

THANK YOU

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
- * Sainsbury's Penrith for flowers
- * Eden Carers Volunteers
- * Penrith Soroptomists for administering the Annual User Survey

Donate now

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

With continued funding cuts, donations are becoming increasingly crucial to continue & **INCREASE** the services & activities we provide. We want to make a difference, making your caring role easier. *So please, consider supporting us enabling us to 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

Chief Officer:

Dani Leslie

Lead Carers Support Worker

Jenny Soulsby

Adult Carers Support Coordinator:

Wendy Rheam

Generic Carers Support Coordinators:

Katie Gill

Fiona Johnson

Maddy Teasdale

Rachael Leach

Amanda Milton

Volunteer Coordinator:

Susan Coffey

Admin/Finance Coordinator:

Sue Firth

eden
carers
Supporting Unpaid Carers

Summer 2017

Newsletter

The Office Mardale Road Penrith CA11 9EH

T: 01768 890280 E: enquiries@edencarers.co.uk

w: www.edencarers.co.uk

Charity Reg No: 1101719 Company Reg No: 4929903

RORY STEWART MP, VISITS EDEN CARERS

Inside this issue:

Rory Stewart MP

Events / Hubs / Advice

Carers' Clinics / Carers Week

Looking After Yourself—
Tips for Staying Steady

Exercise and Wellbeing

Guide Dogs

Friends and Family Training

Kirkby Stephen and
Upper Eden Schemes

Opportunities to Socialise

Parent Carer Forums

Library Services

Highlighting Mental Health
Mindline / Qwell

Op Shop /
Using Your Pharmacy

Carers UK Survey

Recipe

Staff Changes

Thanks / Donate Now /
Contact us

Listening to Carers

- 1 Last year, many
- 2 of you got in
- 3 touch to tell us
- 4 of difficulties you
- 4-5 were facing in
- 5 obtaining
- 5 suitable respite.
- 5 Many of your

stories were deeply affecting. After researching the situation, we contacted Rory Stewart MP, who responded to our request for a meeting to discuss the pressing issue of lack of respite for Carers in Eden.

In January, Rory came and met with a number of Carers who provided him with first-hand accounts of their experiences and to express their frustrations with the care system. Rory clearly took the issues on board and on leaving expressed this was 'just the beginning of the conversation, not the end'.

Correspondence between Rory and myself, continued over the proceeding months and at the end of April he returned, this time to meet with our front-line staff and colleagues from Carlisle Carers, to gain more information into how the care system works in this area. He was particularly interested to know how services are currently provided, by whom and the bodies/agencies involved in the decision-making processes.

The picture is complex, but by better understanding the situation facing Carers, Rory is better armed to have further conversations with Health and Adult Social Care. Again, at the end of the meeting there was a commitment from Rory to move these conversations forward. The wheels in motion may be moving slowly, but they are at least moving and if you have any concerns about respite provision, or recent experiences of obtaining respite, please let us know. We are here to act on your behalf, the more information we have, the better we'll be in serving your needs.



Dr Dani Leslie, Chief Officer, Eden Carers



Events



Hubs	Dates	
Lunch Hub St. Andrews Church – Penrith 12.00pm	Tuesday 23 May Tuesday 4 July	Tuesday 20 June Tuesday 1 August
Court Thorn Hub Court Thorn Surgery 2.00pm	(No hub in June) Every 1st Wednesday of the month	
Coffee Hub George Hotel - Penrith 10.30am	Tuesday 30 May Tuesday 18 July	(No Hub in June) Tuesday 22 August
Alston Hub The Bungalow at Alston Hospital 11.15am – 12.15pm	Thursday 25 May Thursday 27 July	Thursday 22 June (A week earlier than usual) Thursday 31 August
Men's Hub 2.00pm	Tuesday 13 June Tuesday 8 August	Tuesday 11 July
Art and Craft Hub The Office 10.30am	Thursday 8 June Thursday 14 August	Thursday 13 July

Upcoming Advice Sessions

8 week Mindfulness Course — attend all 8 sessions	Mondays 12 June—31 July
Benefits After Losing Cared For	Wednesday 12 July
Manual Handling Top Tips	Thursday 3 August
Tai Chi—TASTER , Evergreen Hall, Penrith	Monday 11 September
Mediation Top Tips	Friday 15 September
All About Funerals	Monday 9 October

All held at Eden Carers Office, 1pm—3 pm.
To reserve your place or further information
please phone: **01768 890280**

Make a note in your diary

JOIN US!!! A trip to THEATRE BY THE LAKE Keswick
Wednesday 21st June 2017

Matinee performance of **Handbagged**—a satirical comedy
insight into the relationship of The Queen and Margaret Thatcher.
Subsidised cost of £5 per ticket.
Limited number of tickets available.
Transport available from Appleby and Penrith.
Please see enclosed flier with full details.
Book your place NOW!!!

