

Carers News Winter 2022

30th Anniversary Carers Ball



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An evening of fun and fundraising was enjoyed by over 200 people who attended our 30th Anniversary Carers Ball.

The event, at the Castle Green Hotel in Kendal, is our main community fundraiser at Carers Support South Lakes.

This year's event raised £15,000! Funds raised by the Carers Ball are crucial in helping unpaid Carers and their families cope as it goes towards our Give Carers A Break fund. This Appeal helps provide much needed breaks so that Carers get some rest away from their caring responsibilities. (find out more on page 3 and 7).

"Every year, this single event is responsible for around half of our entire community fundraising,"

says Debi Marsden, Chief Executive Officer of Carer Support South Lakes.

"With the cost-of-living crisis really affecting many unpaid Carers and their families the Carers Ball this year has been vital. The charity could not carry out its work without support from the local community, businesses and generous individuals."

"I'd like to thank all those who've helped by sponsoring and by donating money, auction and raffle prizes. And I'd also like to thank all the volunteers who help the Charity - their efforts are invaluable."

Message from Jen Rockcliffe (Trustee)



Like many of the Trustees, I joined Carers Support South Lakes because I know first-hand how important and how difficult the job of a Carer is.

When I was 9, my mum had a brain haemorrhage. It left her vulnerable, unable to speak as clearly, see as well, or express herself as she once did. My siblings and I were very young and, except for our extended family, had no outside support. We managed, and my mother is now thriving and helping other stroke victims to recover, but I can't help but look back and imagine how much easier it could have been had I had the backing of an organisation like this one.

I'm settled now – I have a good job, a beautiful home, and a supportive partner. My only current caring

responsibilities are to my wonderful daughter and elderly grandmother, so I'm in the best position I could be to look beyond my and my family's needs and work with the wider community.

More than offering my insight as a Carer and my admin skills as a Civil Servant, I wanted to give back to the South Lakes community. To put my experience to work in a place I love, to help people I know need and deserve support.

Thanks, Jen

New Starters Linda & Kirstie - Adult Carer Support Workers



Hello, I'm Linda, the newest member of staff here at Carer Support South Lakes. Born and bred in Kendal. During my free time (there's not much of that at the moment) I can be found up a mountain or in a lake getting cold and wet.

40ish years ago I moved away to train as a general and paediatric nurse in Manchester and Salford, from there I moved a little closer to home and worked on the children's medical ward at Beaumont hospital before getting married and moving to the "Big Smoke" London, where I worked in the children's

intensive care and burns unit at Guys Hospital.

When I left London I started a family and spent time in the north of Scotland, Egypt and Italy before coming home to settle on a farm just south of Kendal. As much as I enjoyed nursing I loved farming and the outdoor life more, especially lambing time.

Since returning to the Kendal area I opted for part time work with families and young adults requiring supported living at home as well as running a health and wellbeing business with fun fitness sessions in the community, all to fit around raising three children and running the farm. The children are all now grown up with children of their own and I am enjoying being an active nanna.



Let me introduce myself, my name is Kirstie Blair and I started working for Carer Support South Lakes at the end of September.

A lock down mid-life crisis saw me and my family moving to Kendal in August this year, having lived down on the Wiltshire Gloucestershire borders for 30 years. When I'm not supporting adult Carers, you will most likely either find me in the kitchen or swimming outdoors somewhere. I love to cook and nothing makes me

happier than having a kitchen full of my friends and family whilst making something delicious. For me outdoor swimming clears the mind and each dip is a little personal challenge, especially as the weather gets colder.

My spare time now is often spent walking round Kendal with my husband and our flat coated retriever Ziggy finding lots of new places, especially the real ale pubs and bars. There is of course a new house to work on so my love for interiors and design is being put to the full.

It's a great team here at Carer Support South Lakes and I have been made to feel very welcome.

Selfless unpaid Carers enjoy respite cruise on Windermere

Unpaid Carers have enjoyed a “Cruise for Carers” respite trip on England’s longest lake courtesy of Windermere Lake Cruises.

The cruise was organised in support of our **Give Carers A Break Appeal**. The Carers, along with staff and volunteers, travelled on the company’s newest vessel MV Swift. Over 40 people joined the cruise from Bowness to Ambleside.

Cheryl Duckworth, one of our support workers said: *“We are very grateful to Windermere Lake Cruises for making this trip available. It was a lovely way for the Carers to enjoy some time away from their caring duties.”*

“Being a Carer can be rewarding, but it can be challenging at times too. So, getting a break like this from those responsibilities can be a lifeline.”

