

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, Red Barn Retreat 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.

Quiz Answers: 1. Home & Away, 2. Oberon, 3. The Wicker Man, 4. Gateshead, 5. Edinburgh, 6. Cancer, Leo, Virgo, 7. Summer hibernation of animals, 8. Summer Solstice/Winter, 9. Sunflower, 10. September.

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

Volunteer Coordinators:

Sue Munro (Eden) Elaine Truckell (Carlisle)

Admin / Finance Manager:

Heather Westerman

Admin / Finance Assistant:

Lucy Huggett

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



The Office, Mardale Road Penrith CA11 9EH
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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

May 2024

Carer Support Carlisle & Eden

Welcome to our May Newsletter



**This is the 40th anniversary of
Volunteers' Week so it's an extra
special celebration of everyone
involved in charities such as ours.
So, from all of us, a HUGE THANK YOU
to all our Volunteers!**

3rd to 9th June 2024

The 3rd - 9th June is Volunteers' Week across the UK and we use this time as a chance to say thank you and celebrate all the hard work and time our volunteers give to Carer Support Carlisle and Eden!

Our volunteers support our charity in a variety of ways, and they can help you in your caring role, if you would like a companionship sit or phone call or if you would like to attend one of our coffee hubs, a volunteer or member of staff will be there to chat to you. We are also grateful to the volunteers who give their professional time to us free of charge in the form of counselling and spa treatments. Additionally, we have a new and very experienced IT volunteer who can come to your home or our office to help you with any IT problems you have. Our IT volunteer can help with emailing, online shopping, storing photographs, printing problems or any other 'gadget' questions you may be struggling with!



If any of these volunteer services are of interest to you please speak to your Support Worker or get in touch with the office.

Alternatively, if you are thinking you may like to volunteer, scan the QR code to read about our volunteering opportunities on our website.



THANK YOU!

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

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Message from our CEO

I would like to thank everyone who participated in our Annual Carers Survey. We sent the survey via post and email to 896 Carers.

In summation of the survey; after a year of hard work becoming one organisation, learning new systems and managing the ramifications of the 'Local Government Organisation', the results were **EXTREMELY** positive and a welcome recognition for all our hard work.

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

The vast majority 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.

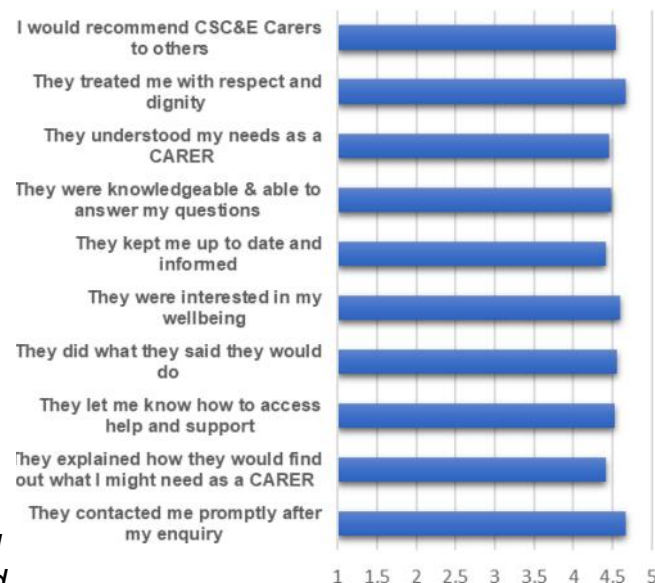
We do hear you and are trying to recruit more volunteers to increase our sitting service capacity. We also lobby our local politicians, MPs and those in the NHS to do more to support Carers.

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

Thank you,
Dani Leslie - CEO



Average feedback from CSC&E Carers Survey



Scoring was 1-5, with 5 being the highest.
Our average score was 4.53.
Our score in 2023 was 4.7

