

## 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
- \* Cumbria Community Foundation
- \* North Lakes Hotel & Spa and Vybrant Beauty for pamper sessions
- \* Our 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 Chairman of Carer Support Carlisle & Eden in the first instance.

**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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01768 890280 / 01228 580214  
enquiries@carlisle-eden-carers.org.uk  
www.carlisle-eden-carers.org.uk  
Charity Reg No: 1101719 Company Reg No: 4929903



### HOW TO CONTACT US:

#### 1. In person or by letter at:

Carer Support Carlisle & Eden  
The Office, Mardale Road, Penrith,  
CA11 9EH

Carer Support Carlisle & Eden  
Unit C, Moorhouse Courtyard,  
Warwick-on-Eden, Carlisle  
CA4 8PA

#### 2. By E-Mail:

enquiries@carlisle-eden-carers.org.uk

#### 4. By Phone:

Penrith: 01768 890280  
Carlisle: 01228 580214

#### Chief Officer:

Dani Leslie

#### Lead Support Workers:

Sarah Jewett / Debbie Simmons

#### Support Workers:

Angela Allen  
Amanda Milton  
Cath Middlemore  
Carin Murray  
Jenna Whistlecraft  
Jenny Soulsby  
Lynda Alderson  
Patsy Newsome  
Sue Radcliffe

#### Volunteer Coordinators:

Sue Munro / Jenna Whistlecraft

#### Carers Health Co-ordinator:

Chrissie Chambers

#### Admin / Finance Manager:

Heather Westerman

#### Admin / Finance Assistant:

Lucy Huggett

# Newsletter

## January 2024



View from Askham Moor overlooking Ullswater. Photo credit: John Bevan.

### Happy New Year

**A massive thank you to everyone that has been involved with Carer Support Carlisle and Eden volunteer services throughout last year.**

We have had an exciting year in the volunteer department and now have volunteers in both Carlisle and Eden. We are looking to continue to expand the service we deliver in both these areas.

Throughout 2023 our volunteers have given us over 900 hours of their time. They have been involved with; Indoor Companionship Sits, Outdoor Walking Sits, Spa Treatments, Companionship Calls, IT support home visits, Information Talks, Admin Support, 1-1 led guided swims, Young Carer Activity Days, Young Carer Pizza Club, and monthly Carers Hubs in a variety of locations. If you would like to access any of these volunteer led services, please contact our offices or discuss it with your support worker.

We are always looking for volunteers to join our team and help us with our established services or offer new ideas to further support our Carers. If you know anyone who has a couple of hours a month to spare, why not pass on our details and volunteering could be their New Year's Resolution with a difference?!

All the best for 2024, from the Volunteer Co-ordinators, Sue and Jenna x

T: 01768 890280 / 01228 580214 E: enquiries@carlisle-eden-carers.org.uk

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## HAVE YOUR SAY!

We are currently in the process of a website 'refresh' and we are looking to update our client testimony videos.

If you would be happy to share your experience or how we supported you in your caring role, please get in touch or talk to your support worker.

This would be a short 'interview' style video directed in partnership with media students from Carlisle College.



### Enter our Facebook Competition

To

### WIN A RHEGED FAMILY MOVIE VOUCHER!

Head over to our Facebook Page to check out our competition! All you have to do is: -

- Like our Facebook page
- Share our competition post
- Write 'done' in the comments

This competition ends on Monday 5<sup>th</sup> February 2024. Terms and conditions apply.

