

CarersNEWS



South Lakeland Carers

Winter Newsletter DECEMBER 2018-APRIL 2019

The FREE magazine for unpaid carers living in South Lakeland



Give Them a Break Thank you to all our campaign stars including Kacey Procter and her Mum Angela. Thanks also to the team at the Westmorland Gazette for their ongoing support. More on page 8.

Hello...

Welcome to the Winter edition of South Lakeland Carers News

South Lakeland Carers is an independent, local charity and network partner of Carers Trust. We provide a range of services to support and enhance the lives of unpaid Carers of all ages throughout South Lakeland.

News from the CO

May I start by wishing you a very Happy Christmas and best wishes for the coming year.

The past four months have been very busy, with many things to celebrate.

September's Great North Run built on the success of the previous year raising £2918.15, thank you to all the runners and the generous sponsors. September also saw the launch of the "Give them a Break" campaign through the Westmorland Gazette. The monies raised and donations in kind will provide valuable respite to Carers. It has been a great opportunity to raise the profile of the organisation and we are extremely grateful to those Carers who

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who shared their stories with the wider community.

October was the start of the new Cumbria County Council All Age Carers contract. This provides funding initially for two and a half years. Sadly the value of the contract has reduced and so it was necessary to restructure the team and make the Young Carers Team Manager post and the Fundraising Officer post redundant. I would like to offer my thanks to Lisa Rob-

inson and Janice Benson and wish them well for the future.

As part of the run up to the BBC Children in Need appeal our Young Carers project was featured on the BBC NW tonight news programme.

At the end of November we held our annual gala dinner. This was a great time for Carers, supporters, volunteers and staff to join together to celebrate the achievements of the past twelve months. In addition it raised over £8,000 which will be used to support the core costs of the organisation.

November was an opportunity for Carers, volunteers, Trustees and staff to work together, reviewing and revising the strategic and business plan for the next twelve months. Throughout the day the passion, commitment and energy to support Carers was really evident, and we have some ambitious ideas for the future.

November was also when we received news that our application to First Ark for social investment has been successful. This money will be used to expand the Lasting Power of Attorney Form Completion and Registration Service.

We have a number of Christmas

events planned in December. These include the Young Carers Christmas party, the Carers Christmas lunch and staff Christmas dinner.

I am grateful to Carers, volunteers, staff and businesses for all of their support and hard work during the past twelve months.

With very best wishes,

Mike

News from the Chair of Trustees

I want to start by saying a very big thank you to all of the Carers, volunteers, staff, individuals and businesses who have supported the organisation throughout the year. The environment we work in is at times challenging, but the wonderful support we receive helps keep us motivated in all that we do.

I also want to say thank you to the South Lakeland Carers Trustee Board who have worked hard to ensure the viability and effectiveness of the charity remains top of the agenda at all times. We are very lucky to have a very versatile board of trustees who have

a broad range of experience and skills and are committed to ensuring that South Lakeland Carers continues to support Carers of all ages across South Lakeland.

The Board are very pleased to have a new member join us this autumn, Fran Stokes who is recently retired. Fran started her working life with the NHS, then went into delivering health training and more recently worked with Age UK and The Alzheimer's Society. There are still opportunities for more trustees, so please do contact us if you are interested.

This year was the South Lakeland Carers 25th Anniversary, an appeal was set up to raise £25,000, £1,000 for each year the charity has been running. I am happy to say this appeal has now been reached and want to thank everyone who raised money on our behalf including; Kendal Rangers, Sedbergh School, MCF Tercentenary, Carers Trust, the Gala Dinner, Coffee Morning, Christmas Tree Festival, White Stuff promotion, and the many others who gave donations. The monies have been used to provide counselling sessions, therapies and trips for our Carers.

This autumn we have launched

the 'Give them a Break' appeal through the Westmorland Gazette which seeks to raise £20,000 to provide Carers with a break. Already we are close to our target and so I want to thank everyone who has offer support financially, in 'kind' and through organising events.