Carers' Hubs and Clubs Carlisle

Carer Support Carlisle and Eden Hubs		
Hub	Venue	Date and Time
Houghton Hub	Houghton Hall Garden Centre, CA6 4JB	Tuesday 10.30am-12pm (3 rd Tuesday of the month) 21 st May, 18 th June, 16 th July, 20 th Aug, 17 th Sept, 15 th Oct, 19 th Nov
Brampton Hub	Howard Arms, 1 Front Street, Brampton, CA8 1NG	Wednesday 10.30am-12pm (2 nd Wednesday of the month) 8 th May, 12 th June, 10 th July, 14 th Aug, 11 th Sept, 9 th Oct,
Denton Holme Hub	Cornerstone Coffee Shop, Denton Holme, Carlisle, CA2 5EH	Wednesday 1pm- 2.30pm (4 th Wednesday of the month) 22 nd May, 26 th June, 24 th July, 28 th Aug, 25 th Sept, 30 th Oct, 27 th Nov
Carlisle Central Hub	Newcastle Building Society, 65 English St, CA3 8NX	Thursday 10.30am-12pm (1 st Thursday of the month) 2 nd May, 6 th June, 4 th July, 1 st Aug, 5 th Sept, 3 rd Oct, 7 th Nov

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

Carlisle Parkinsons Group
Every 3rd Tuesday of the month
2.30pm to 4pm
at
St James Parish Hall,
St James' Road, Carlisle, CA2 5PD.

Carlisle Sight Support Groups

- **Coffee Time at Number 9** - First Thursday in the month (11am to 12:30pm)
 - **Brampton Tea & Chat** - Second Tuesday in the month (11am - 12 noon)
 - **Gourmet Gossip** - Third Thursday in the month (11am - 1pm)
 - **Glaucoma Support Group** - Last Tuesday of the month (10.30am to 12 noon)
 - **Dalston Tea & Chat** - Last Friday in the month (11am - 12 noon)
- For more information call 01228 593104**

The Silver Line Helpline (24hrs) Run by Age UK

We know everyone needs to talk to someone and The Silver Line provide a free, confidential, 24 hr telephone service. They offer friendships, conversation and support for older people who may be experiencing loneliness. If you are aged 55 or over you can contact them anytime for a friendly chat on **0800 470 80 90**.

Meals on Wheels

Deliveries currently available in Carlisle, Brampton, Wigton and Longtown and will shortly be available Monday to Friday in Penrith and all the villages on the way to Penrith!

The meals are:
£4.20 for a main
£1.70 for a pudding
£2.00 for a supper sandwich (delivered at lunchtime)



Meals are delivered hot and ready to eat between 11am and 1.30pm.

For more information, to discuss dietary requirements, delivery and payments, contact Trish Price on 01228 267 167 or via email admin@mealsonwheelscarlisle.org.
(Prices are correct at date of publishment)

As a working Carer, what are my rights?? The Carers Leave Act 2024 - 6th April 2024

Employees are entitled to one week's unpaid leave per year if providing or arranging care for someone with a long-term care need. This leave can be taken flexibly (in half or full days) for planned and foreseen caring commitments and it is available from the first day of employment. It provides the same employment protections to employees as other forms of family-related leave, including protection from dismissal.

Who can take Carer's leave?

Any employee who is providing or arranging care for someone with a long-term care need is entitled to take this leave. This includes if you are caring for someone with a physical or mental illness or injury, a disability, or care needs because of their old age. The person you are caring for may be a family member or someone else who relies on you for care. The right to take Carer's leave is available from the first day of your employment and applies to full-time and part-time employees.

What can Carers leave be used for??

The Carer's Leave Act introduces a new entitlement to leave for employees who are 'providing or arranging care' for someone with a long-term care need.

The law doesn't state what type of care this includes but it is intended to cover a range of caring situations. These could include things like taking someone to a medical appointment, supporting someone with personal care, arranging visits with health professionals or organising care for the future.

Do I have to show proof that I am a Carer?

The law states that an employer can't require an employee to supply evidence that they are caring so it is up to you to identify that you are caring and are requesting the leave.

How do I request Carer's leave??

You can take Carer's leave in half or full days, up to and including a block or a whole week of leave at once.

You can take up to one week of Carer's leave in a 12 month period.

This leave is intended for **planned and foreseen** caring commitments. If the situation is urgent, employees have the legal right to take a reasonable amount of time off work to deal with an emergency involving someone who relies on them for help (as a dependant).

You should also confirm to your employer that you are requesting Carer's leave (to provide or arrange care for a dependant with a long-term care need) and the specific days (or half days) you require for the leave. Your notice does not have to be in writing, but you will need to provide this information to your employer.