Recipe

Cheesy Chicken Chorizo and Spinach Pan Fry



Ingredients - Serves 2

1 tbsp. Olive oil or Coconut oil
150g (6 oz) Chorizo or sausage finely diced
1 Red onion diced
2 Skinless chicken breasts, sliced into 1 cm pieces
8 Cherry Tomatoes halved
6 Fistfuls of baby spinach leaves
2 Mozeralla balls, cut into chunks
20g (1 oz) Pine nuts (optional)

Method

1. Heat the oil in a large frying pan over a medium to high heat. Add the chorizo and fry for a minute. Add the onion and fry for another minute.
2. Increase the heat to maximum and add the chicken, along with a generous pinch of both salt and pepper. Stir-fry for about 3 minutes, by which time the chicken should be almost completely cooked through. Throw in the cherry tomatoes and cook for a minute or until they just begin to collapse.
3. Toss in the spinach and stir through until fully wilted.
4. Use a wooden spoon to make little pockets in the chicken and vegetable mixture, then drop in small chunks of the mozzarella.
5. Turn off the heat and let the mozzarella melt before spooning the whole delicious lot onto a plate and scattering over the pine nuts. Enjoy.

Staff changes at Eden Carers

In March, **Amanda Milton** and **Rachael Leach** joined the team as Generic Support Workers and will be assisting Carers in the Upper Eden area.

Sue Firth replaced Emma Owens as Admin/Finance Coordinator in February and will normally be your first point of contact when you call the office.

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 by phone 01768 890280 or email: enquiries@edencarers.co.uk

www.edencarers.co.uk



Emergency Out of Hours Contact Adult Social Care

Out of office hours and during Bank Holidays, Carers can contact Cumbria County Council Switchboard
01228 526690 In the event of an emergency



Using your Pharmacy

Prescriptions can be picked up from any pharmacy of your choice.

⇒ If you feel your cared for would benefit from having a blister pack (where medication is put in a sealed pack with days and times of day on) for example because of memory difficulties or because of the amount of medication, ask your GP if they would recommend one. They are free of charge if recommended by the GP and can be put on repeat prescription.

⇒ Some pharmacies can deliver prescriptions, please ask your local pharmacy if they offer this service.

Repeat prescriptions can also be ordered online through GP online services, where you can also make appointments and view your records. To set this up please speak to your GP surgery.

We are a charity shop with a difference – our aim is to support the community we are part of in any way we can.

We provide the usual things you would expect from a Charity Shop, e.g. good quality adults and children's clothing and household items, but we are able to offer them at more reasonable prices than most charity shops because we are supporting the local community not a national or international charity. We have a warehouse in Carlisle and can supply furniture as well.

Our prime aim is to provide a welcome to everyone who comes into the shop. We hope soon to be able to offer a cup of tea or coffee and chat to anyone who would like a sit down and / or some company – especially helpful for anyone with full time caring responsibilities who finds it difficult to commit to coming to a group / event at a particular time.

Do come in and visit us, seeing what we have to offer.

4 Angel Lane, Penrith. Mondays, Tuesdays, Fridays and Saturdays, 10.30am to 4pm.

Carers UK – State of Caring Survey



Carers UK is both a supportive community and a movement for change. For 50 years it has been fighting for change by raising awareness and giving Carers the recognition and support they deserve.

Each year, Carers UK, runs the State of Caring Survey to help illustrate the reality of what it means for those who care for a family member or friend. The survey can be completed on-line and will take around 25 minutes. It can be accessed via Carers UK website:

www.carersuk.org/news-and-campaigns/state-of-caring-survey-2017

The survey will focus on the following:

- Your mental and physical health
- Access to breaks
- Getting practical support
- The quality of health and care service
- Your experience at the point of discharge from hospital

The results will help Carers UK lobby for improvements, if you are able to take part it will help to make a difference.



