

Carers News Spring 2022

30 Years of Caring for Carers



This year is a special one for Carer Support South Lakes as we mark 30 years since we started to support the unpaid Carers of the South Lakes. Since we started we have supported thousands of unpaid Carers from the ages of 5 to 100.

We have many fundraising events on this year, please go to www.carersupportsouthlakes.org.uk to find out more.

Whilst we want to celebrate all that we have achieved in the last 30 years, we are mindful that there are still many more unpaid Carers out there that are not aware of the support they can access, and our focus will be on reaching out to those Carers. To help this we have introduced Carers Champions, a band of volunteers who will go and spread the word in our community.



Here's to the next 30 years

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Meet our New CEO



Debi Marsden,
CEO of Carer Support South Lakes

We are pleased to announce our newly appointed Chief Executive Officer, Debi Marsden.

Debi, a former nurse, hopes to improve the reach of the charity into South Cumbria's towns, villages and rural areas – where many unpaid Carers remain unaware support is available.

Debi has worked for the charity for nearly five years.

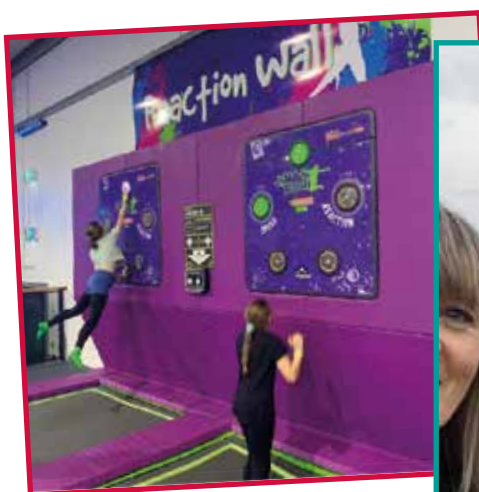
Her appointment comes as we mark our 30th anniversary. Debi has said that we are looking to recruit local **"Carer Champions"** to highlight the charity's work in their local communities.

"We want to let all unpaid Carers know that if they need support – we can offer it to them, it may be through our sitting service – where a volunteer sits with the Cared For so that a Carer can take a much-needed respite break. Or it could be a residential weekend break for a Young Carer."

"Carer Champions" are needed right across the South Lakes in areas like Kirkby Lonsdale, Coniston, Ambleside, Grasmere, Sedbergh, Arnside and Grange over Sands. "We are not looking for a huge commitment, perhaps a few hours each month," explains Debi. "We need people willing to find out a bit more about the work we do and take that information into their local community."

Debi, who's married with two children, is a trained nurse and previously worked at the Westmorland General Hospital in Kendal before working as a registered domiciliary care manager helping keep people living independently in their own homes.

Our Young Carers enjoying half term activities



Young Carers Action Day

Wednesday 16th March 2022

We celebrated Young Carers Action Day 2022 and this year's theme was "Taking Action on Isolation". The team were busy raising awareness of Young Carers and planned social activities for our Young Carers/Young Adult Carers (aged 5-24) to say a huge THANK YOU for all the support and care they provide for their family members! We wanted to provide some interactive, social & fun activities as well as raise awareness of all they do for their families.

On the Wednesday we hired the cinema for a special screening of the Disney film, Encanto. There certainly was lots of laughing & singing during the movie. On the Thursday of the same week our Young Carers & Young Adult Carers went on a trip to the Cliffhanger Escape Rooms to complete 3 Challenges. We are pleased to confirm that we all managed to safely escape and they all had a wonderful time. A huge thanks to Carers Trust for our fun & social activities during this week. #YoungCarersActionDay Taking Action On Isolation.



Young Carers Half Term Activities

28 Young Carers & the staff team visited Blackpool Sandcastle for an action-packed Water Park Adventure Day! The next day 22 of us headed to Morecambe to visit Jump Rush for 2 hours of non-stop bouncing on trampolines! Our youngest Carer to attend this trip was only 5 years old & full of energy!

Both trips are frequently requested favourites by our Young Carers. We are only able to facilitate these essential respite trips due to Carer Support South Lakes ongoing fundraising efforts and successful grant funding applications. These opportunities give our Young Carers a break from caring for family members and allow them to be social and have fun with peers in a similar position.

Message of Thanks from a Carer

"Hello, I just want to say a massive Thank You to you all. Especially Laura whose kindness and weekly phone calls saved my sanity, and Liz who is phoning me once a month.

I can't praise this charity enough! I was in a bad way after my husband had a stroke in May last year. I didn't know which way to turn, I couldn't sleep, friends and family were telling me I looked ill and wasn't myself anymore.

Laura saw me through some tough times, she asked me what I thought would help me, I told her that I really needed some 'me time' just an hour a week to myself would be a big

help. I've always found exercise to be great for my mental health but that had gone out the window due to my husband's stroke. Laura worked her magic and in December I was able to start going to my local gym. I can't tell you what that did for me. I'm back to being me, positive - happy- enjoying life again.

Thank you so much, I'm so grateful for your help and support, if anyone knows someone who needs help and doesn't know where to turn, please point them to Carer Support South Lakes, they won't regret it.