For more information head over to the Carers UK website and search 'The Carers Leave Act 2024.'

How much notice do I need to give my employer??

Under the new Act, you should give your employer **notice** of Carer's leave: -
- at least three days in advance if you are requesting a half day, or single day, of leave.
- at least twice as many days as your requested leave period if you are applying for two or more consecutive days' leave.
(For example, if your request is for two days leave, you will need to give four days' notice).

Could my job be affected by taking Carer's leave?

No, as with other forms of family leave, the Carer's Leave Act gives you the rights and protections to enable you to take Carer's leave.

Quiz

1. Which TV soap opera is set in Summer Bay?
2. In Shakespeare's "A Midsummer Night's Dream", who was the King of the Fairies?
3. Which cult British film made in 1973 was set on the fictional island of Summer Isle?
4. Near which town would you find "The Angel of the North"?
5. The former Royal Yacht Britannia is now a tourist attraction, in which city is she moored?
6. What are the 3 summer star signs?
7. What is Aestivation?
8. What is the name for the longest day of the year?
9. Which summer-blooming flower is famous for appearing in the paintings of Vincent van Gogh?
10. What month does summer end in the Northern Hemisphere?

Please see answers on back page.

Jayne's Fundraising Run

I'm Jayne Povey and I've recently joined the Carlisle team as a Carer Support Worker. I have been running off and on for a few years now but only a few miles here and there. I enjoy running around the tracks at Spadeadam, particularly around sunset and sunrise, as they are so lovely and this is also the time that the deer are out and about. In stark contrast to this, I've decided to do the Great North Run on 8th September which will be my first half marathon! By doing this, I hope to help raise awareness and funds for Carer Support Carlisle and Eden.

Over the coming months you will also be able to see regular training updates on our Facebook page.

If you would like to donate, please scan the QR code on the right and follow instructions on our enthuse fundraising page.



What have we been up to?



**WHETHER YOU'RE GOING THROUGH
A STORM OR JUST A CLOUDY DAY,
ALL MEN ARE WELCOME AT OUR
GROUPS.**

Earlier this year we were privileged to have Andys Man Club join us to

talk about the fantastic work they are doing and how we can work together to help support male Carers.

ANDYSMANCLUB want to end the stigma surrounding men's mental health and help men through the power of conversation.

In their groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.

All men from Eden, Carlisle and surrounding areas are welcome. See their website or Facebook page for more information.

**ANDYSMANCLUB
CARLISLE**

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

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



**The next session will be
held on
Wed 19th June
Carlisle Office
1pm to 3pm**

In March we held our first **Cumberland Falls Prevention Session** led by Moira Dudson (Senior Occupational Therapist) and Laura Bell (Advance Practice Lead).

The session was well received and there were lots of useful tips our Carers could take home with them that will hopefully have a positive impact on their caring role.

The session covered: -

- Falls and prevention of falls
- The role of an Occupational Therapist in Adult Social Care
- Advice and information on safe moving and handling practices.

If you wish to register interest for our next session, please contact us on 01228 580214 by Mon 10th June.

Places are limited and will be allocated after this date. Please note this is a repeat of the March session.



Carers joined us for a grand day out to **Kirkby Stephen East Heritage Railway** in April.

We travelled down to Tebay, picking everyone up along the way, where we then changed coaches and had a ride in a vintage coach to Kirkby Stephen.

Once at the station we had refreshments and a very interesting talk about the ongoing work restoring the station, vintage locomotives, and carriages followed by a short ride in a steam train in the most delightfully restored carriage.

We also had a look around the engine shed, a delicious lunch and time to look around the platform and gift shop. Later hopped back on the vintage coach and had a short ride to the viaduct, we were then able to have a short walk across the viaduct to catch the coach back to the station!

The day was very enjoyable and well organised! HUGE thanks to the staff and volunteers at Kirkby Stephen East and Cumbria Classic Coaches!

