

## 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 Trust
- \* North Lakes Hotel & Spa, Red Barn Retreat
- \* 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.

### 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:

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Debbie Simmons (Carlisle)

#### Support Workers:

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Cath Middlemore (C)  
Carin Murray (C)  
Jayne Povey (C)  
Patsy Newsome (E)  
Steph Connor (E)  
Sue Radcliffe (E)

#### Volunteer Coordinators:

Sue Munro (Eden)  
Carolyn Greenhalgh (Carlisle)

#### Admin / Finance Manager:

Heather Westerman

#### Admin / Finance Assistant:

Lucy Huggett

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



Charity Reg No: 1101719 Company Reg No: 4929903

May 2025

Carer Support Carlisle & Eden

# Welcome to our May Newsletter

## Carers Week Trip

Wed 11th June  
2025

Sizergh Castle



Join us for a **day trip to Sizergh Castle from Carlisle and Penrith.**

The National Trust property Sizergh Castle near Kendal, is a Medieval manor filled with items collected by 26 generations of the Strickland family, including the internationally recognised Inlaid Chamber.

There are also rich gardens to explore including a mirror lake, colourful herbaceous border, working kitchen garden, apple orchard and limestone rock garden. The 1,600-acre estate contains wetlands, limestone pasture, ancient woodland, farmland and orchards and is home to a variety of wildlife and flowers.

There is a contemporary café open every day serving hot meals, drinks and snacks using seasonal produce grown in the garden and picnic benches are available if you wish to take your own picnic.

We will be departing from The Halston Hotel, Warwick Road, Carlisle at **8.15am**, Penrith Bus Station at **8.50am** and Appleby at **9.15am**.

Returning to Appleby at **3.45pm**, Penrith at **4.15pm** and Carlisle at **4.45pm**.

**(Bus times subject to change)**

There are limited spaces so please contact the office on 01768 890280

Or

01228 580214

to register your interest before **Friday 23<sup>rd</sup> May 2025.**

**Carer Support Carlisle & Eden will cover your entry fee.**

## Help us keep in touch

We have recently found a lot of people are removing their landlines which has made it difficult for us to get in touch, as it has been our only method of contact for them. If we cannot get through to you by phone or email we will send you a letter. **If you have changed your phone number, removed your landline or changed email address recently, please contact us to check your details are up to date.**

Thank you!



We will always try and contact you by phone first.



We will follow up by email if we can't get through.



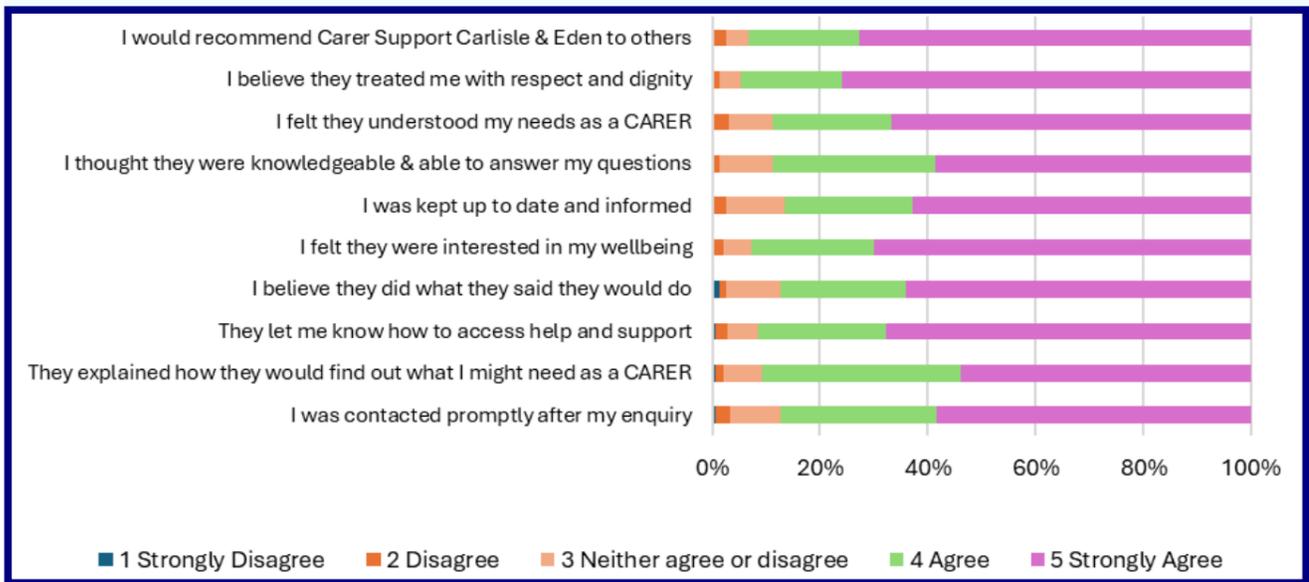
If we haven't managed to contact you, we will send a letter to your address.



