

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
- * Joanna Griffiths at The Retreat, Greystoke for therapy treatments

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 and **INCREASE** the services and 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

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eden
carers
Supporting Unpaid Carers

Winter/Spring 2018

Newsletter

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SPREAD THE WORD ABOUT EDEN CARERS

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As a Carer, who is being supported Eden Carers, we are seeking your help in getting the word out about the free services we provide. It is estimated there is currently 5,500 unidentified Carers in Eden and we really want to reach as many of them as we can. We know how impactful caring for a loved one can be and are aware of some of the difficulties you face every day. We like to think that the support you receive from Eden Carers, whether that be practical or emotional, helps you to continue in your caring role.

Caring can be very rewarding, it can also be a very lonely and isolating experience and we want to ensure those people have someone to turn to for help. From research, we know the most successful method of getting referrals is from word of mouth – people telling others about what we do. This is where you can help.

If you know of a relative, friend or neighbour who is also caring for someone, but not currently receiving support from us, why not pass on our details, or with the person's permission give us their details and we will get in touch with them. It really is that simple.

Enclosed you will find an Eden Carers leaflet that explains what we do and how to contact us. Please pass this on if you can, and we can all help a carer in need.

We will also be holding 3 drop-in sessions at **Penrith Library 1 – 3pm** on the following dates: **Tuesday 6 February, Tuesday 6 March and Tuesday 3 April**. So please let people know that we will be available to explain what we do and how we can help. Tea and biscuits will be provided!

Thank you, in advance, for spreading the word.



Eden Carers Social Events



Hubs	Dates
Lunch Hub St. Andrews Church – Penrith 12.00pm	Tuesday 23 January Tuesday 20 February Tuesday 20 March
Court Thorn Hub Court Thorn Surgery 1.00—3pm (Every 1st Monday of the month from February, except Bank Holidays)	Wednesday 3 January Monday 5 February Monday 5 March Monday 9 April
Coffee Hub George Hotel - Penrith 10.30am	Tuesday 6 February Tuesday 6 March
Alston Hub The Bungalow at Alston Hospital 11.15am – 12.15pm	Thursday 25 January Thursday 22 February Thursday 29 March
Men's Hub Various locations. 2.00pm (Every 2nd Tuesday of the month)	Tuesday 13 February Tuesday 13 March Tuesday 10 April
Art and Craft Hub—See Separate Article on P.3 The Office 10.30am—12:30pm Please contact the office to book your place at these activities.	Thursday 8 February Thursday 8 March Thursday 12 April Thursday 10 May

Advice Sessions

Eden Carers Offices
1pm—3 pm.
To reserve your place or for further information

Make a note in your diary

Age UK Welfare Benefits after Caring	Monday 19 Feb
The Care Act and Advocacy	Wednesday 14 March
Top Tips When Choosing a Care Home	Thursday 12 April
Protecting Your Money	Friday 18 May

Carers' Clinics —One to One

Alston

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

Thursday 25 January 2018
Thursday 22 February
Thursday 29 March
Thursday 26 April

*Please book an appointment on:
01768 890280*

RECIPE

Chicken and Hummus Wraps (Serves 4)



Ingredients -

- 6 skinless chicken thigh fillets (about 500g in total)
- 2 tbs extra virgin olive oil
- Grated rind and juice of 1 lemon
- 1 garlic clove, crushed
- 1 tsp ground cumin
- 4 flour tortillas
- 200g shop bought hummus
- 25g wild rocket leaves
- Handful of parsley leaves
- Sale and black pepper

Method

Cut the chicken thighs into quarters and put in a bowl. Combine the oil, lemon rind, garlic, cumin and salt and pepper to taste. Add to the chicken and stir well.

Heat a griddle pan until hot. Thread the chicken pieces on to metal skewers, add to the pan and cook for 4-5 minutes on each side. Remove and leave to rest for 5 minutes. Or just fry in pan.

Remove the chicken from the skewers. Divide the hummus, rocket leaves, parsley and chicken between the tortillas. Squeeze over lemon juice, wrap and serve.