Enter to be in with a chance to win

RHEGED

FAMILY MOVIE VOUCHER

LIKE

COMMENT

SHARE

# Carers' Hubs and Clubs Carlisle

Carer Support Carlisle and Eden Hubs		
Hub	Venue	Date and Time
Carlisle Central Hub	<b>NEW VENUE!</b> Newcastle Building Society, 65 English St, CA3 8NX	<b>Thursday 10.30am-12pm</b> (1 <sup>st</sup> Thursday of the month) 4 <sup>th</sup> Jan, 1 <sup>st</sup> Feb, 7 <sup>th</sup> Mar, 4 <sup>th</sup> Apr, 2 <sup>nd</sup> May, 6 <sup>th</sup> June, 4 <sup>th</sup> Jul
Information and Advice Drop in	Carlisle Library, 1 <sup>st</sup> Floor, CA3 8NX	<b>Thursday 2pm- 4pm</b> (1 <sup>st</sup> Thursday of the month) 4 <sup>th</sup> Jan, 1 <sup>st</sup> Feb, 7 <sup>th</sup> Mar, 4 <sup>th</sup> Apr, 2 <sup>nd</sup> May, 6 <sup>th</sup> June, 4 <sup>th</sup> Jul
Houghton Hub	Houghton Garden Centre, CA6 4JB	<b>Tuesday 10.30am-12pm</b> (3 <sup>rd</sup> Tuesday of the month) 16 <sup>th</sup> Jan, 20 <sup>th</sup> Feb, 19 <sup>th</sup> Mar, 16 <sup>th</sup> Apr, 21 <sup>st</sup> May, 18 <sup>th</sup> June, 16 <sup>th</sup> Jul
Brampton Hub	<b>NEW VENUE!</b> Howard Arms, 1 Front Street, Brampton, CA8 1NG	<b>Wednesday 10.30am-12pm</b> (2 <sup>nd</sup> Wednesday of the month) 10 <sup>th</sup> Jan, 14 <sup>th</sup> Feb, 13 <sup>th</sup> Mar, 10 <sup>th</sup> Apr, 8 <sup>th</sup> May, 12 <sup>th</sup> June, 10 <sup>th</sup> Jul
Denton Holme Hub	Cornerstone Coffee Shop, Carlisle, CA2 5EH	<b>Wednesday 1pm- 2.30pm</b> (4 <sup>th</sup> Wednesday of the month) 24 <sup>th</sup> Jan, 28 <sup>th</sup> Feb, 27 <sup>th</sup> Mar, 24 <sup>th</sup> Apr, 22 <sup>nd</sup> May, 26 <sup>th</sup> June, 24 <sup>th</sup> Jul
Carlisle Parent Carer Group	Harraby Community Centre Café, Edgehill Rd, Carlisle CA1 3SN	<b>Monday 9.30am - 11am</b> (Last Monday of the month) 29 <sup>th</sup> Jan, 26 <sup>th</sup> Feb, 25 <sup>th</sup> Mar, 29 <sup>th</sup> Apr, 27 <sup>th</sup> May, 24 <sup>th</sup> June, 29 <sup>th</sup> Jul

For a comprehensive list of activities in the Carlisle area, head to the Age UK website

Better Together

## Community Activities Carlisle 2024

Suitable for older adults, disability groups, those in need of social experiences and those with underlying health conditions.

**MONDAY**

Better Together Craft  
10am-12 noon weekly  
Harraby Community Centre, £4

Fun Bowls, Boccia and Kurling  
10.30am - 12 noon weekly  
Brampton Community Centre, £3

**TUESDAY**

Friendly Boccia league  
10am till 11.30am weekly  
The Sands Centre, £3

Better Together Upcycling  
1pm- 3pm (1st and 3rd week of every month)  
Cumbria Wildlife Trust, Houghton Rd, £4

Better Together Keep Fit with Cake  
Seated Aerobics  
1pm- 2.30pm weekly  
Currock Community Centre, £4

**THURSDAY**

Better Together Gaming Group  
3pm till 5pm 1st and 3rd week of the month  
Heathlands, Harker Rd, £3  
Pick up & drop off available at the Sands Centre

**FRIDAY**

Better Together Keep Fit with Cake  
Seated Aerobics  
10.30am till 12 noon weekly  
Harraby Community Centre, £4

**MORE CONTACT INFO:**

Contact Toni Sullivan for more details:  
Tel: 01228 674950  
Email: [toni.sullivan@lbtuk.org](mailto:toni.sullivan@lbtuk.org)

**Breathing Space**  
Talking Group

A Place to Connect, Share, and Support

Grey Stone Road Community Centre, Carlisle

**Carlisle**  
11am - 1pm

Next Meeting Dates:

