation. The journals become a slow very personal space for reflection, thinking, not thinking, just sewing, writing, drawing, scribbling and just expressing me through guided creative processes. The world is fast paced with many pressures that we routinely juggle. In these sessions we will seek to pause the noise of those pressures by slowing, reflecting, stitching, writing, sharing. All with the support and tuition of a creative arts textile tutor.

CSC&E Penrith Office

Thursday 3rd October

1.30 and 3.30pm

Please register your interest by contacting us on 01768 890280

or

enquiries@carlisle-eden-carers.org.uk

no later than 6th September.

We will then be in touch to let you know if you have a place – if we are oversubscribed we will allocate places on a random basis.

Carlisle Adult Learning Courses

Carlisle Adult Learning have opened up their courses for September onwards. They are offering courses in health and wellbeing, arts and crafts, digital skills for every day, maths and English. A lot of these courses are free however some may have a charge.

To find out more and to enrol, you can contact Carlisle Adult learning on 01228 227304 or at Carlisleadultlearning@cumberland.gov.uk. Or alternatively, contact your support worker who can provide you with the information.

Introducing our new Eden team members



I'm **Steph Connor**, a support worker based in Penrith. I grew up just outside Penrith and have lived here for most of my life, apart from a couple of years when I lived in Suffolk when I was first married. Earlier in my career I worked with young children in a local Nursery. Around 12 years ago I had a change of career and went to work in domiciliary care which I loved doing and found very rewarding. I recently decided to have a change from that and found this job which I am really enjoying. I love being able to help such a wide variety of people of all different ages and backgrounds. I enjoy chatting and getting to know people, and being able to give them assistance, advice and emotional support.

Hello, my name is **Angela Allen** and I joined the team in November. I live in a lovely little village just outside Penrith with my husband, our 9 year old grandson and my two dogs Molly and Nelly. When I'm not working or helping my elderly parents out, my favourite place is my garden where I spend my time just pottering about and enjoying the outdoors.

My background is in nursing in both acute and community settings and also Hospice at Home Carlisle and North Lakeland providing care and support to palliative patients and their families. Most recently, before joining Carer Support Carlisle and Eden, I was a private Carer and so have seen first hand the difficulties faced on a daily basis by the unpaid Carers in our community. These are often invisible and Carers are just quietly 'getting on with it' which is why I enjoy my work so much. I can be that listening ear, or help signpost Carers for further support and advice, making their daily lives just that little bit easier and helping them get their voices heard.



Crinkle Chocolate Cookie Recipe

Ingredients

60g cocoa powder, sieved

200g caster sugar

60ml vegetable oil

2 large eggs

180g plain flour

1 tsp baking powder

70g icing sugar

For a Christmas version, try adding orange zest, mixed spice or cinnamon for a festive flavour!



Step 1

Mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.

Step 2

Combine the flour, baking powder, (and orange zest, mixed spice, cinnamon if wanted) and a pinch of salt in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels too soft, put in the fridge to chill for 1 hr.

Step 3

Heat the oven to 190C/170C fan/gas 5 and tip the icing sugar into a shallow dish. Roll heaped teaspoons of the dough into balls (about 20g each), then roll in the icing sugar to coat. Put the balls on one large or two medium baking trays lined with baking parchment, ensuring they're evenly spaced apart.

Step 4

Bake on the middle rack of the oven for 10 mins, then transfer to a wire rack to cool – they will firm up as they cool, but still be fudgy in the centre.

These cookies will keep for up to four days in an airtight container.



Carer Support Carlisle and Eden Hubs - EDEN

Hub	Venue	Date and Time
Court Thorn Hub	Court Thorn Surgery, Low Hesket, CA4 0HP	Monday 1pm-3pm (1 st Monday of month, not Bank Holidays) 2 nd Sept, 7 th Oct, 4 th Nov, 2 nd Dec, 6 th Jan, 3 rd Feb, 3 rd March.
Penrith Hub	The George Hotel, Devonshire St, Penrith, CA11 7SU	Tuesday 10.30am-12pm (1 st Tuesday of the month) 3 rd Sept, 1 st Oct, 5 th Nov, 3 rd Dec, 7 th Jan, 4 th Feb, 4 th March.
Men's Hub	Various venues, please contact the office.	Tuesday 1.30pm-3.30pm (2 nd Tuesday of the month) 10 th Sept, 8 th Oct, 12 th Nov, 10 th Dec, 14 th Jan, 11 th Feb, 11 th March.
Penrith Lunch Hub	Cafe4Eden, Parish Centre, St Andrews Place, Penrith, CA11 7XX	Wednesday 12pm (3 rd Wednesday of the month) 21 st Aug, 18 th Sept, 16 th Oct, 20 th Nov, 18 th Dec, 15 th Jan, 19 th Feb, 19 th March.
Alston Hub	The Chat Room, Front Street, Alston, CA9 3SE	Thursday 10am-11.30am (Last Thursday of the month) 29 th Aug, 26 th Sept, 31 st Oct, 28 th Nov, 19 th Dec, 30 th Jan, 27 th Feb, 27 th March.
Kirkby Stephen Memory Club	Methodist Church Hall, High St, CA17 4SG	Thursday 10.30am-12pm 5 th Sept, 3 rd + 31 st Oct, 28 th Nov, 16 th Jan - please contact our office to confirm our attendance.
Appleby Memory Club	Methodist Church on The Sands, Appleby, CA16 6XR	Wednesday 10.30am-12pm 11 th Sept, 23 rd Oct - for future dates please contact our office and to confirm our attendance.