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

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**Annual Survey Result:**  
The statements below are about you and your contact with Carer Support Carlisle & Eden staff.



<p><b>1st Tuesday of the month</b> Venue: Tullie House Café, Abbey St, CA3 8TP Time: 10.30am to 12pm</p> <p><b>Dates:</b> 6<sup>th</sup> May 3<sup>rd</sup> June 1<sup>st</sup> July 5<sup>th</sup> Aug 9<sup>th</sup> Sept</p>	<p><b>2nd Wednesday of the month</b> Venue: The Howard Arms, Brampton CA8 1NG Time: 10.30am to 12pm</p> <p><b>Dates:</b> 14<sup>th</sup> May 11<sup>th</sup> June 9<sup>th</sup> July 13<sup>th</sup> Aug 10<sup>th</sup> Sept</p>
<p><b>3rd Tuesday of the month</b> Venue: Houghton Hall Garden Centre Café, CA6 4JB Time: 10.30am to 12pm</p> <p><b>Dates:</b> 20<sup>th</sup> May 17<sup>th</sup> June 15<sup>th</sup> July 19<sup>th</sup> Aug 16<sup>th</sup> Sept</p>	<p><b>4th Wednesday of the month - Drop IN</b> New Venue: Carlisle Office, Moorhouse Courtyard, CA4 8PA Time: 1pm to 2.30pm</p> <p><b>Dates:</b> 28<sup>th</sup> May 25<sup>th</sup> June 23<sup>rd</sup> July 27<sup>th</sup> Aug 24<sup>th</sup> Sept</p>

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

**RAINBOW HQ**  
21 Victoria place Carlisle, CA11EJ  
LGBTQ+ community centre  
www.lgbthq.org.uk  
01228 267247



**PiNC**  
Pride in North Cumbria provides social and support services and one to one support to LGBT+ people, aged between 13 and 25. You can find us at Rainbow HQ 21 Victoria Place in Carlisle (we are between The Lanes and the College). To get involved in PiNC or for more information, please call or text Pam on 07971253241 or email pinc-umbria@hotmail.co.uk  
www.prideinnorthcumbria.org  
You can also find us on Discord

**Sticky Bits community cafe**  
Sticky bits is a safe space for the LGBT and wide community to meet up and socialise and get involved. If that's not your thing come and have a coffee, cake and chat. www.stickybitscafe.co.uk  
You can also support the centre by using easy fundraising while shopping on line, really easy and doesn't cost you anything. Easyfundraising.org.uk and choose Sticky bits cafe as your cause. The cafe holds monthly quiz nights and bingo, there on the first and second Friday of the month to support the groups in the centre.

Regular Weekly drop in sessions, Monday to Thursday, 3pm onwards. We offer a free counselling service for those who need that extra support. There are limited sessions so we operate a waiting list. We also have counsellors who provide 'to pay for' sessions if needed, For more information please contact the centre above.

**GREEN FINGERS QUIZ ANSWERS:**  
1. Evergreen 2. White 3. Lavender 4. Water 5. Coconuts 6. Tulips 7. Aloe Vera 8. South America 9. Purple 10. Brazil. **WHAT ARE THESE PHOBIAS?** 1. Entering open or crowded places 2. Water 3. Clowns 4. Spiders 5. Dogs 6. Birds 7. Enclosed spaces 8. Sleep 9. Horses 10. Insects.  
**MULTIPLE CHOICE:** 1. Dandelion 2. Thailand 3. England 4. Antarctica 5. 2 years.

# SPRING Recipes

Check out our Easy Tortilla Quiche and Quick & Easy Spinach, Pea & Spring Onion Quiche. Simple recipes for a quick and easy meal. You can use different vegetables and meats to mix it up!



## Easy Tortilla Quiche

You will need a 22cm (7 inch) Flan Ring - preferable with a loose base.

