As this is the first issue of the Supporting People newsletter since my recent appointment as County Manager Health and Wellbeing I thought it would be a good opportunity to tell you something about myself. I have undertaken numerous roles within Cumbria County Council since joining as a rookie Social Worker in the 1980's and will have met many of you during that time. My most recent roles have been in Commissioning, Mental Health and Physical Disabilities in Adult and Local Services. To some extent it feels like I am ‘coming home’ as I started by career working with homeless people for a voluntary organisation. My new job includes responsibility for Health and Wellbeing, Carers Strategy and Prevention Services as well as lead for Supporting People.

Clearly this is a time of major change and restrictions on resources for all of us, not to mention the imminent procurement process for short-term accommodation based services, floating support, sheltered accommodation and extra-care housing services. The Supporting People team are busy preparing all of the documentation required for this and all the information will be available shortly. I have already been impressed by some of the fantastic work which is being undertaken for vulnerable people in projects across the county and I am looking forward to seeing more and meeting more of you in the near future.

Very best wishes

Nick Waterfield
County Manager – Health and Well-Being
Adult & Local Services
Supporting People Team - Contact details

For general enquiries, email supportingpeople@cumbria.gov.uk
or telephone 01228 221549

The email address for Cumbria County Council employees has changed from
name.name@cumbriacc.gov.uk to name.name@cumbria.gov.uk
Please update your records

Supporting People & Prevention Team
Nick Waterfield, County Manager, Health & Well-being: Tel No. 01228 227042
Julie Batsford, Supporting People Manager: Tel No. 01946 505521 / 07824821450
Andrea Smith, Strategy Officer: Tel No. 01900 706901
Ann Ford, Information & Communication Officer: Tel No. 01228 227125
Sally Stordy-Allison, Management Secretary: Tel No. 01228 221548
Cheryl Shortman, Team Secretary: Tel No. 01228 221549

Supporting People Finance Team
Marie Crossan, Community Care Clerk: Tel No. 01228 221454
Eddie Fletcher, Business Support Clerk, Tel No. 01228 221561

Supporting People Contract & Compliance Team
Diane Sullivan, Service Manager: Tel No. 01228 226569 / 01900 706906
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Andy Clark, Contract & Compliance Manager, Tel No 01228 227176
Paula Gilmour, Contract & Compliance Officer: Tel No. 01228 226132
Sharon McManus, Contract & Compliance Officer: Tel No. 01228 221492
Local Area Co-ordinators Team (LAC)

Louise Elsworth-Barnes (Allerdale & Copeland), LAC Development Manager:
Tel No. 07721922530

Paul Phillips (Barrow & South Lakeland), LAC: Tel No. 07917751521

Duncan Larkin-Jones (Eden & Carlisle), LAC: Tel No. 07721923234

Rick Leaning (Carlisle), LAC: Tel No. 077917813940

You can make a referral to the LAC Team by completing the online referral form at http://www.cumbria.gov.uk/supportingpeople/localareacoordinators.asp or by calling the LACs directly.

Supporting People Team - News and Updates

LAC Team Update - from Louise Elsworth-Barnes

I would like to welcome Rick Leaning to the team, he will be covering the north of the county. As part of his induction Rick will be getting in touch with the Supporting People Providers to introducing himself. You can learn more about Rick in this editions SPotlight which can be found on page 7.

Rick will be based at the Civic Centre in Carlisle and can be contacted on 077917813940

This week Julie Batsford, Cheryl Page & I will be attending a conference in Gloucester named a “Conversation about Care”. This conference will focus on social care reform and how the LACs are integral to this process. Cheryl & I will be presenting at this conference so I will give you feedback from it in the next newsletter.

Louise
Information & Communication Update - from Ann Ford

The period & submission dates for the PI Workbook for Quarters 2, 3 & 4 2011 - 2012 are as follows.

2nd Monday 04 July 2011 Sunday 02 October 2011
First submission no later than 7 Oct - last day for submission – 14 Oct 2011

3rd Monday 03 October 2011 Sunday 01 January 2012
First submission no later than 6 Jan - last day for submission – 13 Jan 2012

4th Monday 02 January 2012 Sunday 1 April 2012
First submission no later than 6 April - last day for submission – 13 April 2012

CROMPT (Client Record & Outcomes Performance Monitoring Tool)

CROMPT Training for Providers took place in June in both Carlisle & Kendal. The training sessions were well attended by Providers and the feedback from the training session on the new reporting tool which replaces St Andrews has been very positive.

