

Carers News Winter 2021

Over £20,000 raised at the Carers Fundraising Ball



Top: Martin Saunders – Trustee
Bottom: L-R Nicola Edmondson,
Shelly Neill and Jane Eccles – Young
Carer Support Workers
Photo credit: Victoria Sedgwick

It's two years since we celebrated at the Carers Ball and what a two years... who would have believed what the UK population and you as Carers have gone through.

At the Ball our Chair of Trustees, James Alexander promised

'That all money raised... every penny, whether it's money raised at the ball, change dropped into a collection tin or a serious bequest from a local family, will only be spent on unpaid Carers throughout Kendal and South Lakes'.

'If it's donated it's only spent to benefit you as Carers'.

The ball raised essential funds to ensure we can provide free support and respite activities for Carers, to allow them to continue to carry out their vital caring role for their loved ones. (continued overleaf)

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Meet our CEO



Just a brief note to introduce myself. I am **Debi Marsden** CEO for **Carer Support South**

Lakes, Mike Seaton our previous CEO has moved onto pastures new and we wish him well in his new endeavours.

2022 is our 30th Anniversary and it promises an exciting year. We will have 30 massive fundraising events throughout the year culminating in our Carers Ball on the 25th November. All monies raised from these event will go to raising much needed funds to support you in your caring role.

In January we will be launching our new Campaign, **Give Our Carers a Break...** This campaign is to give you, as Carers, a break from your caring role, more information to follow in the New Year.

We wish you a very Festive Holiday from all of us at Carer Support South Lakes.

Words from Kyla



Hello, I'm Kyla Murphy, one of the volunteer Trustees for CSSL. I came to the role as a result of my own Carer's Assessment.

I am a Mummy to two wonderful toddlers who came to me and my husband through adoption. When we were being assessed for our second addition, we were told that the "extra" we were doing for our first child was classed as "additional needs". All of a sudden

we had opened up a whole new world of what's, when's, where's and who's in assessments and professionals. We didn't realise that what we had become was Parent Carers.

We had no idea where to turn for support or advice, until a learning and disability nurse told us to register with our local Carer's organisation and we were introduced to CSSL via a Carer's Assessment.

From the moment I gave my details, I felt I'd found my people. Even the assessment itself helped me to identify what it was I needed. I've put these into my top three pieces of advice to new Carers:

1. Find your people; share the knowledge and the load

Being a Carer can be incredibly lonely and isolating, especially over the past two years. I think lockdown has given people a sense of some of how that can be for Carers much of the time. It also means it isn't as easy to maintain friendships, stay in touch with family and even pass by acquaintances in the street.

Carer-Connect.org.uk is a great place to reach out to others in similar caring roles to you, categories of "coffee morning" and advice are easy to

Carers Ball continued



Left: Julie Baker – Volunteer
Middle: James Alexander – Chair
Right: Carer Wendy Royall and Cee-Jay from the Youth Council
Photo credit: Victoria Sedgwick

Save the Date

30th ANNIVERSARY
Carers Ball & Charity Auction
Friday 25th November 2022

find and it's a secure and moderated platform on which to unload your thoughts without judgment. If there's a group not there that you think should be, it can easily be set up. You'd be surprised how reassuring it is for someone to breathe a sigh of relief reading your experience and say "I'm there too."

2. You can't pour from an empty cup

I've seen this as a Carer and cared for. The modern world is so built upon measurable productivity that we forget that resting is an important part of that. We give so much of ourselves to just making it through each day, sometimes each hour, that it's hard to find time to recharge.

Your loved one relies on you so much. What happens when you're doing so much you end up needing care yourself. You need to look after yourself to be in the best position to care for your loved one.

Carer Support can help you manage, you can talk to our friendly Support team who will guide you and help you find the support you need.

Our soon to be launched **Give Our Carers a Break** campaign is based on the idea of just that – giving Carers a Break with something even as simple as fluffy towels for after a long soak in the bath, craft materials, an overnight stay in a hotel with uninterrupted sleep.

3. Remember who you are

My own Carer's Assessment helped me to recognise how important this is and it is how I came to being a Volunteer Trustee.

I became a Carer without really knowing it. I gave up my career as a Solicitor when we realised that our boys' needs at that time couldn't be met in a nursery or other childcare setting. As much as I loved my job, I loved my children more. The Law will always be there, my boys' childhood will not. Their needs will always come first.

So I became "just a Mummy", who also happened to be nurse, physiotherapist, occupational therapist, speech therapist, teacher, singer, chef, chauffeur, P.A., cleaner, artist, builder, electrician (oh, the batteries in toys!), health and safety officer, book reader, knee kisser and overall safe base and secure attachment that they so need.

However, I needed to be Kyla again and being a Trustee allows me a few hours a month to really use my brain again and have constructive adult conversation.