### Recipe

- 1 tortilla wrap / flatbread of choice
- 300ml milk (or 50-50 milk / cream)
- 5 medium eggs
- 1 small onion
- 200g mushrooms
- 200g cooked bacon (you can use cooked ham or alternative vegetables)
- 250g grated cheddar cheese
- Chopped chives
- Salt & pepper

### Method:

1. Press wrap into flan ring without tearing
2. Fry onions, bacon & mushrooms until soft & put on top of wrap
3. Whisk eggs and milk together, add chives and seasoning then pour into case
4. Sprinkle grated cheese on top
5. Bake mid oven 180c for approx. 35-40 mins

## Quick and Easy Spinach, Pea & Spring Onion Quiche

Prep time: 20 mins Cook time: 30 mins Serves: 4

### Method

1. Pre-heat the oven to 180C
2. Grease a 9.5" (24cm) round flan dish/tin and line with the pastry
3. Prick the pastry with a fork line with foil or baking parchment, add baking beans (or rice) and blind bake for 15 mins
4. Meanwhile, melt the butter in a frying pan. Add the spring onions, peas and spinach and fry for 2-3 minutes before removing from the heat.
5. Mix the cream, eggs and salt, pepper, and paprika
6. Add the spinach and pea mix to the pastry shell
7. Pour in the egg mixture and top with the grated cheese
8. Cook in the oven for about 30 minutes, or until the cheese is golden
9. Leave to sit for a few minutes to help the egg set!

### Recipe

- Pack of ready-rolled shortcrust pastry (320g)
- 25g butter
- Small bunch of spring onions, sliced
- 200g spinach
- 150ml single cream
- 2 eggs, beaten
- salt and pepper
- Pinch of paprika
- 100g cheese, grated
- 125g frozen peas



## Results of our annual survey; you said and we will.

I personally would like to thank everyone who participated in our 2025 Annual Carers Survey. We sent the survey via post and email to 1247 Adult & Parent Carers. In summation the results were EXTREMELY positive and a welcome recognition for all our hard work.

Most of you; 93% are aware of our hubs / trips / talks / training activities and as we know the main reason you don't attend is that you cannot leave your Cared For (39%)

95% of you receive our newsletter and 89% rate it Excellent to Good. Those 51% of you who use our newsletter have said it was 'easy to navigate / contained useful information'.

We have taken note of the suggestions you made on the activities we should be offering; which were many and varied. We will be trying to deliver on them over the coming year. Some include:

- Buddy system for Young Carers. We will research feasibility and keep you posted. Please keep a look out for updates on social media and an email with updates.
- Self-organising activity groups for Parent Carers and also Adult Carers, that can be held in the evenings, weekends, where the Cared For may or may not attend. Support Coordinators will be canvassing interest.
- Respite holidays where you can take the Cared For. Please see article with information in this newsletter.
- Emailing people monthly; informing them of our hubs, who will be there and how to find the group. We have noted, request for hubs in stair free buildings.

Most of your responses on what would make your caring role less stressful centred around having a break, the right equipment and the finances to be able to care as you'd like. We do hear you and are recruiting more volunteers to increase our sitting service capacity.

We also lobby our local politicians, MPs and those in the NHS to do more to support Carers and provide respite for those who are not suitable for our sitting service.

It is frustrating to read Carer's feedback asking for support with doing Attendance Allowance, Pension Credit, Carers Allowance, Council tax discounts and other non-means tested benefits as we already do them. For Universal Credit we can refer you to DWP and in some instances, they will do home visits.

Our website has a link to 'Turn2Us', which has a benefits calculator on which you can check your eligibility. It is also a BRILLIANT SOURCE OF GRANTS individuals can access for aids and adaptations. If you need help using it, your Support Coordinator can help you.

Please ask your Support Coordinator any questions you may have when you talk to them; they know far more than they may discuss with you as they are guided by what you tell them is important to you. If they don't know the answer to something, they will find it and get back to you with it.

Finally, the length of time you have put your trust in us to support you is an overwhelming statement on how well you think we are doing our job.

- 46% of you have been with us between 1 to 5 years
- 36% between 5 to 15+ years

**We are here to support YOU and we cannot do that effectively without your input. Please keep talking to us, giving us feedback and your ideas!!**

Thank you!!

*Danette & Leslie*

Dani Leslie—CEO

# Accessible Holidays

In our January 2024 newsletter we wrote an article on accessible holidays including information on Carefree Breaks, Disabledholidays.com and Limitlesstravel.com. We would now like to share another website that may be of interest, Enableholidays.com

Enable Holidays is an accessible travel specialist who provide options for group, adult only, assisted or family holidays. You can enquire about beach destinations, city breaks and accessible villas both abroad and UK based. All accommodation is wheelchair friendly and has adapted rooms with no steps. Their website states that holidays are tailor made to your specific needs. We recommend speaking to one of their advisors.



