

Lifeline NEWSLETTER



**Summer 2011
Issue 44**

For the last few years, ECA has hosted social work students as part of their degree course with the University of Cumbria. This year we had two students, Mark Wilkinson, a first-year BA student, and Hannah Stordy, a first-year MA student. Mark's placement was only 30 days and soon passed. Hannah, however, was with us from last November until early May and became an integrated member of our Support Work team.

Hosting students is hugely beneficial for us and I thank all our clients for their help and encouragement of these students when they visited them. I hope the experience has been useful for them and I am sure they will progress well in their chosen profession.

In March I was invited by Helvellyn Masonic Lodge to receive a cheque for £500 as a donation to our funds. We are very grateful to Helvellyn members for this donation and the photograph below shows the presentation to ECA and three other local charities who received similar donations.

Since then we have also received a donation from Beacon Masonic Lodge and wish to also thank them for recognising our work in the community.



Photo courtesy of Fred Wilson.

As funding and grants become much tighter for all charities donations such as these are extremely valuable to us.

If you are involved with any group and would like to know more about our work, we are always happy to come along and give talks and demonstrations. Please contact me.

Kath Hetherington, Chief Officer

YOU ARE INVITED TO OUR

Annual General Meeting

**Wednesday, 22nd June, 2011 at 5-30pm
at Roundthorn Country House Hotel, Penrith**

RSVP by 17th June, 2011, to

ECA, 12 St. Andrew's Churchyard, Penrith CA11 7YE

Tel. 01768 890657

Email eca.admin@btconnect.com

FUND RAISING

WE have no fundraising activities planned at present, however, we are looking to organise some events for later in the year.

As a registered charity working to provide a quality alarm service to our clients, all money received from donations and fundraising is extremely important to us.

These funds make a huge difference to the work that we do, and we very much appreciate the support we receive.

If anyone would like to know more about getting involved with our fundraising group either providing new ideas, helping to plan the events or helping with the actual events, please telephone Kath on **01768 890657**.

Eden Handy Person Scheme

Do you need help with small tasks around the house, eg changing light bulbs, unblocking sinks? If you live in Eden, are over 60 or disabled, or on means-tested benefits, you could ask the Handy Person Scheme. The cost is £10 per hour. Tel. 01768 212451 or 212488.

a key to independence

INFORMATION

My name is **Di Case** and I am joining ECA as a visiting volunteer covering the Tebay and Shap areas.



My background is in nursing and social work. I trained as a nurse in Bristol in the sixties and worked in this country and in Zambia and Iraq. In 1970 I did social work training, working in hospitals and the community.

My mother and I moved to Tebay, Cumbria, in 1989. I worked for Cumbria Social Services, taking early retirement in 1998. Some of you may recognise my name as I worked for ECA as a Support Worker for several years.

My interests are walking, gardening and craft work. I am looking forward to returning to ECA.

Hello, my name is **Samantha Ridley** and I have recently become a reception volunteer for ECA.



I decided to become a volunteer because I felt it would be a good chance to learn some new skills and gain some confidence. I also feel the service ECA offers is very important. I have found everyone at ECA to be very friendly and supportive and I have received very good training for my role. No two days are ever the same and I really enjoy all the different elements of the role.

When I am not volunteering at Eden Community Alarms, I enjoy off-roading, being a member of North Lakes 4x4 Club. I also take great pride in being captain of my village quoits team, enjoying the social element of this traditional pub game. I also really enjoy writing articles for my home town's community website which has led me to apply for a part-time degree in journalism, which I will be studying at the University of Cumbria from September.

RECENT TRAINING DAY

Penrith Day Hospice manager Sheena Reid kindly came to be our guest speaker at the volunteers' training session in March. Sheena helped set up the Day Hospice almost 10 years ago now and is proud to be planning a celebration of its 10th anniversary.

She discussed the nature of palliative care with us and explained the services available in the area which are provided by the North Cumbria Palliative Care team. The Day Hospice offers physical, psychological and social support for patients according to their individual preferences and needs. The service works alongside Hospice at Home, Macmillan Nurses and the Eden Valley Hospice in Carlisle with the aim of providing a holistic and multi-disciplinary approach to palliative care patients.

Our two students then spent a day with Sheena at the Day Hospice as part of their training and induction.

Hannah Stordy

INFORMATION

The University of the Third Age (U3A)

U3A is a daytime educational, creative and leisure organisation for retired or semi-retired people. The members organise its activities and offer their own skills, knowledge and experience for the benefit of fellow members. It is a self-help organisation and is about learning new things, expanding horizons, sharing skills and experiences, making new friends and enjoying new challenges.