There has been a very good response to submissions to date; more to follow on this in the next edition.

Read about my plan to do the Great Cumbrian Run 2011 on page 23.

Dates for your diary

- Core Strategy Development Group - Monday 22 August 2011 @ 10:00hrs, Eden Rural Foyer, Penrith
- Commissioning Body - Wednesday 21 September 2011 @ 10:00hrs, Eden Rural Foyer
- Provider Forum - Tuesday 27 September 2011, time & venue TBC
Finance Team Update - from Marie Crossan

To those of you who don’t already know Claire Ward unfortunately left Cumbria County Council at the end of March. Edward Fletcher (Eddie) has now joined our finance team.

We would just like to mention the following reminders:

• Please be aware that only those service users who claim Housing Benefit are entitled to the Supporting People payment. However, if they are not entitled to Housing Benefit they may be eligible for a Fairer Charging assessment.

• Please enclose proof of Housing Benefit when requesting new tenancy on the change of circumstances forms; this will speed up the process as we can not pass payment until we are in receipt of the proof.

• Also, it would be very helpful when possible if you could please include the date of birth of the service user on the Change of Circumstance form (even when reporting that the tenancy has come to an end).

• The July payment schedules will be in a new format, all the necessary details will still be available to view with more information on the adjustments.

Please send all Change of Circumstance Forms, Acknowledgement Receipt, Housing Benefit Forms and any queries to Eddie or myself.

Marie Crossan
Community Care Clerk (Supporting People) | Adult Social Care
Adult and Local Services | Cumbria County Council
3rd Floor | Civic Centre | Rickergate | Carlisle | CA3 8QG

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Edward Fletcher
Business Support Clerk | Adult Social Care
Adult and Local Services | Cumbria County Council
Civic Centre | Rickergate | Carlisle | CA3 8QG

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edward.fletcher@cumbria.gov.uk
Contract & Compliance Team Update

Another newsletter already – where does the time go…

INS AND OUTS

Sadly we have to say goodbye, no au revoir, to Jan Smith who will still be with the Contracts Team but is transferring closer to the West Contracts team to cut her travelling and be closer to home………..

…….so it’s hello and welcome to Paula Gilmour who has taken over from Jan. Paula has joined us from Children’s Services where she worked as Children’s Centres and Extended Services Funding Officer.

RETENDERING

As you know, we’re about to go into the re-tendering process for all SP services.

The process, background, statistics and structure was presented at recent Supplier Engagement Days. Things have moved on from then and Supplier feedback has played a large part in that, so thanks.

You’ve already been notified but can we remind you that to access the tender documents and take part in the tendering process you must be registered on the North West Local Authority Procurement portal (called ‘The Chest’).

If you have not yet registered you should do so urgently as the documents are due to be posted to ‘The Chest’ in the very near future.

http://www.thechest.nwce.gov.uk
Welcome to ‘Spotlight’. Here we aim to get up close to Service Users, Providers and Supporting People Team members by asking them a series of questions.

Under the SPotlight in this edition, we have …………

Name: Rick Leaning – Local Area Co-ordinator (LAC), Supporting People, Cumbria County Council

Place of work: Civic Centre, Carlisle

1. **What was the last thing you done just for yourself?**
   
   I bought a Tablet PC; I enjoy new innovations & will enjoy sorting through the operating systems

2. **What’s your favourite meal?**
   
   A proper ploughman’s salad with all the trimmings and some good bread

3. **Which person, living or dead, would you most like to share a long train journey with and why?**
   
   My dad, as he is very much missed

4. **What was the last book you read?**
   
   “Terran Empire” (a freebee e book)

5. **What was the last film that you watched?**
   
   “HarryPotter and the Deathly Hallows” with my son ………………… poor Doby!

