

# Carers News Winter 2020/21



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Improving the lives of  
Carers of all ages

## News from the CEO

Mike Seaton



I'm so pleased we are finally able to bring you some good news stories and things to look forward to in the coming months.

As we approach Christmas and New Year, I reflect on what a difficult year 2020 has been for the people that we support and for our organisation. The difficulties have been large and at times felt overwhelming, yet they have sparked innovation and a renewed sense of community as we have pulled together and looked after one another.

I'm so grateful to our staff and volunteers who have turned their homes into offices and continued to provide support to our carers via telephone and virtual platforms. I also thank our fundraisers who have come up with creative new ideas to help plug the gaps in income left by the cancellation of many of our usual fundraising events.

The Charitable Trusts and Foundations have played a major part allowing us to use their monies differently, or providing new funds for equipment and projects.

The impact of the pandemic has been significant and inevitably will shape our future ways of working. Our first priority is to launch and grow our new online platform: [www.carer-connect.org](http://www.carer-connect.org) – this will enable carers to talk and support each other.

We'll also be introducing educational and emotional support services for our Young Carers who have had their education disrupted even more than they normally would through their caring roles. We want to find ways to safely re-introduce support groups, face to face meetings, activities and respite as soon as possible.

Our other priority is to organise our new exciting vibrant premises in Wainwright's Yard in Kendal, close to Booths. This is an easily accessible space, it allows staff to come together to work and carers to safely drop in for a chat.

So, as we move towards 2021 let's not focus on the days gone by, but look to the future and the positive that is to come. Have a safe and blessed Christmas.



## Greetings from the Chairman

James Alexander

I arrived in 1975 from Australia as a young, enthusiast 20 something into London to continue my career into serious Hotel Management.

Well some 40 years later, Catherine (my wife and business partner) and I have had fulfilling careers in Kendal and Manchester owning hotels, now have three grandchildren and firmly 'hefted' at Castle Green in Kendal, life's good!

It's about 2 years ago someone suggested with a bit of spare time on my hands after downsizing our business participation, did I know about CSSL and better still come along and listen, you could become a Trustee and help with this vital service.

I'm now the Chair Person but would rather be called the **'Team Leader'** of what I consider to be the essential 4th public service to South Lakeland 'looking after people who look after people' or better still the **Carer's Carer!**

Being the Team Leader of CSSL is just like the Head Coach at the Kendal Ruby Club, both positions are **essential to winning** games or in our case offering meaningful support to our carers.

We have the most professional team, based at **Carers Hub in Wainwright's Yard** in the centre of Kendal.

My vision's simple... Enhancing **Carer-Connect**, [www.carer-connect.org](http://www.carer-connect.org) to enable all unpaid carers to join together.

- To increase the profile of Carer Support South Lakes to be considered within the **top 4 local worthy services**.
- To train, develop and **look after all CSSL staff** and above all offer **excellent support** to all the unpaid Carers of the **South Lakes**.



*Our new premises Wainwright's Yard*

## A Christmas competition

### OUR WINNERS!



We recently ran a Christmas card competition for all our Young Carers – their challenge was to design a Christmas card to send out on behalf of the Charity. We had a great response and our two winners, from different age categories, both won a prize. Our three runners up had also put a lot of effort into their design also received a prize. A huge congratulations to our two winners, Anna-May and Kayleigh for their thoughtful and innovative designs. We're looking forward to sharing them with everyone during December 2020.

### THE RUNNERS UP



If you would like to buy any of these Christmas cards and support the charity at the same time, they can be purchased from **Endmoor Bakery, Endmoor LA8 0EU**, from the office **7 Wainwright's Yard Mon-Thurs 10am-3pm** or we can arrange for them to be posted to you direct (see our website). The costs for these cards are £5.00 for 10, includes P&P.

## Our latest news

### Young Carers Awareness Day

This day has got bigger each year, and there are things we can do to make it better. Many young Carers have told us themselves how we can improve. Here's some changes that you'll see in 2021. Carers Trust have told us...