It is so important to your overall wellbeing to find that time, even if it is a few hours a month, to be you. Not husband, wife, daughter, son, Mum, Dad, brother, sister. Take back your name. What were you "before"? An Artist or Crafter? A team sport player? A pub quiz aficionado? A traveller? A hiker or cyclist? Oh the possibilities!



Adult Carer Peer Support Group

Currently CSSL, with the help of volunteers, hosts four support groups either on Carer-Connect or in person. These groups all meet in the daytime once a month.

However, we are aware that it is not always possible for Carers to attend groups during the day. Therefore, we want to look into the possibility of launching an alternative **Adult Carer Peer Support Group** that would also meet once a month, midweek, in the evening, somewhere relaxing in the middle of Kendal.

We recognise that we are the ones best placed to initiate such a group but after our preliminary facilitation, it would then be over to those attending to take the reins.

If you are interested in the opportunity to socialise once a month in an evening with other Carers to share advice and offer mutual support as well as simply chat and unwind, then please would you either email admin@carersupportsouthlakes.org.uk or call **01539 815970 (select Option 1)** to register your interest at this stage.

Can Carer-Connect help you?

Join the online service supporting unpaid Carers across Cumbria



In three easy steps you can stay connected to others.

1. Log onto **Carer-Connect.org.uk**
2. Create a username and password
3. Enter a safe private space dedicated to Carers and connect to one another.

Go to **www.carer-connect.org.uk** and join the Carers community.

Volunteering for Carer Support South Lakes



Nancy

I have been a volunteer for CSSL for the past 12 years. There is so much to gain by meeting new people who appreciate your time and interest.

Throughout life you develop knowledge and social skills. Using these skills can help others which gives you a sense of purpose, boosts your mental health and self-esteem.

If you have a few hours a month to spare then try volunteering. I'm sure you will find it very rewarding, like I have.

Having been a volunteer with the Sitting Service since I moved to the Lake District 8 years ago, I have also been co-ordinating the Windermere & Ambleside Support Group for several years. The group has always been very friendly and inclusive, which is important as in similar situations, who understand and are willing to listen, share experiences and coping methods.

New Carers are always welcome - light refreshments are served and not all talking is about caring - there is often laughter and hopefully people leave the group feeling they have been able to "off-load" if needed and relax with others who understand.



Rowena

The past 18 months have proved to all of us the importance of having a network of contacts in our daily lives. Can you imagine as a Carer being presented lockdowns with no opportunity to meet face to face? That's what faced the Male Carer's Support Group we had been meeting regularly so to have that severely limited was the worst isolation for our members. So, we had regular weekly contact, zoom meetings and a monthly newsletter all our men were kept in contact.

Having an opportunity to meet up once a month face to face is great. There is no better way of understanding the positive force it has when you come away from a meeting with laughter ringing in your ears. We have new members and I would encourage any male Carer to become part of the men's group.



Stuart

Our Young Carers have been busy in the half term holidays having days out and taking part in activities which gives them a break from their caring role.

Out & About in Manchester

The latest activity days saw young Carers enjoy days out at the Trafford Centre in Greater Manchester along with some fun ten-pin bowling session.

What Activity Days mean to Young Carers

One of the young Carers, Hannah, says the activity sessions have become even more important since the disruption of pandemic lockdowns.

“Throughout lockdown it was hard not able to see everyone because meeting up with other young Carers helps make each other positive and we make each other laugh.”

“With our recent trips to the Trafford Centre in Manchester and the ten-pin bowling it was really nice seeing everyone again after such a long period of time.”



Hannah adds: *“I felt better within myself meeting up with the others as they make a positive impact on me. Taking a break has helped release the stress on my shoulders and given me some time to myself.”*

Lock down regulations last year and earlier this year limited the activities Young Carers could enjoy. But with restrictions now easing – the vital funding from Carer Support South Lakes has helped send young Carers on many activities in the community again.

Other Fun Days Out

They have visited Tower Wood outdoor education centre at Windermere for a day of orienteering, tree climbing and zip lining. They’ve also visited Treetop Nets at the Lake District Visitor Centre, Brockhole, and BounceFest – a huge bouncy castle event in Kirkby Lonsdale.

Our role in improving the lives of Young Carers

“All of these events provided Young Carers with the chance to socialise, have fun and challenge themselves in a fun and safe way,” says Holly Cragg, Young Carers Lead Support Worker at Carer Support. *“They had fun, made new friends and had great days out.”*





Our Volunteers fun-running fundraisers – Great North Run

We've all seen images of people pushing themselves to the limit by running 10k races, half marathons and marathons for charity.



Great North Run

September saw our volunteers running the Great North Run half marathon. So far, they've raised over four and a half thousand pounds.

Some of the money raised has bought tickets for Carers to go

to the Lakes School Players Pantomime next January. It's a few hours of fun – and welcome respite from the pressure of looking after a loved one.

Money raised by the Great North Run team is also helping pay for simple but essential things – including tidying gardens, cleaning homes, shopping or tickets for a leisure attraction.