(200 Really Easy Recipes)

Age UK Carlisle and Eden runs five Lunch Clubs throughout the Eden region. These clubs offer a delicious 2-course meal and a chance to socialise with new people. For further information, please contact Age UK on **01768 863618**



Appleby	Rampkin House, Appleby Contact: Jo 01768 863618	Thursday each week £6
Kirkby Stephen	Mill Gardens, Kirkby Stephen Contact: Debbie 07894 965558	Wednesday, once per month £6
Langwathby	The Shepherd's Inn, Langwathby	Call 01768 863618 for details
Penrith	Stewpot, Ullswater Community College plus transport. Contact: 01768 863618	Every other Tuesday, term times only. £6
Tebay	The Old School Tea Rooms, Tebay Contact: Bernard 01539 624272	Every 2nd Wednesday of the month. £8.

A Daughter's Tribute

(Written by Grace for her Dad.)

Wake up to face another day But know you're not alone
 I'm proud of you for what you've achieved
 And for the courage that you have shown
 I know its hard and gets you down
 And that is not your choice
 Its hard for those who love you too So daddy hear my voice
 I empathise with the life you live
 And see how it makes you mad
 Mad and angry and frustrated at times
 But we feel that too Dad
 Its not because of something I've forgotten
 Or because meds make me need sleep
 Its because I see a battle That I can't take away to keep
 You twitch, you flick, you make a noise Or say something a little odd
 The panic its going to happen again Please no I pray to God
 It hurts me that you're living this And I can't take it away
 If I could swap my life for yours Of course I would any day
 You're stronger than you know you are
 With some days being tough
 But with your strength and lots of love Together we'll face the rough



(Grace Renny 10/10/2016)

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



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

Eden Carers Art & Craft Hub

Held every second Thursday of the month, 10:30 – 12:30 at Eden Carers offices. We're bringing in different people each month to lead a craft session. There will still be the opportunity for lots of chat and absolutely no experience in any of the crafts is necessary. It's about giving something a go and having something to show for it at the end.

Thurs 8 Feb	Still Life—painting with acrylics, with Laura Hulse Davis
Thurs 8 Mar	Glass painting with Karen McDougall
Thurs 12 Apr	Paper Lantern making with Mandy Parker
Thurs 10 May	Silk Painting & Card decorating with Mandy Parker

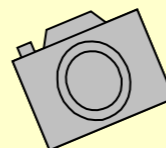
Materials will generally be provided, but in order for the session leaders to come suitably prepared we need to know numbers in advance, so you need to sign up to the activities you're interested in. To register simply call Eden Carers on 01768 890280.

Volunteer Services



IT Support for Carers

Volunteer **David Greenhalgh**, can deliver IT 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.

Sitting Service for Carers

The volunteer led sitting service has been up and running for over a year and has successfully provided much needed respite to numerous carers. If you think you could benefit from a volunteer visiting your loved one, for up to two hours, while you have some time to yourself, then contact your Case Worker to arrange an assessment.

Please be aware that volunteers are not permitted to carry out any personal care, including moving or handling, so bear this in mind when considering whether the scheme is suitable for you. If you are unsure, give us a call, we will be happy to advise you. **01768 890280.**

NHS Accelerated Access Pathway



The government has announced a new fast-track route into the NHS for “breakthrough” medicines and technologies. This will speed up the time it takes for patients to benefit from ground-breaking products for conditions such as cancer, dementia and diabetes.

From April 2018, the new ‘accelerated access pathway’ will mean products with the greatest potential to change lives could be available up to 4 years earlier. It will be done by reducing the time it takes to negotiate evaluation and financial approvals before the NHS can purchase the products.

Under the scheme, a number of products each year will receive ‘breakthrough’ designation. This will unlock a package of support allowing firms to accelerate clinical development and gain a fast-track route through the NHS’s approval processes.

