



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

- * Cumbria County Council—Adult Social Care
- * Cumbria Country Council—Children's Service
- * North Lakes Hotel & Spa for pamper sessions
- * Big Lottery
- * Cash for Kids
- * Pooley Bridge WI
- * Sainsburys Penrith for flowers

Donate now

You may have noticed the appearance of our 'Donate Button' on our emails & social media.

With continued funding cuts, donations are becoming increasingly crucial to continue & **INCREASE** the services and activities we provide Carers. Ultimately, we want to make a difference, making your caring role easier.

So please, consider supporting us so we can continue to support carers; through a donation, memorial funding or a legacy.

Eden Carers Statement of Intent

"Eden Carers 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." Eden Carers welcomes any comments, suggestions or criticisms about their work as a means of giving good service. Comments should be sent to the Chairman of Eden Carers in the first instance. Accessibility: Eden Carers 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 the Newsletter Editor on 01768 890280.

Whilst every care is taken to ensure that the information is correct, Eden Carers cannot accept liability for omissions or inaccuracies or for any consequences arising therefrom and cannot take responsibility for the quality of any of the services or products mentioned. Any opinions expressed are those of the authors and not necessarily of Eden Carers.

Four easy ways to contact us:

- 1. In person at the office:**
Eden Carers
The Office Mardale Road
Penrith CA11 9EH
- 2. By Letter**
At the above address
- 3. By E-Mail:**
enquiries@edencarers.co.uk
- 4. By Phone:**
Tel: 01768 890280

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Spotlight on a Volunteer

Eden Carers is immensely grateful to its dedicated band of volunteers, who give their time and expertise to the organization. They are the unsung heroes of our work. This newsletter the spotlight turns to:



David Greenhalgh – IT Carers Support Volunteer

David started his working life with IBM, in 1974, doing various roles, all related to software on big mainframe computers. In 2001 he took early retirement; but thankfully had no plans to put his feet up. Soon afterwards he joined Eden CVS (Council for Voluntary Service), on a project to help local third sector groups with their IT setup and any problems they were encountering. During this project David was introduced to Eden Carers, working with them when they were based at The Bridge in Penrith.

'Thank you very much for helping me out with my computer. It has made a huge difference to my life'

He retired (again!) from Cumbria CVS (as it had become) in 2012, and following a chance meeting with Eden Carers staff was asked to provide occasional volunteer IT support Carers. David has been doing this ever since, both with regular sessions in the Eden Carers offices and also at Carers homes via appointment. These sessions help build confidence in

using IT, whether it be using Word or Excel documents, to get on-line, to use email or to troubleshoot IT problems.

If you would like to attend an IT session at the office, they take place on the first Friday of every month between 10am – 12pm. If you are unable to leave your loved one David can make a home visit. To arrange either, please contact Eden Carers on 01768 890280 and with your permission we will put you in touch with David so he can assess your IT needs.

EVIDENCE NEEDED on RESPITE CARE!!

Increasingly we are hearing that Carers are unable to obtain suitable respite care.

We are meeting with Adult Social Care, raising the issue with them; **BUT** we need your stories to evidence the scale of the problem.

PLEASE phone us ASAP, telling us your story.

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Events

There are a number of Carers' Hubs throughout the Eden district. Run by a dedicated team of Volunteers, the Hubs provide excellent opportunities for sharing experiences with other Carers; making new friends; learning a new skill or developing an existing one and generally having fun.

We know Caring can often lead to feelings of isolation and the Hubs can help alleviate this sensation by providing a supportive environment for open and candid conversation and by assisting you to become socially active. You will always be made welcome at a Hub, but if you are nervous about going along, call us and we will put you in touch with the Volunteer Coordinator, who can answer any questions you may have and who will ensure you are introduced to the other Carers. Alternatively, talk to your Case Worker, who will be able to advise you as to which Hub might suit you best.

Exercise to Music

For over 60's and the less able of any age. Mainly seated exercise with optional standing exercises

Quaker Meeting House, Penrith
Every Thursday 2-3pm

£4 per session

Contact Christine Sutherland on:
07786073584

What is a Hub?