6. **If you won £1,000, what would you do with it?**
   
   I would split it and save half for Christmas and put the rest towards a holiday next year

7. **If you had to take part in “Britain’s Got talent”, what would your act be?**
   
   If I HAD too (at gun point), I would have to brush up on my juggling skills and do that

8. **What random sport would you like to see in the Olympics?**
   
   Motorbike racing

9. **Marmite – love it or hate it?**
   
   Never tried it, don’t fancy it!

10. **If a genie granted you one wish, what would you wish for? (wishing for more wishes is not allowed)**

   I think I would ask for the good health of my family & friends

If you would like to be under the “SPotlight” in the next edition of the newsletter, please contact Ann Ford on 01228 227125 or you can email me at ann.ford@cumbria.gov.uk
If you have some time to spare, why not try your hand at a word search. Words can go horizontally, vertically and diagonally in all directions. Words may overlap and share 1 or more letters (solution can be found on page 19).

### Summer Holidays

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passport seaside airport sunburn luggage station
bathing tickets summer travel island suntan
sunbed hotel train disko sand taxi
Provider Updates

Update from Eden Housing Association

Sim Court

Our Sheltered Scheme here at Sim Court
Is the best place in the land.
Since moving here I’ve often thought,
‘My word, this place is grand!’

Each day there’s always things to do,
It really is great stuff.
And outings to look forward to,
We just can’t get enough.

Yes, coach trips really are a treat,
There’s Morecambe and Dumfries.
We find that Keswick’s hard to beat,
Our choices never cease.

The camera club is really good,
There’s lots of talent there.
I’m sure their films and photos could
Win prizes anywhere.

Computers, craftwork, fundraising
And so much more to do.
We turn our hands to anything,
A creative little crew.

On Thursdays coffee morning comes
Which we would recommend.
We chat away to all our chums,
A cheerful time we spend.

I’m glad that I came here to live
In my cosy little pad.
The residents have lots to give.
They’re the best neighbours I’ve had!

Steve Childerley
Update from Impact Housing Association
Residents at Jenkins Crag Court - ‘Get Digital!’

For many older people the thought of learning new skills, particularly when it comes to technology can be a daunting prospect. But the Residents of Jenkins Crag Court in Kendal and Gowan Lea in Burneside have been ‘getting digital’ with a new digital inclusion programme designed to help older people get online and using the internet.

Funding was secured by Impact Housing, to run the programme, which allows anyone attending to learn completely at their own pace with the support of a personal tutor. Liz Laidlaw, the appointed tutor at Jenkins Crag Court has done just this and residents have had the benefit of one-to-one support and guidance to get them up and running.

There’s been lots of interest among residents and despite many people feeling wary at first, it wasn’t long before residents were searching the net and emailing family and friends in far away places.

Those involved have been very supportive of one another and the regular attendees now intend to carry on the work themselves after the project ends – even hoping to share their new skills to offer support to other newcomers with an interest.

Staff & Residents
Jenkins Crag Court Sheltered & Extra Care Scheme, Kendal

The Grow IT! In Eden programme is now being delivered at Eden Rural Foyer, and will also be available as an Outreach provision in your Community.

The aim of the programme is to raise awareness of IT and the use of the Internet.

We are working in partnership with many different agencies, companies, groups and individuals to raise awareness to all.

If you, or your customers, are interested in receiving professional, patient advice on what the internet can do for you – such as shopping online, downloading music online, using social networking sites – then we can tailor our training to your interests.

This is a free programme, so come and see us for a chat soon!

If you would like any other information please contact Eden Rural Foyer on
Tel: 01768 861650 Email: erf@impacthousing.org.uk
Update from Housing 21

Mrs. Betty Sheridan who is 84 years young and partially sighted in one eye has over the past 2 years taken up painting as a hobby. She now has paintings displayed in various shops and in the Golf Hotel at Silloth which is a great achievement considering she hadn't painted previously.

She is also a volunteer telephone coordinator for the Community Transport Scheme.

Well done Betty.

Pauline Shaw, Court Manager

Update from United Response

Coffee Morning, Saturday 4th June 2011

A coffee morning was held in Carlisle Town Hall, & was organised by individuals supported by United Response & also it’s staff.

The coffee morning was a great success, raising £266 in three hours.

There were two separate raffles, homemade cakes & a tombola.