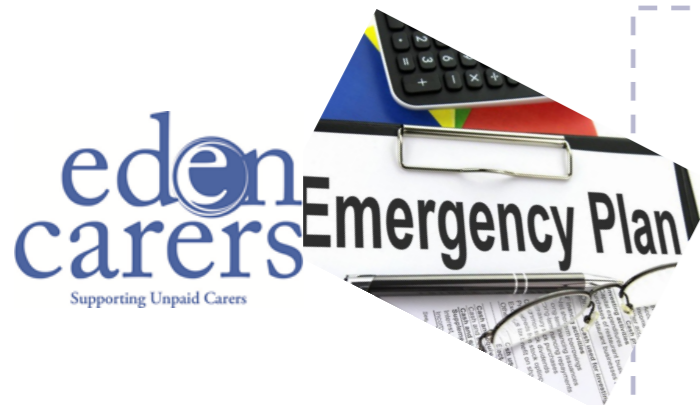
Sir Andrew Witty, Chair of the Accelerated Access Collaborative, said: “Patients, scientists and the UK economy will all benefit from the positive steps outlined by the government today. The opportunity to ensure the NHS gets rapid access to cost effective breakthrough technologies is vitally important, and I’m delighted to help lead the effort to deliver this.”

The government is also providing an £86 million package to help innovators of all sizes gain access to the NHS market, to get their products to patients.

IMPORTANT

EMERGENCY PLANS

If there are any changes to the details we have for your Emergency Plan, please advise us immediately so that we can amend the Plan/Card details.



A Carer’s Story



In 2012, at the age of 59, my husband had an haemorrhagic stroke. It didn’t affect his physical abilities, but it impacted on his mental and functional processing. I left work to care for him, which has been hard, however he received much care from the NHS and the Stroke Association.

The organisation who supported and helped me most was Eden Carers. I was a nurse and loved academia and with its help I was able to get funding for distance learning courses from a variety of independent trusts. Eden Carers made a number of applications on my behalf and by doing so funded my quest into psychology – something I had long had an aptitude for. I received funding for my Psychology level four, Cognitive Behaviour Therapy level four and Counselling level four. Eden Carers also gave me the confidence to do something no one has ever done in my family and that is to apply for a BSc (Honours) degree, which I finish and qualify for in May this year.

Through doing my degree, my interest in crime and justice was realised and I have recently begun working in that realm; and my support worker at Eden Carers was again instrumental in supporting me in this ambition.


My Support Worker has consistently given me confidence – ringing me, writing and visiting and I know, without a doubt, that I wouldn’t be sat here doing an assignment on socio-cultural issues and the impact on mental health if it wasn’t for them.

I can’t put into words how much they have helped me and I can’t thank them enough. The fact that I can now cope means I can face whatever difficulties come with my husband’s condition.

Elizabeth Humphries

If you have an interest or ambition you’d like to pursue, but need advice as to how to go about achieving it, please speak to your support worker at Eden Carers, who may be able to help.

Staff Changes

This month, we say “Goodbye” to **Katie Gill**, who has been part of the Eden Carers team for almost 3 years! Although we are sad to see Katie leave, we wish her lots of luck as she starts her career as a Children’s Social Worker. 



We also welcome two new Generic Support Workers to the team:
Jade Steadman and Patsy Newsome

About the CEA Card



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

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

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

Eligibility to apply for the Card is set out below; receipt of any other disability or age-related benefits, pass or permit which is not specified in the eligibility criteria will not be accepted when applying for a Card.

The person applying for a Card should be in receipt of:

- Disability Living Allowance (DLA);
- Attendance Allowance (AA);
- Blind Persons Registration;
- Personal Independence Payment (PIP);
- Armed Forces Independence Payment.



Source: <https://www.ceacard.co.uk/index.php>

PARENT CARERS

Karen Dickie from **MENCAP** is providing an **Autism Workshop for Parent Carers**, specifically advising what support can be provided for siblings of those with autism, as well as other advice.

Wednesday 7th March 2018
at Eden Carers Office, Penrith
 10am to 2pm

Please contact Karen directly on
 01228 674393 or email
karen.dickie@carlisle Mencap.co.uk

THE DEMENTIA CAFÉ at The Hub, Penrith Hospital

Takes place on the last
 Tuesday of the month,
 1.30pm-3.30pm,
 starting 30th January.
Everyone Welcome

Claim for Help with Health Costs

HC1



Claim for help with health costs

Do you find it difficult to pay for health costs?
 You may be entitled to help through the NHS Low Income Scheme



Use this form if you need help with paying for:

- NHS prescriptions;
- NHS dental treatment;
- NHS wigs and fabric supports;
- sight tests, glasses and contact lenses; or
- travel to receive NHS treatment under the care of a consultant.

