

# Newsletter

## July 2025



### Message from the Chair

Important Update about Carer Support in Cumberland  
*Effective from 1st October 2025*

I am writing to share with you an important update about the future of Carer support across Cumberland. Following a recent re-tendering process by Cumberland Council, Carer Support West Cumbria will no longer be delivering core services across Allerdale and Copeland on behalf of the Council from 1st October 2025.

The Council has awarded three new contracts for Carer support, dividing care provision into three separate areas of need. From October, the following organisations will take on responsibility for delivering services:

- Family Action – for Young Carers and Parent Carers
- People First – for Adult Carers
- Mobilise Care Ltd – for Digital Carer Support

Whilst this marks the end of our formal role in delivering services under the Council contract, I want to assure you that nothing changes immediately. Our team at Carer Support West Cumbria will continue to provide your support as normal in the coming months. During this time we are committed to working closely with the new providers to ensure the transition is smooth and sensitive to your needs.

You will hear more from us over the coming months, during this time we will make sure you know exactly what the changes mean to you and who to contact. In the meantime, your Support Worker is still here for you, and we welcome any questions or concerns you may have.

As Chair of Carer Support West Cumbria, I want to emphasise our continuing commitment to unpaid Carers in our community. Although our commissioned work with the Council is ending, our role as a local charity remains as vital as ever. Our aim is to stand alongside Carers and explore new ways to offer meaningful support in the months and years ahead.

Thank you for allowing us to be alongside you and we remain here for you, every step of the way.

Warmest regards

Linda Hewitt

Chair, Carer Support West Cumbria



Small Good Stuff is an online directory which showcases small organisations and groups that offer care and support.

Local people helping other local people is good for everyone and for communities.

Find out more:  
[communitycatalysts.co.uk/smallgoodstuff/](https://communitycatalysts.co.uk/smallgoodstuff/)

### Windermere Discounts

Did you know that residents with an LA or CA postcode can get a 20% discount on Windermere Lake Cruises and the Lakeland Motor Museum?

Apply for a Local Residents' Card at [windermere-lakecruises.co.uk/about-us/local-residents-card](https://windermere-lakecruises.co.uk/about-us/local-residents-card)



# Wellbeing Festival

Cumberland Council are hosting another FREE Social Prescribing Wellbeing Festival!

Taking place on Friday 8<sup>th</sup> August at Whitehaven Rugby League Club's Recreation Ground on Coach Road, from 10am until 3pm.

Join dozens of organisations offering advice, fun activities, entertainment and even free food for the children.

Find more details here: [bit.ly/4lIFaYV](https://bit.ly/4lIFaYV)



## Exercise Referral Programme



Copeland GP surgeries are offering free exercise sessions and gym memberships on referral. Available to anyone with health issues, including frailty, mental health concerns, or any other health problem that may benefit from exercise.

Ask your healthcare professional for more information and a referral to join.



## A look back at Carers' Week

The 9<sup>th</sup>-15<sup>th</sup> June marked this year's Carers' Week. The theme was 'Caring About Equality', highlighting the inequalities faced by unpaid carers.

The week focused on different aspects of being an unpaid carer, including:

- Financial Wellbeing - 1.2 million unpaid carers live in poverty in the UK. Unsure what support you're entitled to? Contact us about our Benefits Clinic.
- Work and Employment - 46% of carers said they face disadvantages to paid work and career opportunities. Our Carers Champion training helps people to recognise unpaid carers in the workplace and guide them to support.
- Young Carers - We support carers from the age of five, offering emotional support, practical help, and the chance to just be a kid. Our recent trip to Maryport gave some of our young carers a well-deserved break to relax and connect.
- Mental Health and Wellbeing - 58% of unpaid carers say caring negatively affects their health. We offer services that can help improve your mood, such as guided meditation, counselling, individual support, social events and activities.



## Trip to Ambleside

Recently, we had our Adult Carer Trip to Ambleside. We were lucky with the weather and enjoyed a trip on the steamer. We had some fabulous feedback from the trip - thank you all for your kind words!

It was an amazing day. Really enjoyed it.  
Thank you x

Thank you all for a wonderful carers day  
out on steamer at Ambleside

We all had a fab day in Ambleside.  
Gorgeous weather and fab company. Thank  
you. xx



## Family and Friends Hub

Do you provide care and support for someone with their mental health? If so, please pop in for a chat and see if our Caring for Carers Programme is for you.