Activities are mainly organised around small interest groups, eg languages, local studies, walking, though most U3As have monthly meetings with a guest speaker to which any member may go.

No qualifications are needed to join, and none are given. The cost is modest, usually less than £15 per year, depending on the U3A.

The nearest U3As are:

Penrith and North Lakes U3A, membership around 500. Tel. 07938 595017.

South Lakes U3A (based in Kendal) with a membership of 700+, contact 01539 735525.

U3A National Website is www.u3a.org.uk, this allows access to individual U3As.

Changes to Concessionary Travel in Cumbria

From 1st April Cumbria County Council took over responsibility for the English National Concessionary Travel Scheme that was previously administered by Eden District Council, with the use of a NoW card. This gives free off-peak travel on scheduled bus services.

There are some changes to note, the main one being that you cannot use the NoW card for travel before 9-30 in the morning, so the scheme operates between 9-30am and 11pm Monday to Friday and all day Saturdays, Sundays and Bank Holidays.

If you already have a NoW card you do not need to reapply until your card expires.

This card is for people of pensionable age (not necessarily 60 for women — it depends on when you reach the statutory retirement age) and people with disabilities. For further information contact the NoWcard Helpline on 0845 058 1096.

Lifeline Quiz

No. 33

Congratulations to the winner of the Spring Quiz: Valerie Simpson of Greystoke.

The answers were 1 Neighbours, 2 Coronation Street. 3 Den Watts (Dirty Den). 4 Chester. 5 The Woolpack. 6 Mike Baldwin. 7 Dingle. 8 Brookside. 9 Jessica. 10 Annette Crosbie. 11 Compo. 12 Maplins. 13 Bruce Forsyth. 14 Des Lynam. 15 Blankety Blank. 16 The Price is Right. 17 Family Fortunes. 18 Jim Bowen. 19 Upstairs, Downstairs. 20 Take the High Road.

Good luck for the latest quiz.

Council Tax Benefit

Just a reminder that anyone on Income Support, Income Based Jobseekers Allowance and Guaranteed Pension Credit will not normally pay Council Tax. Other people on low income can have their bills reduced, for example, a pensioner couple (at least one aged 65 or over) can qualify if total income is less than £334.10 per week in a Band A property.

Someone living in a rented property may be able to claim help towards rent depending on income and circumstances.

If only one adult is residing in the house there will be a discount of 25%.

Many people who qualify for these benefits, especially pensioners, do not apply. To make a claim, telephone The Benefits Section, Eden District Council, on 01768 212184.

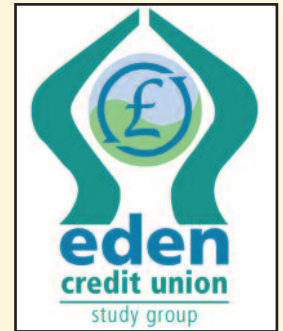
For further details telephone 01768 212242/212232.

COMMUNITY NEWS

Community Savings and Loans Organisation for Eden

A group of volunteers is working to establish a community savings and loans organisation (known as a Credit Union) to serve local people.

A credit union is a local savings and loans co-operative that is operated by and for the benefit of its members. There are no external shareholders so the money invested stays within the local economy.



Saving with a credit union not only offers a potential return on savings in the form of a dividend, it can also help to spread the cost of larger purchases or events such as fuel bills, household purchases, home improvements or modifications, back to school costs or holidays.

Members of a credit union are able to access affordable, low interest rate loans that are a much more affordable alternative to the high interest loans offered by pay-day or doorstep lenders.

Credit union loans are limited by law to interest rates of 2% per month although many credit union loans cost as little as 1% per month.

A typical credit union instant loan of £500 would cost just £568 to repay (over 1 year) compared to the £910 it would cost from a typical doorstep lender, a saving of £342 — money that could be spent in the local area.

In order to progress, the Credit Union Study Group is currently looking to establish what kind of demand there is for this kind of service in Eden. In order to do this, the group is asking local people to show their support for the idea. You can do this by pledging your support online at www.edencreditunion.org.uk

The pledge form is not a commitment to either save or borrow with a credit union; it simply indicates the number of people that may be interested.

So if you may be interested in saving with the credit union to the benefit of the local area or if you may like to spread the cost of a large purchase with a low interest rate loan, please visit the website and complete a pledge form or contact us on **07780 031045**.

Comments or enquiries to **Eden Community Alarms**

12 St. Andrew's Churchyard, Penrith, Cumbria CA11 7YE

Tel: 01768 890657 • Fax: 01768 890709

E-mail: eca.admin@btconnect.com • Website: www.ecalarms.com

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

(answer machine outside office hours)