Friday 12th Jan  
Friday 26th Jan  
Friday 9th Feb

Part of the LIVE LONGER BETTER revolution

**SILVER FOXES**

FREE SOCIAL AND EXERCISE SESSIONS FOR ANYONE OVER 65

- IMPROVE PHYSICAL HEALTH
- INTRODUCE NEW SKILLS
- CREATE FRIENDSHIPS

REFRESHMENTS INCLUDED

FIRST SESSION 18TH OCTOBER  
WEDNESDAYS, 2PM - 3:30PM  
CARLISLE UNITED STUDY CENTRE, BRUNTON PARK

FOR MORE INFORMATION OR TO BOOK YOUR PLACE PLEASE CONTACT  
PHONE - 07512305865  
EMAIL - [RYAN.GODDERIDGE@CARLISLEUNITEDCST.CO.UK](mailto:RYAN.GODDERIDGE@CARLISLEUNITEDCST.CO.UK)

## Are you or someone you know struggling with debt?

Christians Against Poverty are a regulated body that can provide you with money and debt advice. Asking for help can be particularly daunting and the first step is always the hardest. Local churches are working with CAP UK to provide free advice and community groups aimed at tackling the causes of poverty in their local area.

Two local CAP Help Centres supporting Carlisle and Eden are: -

- **Elim Community Church, Carlisle**, who offer life skills coaching and debt coaching.

- **Penrith Methodist Church, Penrith**, who offer debt coaching and run a Job Club.

**To make an appointment, call the enquiries team on 0800 328 0006 and they will arrange for you to meet with your local debt coach.**

Alternatively, there is an abundance of information provided on their website such as information on how to access your local foodbanks, guides on how to improve your financial situation or build a budget, information on energy bills, a benefits calculator and lots of free practical resources. You will also find advice on improving financial situations through budgeting, explaining Universal Credit, warm home discount, cold Weather payments and winter fuel payments.

christians  
against  
poverty

CAP

## Social Tariffs: Cheaper phone and broadband packages

Social tariffs are long term tariffs offered at a cheaper price for those claiming certain benefits. If you or someone in your household claims Universal Credit you may be able to switch your broadband to a social tariff.

These packages are delivered the same way as a normal package but at a lower price. Some major providers also allow people on Pension Credit, Employment and Support Allowance, Jobseeker's Allowance or Income Support to switch.

**The person receiving the benefit must be the contract holder.**

### How to apply?

You could call your provider today or view tariffs online and simply switch over. There may be an exit fee if you are changing provider and your contract is not up for renewal. Some providers may carry out credit checks and ask for proof of eligibility.



**GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?**

**ANDYSMANCLUB** are talking groups for men to **HELP YOU** through those storms.

**FIND OUT MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) #ITSOKAYTALK

**ANDYSMANCLUB CARLISLE**

**CARLISLE**  
Carlisle United Community Trust,  
Lismore Place, CA1 1LX

**EVERY MONDAY @ 7PM EXC. BANK HOLS**

ANDYSMANCLUB is a registered charity in England and Wales (1179647) and a Company Limited by Guarantee, registered in England and Wales (1118152)

## Fantastic Fundraising! New year, new you, new challenge?

**What could be better than combining something you love, with supporting a local worthy cause?**

If you are a keen athlete, a jumble sale lover or a baking enthusiast, regularly participate in events and set your own personal challenge targets, why not set yourself a fundraising target and raise sponsorship for Carer Support Carlisle and Eden?

You may want to organise your own fundraising event and involve your friends, family and colleagues. Let us know what you want to do and together we will work out how to make it happen.

### FUNDRAISING IDEAS



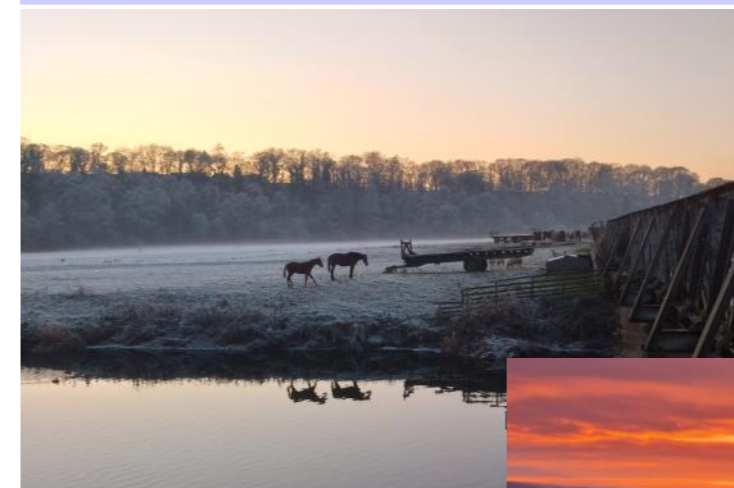
Together at Carer Support Carlisle and Eden, we are working hard to challenge ourselves and aim as high as we can to fundraise for our services such as our coffee hubs and carer trips with a long-term focus.