Hubs	Dates
Lunch Hub St. Andrews Church – Penrith 12.00pm	Tuesday 17 May Tuesday 21 June (Every 3 rd Tuesday of the month)
Kirkby Stephen Hub Local Links 10am-12pm	Wednesday 1st June
Coffee Hub Cranston's Cafe – Penrith Time - tbc	Please contact the office for details if you are interested in this hub.
Court Thorn Hub Court Thorn Surgery 2.00pm	Wednesday 4 May Wednesday 1 June (Every 1 st Wednesday of the month)
Coffee Hub George Hotel - Penrith 10.30am	Tuesday 10 May Tuesday 14 June (Every 2 nd Tuesday of the month)
Lazonby Hub 2.00pm Meet at carers houses (Ask for details)	Tuesday 24 May Tuesday 28 June (Every 4 th Tuesday of the month)
Alston Hub The Bungalow at Alston Hospital 11.15am – 12.15pm	Thursday 26 May Thursday 30 June Thursday 28th July
Men's Hub The Gathering Café (May) 2.00pm	Tuesday 10 May Tuesday 14 June (Every 2 nd Tuesday of the month)
IT Hub The Office 10.00am	Friday 6 May Friday 3 June (Every 1 st Friday of the month)
Art and Craft Hub The Office 10.30am	Thursday 12 May Thursday 9 June with Ruth Simpson (Every 2 nd Thursday of the month)



Recipe

We love this easy Paella recipe and sugar free cake!

Easiest Ever Paella

Ingredients

1tbs Olive Oil

1 leek or onion

110g Chopped Chorizo

1tsp Turmeric

300g Long Grain Rice

1l hot fish or chicken stock

200g frozen peas

400g frozen seafood mix or fresh chicken

Sugar Free Banana Cake

Method

- Preheat the oven to 180C/ 160C fan/ gas mark 4. Grease and line a 450g loaf/1lb tin with baking parchment.
- Weigh the flour, baking powder, cinnamon and sultanas into a bowl and mix with a wooden spoon. Then weigh the butter, vanilla essence, egg, milk and mashed bananas and put into another bowl or jug and mix with a small balloon whisk or fork. Pour the 'wet' banana mixture into the 'dry' flour mixture and combine thoroughly with a wooden spoon. Weighing needs to be very accurate when baking.
- Pour the cake mixture into the prepared tin and bake for 30 - 40 mins or until a skewer inserted in the middle comes out clean. Remove from the oven, allow to cool in the tin for 10 mins then turn out.

Method

- Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. (if using chicken- fry until cooked) Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
- Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately with lemon wedges.



Ingredients

125g Self Raising Wholemeal Flour

1/2 tsp baking powder

2tsp ground cinnamon

75g Sultanas

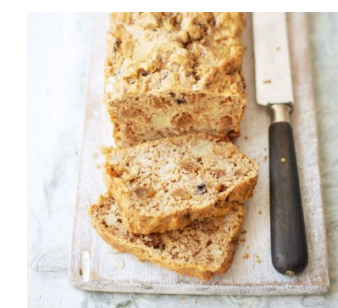
50g melted butter

2tsp vanilla essence

1 egg

1tbs milk

3 ripe bananas



Parent Carers

Parent Carer Support Group -
Wednesday 8th June 2016 10:00am to 12:30pm at *Newton Rigg College Conference Centre Caldbeck Room*

Three local Carers organisations: **Eden Carers -Contact a Family - Cumbria Parent Carer Information Support Services** are working together to provide Parent Carers with FREE group advice, information and support!

Refreshments available, 25 minute luxury facial massage and hand and arm massage in the Eden Boutique Salon, advice and information session from 10:00am—12:30pm

Book you place—Phone: Katie Gill 01768 890280 or Email: katie@edencarers.co.uk

Treasure Island Penrith—
 Soft Play have allocated session for children with extra support needs :

16th May 4.30-6pm
 13th June 4.30-6pm
Limited spaces therefore booking advised
Call 01768 899901



New Sensory Room at Penrith Children's Centre

A bookable sensory room at the Children's Centre in Penrith is available for Children with additional needs. Bookable by parents, carers and professionals. Please note that a short induction is required prior to using the sensory room. **For more information and to book your induction please contact :**
Jen on 07810 054 250

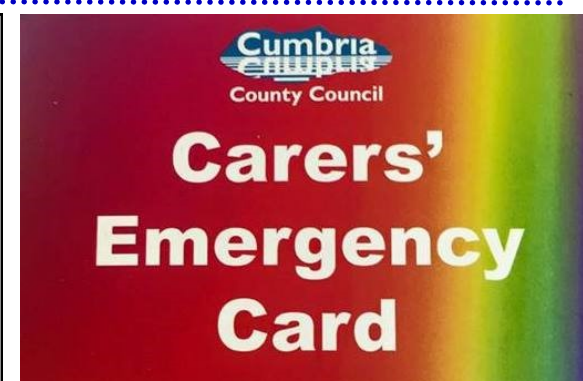
Do you look after someone who can't manage without your help?