The event was officially opened by The Mayor and Mayoress of Carlisle & was also sponsored by a number of local and national business’, who donated prizes and cash donations, which with the money raised from the coffee morning have exceeded £900.00 which is to be used for a Newsletter & Social group for the people who are supported by
Update from Croftlands Trust

SERVICE USER FORUMS

We have now developed our Service user Involvement Strategy and the next couple of years we will work hard to ensure that there are positive results from some of the objectives we have set ourselves. One of our aspirations is to create opportunities for people who have direct experience of Croftlands Trust Services to spend some time together talking about things that are important to them. This is something we have not done before for people who live outside of our communal Supported Housing projects. Despite our lack of experience, it felt the best way forward was to ‘just go for it’. Invitations were sent out, the staff team had the important task of promoting the forum. I had the task of making sure we had some fresh and appetising food for after the forum. I also wanted to ask the people who attended for some feedback about how well we let them know about their rights as Service Users of Supported Housing projects.

On a bright hot Sunday afternoon, 8 people arrived to join us in our first ever Croftlands Trust Service User Forum. Sylvia MacLeod, Community Project manger also attended. The resulting minutes are a testament to the willingness and enthusiasm of people to join in and make the event a success. Again, I would like to thank people for their contribution and look forward to our next meeting on the 9th August 2001 where we will be seeking feedback on our Support Planning and outcome measures.

Croftlands Trust Community Services Forum Minutes 10th April 2011

To start the discussion, Penny explained that Croftlands Trust uses a ‘three way process’ to let people know about their rights. We give people written information, we give people an explanation and we behave in a way that upholds people’s rights. The right of ‘being treated with respect’ was given as an important example of what people should expect from a service.

FEEDBACK:

- “It is really hard to take things in sometimes and written information can be difficult to deal with. It’s hard to take in lots of writing, particularly if you are feeling anxious or unwell. Explaining is the best way to give people information”.
- “The most important thing is to ‘feel’ that you are being respected, and to know that you are treated with respect at all times”.
- “Respect is actually best shown by listening properly”.
- “If you have a tenancy you are asked if you like the property, you are not just told that it is good enough for you. The fact that the property is nicely decorated helped me feel respected”.
- “I feel respected because the staff listen to me and help me make changes which improve my life. You can’t learn this from writing”.

www.cumbria.gov.uk/supportingpeople
“I think respect is shown through an understanding based on trust; I would not let the staff into my home if there was no trust. We all have to work to get this”.

“Yes you get this from having a good rapport- it’s a two way street”.

“I feel respected because the staff have acted in a way that has protected me (been a saviour). They make such a difference to my life with what I call their ‘wise words’ and the fact that when things are not right, the staff look at my circumstances and don’t just make me feel everything is something I have done”.

“I’m not just a ‘housing problem’- I am supported as a person. I have had help with my anxieties and social problems too”.

“It was the same for me too, I did not want to go to a Croftlands flat, but (I was on a section and really told I had to accept some support), I was supported and respected, the staff hung on in there with me even when I could not see my future. This is respect”.

“The service has been really good at adjusting to my changing needs and differing circumstances. From being really unwell to much better and moving on”.

“What the team does shows much more than the paperwork”.

“People have had to fight for services and the support has been there when things are at their most desperate. (This comment triggered much agreement)”.

“What might also be useful is a leaflet that concentrates on what people can expect from a service, not too much information all at once”.

“Yes it would be really useful to have some written information given at different times, not just when you start a service and are quite stressed anyway”.

“Penny referred to the ‘Information Audit’ on the flip-chart and the ‘three way process’. Asked if we were to summarise the best way to let people know what their rights are, would it be safe to say ‘by the way we behave towards people? The consensus was yes.

Sylvia asked how people felt about herself and team seniors having individual contact with people to talk about how they were getting on with the service. She also explained that her team was developing a new 3 stage process for people referred into Housing- including that people were asked to visit the office to meet other people from the team.

FEEDBACK:

This was felt to be a good idea and no-one present said they would have any problem with this.

“I would really welcome you into my home because one thing I have learned from Croftlands is that it is important for me to stay in touch with the community and people in a positive way’.

“It would be good to see you but I don’t have any problems with the service so you might not think it’s worthwhile”.

Penny asked if there were three things that were absolutely essential when people first needed a service from Croftlands, what would they be?

