

## Consider Direct Payments

Direct Payments are cash payments made to individuals who have been assessed as needing services, in lieu of directly provided or care managed social care provision.

Like all social care services they are subject to the council's financial assessment process and a contribution may be assessed.

People use Direct Payments in various ways, for example they may pay a friend or carer to take them to a Social Club instead of attending a day centre. They may arrange to have lunch provided at a local pub or café instead of having a carer cook for them. Some purchase care from a local agency, others employ a personal assistant directly or pay a neighbour or friend. It is

possible to have both care from the council and a Direct Payment for some of the things you need. Carers can use them to organise respite care at home or away from home. You can use them for minor adaptations and equipment where the standard issue equipment is not what you want. You can take your Direct Payment on holiday with you and purchase care at your destination. Here are some examples of how people are taking control and making the choices that they want.

If you think Direct Payments might be right for you or someone you know, then contact your local Adult Social Care Office or contact the Direct Payment Advice and Support Service by ringing them on 0845 124 9303 or emailing them at:

cumbriadp@aol.com.



Buzzy  
by  
Michael  
from  
St. Bedes School  
Carlisle

## Eat for Health

Silloth Health Matters "Eat for Health" Event

On Wednesday 21st November, the Silloth Health Matters group organised an Eat for Health event at St Andrews Church hall. All attendees enjoyed a very interesting and informative healthy eating cookery demonstration by John Crouch, followed by the tasting of his delicious food.

The Silloth Health Matters group grew out of a recognition that tackling health issues is fundamental to improving the quality of life in Silloth. Initially the group funded training courses to improve knowledge of health issues, but since then we have funded an Arthritis Awareness day and a Health Promotion day.

Look out for further events in the Spring.

## SILLOTH CAFE

### Traditional Fish & Chips

Sit-In or Takeaway plus Gluten Free Option

Pensioners Meal Deal: Monday – Friday

Closed Wednesdays

Station Road, Silloth, Tel: 016973 31319

## Regalo

4 Criffel Street  
Silloth-on-Solway

Tel:  
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## A.B.C. Standards Committee

Allerdale Borough Council is looking to recruit a member of the public to sit on its Standards Committee.

The Standards Committee was formed in 2001 as part of the Council's commitment to the promotion and maintenance of high standards of conduct by councillors.

The Committee assists borough, parish and town councillors to observe the Code of Conduct and, in certain circumstances, will hear matters referred to it by the Standards Board for England. These hearings will be heard locally from April 2008, which makes this an exciting time to contribute towards the valuable and interesting work of this Committee.

The Committee comprises three independent members of the public, two representatives of town or parish councils and two borough councillors, and meets bimonthly but

can meet more often if circumstances dictate.

Anyone who has been an Allerdale Borough Council officer or Allerdale Borough councillor within the past five years need not apply, nor need anyone who is a relative or a close friend of an Allerdale Borough councillor or officer or who is or has been politically active.

No salary is payable, but the Council will reimburse reasonable costs incurred in travelling to meetings, usually held in Allerdale House, Workington.

Application forms and further details are available from the Democratic Services team, Allerdale Borough Council, Allerdale House, Workington, Cumbria CA14 3YJ, by telephoning 01900 326340 or emailing sheila.brown@allerdale.gov.uk

The closing date for applications is Monday 3rd December 2007.

## Abbeytown WI

Report by: Gladys Temple

President Audrey Harrison welcomed everyone thanking Joyce Wilson for the flowers on the president's table.

Freda Garner read the minutes and reminded members we were invited to Newton Arlosh and West Newton the first week in December, a list was sent round for those wishing to go.

One team has been entered in the Darts competition. The menu for the Christmas Dinner at Wheyrigg was sent round for everyone to choose. Freda reminded winners of last year's trophies to return them next month.

As our speaker had forgotten about our meeting we were lucky that Joyce Donaldson was able to step in at short notice. She began with reading some dialect poems then produced some of her craft work for us to admire. It was like a magic basket with boxes of different shapes

and sizes Joyce had made with various coloured materials. There were lovely sewing boxes that opened out to show needles, scissors, threads etc, there were triangular, cubes, diamond shaped and each one nicer than the last. Joyce told the history of each one and in between read dialect stories and poems. Isobel Hurst thanked Joyce for a lovely demonstration showing us how versatile she was.

The winner of the compact competition was Gladys Temple, 2nd Freda Garner who also won the flower of the month, 2nd Elsie Donald. The raffle winners were Mavis Graham and Elsie Foster. Elinor Roper's group organised card bingo with lots of prizes.

Next month is the Annual Meeting and a request was made for items for a buffet supper. The competition will be a sheet of Christmas wrapping paper and a flower.

## Gincase Holds First Open Exhibition

The very first Open Exhibition to be held by The Gincase runs until Sunday 16th December.

Open to artists living in Cumbria, this new venture aims to celebrate the wonderful range of art produced within the county.

"The aim is to provide a platform for new and existing talent to showcase their work, as well as seeking fresh ideas for The Gincase

Gallery and exploring innovative ways of bringing art to the attention of the public", explains John Natrass of The Gincase.

"Our current exhibitions and attractions have proved to be very popular and we're delighted to be able to stage this event, which was opened by local MP Tony Cunningham", says John. "Events like this are also a great boost to

the local rural economy and attract tourists to the area - there is so much on offer in this area of outstanding natural beauty on the Solway Plain."

Artists were invited to submit both 2D and 3D works of art for selection for the Open Exhibition, which will be open from Tuesday to Sunday each week from 10:30am to 4:30pm, admission free.

## Abbeytown Toddlers & Holme Cultram Abbey Christmas Fayre

on Saturday  
15th December 2007  
10am - 12 noon

in  
Abbeytown Village Hall

**Cake Stall, Tombola,  
Photo with Santa,  
Toy Stall,  
Soup & Roll,  
BIG PRIZE raffle  
& much more!**

Everybody  
welcome  
Proceeds to  
Abbeytown  
Toddlers & Holme  
Cultram Abbey

## Solway Holiday village

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