Carer Support Carlisle and Eden Hubs - EDEN

Hub	Venue	Date and Time
Court Thorn Hub	Court Thorn Surgery, Low Hesket, CA4 0HP	Monday 1pm-3pm (1 st Monday of month, not Bank Holidays) 13 th May, 3 rd June, 1 st Jul, 5 th Aug, 2 nd Sept, 7 th Oct, 4 th Nov, 2 nd Dec, 6 th Jan.
Penrith Hub	The George Hotel, Devonshire St, Penrith, CA11 7SU	Tuesday 10.30am-12pm (1 st Tuesday of the month) 7 th May, 4 th June, 2 nd Jul, 6 th Aug, 3 rd Sept, 1 st Oct, 5 th Nov, 3 rd Dec, 7 th Jan.
Men's Hub	Various venues, please contact the office	Tuesday 1.30pm-3.30pm (2 nd Tuesday of the month) 14 th May, 11 th June, 9 th Jul, 13 th Aug, 10 th Sept, 8 th Oct, 12 th Nov, 10 th Dec, 14 th Jan.
Penrith Lunch Hub	*NEW VENUE* Cafe4Eden, Parish Centre, St Andrews Place, Penrith, CA11 7XX	Wednesday 12pm (3 rd Wednesday of the month) 15 th May, 19 th June, 17 th Jul, 21 st Aug, 18 th Sept, 16 th Oct, 20 th Nov, 18 th Dec, 15 th Jan.
Alston Hub	The Chat Room, Front Street, Alston, CA9 3SE	Thursday 10am-11.30am (Last Thursday of the month) 30 th May, 27 th June, 25 th Jul, 29 th Aug, 26 th Sept, 31 st Oct, 28 th Nov, 19 th Dec, 30 th Jan.
Kirkby Stephen Memory Club	Methodist Church Hall, High St, CA17 4SG	Thursday 10.30am-12pm 23 rd May, 20 th June, 18 th Jul (no August meeting) 5 th Sept, 3 rd + 31 st Oct, 28 th Nov, 16 th Jan - please contact our office to confirm our attendance
Appleby Memory Club	Methodist Church on The Sands, Appleby, CA16 6XR	Wednesday 10.30am-12pm 22 nd May, 26 th June, 24 th July, - for future dates please contact the office to confirm our attendance.

Barclays Local The George Hotel, Penrith, CA11 7SU

Monday, Tuesday & Wednesday

9am – 12.30pm

1pm – 4pm

Saturdays

9am – 2pm

(excluding Bank Holidays)

You can view all dates and available appointments on their website:

<https://events.uk.barclays/local>

At Barclays Local you can: -

1. Talk to us about managing your money, like setting a budget and tracking your spending.
2. Make online payments and transfers, and manage Direct Debits and standing orders.
3. Register a power of attorney with us.
4. Let us know if someone who banks with us has died.
5. Talk about your mortgage and borrowing options.

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

**READY FOR A CHANGE
OF SCENERY?**

AFTER SOME FUN?

9:30 - 3:30

MONDAY: Soulby Village Hall
THURSDAY: Ormside Village Hall

**ENJOY A FUN PROGRAMME OF
ACTIVITIES AND ENTERTAINMENT
fresh cooked lunch and refreshments**

ENTERTAINMENT
MUSIC AND DANCE
LEARN NEW SKILLS
RE-KINDLE OLD HOBBIES

**We are dementia and disability
friendly and can provide additional
support for those who may need it.**
prices vary according to needs
£25 - £80 per Day

**For more details or to reserve a
place**
Telephone: 07519182480
or email
upperedendaycare@gmail.com

Join us on our Family Carer trip to Edinburgh and Edinburgh Zoo on Saturday 28th September!

We'll leave Penrith at 8.00am and Carlisle at 8.30am, returning around 6.30pm (times to be confirmed).

The coach will take us to Edinburgh Zoo where you can see a huge variety of animals, including dinosaurs! If you don't fancy the Zoo, there are regular buses which will take you into Edinburgh City Centre where you can spend the day exploring this historic city or perhaps enjoy some retail therapy!

Just make sure you get the bus back to the Zoo in time for the coach home. This trip is available to all Adult and Parent Carers and families – please note, no unaccompanied under 18s. Entry to the Zoo or any other attraction is at your own expense. Booking on-line for the Zoo is recommended (and at discounted price) and some concessions are available.

Priority will be given to Carers and immediate family members – depending on demand we may have some spaces available for companions.



Please register your interest by contacting us on
01768 890280/ 01228 580214
or
enquiries@carlisle-eden-carers.org.uk
no later than **6th September**.

We will then be in touch to let you know if you have a place – if we are over subscribed we will allocate places on a random basis.