FEEDBACK:

“You need your housing sorted, your medication sorted and your money sorted”.

“Yes, money and budgeting are really important because if you are in debt or not managing then this can be awful to deal with”.

“I have a Bi-Polar problem, I did not have any experience managing my money and it caused me big problems. Croftlands was good at supporting me to deal with this”.

“Money and food should be sorted before people leave hospital”.
Sylvia explained that it was a time of change for Adult Social Care; as a consequence Croftlands too needs to adapt and change. What will not change however is that we support people in a ‘hands on-small steps way’.

FEEDBACK:
- “I think the visits I get are fantastic- sometimes the staff need only to talk me through something, other times I need them to support me in practical ways. There was one time when I took half an hour to open the washing machine door- if the staff member had not accepted this or even worse done it for me instead of just ‘being there with me’ I don’t think the door would be open again even all these months later”.
- “Yes the staff are really good- they are also all different. This suits my different moods- some are good motivators when it’s needed but some are a bit more laid back and this is also important”.
- “My wife finds the staff visits intrusive but they are really good for me so I don’t have to burden her with all my anxieties. This means I can still feel like a husband”.
- “Yes, I feel really lucky to have had the help I get from Croftlands housing staff”.
- “Everything is tip-top”.

Closing:
Penny asked “How people felt about this meeting”? And “Would you do this again”?

FEEDBACK:
- “I have really enjoyed meeting the staff and Sylvia the Manager”
- “It’s really nice to be able to put a face to the names”
- “I have really surprised myself, as this morning I had convinced myself I will not be here”.
- “It’s great to be able to let you know how you are doing”.
- “I would do this again”.
- “It’s been really good to meet everyone and I’ve learned that other people have some things in common with me and that’s good”.
- “I’ve really enjoyed myself; I just hope I have not talked too much”.
- I would like to suggest a game of Rounders and a picnic as we have done in the past- This would be not just an opportunity to be out in the community but the link with such activities to wellbeing is also recognised”.

Penny Poxon
Croftlands Trust Service User Participation Coordinator
Update from Homegroup

Our Big Lunch 2011

On Sunday 5th June, clients and staff at Stonham, Brewery Street in Barrow, took part in The Big Lunch 2011. The Big Lunch is a nationwide event put together by The Eden Project. It is designed to bring communities together for a day to socialise.

Our Big Lunch took a few weeks planning, with clients gathering in the communal lounge to delegate jobs etc. A big part of this year’s Lunch was to attempt to break the world record of creating the world’s longest Bunting.

Clients at Brewery Street worked really hard and spent hours cutting triangles from old bed sheets. They did a fantastic job, and once the team spirit and competitive edge kicked in around 500 triangles were cut out.

Phase two was the job of sewing each triangle onto the Bunting line. We found out that we have a few budding sewer’s amongst our clients! The end result was 47 metres of bunting, which has been evidenced and put forward for our contribution to the record. Now we are just waiting to hear if we are Record Breakers!!

On the day, clients each brought their speciality dish and had a day tasting foods from around the world, including curries and pastas. Everyone had a great day, despite bad weather driving us into the lounge, the fun carried on until late in the day.

“I thought it was great as we all worked together doing what we could to get a great result” KK (client)

“I thought making the bunting was fun & when everyone made food it was great team work” JJ (client)

“I feel it was a good social event. All clients joined in & got something out of it. It was a great day. I enjoyed it” JM (staff)

“I’d like to say a massive Thank-You to all the clients for making it such a success with all their hard work” AW (staff & organiser)
Update from Carlisle City Council

John Street Hostel

After 7 long months of closure for refurbishing John Street Hostel re-opened its shiny new doors and welcomed its first residents in June. The new rooms are bright, light and en-suite; due to clever design there has been no reduction in room numbers despite the extra space needed for the shower rooms. Downstairs we have a room which has been designed to be wheelchair accessible with a spacious wet room and emergency pull cords that alert staff in any of the office spaces.

All the furniture is brand new, bought from a specialist provider and built to withstand the wear and tear of hostel life.