## Things you can do to check your holiday is legitimate

**1** If you are worried the website or company you are booking your holiday with is legitimate, you can check the website URL on the Get Safe Online website. All you need to do is put the weblink into its search box and it will tell you if it has been flagged for anything suspicious.



www.getsafeonline.org

**2** If you are booking a villa or cottage, we would also recommend either using **google lens** or reverse google image search to see where else the photo appears online. It may show up on other travel websites or may show up somewhere unexpected like a 'for sale estate agent' website.

Just look for the google lens logo at the right of your google search bar.



**3** You can also read reviews on Google or Trustpilot, check the address on google maps or ask family/friends to take a look.



## dementia adventure®

Dementia Adventure provide individual or small group holidays that are tailored for people living with dementia and their carer's.

Each holiday provides 24 hour dementia trained support, accessible accommodation options and gives you the opportunity to relax and enjoy a well deserved break away together. It includes a well planned itinerary based on your interests and their team arrange all the trips logistics from transport to meals. You will need to have your own transport to and from your destination and the trips are generally 5 days long.

They realise that the price of a holiday may be out of reach for many but they are happy to guide you through alternative options, such as, local authority respite funding and community foundations. They may also be able to offer assistance to those in need through their own charitable funding.

To enquire, you can contact them on

01245 237 548  
or  
take a look at their website  
www.dementiaadventure.org

# Carers' Hubs and Clubs Eden

<p><b>1st Monday of the month</b> Venue: Court Thorn Surgery, Low Hesket, CA4 0HP Time: 1pm to 3pm</p> <p>(Not on Bank Holidays) <b>Dates:</b> 2<sup>nd</sup> June 7<sup>th</sup> July 4<sup>th</sup> Aug 1<sup>st</sup> Sept 6<sup>th</sup> Oct 3<sup>rd</sup> Nov</p>	<p><b>1st Tuesday of the month</b> Venue: The George Hotel, Penrith CA11 7SU Time: 10.30am to 12pm</p> <p><b>Dates:</b> 6<sup>th</sup> May 3<sup>rd</sup> June 1<sup>st</sup> July 5<sup>th</sup> Aug 2<sup>nd</sup> Sept 7<sup>th</sup> Oct 4<sup>th</sup> Nov</p>	<p><b>2nd Tuesday of the month</b> Venue: Various Venues - contact the office for venue Time: 1.30pm to 3.30pm</p> <p><b>Dates:</b> 13<sup>th</sup> May 10<sup>th</sup> June 8<sup>th</sup> July 12<sup>th</sup> Aug 9<sup>th</sup> sept 14<sup>th</sup> Oct 11<sup>th</sup> Nov</p>
<p><b>3rd Thursday of the month</b> Venue: Cosy Cup Café, Devonshire Arcade, Penrith Time: 11.45am (Lunch hub)</p> <p><b>Dates:</b> 15<sup>th</sup> May 19<sup>th</sup> June 17<sup>th</sup> July 21<sup>st</sup> Aug 18<sup>th</sup> Sept 16<sup>th</sup> Oct 20<sup>th</sup> Nov</p>	<p><b>Last Thursday of the month</b> Venue: The Chat Room, Alston, CA9 3SE Time: 10am to 11.30am</p> <p><b>Dates:</b> 29<sup>th</sup> May 26<sup>th</sup> June 31<sup>st</sup> July 28<sup>th</sup> Aug 25<sup>th</sup> Sept 30<sup>th</sup> Oct 27<sup>th</sup> Nov</p>	<p><b>Kirkby Stephen Memory Club - Thursday's</b> Venue: Methodist Church Hall, High St, CA17 4SG Time: 10.30am to 12pm Every 2 weeks.</p> <p><b>Dates:</b> May 1st &amp; 15th &amp; 29th  June 12th &amp; 26th  July 10th &amp; 24th</p>
<p><b>Appleby Memory Club</b> Every 2nd &amp; 4th Wednesday of the month Venue: Methodist Church on The Sands, Appleby Time: 10.30am to 12pm</p>		<p><b>We will be attending on the following dates:</b> Wed 28<sup>th</sup> May Wed 25<sup>th</sup> June Wed 23<sup>rd</sup> July Wed 13<sup>th</sup> Aug</p>

Edge Training Limited are hosting the following FREE courses for non professionals within the next year. These courses are designed for families and informal Carers.