Nigel Wilkinson, the Managing Director of Windermere Lake Cruises, says: *“We were delighted to welcome the group on board MV Swift and hope they really enjoyed their cruise. Windermere Lake Cruises was very keen to support the Give Carers A Break Appeal to show how highly the role of unpaid Carers is valued. We hope the Cruise For Carers offered some welcome respite to those who joined us.”*



Cruise for Carers – some of the unpaid Carers and volunteers at who enjoyed the respite break on MV Swift.

MV Swift was chosen to host the group of Carers as the company’s most modern vessel was specially designed with accessibility in mind – to make sure passengers with disabilities could access the waters of Windermere and enjoy the stunning Lakeland scenery in comfort.



GIVE CARERS A BREAK

The **Give Carers A Break Appeal** was launched by Carer Support South Lakes to mark the charity’s 30th Anniversary this year. It asks generous local companies to donate services or experiences to give Carers much needed respite breaks. We are looking to raise around £20,000 to provide additional respite for our unpaid

Carers of all ages. Anyone can donate money through the “Give Carers A Break” Appeal on our website.

Two in three people will be an unpaid Carer at some stage during their lifetime. It could be for an older relative, a husband or wife, a child or even a friend.

Young Carers Summer

This summer the Young Carers have been out and about in nature enjoying themselves and having some time out from their caring role. We were offered the fantastic opportunity to visit Brantwood on the outskirts of Coniston and explore the great outdoors in the grounds of the house originally owned by John Ruskin.

We teamed up with Blackpool Young Carers for the day and it was wonderful to bring two similar services together for the shared experience. The friends of Brantwood made a kind donation to offer us drinks and (yummy!) cake on arrival and have a trip out on Coniston Launch. Everyone thoroughly enjoyed the boat trip as well as trying out a number of craft activities. We also completed a nature trail and made some lovely pebble art which we left on the waters edge and made a wish upon!

It was a great day and we would like to give a big thank you to the friends of Brantwood as well as our Blackpool Young Carers for a fabulous day.



Young Carers Tower Wood

We also had another great return to the outdoor education centre Tower Wood, having visited before and it being a firm favourite with the Young Carers we returned this summer with another 20 Young Carers to give them an over night stay away and another marvellous experience.

Across the four days they took part in orienteering, canoeing, kayaking, paddle boarding and zip lining. This was a new experience for some and a return for others, however everyone faced their fears, pushed themselves to try new challenges and supported each other along the way. This helps our Young Carers to build resilience and have a well needed break from looking after loved ones at home.

We can't thank the Tower Wood staff enough for our experience, we were well looked after and everyone had a great time. We could not have these great experiences if it was not for grants received from funders such as Children In Need.



The Forge Festival 2022

This Spring 13 of our Young Carers took part in the Forge Festival with the theme 'The Future Fight'. This was facilitated by The Knotted Project Theatre Company. Family, friends and members of the public attended the event to watch the pop up performances.

In preparation for the festival the group of Young Carers attended weekly workshops to produce a piece of dance/drama to showcase at the festival which took place at Windermere Jetty Museum.

The Young Carers had lots of fun and worked hard to develop their creative skills, including producing monologues and poems, as well as developing creative individual and group dance movements. Everyone got involved either on stage or behind the set and some members of the team especially enjoyed the opportunity to have a go at recording some footage for the production.

The group were supported by a range of professional artists including a choreographer, musician and a filmmaker. There was also support available from a mental health practitioner.

The Young Carers also had the opportunity to work towards and complete their Bronze Art Award, a nationally recognised qualification managed by Trinity College London.

We all had an amazing time and lots of fun and even the rain did not stop the performances!

We were able to take part in this amazing opportunity thanks to some funding from Children In Need Next Steps. We are going to start Phase Two of the project in 2023 and will be inviting more Young Carers to get involved.



Carer Champions

The start of 2023 will see the launch of our Carer Champions. These are a growing group of volunteers who will raise awareness of unpaid Carers and CSSL by speaking with different local groups in the area where they live.

This will help to identify other Carers not yet supported by us, increase knowledge of the charity, help with fundraising and recruit new volunteers.

Beginning in Kendal, Windermere, Milnthorpe and Sedbergh, we hope to continue spreading the word right across the South Lakes, into our most rural areas.

Currently, Liz, Lisa, Nicky, Sharron, Jennifer, Rowena and Deb are getting their heads together to create an informative and inspiring presentation package, ready for launch in the next couple of months.

If you know of any groups in your area who might be interested in the work that we do, please get in touch and let us know.

Volunteers wanted

As Carers, or Ex-Carers, yourselves you have a wealth of knowledge, experience and empathy for the challenge of certain caring roles. If you like speaking with other people and think you could offer some gentle conversational support for half an hour each month from the comfort of your own home, then you could be perfect for our Here to Hear Telephone Service and we would really love to hear from you. Call us on **01539 815970** and ask to talk to Nicky.