**Location:** The Senhouse Centre, 3 Senhouse Street, Whitehaven, CA28 7ES.

**Date:** Mondays from 2pm - 4pm.

**21/07/25:** Impact of Caring

**28/07/25:** Information Sharing

**04/08/25:** Communication Skills

**11/08/25:** Communication Skills 2

**18/08/25:** Problem Solving

**25/08/25:** – NO HUB –

**01/09/25:** Breaking the Carer Anxiety Cycle and  
Empowerment Dynamic

**08/09/25:** Talking Therapies - Looking After Your  
Wellbeing

**15/09/25:** Early Warning Signs

**22/09/25:** Crisis and Relapse

**29/09/25:** Recovery and Hope

**06/10/25:** Anticipatory Grief

**13/10/25:** Looking After Yourself

**20/10/25:** Looking After Yourself 2

## Relaxation Sessions

Our free online guided relaxation sessions with Simone are continuing. Simone provides mindful, soul-soothing sessions, where you can take time to yourself to just be!

Using a blend of breathwork and guided meditations, she will guide you down into a peaceful serenity of inner stillness and quiet.

All sessions will take place on Zoom and start at 2pm lasting approximately 30-40 minutes.

**To book your place, or for more information, contact reception on 01900 821 976.**

- Wednesday 16<sup>th</sup> July
- Wednesday 27<sup>th</sup> August
- Wednesday 8<sup>th</sup> October
- Wednesday 30<sup>th</sup> July
- Wednesday 10<sup>th</sup> September
- Wednesday 22<sup>nd</sup> October
- Wednesday 13<sup>th</sup> August
- Wednesday 24<sup>th</sup> September
- Wednesday 5<sup>th</sup> November



# Reflecting on Volunteers' Week

From 2<sup>nd</sup>–8<sup>th</sup> June, we celebrated Volunteers' Week, shining a light on the incredible people who give their time to support carers across West Cumbria.

Volunteers are vital to everything we do – from reducing isolation to promoting carer wellbeing.

Here's how they've made a difference this year:

- Sitters gave 658 hours to support carers by spending time with their loved ones, allowing carers a well-earned break.
- Counsellors provided 225 hours of emotional support, offering carers a space to focus on their own wellbeing.
- Newsletter volunteers helped distribute over 4,800 newsletters by post, saving the team time and energy.
- Trustees continue to guide our charity with their expertise, ensuring we deliver the best possible service for unpaid carers.

We wrapped up the week with a special "thank you" lunch at the Hundith Hill Hotel, celebrating the amazing contributions of our volunteer team.

To all our volunteers – thank you. You make what we do possible.



We are a local carers organisation providing support to people in Allerdale and Copeland who are caring for a family member, friend or neighbour. We support carers of all ages from the age of five with no upper age limit.

Charity No. 1119369  
Reg in England No. 6123034

To include any articles in the newsletter please contact us.

## Safeguarding

Carer Support West Cumbria is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

# Four easy ways to contact us

## By Phone:

01900 821 976

## By Email:

[general@carersupportwestcumbria.co.uk](mailto:general@carersupportwestcumbria.co.uk)

## On Social Media:

[Facebook](#), [Instagram](#), and [LinkedIn](#)

## By Letter:

Carer Support West Cumbria, Unit 7F,  
Lakeland Business Park, Lamplugh Road,  
Cockermouth, Cumbria, CA13 0QT

# Staff Quick Reference

## Chief Officer:

Sharon Sewell

## Adult Carer Support Workers:

Joanne Carter  
Susan Pickering  
Malcolm Pritchard  
Dan Scoon  
Eleanor Scott  
Andrea Sowden  
Kelly Tandy  
Fleur Wady

## Carer Health Worker:

Sue Papworth

## Adult Carer Reviewing Officers:

Aysha Begum  
Alisha Stringer

## Life After Caring Support Worker:

Susan Pickering

## Young Carer Project Manager:

Michelle Watson

## Young Carer Support Workers:

Ella Fox  
Megan Howard  
Laura Slater  
Mags Little

## Operations Manager:

Terri Hughes

## Benefits Support Worker:

Lynne Christie-Quinn

## Volunteer Co-Ordinator:

Shirley Murray

## Marketing Co-Ordinator:

Sarah Delaney

## Office Manager:

Linda Stamper

## Administrators:

Sandi Fox  
Vanessa Gray

## Disclaimer:

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