### Does fundraising feel a bit much? Why not Donate?

We're working to make sure nobody faces caring for a loved one alone. Our friends and neighbours need our support more than ever, and demand for our services is growing. With your help, we can be on the other end of the phone, in local communities and campaigning hard in 2024.

A donation, left to us on our website today, can fund services such as our amazing Volunteer led sitting service, our companionship calls and help support our Carers trips and hubs.

### December Photography Competition



We were absolutely overwhelmed with the amount of brilliant entries to our recent photography competition, that we ran on our social media pages at the end of December.

The theme of the competition was Landscapes in the Carlisle and Eden area and we had such beautiful entries.

The winning entry, submitted by John Beavan is featured on the front cover of this newsletter and the below entries are the Second place (Rachel Smith, see right) and Third place (Anita Kniveton, see above).



## Carefree Breaks

Give yourself a breather. Time and space to look after your own wellbeing.  
[www.carefreespace.org](http://www.carefreespace.org)

Carefree Breaks know all too well how challenging a caring role can be and a few days away with friends or family can do wonders. You can choose from hundreds of potential breaks away listed on Carefree's Breaks Hub.

The short breaks initiative is designed to give you some time away from your caring responsibilities. You are welcome to take a companion with you but not the person that you care for. If you want to travel alone, that's fine too.

### What you need to do

You will need to register as a Carer before you can browse the available break options. You will then submit a request for a specific hotel on a specific date which they will then confirm or reject. New hotels and dates are added all the time so you can keep checking back until you find something that fits. **All breaks are 1-2**

### Eligibility

To qualify for a break you must be:  
- Aged 18 or over  
- Full-time unpaid Carer (30+ hours per week)  
**Please note:** in order to take a break with us, Carers must be able to arrange interim care and pay for extras (admin fee, transport, food, travel insurance etc.)

### Making a break request

After you have selected a break of your choice and paid the admin fee we will do a final booking confirmation check with the hotel. If available, a confirmation email will be sent to you and you're all set to go! Occasionally a hotel will reject a booking request. When this happens we will let you know, and then you will be able to request another break.

### Costs

There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating our charity.

## Are you looking for an accessible friendly holiday??

### Limitlesstravel.co.uk

Care is at the heart of Limitless, and we are proud to be the only UK travel company that take highly qualified Carers on every tour. Our Carers give you the confidence to explore new places, to try new experiences, and most importantly, to ensure you have the most relaxing holiday possible.

With care packages tailored to offer various degrees of support and special assistance, limitlesstravel aim to give everyone the chance to take a break - whether that's on a disabled friendly UK coach tour or fully wheelchair accessible holidays abroad.

You can find out more on their website [limitlesstravel.co.uk](http://limitlesstravel.co.uk) or contact them on 0800 711 7112.



limitless  
travel



### Disabledholidays.com

With the **largest choice** of accessible holidays in the UK and abroad, plus cruises. Disabled holidays have something for everyone.

Their search directory will enable you to find wheelchair friendly holidays and accommodation for people with limited mobility or even pet friendly properties for people with hearing or visual impairments. They can also arrange holidays for people with terminal illnesses, understanding the privilege and weight of responsibility that comes with providing this service.