Carers Week 2024 - 10th to 16th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid Carers face and recognise the contribution they make to families and communities throughout the UK. **'Putting carers on the map'** is the theme for this year, where we want to make sure that the voices of unpaid carers are heard by politicians, employers, service providers, educational establishments, journalists and throughout our communities.



This year in conjunction with Newcastle Building Society we will be hosting their **free financial & fraud awareness talk**, covering topics such as how to stay safe online and how to recognise fraudulent transactions or scams in the financial world either online, by phone or face to face.

We will cover what to do if you feel you are part of a scam and what to look out for. We will also be offering the chance to ask our financial advisors any questions you have about finances and we will touch on how our society can support our members and community in further detail. We will briefly cover our free financial advice services we offer too.

If you cannot make it to either talk, we can offer a ZOOM option and you can attend virtually.

Fraud & Scam awareness talks 12th of June 2024

Carlisle

10.30am - 12:30pm
Carlisle Newcastle Office,
Community Space room.
29 Lowther Street, Carlisle
CA3 8EE.

Penrith

2pm - 4pm
CSC&E Penrith Office
Mardale Road
Penrith
CA11 9EH

Please register your interest by contacting us on
01768 890280/ 01228 580214
or
enquiries@carlisle-eden-carers.org.uk
no later than **Mon 3rd June**.
Please let us know if you wish to attend in person or via zoom.

Free and Affordable Courses with Cumbria Adult Learning

Hi, my name is Sue Mason, and I am the Community Development Worker for the Penrith (and Eden) Adult Learning Team. Together with our Carlisle Adult Learning Team, we run courses throughout Carlisle and Eden. We aim to provide courses which meet the needs of the local communities in Carlisle and Eden, and to make sure they are as accessible as possible to a wide range of people.

Adult Learning provides courses in a range of subjects, including Mindfulness, Smartphones, IT, Arts and Crafts, Languages, and Confidence Building. Some of our courses are online and can be accessed from home, while many of them take place in Penrith or Carlisle library, or surrounding community spaces. The courses vary in length, from 2 hours to 8 weeks. The great news is that many of them are free!

Example sessions

Reverse Colouring for Wellbeing
starting in Penrith on Saturday 15th June
10:00-13:00

You create colourful arrangements on the page with paint, and then add the ink lines afterwards.

If you would like to start using a Smartphone, we have:

Android Smartphone for Beginners
starting in Penrith on 3rd June
10:00-12:30

iPhone for Beginners
starting in Warcop on 7th June
10:00-12:30

We have a friendly and knowledgeable team of tutors, and once our learners have built up the courage to make it through our door, they usually come back for more!

This term, I have taken the plunge and am attending an adult learning course entitled *Sustainable Textures: Alter and Mend*. Every Wednesday afternoon, I sit down with a small group of people in Penrith Library and become immersed in patching, mending, and upcycling clothes with our inspiring textiles tutor, Claire Trelfa.

So far, I have patched a bag and shortened some trousers, both of which have been sitting in my wardrobe for ages! It is very satisfying to be able to spend time improving my skills and gaining new confidence in an area.

Our new brochure will be out in August, so look out for it popping through your door!

If you want to find out more about courses in your local area, or need some help with enrolling please get in touch with us.

For Carlisle and District, email us on carlisleadultlearning@cumberland.gov.uk, call us on **01228 227304 / 227305**, or go into Carlisle library and ask for Adult Learning.

For Penrith and Eden area, email us on penrithadultlearning@westmorlandandfurness.gov.uk, call us on **01768 812103**, or pop into Penrith library and ask for Adult Learning.



Mindfulness Session for Carers - July 2024

Join us for our first ever Introduction to Mindfulness session! This is a 2hr session with a Mindfulness Tutor from Adult Learning Cumbria.

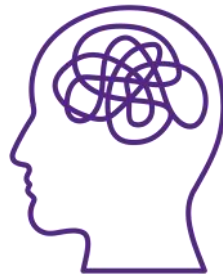
Wed 3rd July
1.30pm to 3.30pm
Penrith Office, Mardale Road, Penrith, CA11 9EH

This session is designed to give an introduction to Mindfulness. Covering the basic theoretical concepts and incorporating practical exercises. Learners are invited to start to explore and experience this practice of focusing the attention on the present moment.