2022 - What a Year!

30th anniversary, 30 events including:

- Gin Fundraiser with Shed 1 and Create Escape
- Cake Stall Coffee Morning
- Christmas Cards designed by our Young Carers
- The Lakes Players Panto
- Shelly's One Arm Appeal
- Virtual Swim
- Four 1000 miles walks
- 90's Disco
- Keswick to Kendal Sponsored Walk
- Two Bingo Nights
- Climate Change Talk with Mike Berners Lee
- 24 hour Tennis Marathon
- Sky Dive
- Dallam School Sponsored Walk
- 5K Inflatables
- Summer Concert
- Five Great North Runs
- Football Shirt Raffle
- Young Carers Scavenger Hunt
- Willan's Charity of the Year Monthly Hamper
- Tombola
- Art Exhibition & Sale
- The Big Give Christmas Appeal
- Carers Ball Raffle
- Carers Ball 2022

To all who contributed, donated and shared our events, a MASSIVE and grateful Thank You!



*Carer Support South Lakes 30th Anniversary Carers Ball.
Photo courtesy of Vix Sedgwick*

Do you have a fundraising idea to support unpaid Carers?

Speak to Marian

marian@carersupportsouthlakes.org.uk

What's to come in 2023!

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



BECOME A FRIEND

Could you become a Friend of Carer Support South Lakes? Can you help Carer Support South Lakes to make a difference to the lives of unpaid Carers affected by loneliness, isolation, despair and crisis? Could you commit to making a monthly donation? Starting from £5.

Whilst one-off donations, fundraising initiatives and the many other ways in which people show their support are all vital and are hugely appreciated, like most charities, we also need people who support us by becoming regular givers (or 'friends' as we like to call them). This is because by donating on a regular basis you enable us to budget ahead and plan for the future.

Would you consider becoming a friend of Carer Support South Lakes? Contact Carer Support South Lakes on **01539 815970** or email admin@carersupportsouthlakes.org.uk and a member of the team will contact you.



GIVE CARERS A BREAK APPEAL

Our Give Carers A Break Appeal is taking shape, you may have already benefited from this. So far, we have paid for massages, haircuts, a day out at the zoo, cinema tickets, bowling and a cruise on Lake Windermere for 40 unpaid Carers

A short break from routine can take various forms; whether it is reconnecting with a hobby, going for a massage, enjoying an afternoon tea or taking an overnight stay. Whatever the break, it provides unpaid Carers a chance to recharge, which is vital for their mental and physical well-being.

To find out more please talk to one of our Support Workers by calling **01539 815970**.

For more details on the Appeal, and on how to donate go to www.carersupportsouthlakes.org.uk/give-carers-a-break-appeal/

Monthly Carer Support Groups

WINDERMERE AND AMBLESIDE

Hosted by Rowena
2nd Monday of every month, 10.00 – 11.45am
Nine Oaks (lounge), Phoenix Way, Windermere, LA23 1BB

KENDAL

Hosted by Nancy
Last Wednesday of every month, 2.00 – 3.30pm
Hansens Ice Cream Parlour, Kendal, LA9 7LH

GRANGE

1st Tuesday of every month, 10.30am – 12.00 noon
Grange Hotel, Station Square, Grange over Sands, LA11 6EJ

MALE CARER SUPPORT GROUP

Hosted by Stuart
1st Thursday of every month, 2.00 – 4.00pm
Location varies from month to month

**Sedbergh
Group
coming
soon!**

Call **01539 815970 (opt 2)** for more information • www.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



Stephen Baker
Finance & Risk

Management & Admin



Debi Marsden
Chief Executive
Officer



Marian Graveson
Events, Campaigns &
Fundraising Manager



Diane Billington
Finance and Office
Manager



Holly Cragg
Operations Manager



Becki Bryant
Administrator



Hannah Elvey
Intern

Adult Carers



Rebecca Jones
Operational Lead



Laura Beale
Health & Wellbeing
Lead / Senior Support
Worker



Cheryl Duckworth
Adult Carer Support
Worker



Kirstie Blair
Adult Carer Support
Worker



Linda Coward
Adult Carer Support
Worker



Alyssa Wills
Assessment Worker

Young Carers



Nicola Edmondson
Young Carer Support
Worker



Jane Eccles
Young Carer Support
Worker



Shelly Neill
Young Carer Support
Worker



Jessica Abbott
Young Carer Support
Worker

Volunteer Led Services



Nicky Woods
Volunteer Co-ordinator



Anna Greenbank
Support Worker



Liz Berners-Lee
Support Worker