You can find out more on their website [disabledholidays.com](http://disabledholidays.com) or contact them on 0161 260 2218

## Carers' Hubs and Clubs Eden

Carer Support Carlisle and Eden Hubs		
Hub	Venue	Date and Time
<b>Court Thorn Hub</b>	Court Thorn Surgery, Low Heskett, CA4 0HP	<b>Monday 1pm-3pm</b> (1 <sup>st</sup> Monday of month, not Bank Holidays) 8 <sup>th</sup> Jan, 5 <sup>th</sup> Feb, 4 <sup>th</sup> Mar, 8 <sup>th</sup> Apr, 13 <sup>th</sup> May, 3 <sup>rd</sup> June, 1 <sup>st</sup> Jul, 5 <sup>th</sup> Aug
<b>Penrith Hub</b>	The George Hotel, Devonshire St, Penrith, CA11 7SU	<b>Tuesday 10.30am-12pm</b> (1 <sup>st</sup> Tuesday of the month) 2 <sup>nd</sup> Jan, 6 <sup>th</sup> Feb, 5 <sup>th</sup> Mar, 2 <sup>nd</sup> Apr, 7 <sup>th</sup> May, 4 <sup>th</sup> June, 2 <sup>nd</sup> Jul, 6 <sup>th</sup> Aug
<b>Men's Hub</b>	Various venues, please contact the office	<b>Tuesday 1.30pm-3.30pm</b> (2 <sup>nd</sup> Tuesday of the month) 9 <sup>th</sup> Jan, 13 <sup>th</sup> Feb, 12 <sup>th</sup> Mar, 9 <sup>th</sup> Apr, 14 <sup>th</sup> May, 11 <sup>th</sup> June, 9 <sup>th</sup> Jul, 13 <sup>th</sup> Aug
<b>Penrith Lunch Hub</b>	<b>*NEW VENUE*</b> Cafe4Eden, Parish Centre, St Andrews Place, Penrith, CA11 7XX	<b>Wednesday 12pm</b> (3 <sup>rd</sup> Wednesday of the month) 17 <sup>th</sup> Jan, 21 <sup>st</sup> Feb, 20 <sup>th</sup> Mar, 17 <sup>th</sup> Apr, 15 <sup>th</sup> May, 19 <sup>th</sup> June, 17 <sup>th</sup> Jul, 21 <sup>st</sup> Aug
<b>Alston Hub</b>	The Chat Room, Front Street, Alston, CA9 3SE	<b>Thursday 10am-11.30am</b> (Last Thursday of the month) 25 <sup>th</sup> Jan, 29 <sup>th</sup> Feb, 28 <sup>th</sup> Mar, 25 <sup>th</sup> Apr, 30 <sup>th</sup> May, 27 <sup>th</sup> June, 25 <sup>th</sup> Jul, 29 <sup>th</sup> Aug
<b>Kirkby Stephen Memory Club</b>	Methodist Church Hall, High St, CA17 4SG	<b>Thursday 10.30am-12pm</b> 18 <sup>th</sup> Jan, 29 <sup>th</sup> Feb, 28 <sup>th</sup> Mar, 25 <sup>th</sup> Apr, 23 <sup>rd</sup> May, 20 <sup>th</sup> June, 18 <sup>th</sup> Jul (no August meeting)
<b>Appleby Memory Club</b>	Methodist Church on The Sands, Appleby	<b>Wednesday 10.30am-12pm</b> (Every 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday) 10 <sup>th</sup> /24 <sup>th</sup> Jan, 14 <sup>th</sup> /28 <sup>th</sup> Feb, 13 <sup>th</sup> /27 <sup>th</sup> Mar, 10 <sup>th</sup> /24 <sup>th</sup> Apr, 8 <sup>th</sup> /22 <sup>nd</sup> May, 12 <sup>th</sup> /26 <sup>th</sup> June, 10 <sup>th</sup> /24 <sup>th</sup> Jul (A member of our Carer Support staff will be available on various dates).
<b>Penrith Parent Carer Social Group</b>	Chapter 12 Coffee Rooms, Penrith	<b>Wednesday 10am-12pm</b> (3 <sup>rd</sup> Wed of the month) 17 <sup>th</sup> Jan, 21 <sup>st</sup> Feb, 20 <sup>th</sup> Mar Please contact the office for further dates.
<b>Appleby Parent Carer Social Group</b>	Appleby Hub - If you are wanting to attend, please let the office know in advance, on 01768 890280.	<b>Monday 10.30am-12.30pm</b> (3 <sup>rd</sup> Mon of the month) 15 <sup>th</sup> Jan, 19 <sup>th</sup> Feb, 18 <sup>th</sup> March Please contact the office for further dates.

For a comprehensive list of activities in the Eden area, head to the Age UK website and download their social diary.