Carers' Clinics

Alston

Venue: The Bungalow, Alston Hospital
Time: 9.45am-11.15am

Thursday 25th May

Thursday 22nd June—(Note: a week earlier than usual)

Thursday 27th July

Kirkby Stephen

Venue: Local Links
Time: 2.30pm-4pm

Monday 22nd May

Monday 26th June

Monday 31st July

Please contact the office to book

CARERS' CONFERENCE

This year's **Conference** will be held on

MONDAY 12 JUNE

at

The Daffodil Hotel
Grasmere

10 am to 3pm

*Transport provided.
Leaves Eden Carers at
9am, returning 4pm.*

This year we are celebrating the work Carers do, seeking feedback on current services and your future needs. We will also explore the link between Dorothy and William Wordsworth and Carers.



Phone the office to book your place.
Spaces are limited.



Carers' Week

12th–16th June 2017

For full details see enclosed flier



Monday 12 June 2pm–4pm
At Eden Carers Offices
**Presentation by DWP
Carers'/Attendance Allowance**

Tuesday 13 June 2pm-4pm
At Eden Carers Offices
**Scott Duff & Co
Powers of Attorney**

Wednesday 14 June 2pm-4pm
At Penrith Library
**Library Services for Carers
Introduction to Mindfulness**

Thursday 15 June 1pm–3.30pm
At Penrith Fire Station
**Demonstration
Cookery for Beginners**

Friday 16 June 2pm–4pm
At Eden Carers Offices
**Presentation by Carlisle/Eden Mind
Caring for Someone with Mental
Health Issues**

*Limited spaces are available,
so please telephone Eden Carers on
01768 890280 to reserve your*

Looking After Yourself

Top Tips for Staying Steady—courtesy of AgeUK

1 Exercise Regularly

Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.

3 Ask About Your Medicines

Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, as they may want to change your dose or look at alternatives.

5 Vitamin D for Vitality

Vitamin D is essential for keeping bones strong, the best source is sunshine. Try going outside without sunscreen for a few minutes around lunchtime every day during summer. Take care not to let your skin redden or burn. Foods such as oily fish or eggs can also provide vitamin D.

7 Check for Home Hazards

Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.

2 Check Your Eyes and Hearing

Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP.

4 Visit Your GP

If you've had a fall or are worried about falling, tell your GP, even if you feel OK. There could be many reasons and, equally, many ways to help you feel confident again.

6 Count Your Calcium

A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified soya products and canned fish.

8 Look After Your Feet

Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.



Wishing Well Fitness, Bishop Yards, Penrith, CA11 7XU is offering FREE TRIALS for its "Alternative gym in Penrith, where you can experience the joy of exercise at your own pace".

Book a Free Trial by visiting the website: www.wishingwellfitness.co.uk or Telephone: 01768 899500.

No matter your age or physical abilities, we'll help you improve your health & fitness, lose weight, reduce aches and pains, and feel great. We have a wide variety of medically-approved technologies, our sessions are just 30 minutes long and you'll get fantastic results in a very enjoyable way. Our small expert team is always on hand to help you relax and make sure you enjoy every session.

Highlighting Mental Health Issues

There has been a lot of publicity recently regarding speaking out about mental health issues, whether it is depression, anxiety, loss of a loved one or other problems that affect us emotionally. Members of the Royal Family have identified significant benefits from seeking out counselling and talking about whatever matters to them. Bottling up feelings can, in the long run, cause long-term damage to our emotions and well-being, some people believe.

Many options are available for seeking out help if you are caring for someone with mental health issues. The hardest step is the first one, making contact with those professionals who can and will help. There is no need to feel alone and isolated when help is available nothing ventured, nothing gained, they say.

Eden Carers can offer a listening ear and advice as the next step forward if you find yourself needing someone to talk to. Please feel free to get in touch.

Also, Mindline Cumbria is a Helpline, specifically for talking about mental health. **MINDLINE CUMBRIA** is a new independent mental health information line for people in Cumbria run by staff at Cumbria and Eden MIND. We provide a listening ear and information and signposting on mental health. Contact them by telephone **Monday to Friday, noon to 5pm on 0300 561 0000** or email info@mindlinecumbria.org



Free online counselling service now available for adults in Cumbria

Qwell is a free online counselling and emotional well-being support platform available for adults aged 18+ in Cumbria. It provides support to the one in eight adults who care for an ill, older or disabled family member, friend or partner.