Great News!!!

From September we will be covering the cost of one beverage per Carer at all our hubs!



Would you benefit from a young onset dementia support group??

Hello, my name is Judith and I care for my husband who has young onset dementia. We have tried accessing local support groups but have found that they aren't relevant to our specific needs, as the experiences and difficulties we face are much different to those with the more typical forms of age-related dementia/Alzheimer's.

I would therefore like to **set up a support group for people in a similar situation to us** (under 70 and diagnosed with young onset dementia). This could be for the Carer and the cared for OR just the Carer.

At the moment, I already meet with a couple of people but would like to extend this out to reach others. If there is enough interest, my aim would be to be able to make this a regular meeting at a fixed venue.

I am happy to hear from people in both Penrith and Carlisle as we could look for a venue somewhere in between.

If you are interested please contact me via email at onelifeliveitcumbria@gmail.com or alternatively contact one of the team at Carer Support Carlisle and Eden who will be happy to pass your contact details on to me.



Thank you!
Kind Regards,
Judith

Christmas is coming...

Wreath making with Rowan!

Wed 12th December

9:30am to 11:30am
at

Carer Support Carlisle & Eden
Penrith Office Meeting Room.

Booking is essential, maximum 12 places per session, places allocated on a first come first serve basis.

Please contact the Penrith Office to book on 01768 890280.

Christmas crafts with Natalie!

Wednesday 20th November

10am to 12pm and 1pm to 3pm
at

Carer Support Carlisle & Eden
Carlisle Office.

Booking is essential, maximum of 8 spaces per session, places allocated on first come first serve basis. Refreshments provided.

Please contact the Carlisle Office to book on 01228 580214.

Christmas Afternoon Tea - Eden

Christmas Afternoon Tea

The George Hotel, Penrith

1pm

Wed 11th December 2024

Please contact the Penrith Office to register interest on 01768 890280.

Price £17.50 for Carers, guests £27.50.

Places will be allocated to Carers first, followed by guests if we have space.

Those who have registered interest by 30/10/24 will receive a booking form with further details in November. This event requires a deposit and pre-order.

Christmas Afternoon Tea - Carlisle

Christmas Afternoon Tea

Venue TBC

Please contact us on

01228 580214

Or

enquiries@carlisle-eden-carers.org.uk

to put your name down to receive further information.

Places will be allocated to Carers first, followed by guests if we have space.

Those who have registered interest by 30/10/24 will receive a booking form with further details in November. This event will require a deposit and pre-order.

We hope you all have a wonderful Christmas!

The Rebuild Site Carlisle Perfect for that DIY project you're planning to get underway!



Shop location:

The Rebuild Site CIC,
Kingmoor Park North,
Unit A2 Dukes Drive,
Carlisle
CA6 4SH

Open:

Wed-Sat 10am – 4pm
Sun 10am – 1pm

Contact:

Website: <https://www.rebuildsite.co.uk/>
Contact number: 01228 907905

The Rebuild Site stock a wide range of materials including timber, bricks and blocks, paint, pipes, lintels, drainage, screws, nails, bolts and electrical fittings.

You don't need to buy full packs of materials, so if you are looking for a few bricks to finish a path or are short of a couple of lengths of wood we can provide these at a low cost. Materials are new, surplus or excess materials collected from construction sites, which basically makes them second hand. They may have been stored for a period of time, and some of them might show some light signs of wear and tear, depending on storage conditions prior to us collecting them and the prices reflect this.

The Rebuild Site are part of the Community RePaint scheme, diverting usable paint from incineration. Paint is on sale from £2 per litre.

Materials can be delivered within a 25 mile radius of our shop in Carlisle however, delivery costs £20 for all orders.

Rebuild Tool Library

Tools can be expensive for both your pocket and the environment! The average drill is used for 13 minutes in its lifetime. By borrowing you reduce your carbon impact and save money.

Head to their website to see what tools they have available.

Are you a woman who has been identified (either by yourself or formally 'diagnosed') as autistic and/or ADHD as an adult and you like to craft?

My name is Martha and I have recently started a craft group so that we can have a safe space to talk or not talk, with no expectations of trying to fit in or having to mask, especially for those who have a lifetime of that behind us.

Some of us are in the early stages of finding out what being autistic and/or ADHD means in our lives and the conversations have been very affirming as well as interesting and fun.