### Breathing Space

Talking Group

**Alston**  
Monday 22nd Jan  
**10am - 2pm**  
Town Hall, Front St,  
Alston CA9 3RF

A Place to  
Connect,  
Share,  
and  
Support

If you have any questions about  
our Eden breathing space groups please  
Email: [phil.t@cemind.org](mailto:phil.t@cemind.org)  
Call 07394568241



### Breathing Space

Talking Group

**Appleby**  
Thursday 25th Jan  
**2pm - 3pm**  
The Appleby Hub,  
Chapel St, Appleby,  
CA16 6QR

A Place to  
Connect,  
Share,  
and  
Support

If you have any questions about  
our Eden breathing space groups please  
Email: [phil.t@cemind.org](mailto:phil.t@cemind.org)  
Call 07394568241



### Breathing Space

Talking Group

**North Lakes**  
Hotel & spa  
Thursday 15th Feb  
**11am - 2pm**  
Ullswater Rd, Penrith  
CA11 8QT

A Place to  
Connect,  
Share,  
and  
Support

If you have any questions about  
our Eden breathing space groups please  
Email: [phil.t@cemind.org](mailto:phil.t@cemind.org)  
Call 07394568241



## Preventing pressure ulcers

### What is a pressure ulcer and how are they caused?

A pressure ulcer; also known as a "bedsore" or "pressure sore", is an area of damaged skin. They can be extremely painful and can take a long time to heal. They may become infected which can lead to sepsis and hospital admission.

Pressure ulcers can develop by sitting or lying in one position for too long without moving. The pressure from the weight of your body pressing down on your skin against a surface such as a bed or chair means that blood cannot circulate causing a lack of oxygen and nutrition to the skin. If the pressure continues, then damage can occur very quickly.



### You are more likely to get a pressure ulcer if you: -

- Have difficulty moving or repositioning yourself
- Are seriously ill or have had surgery
- Are an older adult
- Have poor circulation
- Have had previous pressure ulcers/skin damage
- Have fragile skin
- Have urinary or bowel incontinence
- Do not get enough nutrition
- Have reduced sensation, For example, through diabetes, stroke or paraplegia.

Be aware that some essential devices, such as catheters or tubes, can also lead to skin damage if not positioned carefully. Clothing, for example zips and seams, may also lead to skin breakdown. In addition, furniture can cause damage, for example, having poor posture in a bed or poor chair support. This may lead to your circulation being damaged.

### Where are pressure ulcers most likely to develop?

Pressure ulcers are most likely to develop on the parts of the body which take your weight and where the bone is close to the surface, for example your heels, bottom, ankles, elbows or the back of the head.

### Ways to prevent a pressure ulcer: -

- Check your/your relative's skin as often as you can.
- Lying/sitting on appropriate surfaces
- Keep moving
- Nutrition and hydration

### Early signs of a pressure ulcer

If you or your family member don't move, are unable to move, or have reduced sensation, you or your family member may develop changes to skin such as:

- a red, blue or purple area which can become sore or uncomfortable
- patches that have become very hard, soft or boggy
- patches that are darker than they may usually be
- patches may feel cool or hot
- loss of feeling or pain in an area
- blistering or visible skin damage

These skin changes may be a sign that a pressure ulcer is developing.

For darker skin tones, skin changes may identify as hot or cold, hard or boggy areas and new area of darker (not red) skin which looks like a birthmark.

If you/your relative are unclear or have concerns about skin condition, please speak to your health care professional who can offer further assessment and advice.

For more information and to watch some short video clips, head over to <https://www.scie.org.uk/carers/informal-carers/staying-healthy/pressure-ulcers>

## Trip to Newcastle - Thurs 11 April 2024

On Thursday 11th April, we will be going to Newcastle giving Young Carers and Parent/Adult Carers a day out! Newcastle is a great city with lots to offer. You could spend the day exploring the Quayside, visiting the Life Science Centre or the Victoria Tunnel. Or indulge in a spot of shopping and grab a delicious lunch.

Young Carers are also getting the opportunity to visit Newcastle University with their parents/guardians on the day to see what university life would be like.