So far all the residents have been appreciative of the fresh, clean and bright surroundings and this appears to be reflected in the general mood, with lots of good natured banter and a relaxed atmosphere throughout the building. In meetings the residents have been keen to suggest changes to improve the communal areas and have been instrumental in implementing the improvements.

"I was at a loose end with nowhere to go and was promptly given accommodation at John Street Hostel. Without this help I would have been sleeping on the streets open to the elements and in a vulnerable position. I would have also lost my possessions as I would have had nowhere to put them. I have never been in a Hostel before and was surprised
how clean the whole building is and how pleasant the other residents are. All the staff are friendly and helpful and are there for any concerns you may have regarding housing, training, and inhouse activities are also discussed as a group. All the facilities are good and everything you could need. The bedrooms are really nice, especially with en-suite bathroom. I'm thankful that I'm in the Hostel as I do look out of the window sometimes and know what a terrible situation I would be in."

"John Street Hostel is a nice place, the facilities are excellent and in very good condition. The rooms are a good size and contain everything I need. The staff are very polite and are always there to help. The people in it are very nice and I have made some nice friends. The rent is a very reasonable price and the shop is also cheap."

The large, open reception area is friendly, welcoming and currently waiting for photographs, taken by residents as part of a competition, to grace its walls. Hopefully other arty residents will continue to create pieces to make the hostel their own.

"I have not much to complain about at John Street Hostel. My room is smashing and the group of lads here at the moment make it a great atmosphere. The hostel feels safe and the building is welcoming. There is always staff around to talk to."

"Having been a resident for four weeks, the hostel is a little community of people, who through life's struggles have come together, shared their experiences and helped each other; quite different from the stereotypical views I had before I came in. The apartments we live in are very nice and well equipped. The staff are very approachable, supportive and help with any problems that may arise.

All in all, a nice, safe place to be."
Nicola Kukuc - Community Safety Team

My name is Nicola Kukuc and I have been employed in the Community Safety Team as the Vulnerable Adults Advocate for Cumbria Fire and Rescue Service since January 2008.

Although I am based in Carlisle, my role is county wide and I am required to visit vulnerable adults throughout the Cumbria which are aged between eighteen and fifty five years of age (for those over the age of fifty five years each area of the county has an Older Adults Advocate who addresses the needs of those who are vulnerable to fire risks due to age related issues and ill health)

In many ways we are all vulnerable to the risks of fire within our home. However, certain groups are more vulnerable and are less likely to access our services. My role is to target and undertake Home Safety Visits to those who are vulnerable due to Physical Disabilities Learning Disabilities and Mental Health issues.

My main aims are to prevent a fire from taking place by educating the occupant or carers of the risks within the property, and minimising these risks. For example by ensuring sockets are not overloaded providing free extension cables to those in replacement for the block adapters which can be more easily overloaded. I also possess a very limited supply of fire resistant bedding and throws for those who are assessed as needing these.

Finally I provide them with a bedtime routine to ensure everything is switched off and all possible doors are closed and help them to plan an escape route should a fire arise. All of this is adapted to meet the individual needs and understanding of the occupants and I undertake a risk assessment to determine how frequently I should revisit them to review everything.

My other is to aim to protect the occupant by ensuring they have working smoke alarms, and that these are cited in the correct position and are tested regularly. If necessary I will fit battery operated smoke alarms which have ten year batteries in them. Having a working smoke alarm offers protection and is the most effective way of warning the occupant that there is a fire in the property and they need to get out and stay out and call the fire brigade.
I liaise and network with several other agencies who work within these groups and they can refer their clients either directly through me or through a central database by calling 08003584777. When undertaking a home safety visit I will require details of the client such as their name, address, contact number, any relevant disabilities or risk factors they have and a contact number so I can pre-arrange my visit. I wear a uniform and carry identification with me. All home safety visits from the fire service are free.

Should you wish to contact me for further information my details are as follows:

Nicola.kukuc1@cumbria.gov.uk

Cumbria Fire and Rescue Service Locality Office
11-13 Brunswick Street
Carlisle
CA1 1 PB
Tel: 01228 521215 Mobile: 07796122171

Wordsearch solution

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The COMMUNITY NETWORK
8 Chatsworth Square, Carlisle, Cumbria, CA1 1HB
01228 511891

COULD WE MAKE OUR COMMUNITY MEET YOUR GOALS, DREAM AND ASPIRATIONS?