If you're interested in meeting with others to sew / crochet / knit (or other craft) and talk about the joys of being neurodivergent and the challenges of navigating a neurotypical world, (or you'd like to craft in companionable silence), please get in touch!

My email address is martha.rose3@icloud.com.



CEA Cinema Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The CEA Card entitles you to ONE free ticket for someone to accompany you to the cinema to provide the assistance you may need during your visit. To get the free ticket, you will need to purchase a full price ticket for yourself for the same performance of the same film in the same auditorium in a single transaction.

The free ticket is provided on the assumption that the person who accompanies you can provide you with appropriate assistance, this might include:

- helping you move around the cinema including finding and taking a seat.
- helping you leave the cinema in the event of an emergency.
- accompanying and/or helping you use the cinema's toilets; helping you buy refreshments.

To apply, the person requiring assistance must be 5 years of age or older and be in receipt of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)

Or hold:

- Severely Sight Impaired Registration (formerly Registered Blind), Sight Impaired Registration (formerly Partially Sighted)

When applying for a Card you will be required to send or upload the awarding letter from DWP or a statement confirming receipt of the allowance for the applicant **dated within the last 12 months.**

Alternatively, for Severely Sight Impaired or Sight Impaired applicants, you will need to send or upload certification for the person requiring assistance.

How long is the card valid for?

The Card is valid for 1 year from the date of issue. The date is displayed on the Card.

Is there a cost?

Yes, there is a £6.00 fee which covers the costs of running the scheme, such as, processing applications and producing the card.

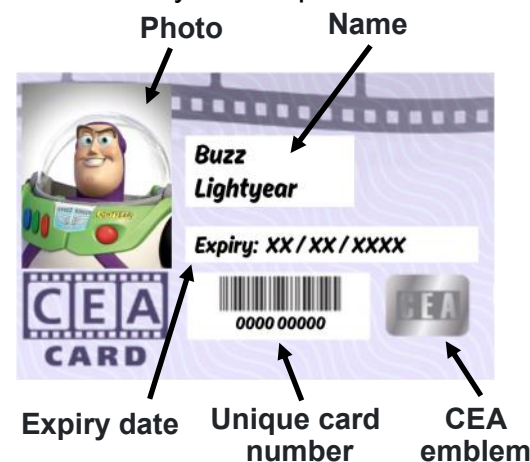
How to apply for a CEA card for a child

If your child is between 5 and 16 years of age, an adult will need to apply for a CEA card on their behalf.

Although you are applying for them, they will be the cardholder as they are the person requiring the care.

What will the card look like?

The card will look like this and include your name, photo, expiry date, the CEA emblem and your unique card number.



They will not accept Universal Credit, Employment and Support Allowance or being a Blue Badge holder as sole proof of eligibility.

Still got questions??

Read their website FAQ's here:



Parent Carer Corner

With the division of Cumbria Council, both Cumberland and Westmorland and Furness have been busy rebuilding their offers to parents and families. Below please find information on the new structures and how to engage with them.

What are Family Hubs?

Whether you're a parent looking for help with infant feeding, developing your child's early language skills, or mental health support, Family Hubs provide a range of useful services for families in one location.

Who are family hubs for?

You can get support from a family hub if you're:

- a parent or Carer of a child aged 0 to 19, or 25 with special educational needs or a disability
- pregnant
- a young person aged 0 - 19, or up to 25 for a young person with special educational needs or a disability.

Where can I find my local family hub?

Cumberland please see <https://cumberlandfamilyhubs.org.uk/>



Westmorland and Furness please see <https://wandffamilyhubs.org.uk/>



or telephone both areas Family Information Service: 03457 125 737 for locations and more information.

Why are family hubs so important?

All kinds of families face challenges from time to time. Family Hubs make it simpler to get the help that the whole family needs.

Investing in families and making sure they get the support they need from birth through to adulthood helps with children's educational attainment, wellbeing and life chances. We also know that the time from birth to the age of 2, lays important foundations for children's emotional and physical development.

By helping to establish nurturing, supportive environments for the youngest members of society, Family Hubs will make it easier for parents and Carers to give their children the best start in life.

SEND Birth-25

The SEND Local Offer is the central information point for families with children and young people aged up to 25 years with special educational needs and/or disabilities.

This offer is accessible through the Local Authorities 'Family Hub' websites. Please visit each Authorities Family Hub website for information on what activities and training are available.

SENDAC

SEND Alliance Cumbria (SENDAC) is the official Parent Carer forum for parents and Carers of children and young people with additional needs and disabilities in the beautiful county of Cumbria. Their role is to reach out to families and listen to your concerns and opinions about all SEND services in Cumbria, from EHCP issues to diagnosis processes & concerns about therapy!

SENDAC are the parent voice of Cumbria, they make sure your voice is at the heart of every decision.

To become a member of SENDAC:

You must be a parent/Carer or grandparent to a child or young person with additional needs (age 0- 25 years old). Your child does not need an official diagnosis for you to become a member and we support families of children with any type of additional need from complex and profound needs to learning difficulties like dyslexia and physical disabilities.

Membership is free.