Lastly I want to say please be rest assured that the board and staff of South Lakeland Carers will work as hard as possible to be there for all Carers when they need support and guidance.

Happy Christmas and New Year to you all.

Liz Cornford

GIVE THEM A BREAK

Raise £20,000 to support carers

A Westmorland Gazette campaign

Fundraising Gala Dinner 2018

Thank you to all our guests for attending our annual Gala Dinner. It is our sincere hope that you had a great night!

This year's event sponsored by **Welbeing** was in celebration of our Carers and volunteers.

Guests enjoyed a three course meal and superb live entertainment from *The Cutters*. There was also a host of fantastic auction prizes.

This year's event would not have been successful without the



Volunteer Nancy Huck, Matt Barker and CO Mike Seaton



Young Carer Kacey Procter and her Mum Angela

ongoing support of our guests, sponsors and donors. It is with profound appreciation that we say thank you for helping us to raise over **£8,000!**

Your generosity will allow our organisation to continue supporting unpaid Carers in South Lakeland.

Thank you to Matt Barker for taking some terrific photographs. Thanks also to our volunteers and "Give Them a Break" stars for coming along to support the night.

See you next year!

Dates for your diary

Windermere & Ambleside Carers-Support Group

First Tuesday of every month

10:30 - 12:00

Nine Oaks, 12 Phoenix Way,
Windermere LA23 1BB

Refreshments available

Grange Carers Support Group

Fourth Tuesday of every month

14:00 - 16:00

Thornleigh Hotel, the Esplanade,
Grange Over Sands LA11 7HH

South Lakes Dementia Hub

Second Tuesday of every month

14:00-16:00

Brewery Arts Centre, LA9 4HE

Kendal Carers Drop In

Every Wednesday

10:45-12:45

Gateway Centre, Kendal, LA9 4JE

Please note that the venue will change in March 2019. Call

01539 815970 for further information.

Dementia Carers Support Group

Last Wednesday of every month

10:30 - 12:00

Stricklandgate House, LA9 4PU

Alzheimer's Drop-In Sessions

Fourth Thursday of every month

10:30-12:30

Ulverston Library, LA12 0BT

Male Carers Support Group

First Thursday of every month

14:00-16:00

Please phone 01539 815970 for venue details

Dementia Information

Drop-in session

First Tuesday of every month

10:30 to 12:30

Grange Library, LA11 6BQ

A representative from the Alzheimer's Society will be available to provide advice and guidance for diagnosed individuals and their family and friends. No need to book, just turn up
Tel: 015395 32749

Lunch Clubs

Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Please call 01539 728118 for more information and to find your nearest club

Club 55

Mondays and Fridays

10:30 - 16:00

Marchesi Centre, Windermere

Open to local residents over 55 years old and members can drop in for the morning, lunch, afternoon sessions or stay all day. Contact Anita Baxter for more information.
Tel: 07874009808

Winter 2018

Freshers early onset Parkinson's cafe

First Wednesday of every month
16:30-18:30

Beginning March 6 2019, New Union, Kendal, LA9 4RF. Please phone Fiona for details 07976834838. All welcome

South Lakeland Age UK have an extensive list of events and activities. Visit their website for a copy of your local 'Whats On' www.ageuk.org/southlakeland or tel: 030 300 300 03

Cancer Care's Kendal Drop In

Every Thursday
10:00 - 12:00

The Lakes Centre, Blackhall Road, Kendal, LA9 4BT

Parkinson's Café

Second Tuesday of every month
10:30 - 12:00

Beales Kendal in store Café, Finkle Street, Kendal
A friendly meeting place offering people with Parkinson's friendship, support and information. For further information call Pamela Smith on 07582 348 614 or email: pamelasmithsfo@hotmail-com

Sew What? Women's Group

Every Monday
10:30-12:30

Manna House, The Stephenson Centre, Kendal, LA9 7DE
Great coffee, conversation and a chance to learn new craft skills and share existing talents in a happy and warm environment. All women welcome! For further details contact Clare Neal 01539 725534 or email: clare@manna-house.org.uk