Many many thanks – "S"

Events for Carers

FREE FELT MAKING

We have arranged for a **FREE "Felt Making Activity Day" for our Adult Carers**. This has been booked for Saturday June 18th from 10.00 hours to 17.30 hours at the Unitarian Church Hall in Kendal.



FREE TRIP TO WHITE SCAR CAVES

We have also organised a **trip to White Scar Caves** on 1st June 2022 for **Parent Carers and their Cared-For**. Parents will remain fully responsible for their Cared-For person(s) at all times.

Details are as follows:

Departure: 10:30am from Kendal Town FC, Parkside Road Stadium, Parkside Rd, Kendal LA9 7BL. Arrive back in Kendal by 3:15pm.

Food included: We can contribute £10.00 per person for lunch.

Limited Numbers: 13 people in total

Deadline: Confirming a place is Monday 23rd May on a first come first served basis.

If you would be interested in attending any of the above FREE events could you please let us know by calling us on 01539 815970 – Option 1.



Carers Panel

We had our first Carer Support South Lakes Panel on Friday 25th February at the Garden Café, Quaker Tapestry Museum in Kendal.

The panel is a group of Carers (and former Carers) who are going to meet to discuss potential solutions to common problems, comment on service provision and lobby for changes to improve the lives of Carers and the people they care for – the aim of the group is to strengthen the collective voice of Carers in the South Lakes area. We are still looking for more Carers to join us – our next meeting will be on Friday 27th May 2pm - at the Garden Café. If you would like to join us or find out more about this please get in touch on **01539 815970 - Option 2**.

Carers Week

 Carers Week 6-12 June 2022

During Carers Week we will be doing the following:

A Keep Calm and Carry on Workshop. Monday 6th June 12.30-3.30pm at Kendal Library in the Pennington Room. This looks at ways to de-stress, keep calm and be resilient. It gives Carers the chance to talk together.

Grange Support Group will be relaunched at The Grange Hotel on Monday 6th June 10:30am-12pm.



Left to right: Sharron, Jane, Rowena and Karen

Walk 1000 Miles for Carer Support South Lakes

The end of March saw the culmination of 12 months of counting every mile for four of our volunteers, Jane, Sharron, Rowena and Karen. In their bid to “Walk 1000 Miles for Carers”, they have hiked up hills, pounded pavements and stomped along the sands all to raise money for CSSL.

We are delighted to report that after walking over 4000 miles between them, they have smashed their fundraising target and raised in excess of £1600. We are thrilled by their success and cannot thank them enough for their year-long commitment to raise money for Carers.



Last Year's K2K: (left to right) Kevin, Don, Ian, Stuart, Peter and Chris (Missing from photo – Leon)

Keswick to Kendal (K2K) Annual Walking Fundraiser

Stuart Graves, the Male Carers Support Group Lead, is in the process of arranging another K2K endurance walk for this June. Last year, he and his band of merry men (6 members of the Male Carers Support Group) walked the 30 miles as a relay team (Stuart walked the whole way) and they raised over £2000 in the process.

This year, and moving forward, Stuart would like the K2K to become an annual event in the South Lakes calendar and has liaised with Cumbria County Council to make this a reality. The date for the 2022 challenge is Saturday June 11th, starting in Keswick... at 7am! The Male Carers Support Group and a volunteer team are already raring to go so if anyone else fancies taking part as a member of another Carers relay team then please get in touch and let us know!

Sitting Service & Here to Hear update

Over the last few months we have seen our volunteer numbers start to grow again, especially for the Sitting Service and Here to Hear telephone service. As we have been ‘training up’ our new starters we have called upon the expertise of some of our more seasoned volunteers to share their knowledge and experiences. This has made for some good conversation, opportunities for learning and the chance to meet up and get to know each other over a cuppa. It is not dissimilar to what we aim to provide and achieve with our Carer Support Groups!

Anna Greenbank, our Sitting Service Support Worker, has been very busy reinstating ‘old’ sits and setting up new ones over the last few months. As we have returned to sitting in person, the pandemic has made some things tricky but not insurmountable. If you think you would

benefit from a 3-hour respite break each month, and your Cared For doesn’t require assistance with personal care and mobilising, then please get in touch with us to discuss further on **01539 815970 – Option 6**.

We have also launched a new telephone check-in service with our support worker, Liz Berners-Lee, at the helm. It is called ‘Here to Hear’ and has got off to a very positive start. It aims to provide volunteer support to Carers by offering a listening ear and an opportunity for conversation that not only helps you to feel less alone but, in turn, will help the Adult Support Team to identify possible support needs for yourself in the current circumstances. Again, if you think you would benefit from this opportunity for a monthly chat then please get in touch with us to discuss further on **01539 815970 – Option 6**.



Who's been fundraising for our 30th Anniversary?



Robert Powney, from Windermere, took 30 days to complete a total distance of 22 miles at his local pool – the equivalent of swimming the English Channel.

SHED 1 GIN & THE CREATE ESCAPE

Gin Fundraiser that raised £300.00

THE LAKES PLAYERS PANTOMIME

Raised £789.00 by kind donations given by the audience.