**We're changing the name** to Young Carers Action Day, in the hope that people take action to support young Carers.

**We're changing the date** to 16 March. The old date was in January and we noticed it was easy to lose momentum due to the Christmas holidays.

**We're including young adult Carers**, because our recent survey of young Carers and young adult Carers showed us that young people aged 18 to 25 are experiencing many of the same challenges as younger Carers.

advice and extra reassurance when needed. We have continued to complete carer's assessments and reviews and hope that we can see our carers face to face in the coming months.

We have welcomed in our new Adult Support Workers, Jude, Nicola and Laura. Jessica has joined the Young Carers Team, and Diane who is Business Support Admin. Congratulations to Becky and Holly who have been promoted to Lead Support Workers. They are all very eager to meet carers and to get started with offering their support.



### Team news

During these uncertain times, our aim has been to continue offering support to our Carers in the best way that we can. We have managed to continue to support our carers over the telephone, offering a lot of one to one support, information,

### Office move

We've relocated from Stricklandgate House into our **Carers Hub 7 Wainwright's Yard**. Our telephone and e-mail address remain the same: **01539 815970** and **admin@carersupportsouthlakes.org.uk**

# Exciting News Carer-Connect is here!

We are delighted to invite you to join [www.carer-connect.org](http://www.carer-connect.org)  
A communication service exclusively for Carers in South Lakes.

## Carer-Connect allows you to:

- Chat with others in a similar situation
- Be heard and ask questions
- Share ideas that are really helpful to you in your caring role
- Keep in touch with specific, relevant and up to date information
- Be accessible 24 hours... everyday

## Go to

[www.carer-connect.org](http://www.carer-connect.org)

- Create your own private account
- Protected by your own Email Address and Passwords
- Exclusively only for Carers



Carer-Connect is exclusively designed and managed by Carers Support South Lakes  
Carers Hub 7 Wainwright's Yard Kendal LA9 4DP  
**01539 815970** | [carerconnect@cssl.org](mailto:carerconnect@cssl.org)

## Introducing the Team



**Mike Seaton**  
*Chief Executive Officer*



**Nicky Woods**  
*Sitting Service Coordinator*



**Marian Graveson**  
*Business Development Manager*



**Laura Beale**  
*Support Worker*



**Debi Marsden**  
*Chief Operating Officer*



**Issy Neill**  
*Lead Counsellor*



**Gavin Shaw**  
*Carer Assessment Worker*



**Judith (Jude) Rogers**  
*Adult Carer Support Worker*



**Rebecca Jones**  
*Lead Support Worker*



**Jenette Hardy**  
*Carer-Connect Support Worker*



**Julia Neely**  
*Carer Assessment Worker*



**Nicola Millington**  
*Adult Carer Support Worker*



**Nicola Edmondson**  
*Young Carer Assessment Worker*



**Louise Freeman**  
*Carer-Connect Project Co-ordinator*



**Holly Cragg**  
*Young Carer Lead Support Worker*



**Jessica Abbott**  
*Young Carer Support Worker*



**Jane Eccles**  
*Young Carer Support Worker*



**Diane Billington**  
*Business Support Administrator*



## Stop press: **Carer-Connect**

**Announcing the News on Carer's Rights Day (Thursday 26th November) Chief Operating Officer of Carer-Connect, Debi Marsden, explains why the timing of receipt of this fund is so vital:**

*"The grant awarded to Carer Support Cumbria from the Cumbria COVID-19 Response will enable Carers-Connect to further its reach into the whole of Cumbria rather than just South Lakes area. This platform will really support Carers to connect with one another regardless of their geographical location.*

*"COVID-19 has really highlighted the issue of acute social isolation and the importance of support and conversations for all unpaid Carers. This is why Carer-Connect is needed right now. Carer-Connect is predominantly a social space with professional services and support built in. This safe and moderated forum is for Carers of all ages, with groups for Young Carers, Adult and Parent Carers living throughout Cumbria"*

**[www.carer-connect.org](http://www.carer-connect.org)**