When we asked carers what was most important to them they told us having support in an emergency or crisis situation was key.

The Cumbria Carers' Emergency Card scheme is designed to give reassurance using prepared arrangements in the form of an Emergency Plan covering a 72-hour (3 day) period.

The Emergency Plan, which you would agree to when you join the scheme, would come into action if something like an accident or sudden illness meant you were unable to look after the person you care for.

If you are interested in a carers contingency plan or you need to update yours just get in touch!



'Having an emergency plan in place gives me great confidence in knowing that support will be put in place if I was unable to care for my wife'

Carers' Clinics



Please call the office to book your 30min Appointment.

Clinic Dates	Time
Kirkby Stephen Clinic Local Links 2pm—4pm	Friday 27th May Friday 1st July Friday 29th July Friday 26th July
Alston Clinic The Bungalow at Alston Hospital 9:30am – 11:00pm	Thursday 26 May Thursday 30 June Thursday 28th July

Reminder

A spring update was sent out in March with up-coming activities. This included Legal advice sessions, housing advice, steamers trip and sitting service.

Places are still available so please call the office to book your place.

Mindfulness

"Paying attention to the present moment"

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. We are planning to run a Mindfulness taster session for carers. Spaces will be limited therefore booking asap is strongly advised.

Alston Hospital—The Bungalow
Thursday 26th May 10am-12pm
 Please call Jess to book your place.
jess@edencarers.co.uk or 01768 890280



Family Trip for Parent Carers and Young Carers with their Cared for.

We are planning a trip to Beamish for the day. This will be for Parent Carers, young carers and their cared for in family groups. Places will be given on a first come, first served basis (young carers need to be supervised by an adult).

Saturday 17th September
 9am Pick up Penrith, return 6pm
 9.30am Pick up Appleby, return 5.30pm

Please let us know by 1st September

Let's talk about dementia

Dementia Awareness

Eden Health & Wellbeing Hub, Penrith Hospital.

Movement to music taster session, information and advice, stalls from the Alzheimer's society.

Tuesday 17th May 1-3pm

MS Society East Cumbria Branch

Did you know the East Cumbria MS branch run events for those affected by MS?



Every Friday—Physiotherapy/exercise 1pm-2pm
Penrith Leisure Centre, £2

1st Monday of the Month
FREE coffee and cake (people with MS) at Café Oswald (Cranstons).

Just turn up for a warm welcome!

Caring with Confidence

Eden Carers, offers the “Caring with Confidence” training programme online.

The programme is aimed at enabling you to improve your own situation and that of the person you care for. The Caring with Confidence Bitesize programme is made up of three modules:

Module 1 - Managing your role as a Carer with other aspects of your life

Module 2 - Communicating better with health and social care professionals

Module 3 - Caring on a daily basis

You are so much more than a carer,. This programme enables you to think about what you need; giving you practical skills, support, information or perhaps some time

for yourself to reflect, re-charge and rejuvenate. Looking after yourself is after all common sense and yet it needs to be recognised that perhaps it's easier said than done.

This Caring for Confidence programme will take you step-by-step to make those subtle changes.

If you are worried about how long it will take you do not need to complete the course in one session, once registered (which will involve you entering your email address and creating a password) you can visit the website and watch the video's whenever you have a few minutes spare!

Register now at : <http://www.edencarers.co.uk/bitesize-programmes/>



Working together with: **Eden Valley Hospice**



We met with Gill Ward; Registered Manager and Accountable Officer to discuss strengthening our working relationship.

As you know Eden Valley Hospice provides care for adults with life limiting illnesses from North Cumbria. The hospice has a 12 bed adult in-patient unit with eight single en-suite rooms and a four bed room. The Day Hospice provides care for up to 15 people a day, four days a week.

Jigsaw provides day to day care, support and activities to children and young people living with a life limiting illness.

All care is provided in a home from home setting and each person's care is personalised towards their own needs.

We look forward to working more closely with Hospice and Jigsaw, supporting you to access their services and respite care.

For more information on their services contact: 01228 810801

AND Hospice at Home

Hospice at Home provides a comprehensive, high quality, palliative care service for adults who have a life limiting illness. Care and support is individualised and strives to provide choice at all stages of illness and at the end of a person's life. Care and support provided through the service also extends to family members/carers.

Facebook and Twitter

Do you know have a Facebook page for both Adult and Young Carers.

You can also follow us on twitter.

Follow them, s it is a great way for you to keep up to date with information.

Please share our page, allowing us to reach out to more carers in Eden.



Future Events.....

If you have any ideas for future adult carers newsletters and activities we would like you to tell us about it. Please contact us.