

**Welcome to the new look Lifeline.** We have recently redesigned our website and information leaflets and felt it was time our newsletter also had a new look — I hope you like it. We will now be including two regular features, one will be where we profile some of the equipment that may be useful to help you with tasks around the home. In this edition we are featuring the walking frames and accessories, see page 3. We have been surprised by the number of requests for equipment and we are continuing to build up our stock of items. Any requests for items not in stock can be ordered, with delivery usually in 48 hours.

The other feature will be some helpful tips for you to keep well and active and I am very pleased that James Pittam from JP Personal Training and Kate Buckton from JP Physiotherapy have agreed to write the articles for us. James is a personal trainer and also works to improve health and fitness in all age groups. Their first article is also on page 3.

## THANK YOU TO OUR VOLUNTEERS

In June we were invited to an event organised by Cumbria CVS to celebrate Volunteers Week. I went with Stan Blacklock, one of our visiting volunteers and Ros Robinson who is a member of our Board of Directors and also going to be a volunteer visitor. It was a lovely event and all volunteers were presented with a star-shaped paperweight.



Rory Stewart thanked all volunteers for their hard work. He said: “All the volunteers present here today — and the many, many more who are not, but who are out there working hard and supporting our community in a variety of ways — are true professionals. Their dedication, care and kindness are unparalleled, and the attention they bring to their work is an amazing thing. In Cumbria alone we have over 50,000 volunteers supporting registered charities, clocking up around 46,000 hours of volunteer work each week. These are extraordinary figures. Volunteering is beneficial on so many levels — of course to the volunteers themselves, and those they are supporting, but also to the very fabric of our society. We need to continue publicising their hard work, and encourage as many new volunteers as possible.”

**Finally** — please beware of someone knocking at your door and “cold calling”. We are aware of energy providers and others calling door to door in the area. If you don’t know who they are please don’t let them into your home.

Please let me know what you think of this edition or any other features you would like us to include in future editions of the newsletter.

*Kath Hetherington, Chief Officer*

# VOLUNTEERS

This is to update you on the changing faces within our volunteer team. If anyone is interested in joining us please contact our office for more details.

Hi, my name is **Rosalind Robinson**, but most of the people I know call me Ros.

I originally come from Lancashire, but I have lived in the Eden Valley for the past thirty years, and brought up my family in this wonderful area. So I am an incomer, but I now feel very much at home. Until I retired I was a teacher, and I have been an Inspector for Special Education. I have also worked part time as a care worker for Eden Mencap. I am on the Board of Trustees for both Eden Mencap and ECA.



I have very much enjoyed my time as a trustee for ECA and have found it very interesting. I am an ECA contact for two friends of mine, and I have seen the confidence and feeling of independence that having an alarm system has given them. With this in mind I felt that I would like to be of practical help to ECA and put myself forward as a visiting volunteer. I have now finished my training and look forward to visiting my clients. I really enjoy meeting people so I know am going to find my new role very rewarding. I look forward to meeting some of you in the near future.

Thank you. — At the beginning of the year we said goodbye to Alex Knox and in July to Colin Stephens who had both been Visiting Volunteers. Alex had been with us for over 10 years and Colin for 5. We wish them both well and thank them for their work on our behalf.

## ***Visiting Volunteer needed in Kirkby Stephen***

*To visit ECA clients in their own homes. In particular to undertake:*

- *Regular visits to the client.*
- *Testing of alarm equipment within the client's home.*
- *Checking on the welfare of the client.*
- *Ensuring all client information is up to date and communicate any changes to the office.*

*Good communication skills are needed, a clean driving licence and use of a vehicle. Previous experience in dealing with members of the public would be desirable.*

*If you are interested in doing this type of work please contact Kath Hetherington for more information and an application pack.*

## **ANNUAL GENERAL MEETING**

We held our Annual General Meeting on 22nd June at the Roundthorn Country House Hotel. Chairman Chris Dunning welcomed everyone to the meeting including Councillor Mrs. Joan Raine, Chairman of Eden District Council.