**Mental Health Act for Families - 26 September 2025** - This course will provide an overview of the Mental Health Act and the rights people have under this law.

**Mental Capacity Act for Families - 10 October 2025** - This course will focus on mental capacity in the context of day to day activities and understanding some of the key duties as a Lasting Power of Attorney or Court Appointed Deputy.

**Care Act for Families - 4 November 2025** - This course gives family members, friends and those involved in supporting loved ones, key information about their rights under the Care Act 2014.

**BOOK HERE!**

www.edgetraining.org.uk /edge-events



A grassroots movement bringing parents together to stand up for healthier, happier childhoods.

Smartphone Free Childhood was founded in February 2024 after a WhatsApp group, set up for parents to support each other in the decision to hold off buying their children a smartphone, went viral.

Giving your child a smartphone, provides them with access to harmful content and can make them vulnerable to cyberbullying, mental illness, academic distraction, grooming and more.

Their belief is that children should have the opportunity to learn and grow free from devices and algorithms. They believe kids should be kids and to play, imagine, connect with others outside of the digital world. As parents, you should feel empowered to parent in the digital world as well as in the real world. So, if you want to wait to give your child a smartphone but don't want them to be the odd one out, you are not alone.

Their website includes resources and toolkits to help navigate issues surrounding smartphones, the opportunity to join the Cumbria Smartphone Free Childhood Whatsapp community and shares how many parents have signed the pact at your school.

IT'S NOT ALL BAD!

Having a smartphone is not all bad... It can provide peace of mind for parents who need to be in touch with their child and can provide medical support for children with conditions such as diabetes.

A Lovely Start to the Penrith Parent Carers Group



We are really pleased to say that the first Parent Carers group in Penrith went brilliantly! Seven Parent Carers came along, and there was a lovely atmosphere. There were lots of positive conversations, support shared, and a real sense that everyone got something valuable out of it. It was brilliant to have a dad join us too, something we'd love to see more of in the future. Dads are just as much a part of the journey, and their voices and experiences are so valuable in the group. So if you're a dad and thinking about coming along, please do, you'll be made to feel very welcome!

Some of the group were incredibly knowledgeable about things like PIP and EHCPs and were able to offer great advice to others who are at different stages of the journey. There's already interest in the future get-togethers and we'd love to see even more people come along. Whether you're just starting out or have been navigating things for a while it would be great to see you there.

We had great suggestion to organise a separate session, for those with older children, with a speaker to cover topics such as Lasting Power of Attorney, Wills, Inheritance, and longer-term care planning when children turn 18. We are looking into options and hope to get sorted soon, watch this space! We are always keen to hear more suggestions of support we can put in place to help parents with their caring roles so if you have any ideas please do contact us.

Looking forward to the next group!

Steph

Signature of Steph



Next Group

Tuesday 20th May 2025

Arturo Lounge, Penrith - 1.30pm



You are welcome to stay for as long as you like or just pop in to say hello.

Introducing our Call Companion Service



Are you feeling lonely, isolated or finding it harder to get out and see friends and family?

We have a handful of friendly volunteers who have joined us to help deliver our Call Companion Service, allowing you to chat to someone from the comfort of your own sofa!

The aim of our Call Companion service is to provide you with some extra support in the form of a regular telephone call, which offers you a friendly conversation and listening ear, in the hope that you will feel less isolated and alone. Our specially recruited volunteers would call you at a mutually convenient time, to chat with you about anything on your mind.

Our volunteers have gone through an intensive application and recruitment process that involves taking up references, an induction to our organisation and a Disclosure and Barring Services (DBS) certificate. They understand the importance of confidentiality and privacy, are sensitive to the needs and experiences of Carers and simply want to help support you in your caring role, if they can.

If you feel that you would benefit from this service, please call the office or speak to your Support Coordinator and ask to be placed on the waiting list.