JANE'S 1000 MILE WALK

Raised £1,611.25 (see page 5 for more information).

ROBERT'S VIRTUAL SWIM

Robert, who is a Carer himself and looks after his wife Gwen, has now raised £1,117.00 by virtually swimming the Channel. Robert has a Just Giving web page where people can still make a donation: www.justgiving.com/campaign/virtual-swim



Upcoming Fundraising Events

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

CHARITY 90'S DISCO

Friday 20th May 2022, at The Venue, Kendal. 7pm to 11pm. Tickets available from our website.

FIT-A-THON AT PULSE

Sunday 22nd May 2022, at the Castle Green Hotel, organised by Castle Green Hotel. To get involved please call Laura at the Castle Green on 01539 734000.

KESWICK TO KENDAL ANNUAL WALKING FUNDRAISER

Saturday 11th June 2022. To donate please go to the Just Giving Page www.justgiving.com/campaign/CSSL-K2K-2022 or see page 5 for more details.

PRIZE BINGO

Friday 17 June 2022, at Netherfield Cricket Club. Doors open 6pm, eyes down at 7pm – please see our Facebook page for full details. Just turn up.



WITH MIKE BERNERS-LEE & CAZ GRAHAM

Thursday 23rd June 7.15pm – 9pm 2022, at the Box Theatre, Kendal. Tickets are £10.00.

Join international climate commentator and best-selling author Mike Berners-Lee and BBC Radio 4 journalist Caz Graham for an evening of lively conversation, Q and A and debate – book signing.

How can we kick-start change in a complex and troubled world?

BINGO

Friday 24th June 2022, Kendal Golf Club, organised by FMB. Tickets £5.00 and available on TryBooking www.trybooking.co.uk/bovt or visit FMB's Facebook page.

SPONSORED SKY DIVE

Saturday 2nd July 2022

Our very own Jane Eccles, Young Carer Support Worker from Flookburgh, will leap out of an aircraft at 15,000 feet and reach free-fall speeds of around 120mph during her tandem jump while attached to a sky diving expert.

Jane says: "I'll be nervous but I'm really looking forward to it. I'm not too keen on the idea of jumping out of the plane door but I am looking forward to floating down through the air and seeing the ground below."

Just Giving www.justgiving.com/campaign/CSSLSkyDive

SPONSORED "WORLD'S LARGEST AND BEST INFLATABLE 5K"

On **Saturday 30th July 2022** 5 members of staff are taking on the 5K Inflatable Assault Course in Leeds.

Holly Cragg, Jess Abbott, Jane Eccles, Laura Beale and Nicky Woods will tackle 32 gigantic obstacles on the 5K distance.

Just Giving www.justgiving.com/campaign/CSSL-Inflatables

SUMMER CONCERT

Sunday 14th August 2022 – A Summer Concert with the famous Flookburgh Band at Cark Airfield, Flookburgh starts at 6pm, concert at 8pm – bring your own picnic – more details on our website.

GREAT NORTH RUN 2022

On **Sunday 11th September 2022** five volunteers will be taking part to raise funds by running the 41st Great North Run, the largest half marathon in the world which takes place annually in North East England each September.

This years participants are Tim Farron MP, Martin Saunders (one of our Trustees), Allison Magee-Barker, Michael Crowe and Phil Jones.

You can donate via JustGiving www.justgiving.com/campaign/GNR2022CarerSupportSouthLakes.

Other Bits and Pieces



SIGNED FRAMED FOOTBALL SHIRT RAFFLE

SIDAS in Kendal have donated a football shirt signed by **Manchester City** midfielder, Jack Grealish. Raffle Tickets are £5 and available from the office and Try Booking www.trybooking.co.uk/BPFH - Draw to take place Tuesday 27th September 2022.

MONTHLY RAFFLE FOR CHARITY OF THE YEAR

David Willan Quality Fresh Foods at Oxenholme have made us their Charity of the Year, there is a monthly raffle for a Hamper. £1 gets you one raffle ticket – please visit the shop.

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 and
Wellbeing Support



Stephen Baker
Finance & Risk

POP IN AND SEE US

3 Wainwrights Yard, Kendal
(opposite Pizza Express)



Management & Admin



Debi Marsden
Chief Executive
Officer



Marian Graveson
Events, Campaigns &
Fundraising Manager



Diane Billington
Finance and Office
Manager



Sarah Lachmann
Administrator



Hannah Elvey
Intern

Young Carers



Holly Cragg
Operational Lead



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
Operation Lead



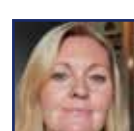
Cheryl Duckworth
Adult Carer Support
Worker



Elaine Ravenhall
Adult Carer Support
Worker



Laura Beale
Adult Carer Support
Worker



Nicola Millington
Adult Carer Support
Worker



Alyssa Wills
Assessment Worker

Volunteer Led Services



Nicky Woods
Volunteer Fundraiser
Coordinator



Anna Greenbank
Support Worker



Liz Berners-Lee
Support Worker



Carer Support
SOUTH LAKES
Improving the lives of Carers of all ages

Carers Hub
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Kendal LA9 4DP

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