Qwell is a safe, anonymous and confidential service funded by **Cumbria County Council**. The platform is accessible 24/7 and counsellors are online between 12pm—10pm Monday – Friday, and 6pm – 10pm Saturday and Sunday.

Qwell removes many of the barriers to accessing mental health support, including stigma, cost, wait times and feelings that symptoms are not severe enough to warrant help.

Friendly counsellors are there to provide counselling, support, advice and information about issues you may have. They are specially trained and follow BACP (British Association of Counselling & Psychotherapy) guidelines and code of ethics. They can also refer you on to other agencies in Cumbria who can provide specialist support and advice if needed.

Online counselling

- Text-based 1:1 online counselling sessions with a fully trained counsellor, through either drop-in or pre-booked chats.
- Counselling is evidence-based and uses outcome tools to track your progress.

Messaging

You can message counsellors outside of the counselling times, for counselling and admin purposes.

Self-help materials

Read useful self-help articles and resources on a range of topics.

Peer-to-peer forums

Join moderated online forums and discussions with other Qwell users.

Parent Carers Forums

These representative groups of parents and carers of children and young people with disabilities, work alongside local authorities, education, health and other service providers.

Cumbria Parent Carer Forum— is group of parents/carers/grandparents and foster carers in Cumbria who are keen to have their views are heard, understood and acted upon. There are 6 groups in Cumbria, Allerdale, Copeland, Carlisle, Eden, South Lakes and Furness. Funded by DFES Contact a Family and Cumbria County Council Children's Services, further details are available from:

Shirley Murphy (Chair): 07702 580347 or Email: hello@cumbriaparentcarerforum.org.uk

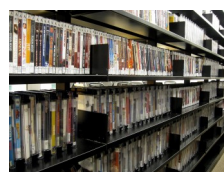
Eden Carers will be attending an event organised by the Forum, on the 22nd June 2017, 10am – 2pm, at the Rheged Centre. The theme of the event is 'Preparing for Adulthood' which is for parent carers and their children, who will be leaving school at the end of this academic year and those who are already in the process. No booking necessary.

Library Services for Older People in Cumbria



Cumbria County Council Library Service can provide:

- * Fiction and non-fiction books in large print
- * Talking books in CD, MP3 and Playaway formats, free one click audio books
- * DVDs and music CDs
- * A home delivery service which is available to people who are unable to visit the library due to mobility problems or ill health. Items are selected by library staff according to each customer's needs and are delivered by volunteers on the same day of the week, once a month. This is a **free** service. Please contact your local library if you need further information
- * Deliveries of books to individuals in residential homes and sheltered housing. Please contact your local library for more details
- * Activities, talks, reading groups and ICT taster sessions in selected libraries— please ask in your local library or visit our website www.cumbria.gov.uk/libraries for more information



Penrith Library—Contact 01768 812100



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



FRIENDS AND FAMILY TRAINING

Are you a person with a visual impairment or do you know someone with sight loss?

Guide Dogs (for the Blind Association) can provide bespoke training for friends and family members. The training will consist of a basic introduction to sight loss awareness and sighted guide techniques which can be done in the comfort of your own home.

Contact **Guide Dogs** to find out further information.

Phone **0345 143 0229** or email info@guidedogs.org.uk

Letting us know where you live, so we can put you in touch with your local team.

Kirkby Stephen and Upper Eden



"Good Neighbours" Scheme

Supported by Kirkby Stephen Links

Could you do with a little help?
Would a coffee and a chat with a
"Good Neighbour" make a difference
to your day ?

Good Neighbours will do our best to
help you, or find the support you need.

Telephone:
017683 71775

Available: Monday, Wednesday, Friday
10am to 5pm

Email:
goodneighbours@kirkby-stephen.com



Upper Eden Memory Club

ARE YOU CARING FOR SOMEONE WITH DEMENTIA?

Come along to **Upper Eden Memory Club** every other Thursday, 10.30am to our FREE get -together at the **Quaker Meeting House, Kirkby Stephen**. Just turn up or phone 017683 41564 for further details.

Upper Eden Memory Club will give people with dementia and their carers the chance to meet socially, share memories and engage in guided reminiscing, while enjoying refreshments and other activities, such as quizzes.