Pickups will be from:

Appleby Grammar School	Pick-up 07:45	Return 16.45
Penrith Bus Station	Pick-up 08:15	Return 17:15
The Halston, Carlisle	Pick-up 08:45	Return 17:45

## Kirkby Stephen East Heritage Railway

### Wed 17th April 2024

Imagine a place where time has stopped and you could enjoy a railway experience from the past. Kirkby Stephen East is a historic station and steam railway, opened in 1861 and now cared for by volunteers of the Stainmore Railway Company.

It is home to a number of historic Victorian and other vintage locomotives, carriages, and wagons. You can explore the museum and station, which was built in 1861, and served the community for 100 years. Lunch will be provided and you will be able to eat in the glamorous 1930s buffet car. Pickups will be from:

The Halston, Carlisle	Pick-up 09.00	Return 16.40 -16.50
Penrith Bus Station	Pick-up 09:30	Return 16:10 - 16:20
Brough (Market Place)	Pick-up 10:00	Return 15:35 – 15:45

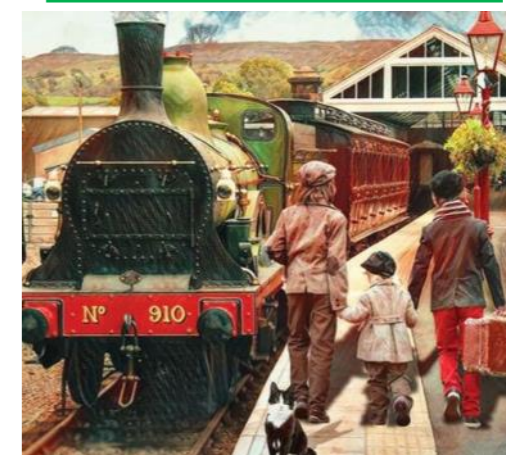


There are limited spaces so please contact the office on

01768 890280

01228 580214

to register your interest before **Friday 15th March 2024** for Newcastle day trip and Kirkby Stephen Railway.



## Carers Week Trips - June 2024

### Wed 12th June 2024:

#### Day trip to Gretna Gateway / Blacksmith Shops from Carlisle 10am to 2pm

Join us for a day out to the historic Gretna Gateway and Blacksmith Shops.

Visit the Blacksmith Shops and immerse yourself in the love story behind Gretna Green. We will also be stopping at Gretna Gateway which has a whole host of shops and cafes for you to have a wander around and enjoy a spot of lunch.

We will be leaving from The Halston, Carlisle at 10am and returning at 2pm.

### Wed 19th June 2024:

#### Day trip to Barnard Castle from Penrith 9.30am to 3pm

A historic little market town, full of antique shops and independent retailers provides a charming experience for all who visit.

It is also home to The Bowes Museum and Eggleston Hall Gardens, as well as, Barnard Castle which overlooks the River Tees.

On Wednesdays, they hold their weekly market so you can spend time perusing the many stalls.

We will be departing from Penrith Bus Station at 9.30am with pick ups at Brough and Appleby. Returning to Penrith for 3pm.

There are limited spaces so please contact the office on 01768 890280 / 01228 580214 to register your interest before **Friday 17th May 2024** for Gretna day trip and Barnard Castle day trip.

## Power of Attorney - Planning for the future

Everybody who owns a house or has other assets should make a Will to set out how those assets are dealt with after their death. However, a Will only deals with what happens to your assets after your death. What is often far more relevant to you is how those assets are dealt with **in your lifetime** if you can no longer make decisions for yourself.

With 1 in 11 people over the age of 65 developing dementia and 100,000 people suffering from strokes each year, you (or a family member) may find yourself in a position of being unable to manage your own affairs. It is **not sufficient** to do nothing and assume your family will be able to look after you. They have no right unless you provide them with the authority to administer your assets. If nothing is done to safeguard your position, your family have only one option to deal with your affairs. This is to apply to the Court of Protection to be appointed as your Deputy. This can be both expensive and time consuming.

This difficulty can be avoided by making a Lasting Power of Attorney. You appoint a person or persons you trust – usually a spouse and children but it can be another relative, a friend or a professional adviser – as your attorney. You give them the power to act in your best interests if you cannot do so.

Written by: Millie Coates of Arnison Heelis Solicitors

If you hold an **enduring power of attorney** (created before October 2007 and for financial decisions only) this will still be valid and does not need to be registered if you have mental capacity. If you lose mental capacity, your EPA will need to be registered with the Office of Public Guardian before any decisions can be made on your behalf.