Are there any ways we can help to improve how we feel about our local Community?

These are a few ideas that might be helpful in creating a positive atmosphere where we live.

Everyone is affected by the lack off and limited opportunities around them. This can brings peoples self-esteem down and also cause isolation for some.

We are looking ways to increase your social life, employment aspirations and becoming more involved in the community. You might already be satisfied with what the community has to offer, but might feel there are room for improvement. Please could you fill out this questionnaire and be honest as you can to see how we can improve your lifestyle.
<table>
<thead>
<tr>
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<th>Questions</th>
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<tbody>
<tr>
<td>1</td>
<td>Does your local community meet your needs?</td>
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<tr>
<td>2</td>
<td>Are you fulfilled with what your local community has to offer you? If yes how and if no why?</td>
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<td>3</td>
<td>Do you actively participate in your community and if so what?</td>
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<td>4</td>
<td>Is Cumbria a good and safe place to live? If not why?</td>
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<td>5</td>
<td>Do you feel you have a suitable amount of social networks? Could you have more? Do you feel or ever have felt lonely?</td>
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<td>6</td>
<td>Is there any type of service which isn’t available that you would like access too</td>
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<td>7</td>
<td>Could there be more social events you would like to see offered? If so what? Or would you like to see an improvement to a current social events?</td>
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<td>Question</td>
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<td>8</td>
<td>Is there any areas of employment you would to be part of? If so what?</td>
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<td>9</td>
<td>Would you like to be able to be nominated to be part of committee look and identify what the community needs, such as social events, advocacy groups and set up your own business’s in the community?</td>
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<td>10</td>
<td>Do you feel there are any areas which you need support in or more support</td>
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<td>11</td>
<td>Do you feel that you have adequate support in meeting all you health needs</td>
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<td>12</td>
<td>Are you currently looking for some level of support? Are you finding it hard to access support</td>
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</table>

We are interested in your ideas, needs, and what you may have to offer.
We may contact you to find out further information. If you wish to do so please fill out below

NAME..............................................
ADDRESS...........................................

..............................................

TELEPHONE......................................
Email..............................................

Please send completed form to the address provided on top of first page

THANK YOU
Congratulations to Cheryl Shortman

Congratulations to Cheryl Smith our Team Secretary, who was married to Chris Shortman on 18 June 2011.

Cheryl and Chris were married at Middlebie Church and the reception was held at Garden House Hotel, Gretna. Cheryl looked stunning in her beautiful classic wedding dress and was accompanied by two page boys. As this was a Scottish wedding the groom, page boys and father of the bride all looked smart in their kilts. A happy day was enjoyed by all and dancing continued late into the night!! The couple honeymooned in Turkey.

The Great Cumbrian Run 2011 - by Ann Ford

I will be running the Great Cumbrian Run in October, this will be the third year in a row I have ran the half marathon (13 miles). I am well into my training schedule now and I am comfortably running around 6 - 8 miles 3 times a week and I am planning on increasing the distance in the next couple of weeks. This is not easy after a long day at work and to be honest I am built for comfort not for speed!

My son Kieran is a soldier in 9 Para Squadron Royal Engineers. The Squadron was on tour in Afghanistan during the Winter 2010/11 where one of his friends, Lance Corporal Josh Boddi (Bodge), stood on an improvised explosive devise (IED) during a search mission. Josh (aged 24) horrifically lost both of his legs and one of his arms. During his long and painful recovery to date, Josh has received a huge amount of support from many sources including the charity BLESMA (British Limbless Ex Service Men's Association) who have just issued Josh state of the art prosthetic legs; he will be issued his prosthetic arm after he has mastered using his new legs! If you would like to know more about BLESMA, their website address is www.blesma.org

I will be running the Great Cumbrian Run this year for the charity of Josh’s choice which is BLESMA. If you would like to sponsor me you can do so by either contacting me via email ann.ford@cumbria.gov.uk or calling me on 01228 227125 or I have set up a page on the Just Giving website which is pretty easy to use.

My account details on the Just Giving website are as follows:
http://www.justgiving/ANN-FORD42

I will let you know how I got on in the next issue of the Newsletter.
Thank you, Ann