Offers at Penrith and Appleby Leisure Centres

- Healthwise (GP Exercise referral scheme) Healthwise is a Physical Activity on Referral Scheme. The Scheme can be accessed by anyone who is inactive, with at least one long-term medical condition, aiming to develop better strength, flexibility, balance and co-ordination to improve your medical condition(s), with potential to reduce medication use and enhance mental health through becoming more active. We offer a wide range of classes to suit all abilities as well as use of our pool & gym. Better Health referral form to be completed by healthcare professional to access this scheme. Cost: Pay as you go £4.50,
Escape Pain Escape Pain is a 6-week pain management programme, designed by Orthopaedic Research UK, for inactive people suffering from chronic pain. There are two courses; one for osteoarthritis of hips and/or knees, and one for non-specific lower back pain. There are two sessions each week with each session lasting for one hour. Within the hour, we have around 20 minutes for a group discussion around different ways to self-manage pain (different topic each session) with the remainder of the session spent with a guided warm up followed by gentle exercises in a circuit-style to develop mobility, strength, flexibility and overall fitness of pain affected areas (all exercises at your own pace), with a group stretch to finish. Better Health referral form to be completed by healthcare professional to access the scheme. Cost: £4.50 per session to include hot drink and biscuits.
Chatter Matters Drop in social groups that meet weekly. No membership or referral needed. - Penrith Leisure Centre: Mondays 11am – 1pm and Fridays 1:30pm – 3:30pm with optional gentle exercise 1:30 – 2:15pm (Age UK present last Friday of each month). - Appleby Scouts Hut: Wednesdays 11:30am – 1:30pm with optional Boccia 11:45 – 12:15 Cost: £2pp which includes hot drinks, light lunch, fruit, biscuits, board games and optional exercise.
Talkin' Tables Drop in social group that meet every Tuesday. Meet at Penrith Leisure Centre 11am – 12noon. Simply pull up a chair and join the conversation.

# SMARTPHONES MADE SIMPLE



## Is your smartphone a mystery?

Learn the basics of your smartphone in a relaxed and supportive environment.

### What you will learn:

- How to make and answer calls
- How to send a text message
- When to charge your phone

We can even set up speed dial, so loved ones are just a tap away!



## DATE & TIME TBC

The Office, Mardale Road,  
Penrith, CA11 9EH

### REGISTER INTEREST

01768 890280

01228 580214

[enquiries@carlisle-eden-carers.org.uk](mailto:enquiries@carlisle-eden-carers.org.uk)

When you register your interest we'll ask if you are registered with Eden or Carlisle Carers, which two days of the week are best for you and if AM or PM is preferable.

FIND THE ANSWERS  
ON PAGE 11!



## Quiz Corner



### Green Fingers Quiz

1. What is the term for a tree that keeps its leaves year round?
2. What colour are the flowers on 'Baby's Breath'?
3. Which aromatic purple flower is used to treat health complaints such as insomnia?
4. What do succulent plants store in their leaves?
5. What is the main kind of fruit produced by Palm Trees?
6. When visiting the Keukenhof gardens in the Netherlands what type of flowers would you see?
7. Which succulent plant can be used to ease sunburn?
8. Which continent is corn native to?
9. What colour are ripe elderberries?
10. In which country would you find the biggest rainforest in the world?

### What are these Phobias?

1. AGORAPHOBIA
2. AQUAPHOBIA
3. COULROPHOBIA
4. ARACHNOPHOBIA
5. CYNOPHOBIA
6. ORNTHOPHOBIA
7. CLAUSTROPHOBIA
8. SOMNIPHOBIA
9. EQUINOPHOBIA
10. ENTOMOPHOBIA

### Multiple Choice

1. Which flower's name comes from the Old French for Lions Tooth?  
**CARNATION DANDELION DAFFODIL**
2. Which country is the world's biggest exporter of orchids?  
**NETHERLANDS THAILAND ITALY**
3. The rose is the national flower of which country?  
**SPAIN ENGLAND CHINA**
4. On which continent do daisies NOT grow natively?  
**SOUTH AMERICA UK ANTARCTICA**
5. If a flower is 'biennial' it blooms every:  
**2 YEARS 5 YEARS 10 YEARS**

## Need a holiday but can't afford one?

Time to Change (West Cumbria) and Carlisle Diocese Mothers' Union are working with Seacote Park, St Bees to provide those who need it, a free holiday. The holidays are called Away From it All (AFIA). Seacote Park is situated beside the most popular beach in West Cumbria and attracts visitors from all parts of Britain and abroad.

If you want to apply yourself or on someone else's behalf please contact  
[AFIA@carlisediocesemothersunion.org.uk](mailto:AFIA@carlisediocesemothersunion.org.uk)

You can find out more at  
<https://carlisediocesemothersunion.org.uk/stories/our-away-from-it-allcaravan-is-go/>

Please be aware that successful application for a holiday cannot be guaranteed and will depend on demand.



Holidays are usually Saturday- Saturday but midweek (Monday-Friday) and weekend (Friday-Monday) can be accommodated outside school holidays. Accommodation is a 3 bedroom caravan.