Please register your interest by contacting us on
01768 890280/ 01228 580214
or
enquiries@carlisle-eden-carers.org.uk
no later than **Mon 24th June**.
Places are limited and will be allocated and confirmed that week.

Do you suffer with your mental health??

As of the end of April 2024, if you (or someone you support) is experiencing a mental health crisis, you can call NHS 111 and select option 2 for 24/7 access to urgent mental health support. This is a national change, meaning you can call NHS 111 for help wherever you are in the country.



Does this mean the Crisis Team are changing??

No. Local Crisis Teams are not changing – this is just a new telephone number to call to help you access support in a crisis. If you call any of our Crisis Teams on their local number (which you might have on a care plan or leaflet), you will still get through. You will receive the same support whether you call via NHS 111 or a local number.

When should I call NHS 111 and select option 2?

You should only call 111 if you, or someone you know, is experiencing a mental health crisis. A mental health crisis can mean different things to different people, but it is usually when someone's mental or emotional state gets worse quickly.

What will happen when I call – who will I speak to and how will they help me?

Your call will be answered by a mental health advisor, who will be supported and supervised by our trained mental health clinicians. They will ask you some questions and listen to you to help you get the support you need.

To find out more, scan the QR code



111 is for all ages including children and people with neurodevelopmental needs.

It is available 24 hours a day, seven days a week. If you are Deaf or have hearing loss, go to signvideo.co.uk/nhs111.

Are you prepared in the event of loss of power, water or gas supply to your home??

Did you know if you have additional needs (for example, limited mobility or health conditions), you can sign up for the **Priority Service Registers**? This means utility providers may be able to offer you additional support during an incident such as a power cut. See below for where you can register (you can also inform your own gas / electricity provider).

Water:

Head to the United Utilities website and register for Priority Services. (www.unitedutilities.com)

Electricity:

Head to Electricity North Western website and sign up to their free Extra Care Register. (www.enwl.co.uk)

Gas:

Head to the Northern Gas Networks website and sign up to their Priority Care Register. (www.northerngasnetworks.co.uk)

Spring recipe: Rhubarb, marzipan and citrus cake

Ingredients

300g **softened butter**, plus a little for the tin,
400g **thin-stemmed rhubarb**, cut into thick pieces, 350g **golden caster sugar**, ½ **orange**
½ **lemon**, zested, 3 large **eggs**, 200g **self-raising flour**, 50g **fine polenta**, 50g **ground almonds**, 1 tsp **baking powder**,
100g **marzipan**, chopped into small chunks



Method

STEP 1: Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm traybake tin with baking parchment. Toss the rhubarb in 50g sugar and set aside to macerate for 20 mins.

STEP 2: Tip the butter, remaining sugar and zests into a large bowl. Beat with an electric whisk until light and fluffy. Add the eggs, one at a time, mixing well between each addition. Add the flour, polenta, almonds, baking powder and a good pinch of salt, and mix until just combined. Fold through half the rhubarb (reserving the rest for the top), plus any juices, and the marzipan.

STEP 3: Scrape the mixture into the tin. Smooth the surface up to the edges and top with the remaining rhubarb. Bake for 45-50 mins until risen and golden, and a skewer inserted in the centre of the cake comes out clean. If there is any wet mixture, return it to the oven for 5 mins, then check again. Cool in the tin for 10 mins, then serve warm with crème fraîche, or cool completely to serve as a cake. **Will keep in an airtight container for three days.**

TV Licence Reduction

The law says you need to be covered by a TV Licence to:

- Watch or record programmes as they're being shown on TV, on any channel.
- Watch or stream programmes live on an online TV service. Download or watch any BBC programmes on iPlayer.

This applies to any device you use, including a TV, desktop computer, laptop, mobile phone, tablet, games console, digital box or DVD/VHS recorder.

You can apply for a free TV Licence if:

- You, as the licence holder, are 75 years or older
AND
- you, or your partner living at the same address, receive Pensions Credit.

**Fit the criteria and already have a TV Licence?
Apply for your free TV Licence online at tvlicensing.co.uk.**

If you think you're eligible for a free licence but can't apply online, please call 0300 790 6117 to request an application form.
(lines are open between 8.30am and 6.30pm, Monday to Friday).