Respite help, where someone sits with the person they are caring for so the Carer can get a few hours' break is also vital. A recent survey by Carers UK found 40 per cent of unpaid Carers had not had a day off for over five years.

So, if you ever wonder what difference fun running fundraisers make – listen to this – the thoughts

of one Carer who recently received a leisure pass from Carer Support South Lakes:

"I'd like you to know what an amazing day we had yesterday due to the kind generosity of Carer Support South Lakes. The Freedom of the Lake cruise pass was amazing, we sailed to and from Brockhole for over 4 hours, hopping on and off, eating ice-cream and having a relaxed picnic on board.... thank you again for the wonderful day out."

Our Thanks

So, to charity runners like **Alison Magee-Barker, Janette McLaughlin, Craig Dart and Evan Shanks** and all those who donate to them – thanks for improving peoples' lives!



Josh's acts of kindness that helps Young Carers

From Rickshaw Challenge to Pumpkins

A Young Carer who became a BBC Children in Need hero when he took part in the famous Rickshaw Challenge has turned to pumpkins in his latest quest to raise vital money for a South Lakes charity.

Josh Marshall, from Carnforth, raised huge amounts by cycling 400 miles in the 2019 Rickshaw Challenge with a team of youngsters and TV presenter Matt Baker.

His latest project of growing and selling pumpkins has raised a total of 185 pounds with all proceeds going to Carer Support South Lakes – as a thank you for the support it has given him over several years.



Josh, who is 19, helps look after his younger brother who has the condition ADNP and needs round the clock care.

Debi Marsden, the CEO of Carer Support South Lakes, says: "Our thanks go out to Josh for continuing to support us in all his fund-raising efforts. Fundraising is a lifeline for most charities and ours is no exception – whether the donation is big or small."



GREAT NORTH RUN 2021 RUNNERS



Left & Right: Craig Dart and Evan Shanks
Middle: Alison Magee-Barker and Janette McLaughlin



Upcoming Fundraising Events

www.carersupportsouthlakes.org.uk/fundraising-events-carer-support-south-lakes/



JANE'S WALK 1000 MILES FOR CARERS

We are always grateful to our Carers who take on extraordinary challenges. Jane decided she needed a challenge that would help her through the challenging times ahead when she lost her husband to dementia and then 6 weeks later, her mother.

So, set up a challenge to walk 1000 miles, she soon had support as Sharron, Rowena, Karen, Nicola and James joined her with their own 1000 targets.

If you would like to donate to reach the £2,000 target follow this link

www.justgiving.com/fundraising/walk1000milesforcarers



ROBERT'S VIRTUAL 'SWIM THE CHANNEL'

When Carer Robert Powney (82) told us, he was going to swim the English Channel, it certainly raised an eyebrow. This virtual challenge will not be in the Channel but he will swim the 22 miles. And all this whilst still caring for his wife.

All the money raised from this challenge will go to support the Young Carers

<http://justgiving.com/campaign/virtual-swim>



JANE'S SKY DIVE

Our very own Jane Eccles, Young Carer Support Worker, has agreed to take part in a Sky Dive to raise money for Carer Support South Lakes. This is going to be held at Cark Airfield (Near Flookburgh) on Saturday 2nd July at 10.30am.

Do you have a fundraising idea to support unpaid Carers?

Speak to Marian marian@carersupportsouthlakes.org.uk

Carer Support South Lakes Meet the Team

Trustees



James Alexander
Chair &
Communications
and Marketing



Gareth McKeever
Marketing



Jenny Rockcliffe
Service Delivery



Kyla Murphy
Legal & Services



Martin Saunders
Carer-connect.org



Peter Raven
Therapeutic Support

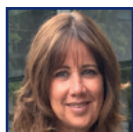


Stephen Baker JP
Finance & Risk

POP IN AND SEE US
Wainwrights Yard, Kendal
(opposite Pizza Express)



Management & Admin



Debi Marsden
Chief Executive
Officer



Marian Graveson
Business Development
Manager



Diane Billington
Business Support
Administrator



Hannah Elvey
Intern

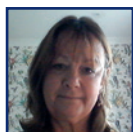
Young Carers



Holly Cragg
Lead Young Carer
Support Worker



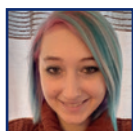
Nicola Edmondson
Young Carer Support
Worker



Jane Eccles
Young Carer Support
Worker



Shelly Neill
Young Carer Support
Worker



Jessica Abbott
Young Carer Support
Worker

Adult Carers



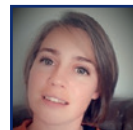
Rebecca Jones
Lead Adult Carer
Support Worker



Brenda Mills
Adult Carer Support
Worker



Elaine Ravenhall
Adult Carer Support
Worker



Laura Beale
Adult Carer Support
Worker



Liz Berners-Lee
Adult Carer Support
Worker



Nicola Millington
Adult Carer Support
Worker

Sitting Service



Nikki Woods
Sitting Service and
Volunteer Coordinator



Anna Greenbank
Sitting Service Support
Worker