Mediation & Mindful Movement

Every Tuesday
09:30-11:00

Kirkby Lonsdale Methodist Church
Queens Square, Kirkby Lonsdale
LA6 2AZ

Are you feeling lonely, isolated, stressed, anxious, overworked or just feel you want to do something for your body and mind and meet like minded people? Come and join us at our weekly sessions. Contact Eva for more details: 07513110176

The South Lakeland Autism and Aspergers Support Group

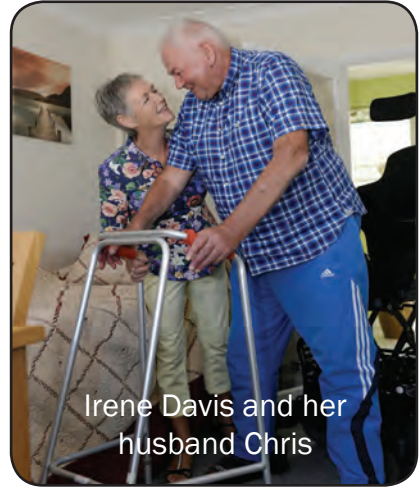
The Wakefield Arms, LA9 4QD
Tel: 01539 725291 for more information

Give Them a Break

Westmorland Gazette

The campaign aims to raise £20,000 to give people who voluntarily care for a loved-one, relative or friend a much-needed respite break. We're so grateful to all of the Carers who have been willing to share their personal stories, to the individuals that have contributed and to the groups and businesses that are donating monies to support the campaign.

At the time of print the total stands at **£13,959,75** demonstrating the tremendous generosity and compassion of the people of South Lakeland.



Irene Davis and her husband Chris

Are you a carer in need of a break?

Get in touch! We have a wide range of free respite activities for you to access in 2019.
email: admin@slcarers.org.uk

HOW YOU CAN HELP

To donate to The Westmorland Gazette's Give Them A Break campaign simply fill out the form and return it to: Mike Addison, Give Them A Break, The Westmorland Gazette, 1 Wainwright's Yard, Kendal, LA9 4DP

I wish to donate £.....to the Give Them A Break campaign

Name.....
Address.....
.....
.....
Postcode.....
Tel no.....
Email.....

Please make cheques payable to
Give Them A Break

Cheques should be marked on the back
"Give Them A Break"



Great North Run

Thank you to everyone who supported our GNR team. Well done to our runners: Pat Gardner, Sharron Lewis, Jane Hardie, Evan Shanks and Mike Seaton who raised an incredible **£2918.15!** **Would you like to take part next year?** Get in touch!



Volunteer Profile

I'm Liz. I'm 42 and a mum of three, living in Grange. I've previously worked in pharmacy and public health research but now enjoy the flexibility of volunteer work as it fits well with family life. In my spare time I enjoy travel, cooking, reading and trying to improve my gardening skills!

I've volunteered with South Lakeland Carers for around 3 years now and have found it a worthwhile and rewarding experience.

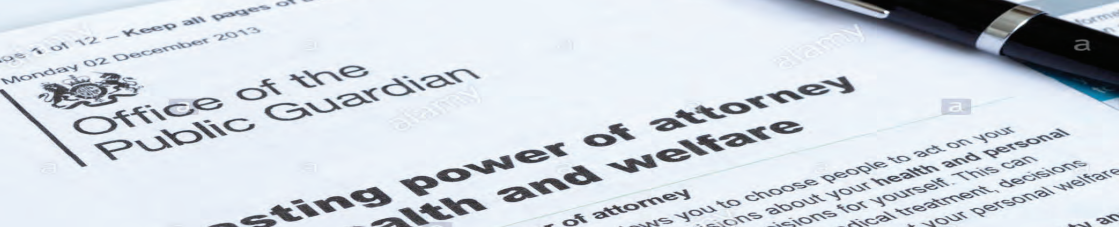
It's extremely important for Carers to get a break for themselves and I know I've made a small but real difference to the people I've helped. I would recommend becoming a volunteer sitter, you're well supported by the organisation and there are training, learning

and social opportunities.