Opportunities to Socialise / Activities



LUNCH CLUBS AND COFFEE MORNINGS IN SOUTH EDEN

Bernard Thornborrow co-ordinates several coffee morning and lunch hubs in South Eden. Contact him on 015396 24272 for further details

Tebay

The Hub Coffee Morning
10am-12 noon every
Monday at St James
Church.

Lunch Club **12 noon**
Second Wednesday in
the month at The Old
School Tearooms.

Afternoon Drop-In **2-4pm**
with Games, Crafts, and
Teas at Methodist Church.

Orton

Coffee morning **10am—12
noon** every **Wednesday**
at Orton Methodist Church.

Ravenstonedale

Coffee morning at
Ravenstonedale Methodist
Church. Contact:
Sally Cannon
01539 623230 for details.

Newbiggin on Lune

Coffee Morning every
Tuesday 10 am—12 noon at
Newbiggin on Lune
Methodist Church.

Lunch Club **second Monday**
in the month at Lune Spring
Garden Centre. Contact:
Mr Ousby
01539 623318
For details.



Alzheimer's Singing for the Brain

Singing for the Brain is designed
to be a fun, stimulating and
social activity for people in the
early to moderate stages of
dementia *and their carers*.



Every **Wednesday 1.30pm-3.30pm** at **St
Andrews Parish Centre ,Penrith** and new at
Keswick every **Monday 1.30pm-3pm** at **St
Herberts Social Centre, Keswick**.

£2.50 pp charge. For more information
contact the Dementia Support Workers
Sandra Evans, for **Penrith** sessions on
01228 819299;

or Margaret Falcon, for the **Keswick**
sessions on 01900 607280.

Golden Years Lunch & Social Club Friendship Groups for the Elderly



Newbiggin (Stainton) Village Hall
Every Tuesday and Thursday
10.30am – 2.30pm

- Tea/Coffee and Homemade scone on arrival
- Hot 2 course lunch
- Tea/Coffee and biscuit before going home
- Various activities

Transport available, including wheelchair
accessible vehicle. Cost per session £20
including transport.

Contact Kaye Jarman: 07748 423747
to book, or for further details.

Ernie's Shed provides a lifeline for retired outdoor workers

Ernie's Shed offers interesting activities and
social opportunities for men in rural areas. With
tools, workbenches and other equipment,
access to a greenhouse and a growing area
with raised beds. There is also an area where
“**Shedders**” can simply sit, talk and drink tea/
coffee.

Cost per session £15.00. Contact Shed Master:
Stuart Roberts,
Ernie's Shed, Learning Fields CIC,
Nags Head Farm, Hoff, near Appleby

Telephone: **017683 53860** or

email info@learningfields.co.uk

Check out the website:
www.learningfields.co.uk



IT Support for Carers

Life at Eden Carers is never static and
we are aware of the need to respond
to changes in demand for our services
by our Carers. So, we have taken the
decision to change the way in which
we deliver IT services to

Carers. There will no
longer be a monthly
drop-in at our offices,
instead Volunteer **David**



Greenhalgh, will deliver support
directly to Carers in their homes. This
is something David has been doing
more of in the last year and has found
one-to-one support is not only better
for the Carer, but also for him. David
can help with installing devices,
getting people going with emails,
setting up online shopping lists and
photographic downloads, to name
just a few!

If you would benefit from a free IT
session, simply call your Case Worker
at Eden Carers to make an
appointment.

In the Moment for the Over 50's
United Reformed Church
Lowther Street,
Penrith, CA11 7UW
Tuesdays 1.30pm to 3.30pm

Come along and enjoy a warm, friendly
environment and spend a pleasant afternoon
taking part in, or just watching/listening to,
musical and non-musical activities amongst
friends. Give it a try, it won't be what you
expect, but you are guaranteed to enjoy it.

For the over 50's. Cost: £3.00 (includes tea/
coffee & a biscuit)

For more information **contact: Dawn**
01768 870912 or 07824 881132 or
via e-mail: dawn@mysmartmusic.co.uk

REMINDER !

Have a look at our website—it contains
lots of useful information and is updated
regularly
www.edencarers.co.uk



**If you are a Carer and interested in Print
Making, there is a new studio in Greystoke**

Greystoke Print Making Studio Open Day

Wednesday 24th May 2017, 2-4pm.

For more information, contact
Bill Cummins on 017684 83963
Unit 1 Home Farm, Greystoke Castle Estate