There are two types of lasting power of Attorneys (LPA):  
Health and Welfare (Health)  
Property and Affairs (Financial)

### LPA for health decisions

This can only be used if you lose mental capacity. This will give the trusted person the right to make decisions on things like where you live, your medical treatment, the care you receive, who you have contact with and any social activities you take part in. If you lose mental capacity and a health LPA is not in place, decision regarding your health will be made by the professionals relevant to the situation e.g. your doctor. They must consult your family, but the decision ultimately lies with them.

### LPA for financial decisions

This can be used whilst you still have capacity; if you choose. This will give the trusted person the right to make decisions on things like; selling your home, paying your bills and arranging repairs to your home. A financial LPA can be made to start on any date and you choose whether your attorney can make some or all financial decisions on your behalf.

**LPA's need to be made whilst you still have mental capacity.**

### Solicitors for the Elderly

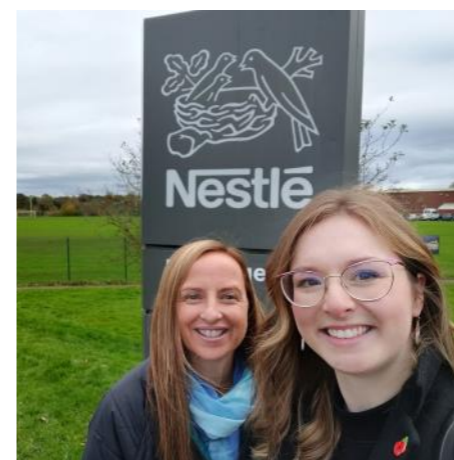
**Solicitors for the Elderly (SFE)** is a group of specialist lawyers who support and make a difference to older and vulnerable people.

SFE members specialise in older client law and are also trained in older client care. They consider the mental and physical difficulties which can affect older and vulnerable clients and have an awareness of the potential problems their clients may face.

All SFE members must be fully qualified, regulated, and insured solicitors, barristers or chartered legal executives and work with older/vulnerable adults for 50% of their time. SFE provide expert training and keep all members up to date with the latest laws relating to older/vulnerable people through member advice forums and national events. Look for the SFE kitemark when choosing a solicitor.



## Carer Champion Awareness Training



Sue and Jenna after delivering training to Nestle staff in Dalston.

Did you know we offer free training to local schools, businesses, voluntary organisations, charities and healthcare professionals?

Our volunteer co-ordinators, Jenna and Sue, work hard to make sure that those supporting people in our area have a working knowledge of the impact caring can have. Our training includes: Identifying unpaid Carers and Young Carers, supporting unpaid Carers in the workplace and discussing our referral process.

We love spreading the word about the amazing work Carers like you do and how you often juggle caring with many other things. Our aim is to ensure all areas of the community and local workforce are 'Carer-friendly', meaning the right support is implemented as soon as possible. If you know of any local businesses or organisations that you think would benefit from the training, please call for more information.

## Recipe of the season

### Tatty Pie

Serves 4

Prep Time: 15mins

Cook Time: 30mins

1 roll of puff pastry  
5 large potatoes, thinly sliced  
1 pack bacon, chopped  
1 onion, sliced  
150g cheddar cheese of choice, grated  
1 Tbsp mixed herbs  
1 Tbsp Pepper, Salt, Oil  
1 egg, whisked

- 4) add a layer of potatoes.
- 4) Add a layer of the cooled bacon and onion mix and sprinkle cheese on top.
- 5) Repeat layering the potatoes, bacon and onions and cheese until all are used.
- 6) Roll the puff pastry over the layers and seal the edges.
- 7) Brush the whisked egg on top.
- 8) Bake for 30 minutes at 200°C or until golden brown.



- 1) In a frying pan, cook off the bacon pieces and onions in a little oil, season with mixed herbs, salt and pepper.
- 2) Once golden, leave to one side.
- 3) In a roasting dish, lightly brush the base with oil then

We love to serve Tatty pie with mushy peas and gravy, but the possibilities are endless!

Do you have a recipe that is cost effective, tasty and that you'd love to share with others? Send it to use via out email for it to be featured in our next newsletter:

enquiries@carlisle-eden-carers.org.uk