Thank you to Liz for giving her time so generously and for also taking part in the Give Them a Break campaign.

If you or anyone you know are interested in volunteering for us please telephone: 01539 815970 or email: admin@slcarers.org.uk.





SLC Lasting Power of Attorney Form Completion and Registration Service

Your spouse or family don't automatically have a legal right to manage your affairs if you are not able to, so setting up the legal paperwork in advance can offer peace of mind that you have made the decision regarding who you want to manage your affairs. Making an LPA usually makes things much easier for your family in the future. It is expensive; time consuming and bureaucratic for family members to request permission via the Court of Protection (COP) to act for you when you have lost capacity and the COP can appoint a person of their choice to undertake this responsibility.

Do you know?

- We are registered as agents with the Office of the Public Guardian to deliver our LPA service and the service is supervised by our Trustee, Emma Edwards, who is a Partner in a Solicitors firm in Lancaster.
- Many of the carers who have used our service tell us they can

feel overwhelmed with their caring responsibilities and can't manage to get around to sorting the application forms out, obtaining all the signatures in the necessary order, fully understanding the implication of the decisions to be made or how the OPG fee reduction/exemption affects their personal circumstances and prefer to let us do all the work!

- 100% of clients who have responded to our post-registration feedback survey say they are likely to recommend our LPA service to others (and indeed, many have!)
 - All the income that we receive from this service enables us to provide and enhance services for carers, which is so important for carers to be able to continue in their role and look after their own health and wellbeing.
- If you have any general queries or would like to book an appointment to set up Lasting Powers of Attorney, call 01539 815970, Option 3 or email us at lpateam@slcarers.org.uk.

Good to know...

Having a Key Safe installed is a great idea, but I had a problem where the front door key was always left on the inside of the lock.

My Mum has Alheimers and Dad is her main Carer. As part of Mum's routine she always put the key in the inside lock of the front door but this prevents someone else putting the key in the outside lock of the door to open it. If Dad took the key out then Mum would find it and put it back in the lock.

Removing the inside key was unsafe as it was needed to exit the property in case of emergency. But I still needed to be able to access the property quickly in the event of a fall.

After asking around a simple solution was found...

A thumb turn lock!

This allows the door to be locked and unlocked from inside while still allowing access using the Key Safe. Now the front door is securely locked but still allowing quick access when needed.

Christine Palmer

Relaxation Therapy

Professional Therapy Training

would like to offer Carers reduced priced therapy treatments. For appointments please contact Angela on:
info@pttcourses.co.uk
www.pttcourses.co.uk
Tel: 01539 592963

SLC website

Please note that the SLC website is under construction. **A brand new website is coming soon!**

Contact us

South Lakeland Carers
Level 3, Stricklandgate House, 92
Stricklandgate, Kendal, LA9 4PU
Tel: 01539 815970
Email: admin@slcarers.org.uk

Get in touch!

Are your details correct? Let us know what's changed!

How to refer to us and access our services

- **Call or email the office using the details above**
- **Ask your GP or social worker to refer you.**

Making a Donation to help give a Carer a better life

Your kind donation will help us continue to support carers in their caring role

Please return this completed slip to: Level 3, Stricklandgate House, 92 Stricklandgate, Kendal, LA9 4PU

YOUR DETAILS

Title: _____ Forename(s): _____ Surname: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____



I would like to make a donation to South Lakeland Carers of £.....

Below are 2 easy options to make your donation

1. By cheque made payable to 'South Lakeland Carers'
2. Via BACS to South Lakeland Carers (Account No. 00014199 Sort Code 40-52-40)

PLEASE TICK THIS BOX TO MAKE YOUR DONATION GO FURTHER

giftaid it **Please tick this box and increase your donation by 25% with Gift Aid - It won't cost you a penny!**

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Date: Signature:

Do you shop online?

Raise money for South Lakeland Carers while you do your online shopping. Sign up at www.easyfundraising.co.uk and then when you are shopping online you get a reminder to activate the donation. It's an easy way to raise money for us and it doesn't cost you anything!