You might not have to pay for them or you could be entitled to some help towards the cost.

You can claim at any time. Do not wait until you need treatment.

You can claim for:

- yourself;
- your partner; or
- your children.

If you need help or have any questions about filling in this form, you can phone our customer enquiry line on **0845 850 1166**. If English is not your first language, phone this number and we will provide an interpretation service over the phone.

You do not need to fill in this form if you or your partner are:

- getting Income Support;
- getting Pension Credit (Guarantee Credit);
- getting income-based Jobseeker's Allowance; or
- named on, or entitled to, an NHS Tax Credit Exemption Certificate.

You are already entitled to full help with health costs. However, if you paid any health costs before you started getting any of these benefits or before you became entitled to your NHS Tax Credit Exemption Certificate, read the back cover of this form to find out how to claim your money back.

You cannot get help with health costs if you or your partner (or both) have more than:

- £16,000 in savings, investments or property (not counting the place where you live); or
- £21,500 in savings, investments or property if you live permanently in a care home.

Important note. If you are living in a care home or are aged 16 or 17 and have just left local-authority care, you may need to use the shorter form, HC1(SC). Phone our customer enquiry line on **0845 850 1166** and we will tell you what to do.

CHANGES TO FUNERAL PAYMENTS

Improvements to make it easier to claim a Funeral Payment will be brought in this year the government has announced.

Funeral Payments are available to people who receive certain income-related benefits to help pay towards the cost of a funeral for an immediate friend or relative.

The improvements include:

- allowing recipients of a Funeral Payment to receive contributions from relatives, friends or charities without it being deducted from the payment
- extending the claim period from 3 to 6 months from the date of the funeral
- allowing applicants to submit evidence electronically to speed up the processing of claims and get decisions to claimants sooner
- introducing a shorter application form for children's funerals

[Funeral Payments](#) can help pay for the costs of a simple, respectful funeral for people on qualifying benefits. This includes:

- burial fees and exclusive rights of burial in a particular plot
- medical certification fees needed for cremations, including the cost of the doctor's certificate
- travel to arrange or go to the funeral
- the cost of moving the body within the UK, if it's being moved more than 50 miles
- death certificates or other documents
- up to £700 for other funeral expenses, such as funeral director's fees, flowers or the coffin

People in receipt of the following benefits may be eligible for a Funeral Payment:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit
- Universal Credit
- Housing Benefit
- Working Tax Credit which includes a disability or severe disability element
- Child Tax Credit

Source: www.gov.uk/funeral-payments

Owning a pet can improve your health and tackle loneliness



A pet can be a loyal companion as we get older, particularly if we live alone or don't have regular contact with friends and family. For this reason, it's not unusual to decide to keep a pet - or get one for the first time - later in life.

Health benefits



Quite aside from the joy of having a cat or a dog, studies show that pets can have a beneficial effect on our health and wellbeing.

A study at Cambridge University found that owning a pet can improve our general health in less than a month, with pet owners reporting fewer minor ailments such as headaches, coughs and colds.

According to the Pet Health Council, simply stroking a pet or watching fish swim can help us to relax, thus reducing our heart rate and lowering blood pressure.

Other studies indicate that owning a pet can reduce cholesterol, reducing the risk of heart attack - and one US study found that people who do suffer a heart attack have a better chance of survival if they have a pet.

Not only that, pets can help to lift depression, as well as reducing loneliness and isolation. This is true for some pets more than others. For example, walking a dog not only helps to keep us fit but also gives us more opportunity to meet new people while we're out and about. Also, many of us feel safer when we're walking, or sharing our home, with a dog.

'There's no doubt that keeping any kind of pet can help us to feel happier,' says Elaine Pendlebury, Senior Vet at PDSA. 'They can help us in all sorts of ways, but it's a two-way thing as we have a responsibility to take good care of them, too.'

For people now living with dementia, who used to be pet lovers/owners, there are a number of products on the market that imitate puppies or kittens. They can stimulate happy memories and provide comfort and companionship.

The Perfect Pet range is available from the dementia specialist website:

<https://www.unforgettable.org>

Source: Age UK