The Guest Speaker was Professor John Ashton CBE Director of Public Health for Cumbria. His talk was very interesting on the topic of people living longer — the goal should be to live as long as you can as well as you can. We need to find solutions now for the challenges to come for health and wellbeing.

# INFORMATION



## September Launch

Due to the recent amalgamation of Age Concern and Help The Aged, plans are underway for a very busy, exciting launch of Age UK Carlisle and Eden throughout the month of September. Some of the events in Eden include:

### **Saturday, 10th September**

Annual Fundraising Collection at Tebay Motorway Services.

### **Sunday, 11th September**

10-30am to 3-30pm

"The Big Dig", Christian Head Care Home, Kirkby Stephen

### **Friday, 16th September**

1-30pm to 6pm

Open afternoon at Riverside Building, Appleby.

### **Monday, 19th September**

Shop to Shop Cycle Ride and Bus Trip. Information Stands in Penrith Centre.

### **Tuesday, 20th September**

Electric Blanket Testing — Eden

*If you require any further information about the events we have planned in September please phone our Resource Centre in Penrith on 01768 863618.*

## Health & Fitness

Advice given by the Department of Health (July, 2011) was that adults should aim to do some physical activity every day.

This could seem a tall order for those with reduced mobility, however evidence shows that the benefits of physical activity can be achieved through sessions of only 10 minutes. This duration is sufficient to improve cardiovascular fitness and lessen some risk factors for heart disease, stroke and type 2 diabetes.

For people who have been inactive for some time, even one to two minutes' activity is encouraged.

Working from a comfortable, supported position, for upper limbs use a water bottle or walking stick to raise and lower your arms and lower limbs can be lifted for several repetitions.

Balance in both sitting and standing can be practised by reaching for or throwing and catching a ball.

*By Kate Buckton, Physiotherapist,  
working with James Pittam,  
Personal Training.*



## Aids for Daily Living

Each quarter we are intending to profile some products from the range of equipment which we can now supply which can help you around the home. Shown here are the walking frames and accessories available.



**Adjustable Height Wheeled Walking Frame** with easy to manoeuvre front wheels. Knotted nylon bag or vinyl coated basket with plastic tray insert, that clips to any walking frame for shopping or daytime requirements.

If you would like more information on these products or any other please get in touch or visit our reception to view the full catalogue.



# FUNDRAISING

# Quiz Night

**Friday, 7th October  
at 7pm**

**Penrith Cricket Club**

Quizmaster: David Carrick

**Tickets: £5 each**

Includes supper of Jacket Potato  
and fillings.

*Tickets available from ECA Office.*

*All proceeds for ECA Funds*

**Date for  
your Diary**

**RACE NIGHT:**

**Saturday,**

**3rd March, 2012**

at Appleby Bowling Club,  
Appleby.

Pie and pea supper.

More details in our next  
newsletter.

For information, tickets, etc.,  
for any of these events  
please contact either  
Margaret or Pat on  
01768 890657

## LIFELINE QUIZ — No. 34 Answers

1 St. Andrew's. 2 Kate. 3 History of Art. 4 Africa. 5 Anglesey. 6 Westminster Abbey.  
7 Aston Martin 1969. 8 Prince Charles. 9 Princess Margaret and Anthony Armstrong  
Jones. 10 Diana. 11 Prince of Wales and Camilla, Duchess of Cornwall.  
12 Falklands. 13 Wessex. 14 Two. 15 False. 16 True. 17 Sandhurst. 18 Greece.  
19 True. 20 Princess Beatrice.

*Congratulations to the winner of Lifeline Quiz No. 34, A. Hodgson, Penrith.*

Comments or enquiries to **Eden Community Alarms**

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**OFFICE OPEN: 9am to 4pm, MONDAY TO FRIDAY**

*(answer machine outside office hours)*

