

# Magazine



## The Lancashire Carers Service offers support to Carers through the delivery of:

- ✔ Carers Assessments
- ✔ Peace of Mind 4 Carers Plans
- ✔ One to One and group support
- ✔ Magazines twice a year detailing local groups, activities and courses
- ✔ Access to online and app-based information and support
- ✔ Support to access community Health and Wellbeing services
- ✔ A 24/7 Carers Help and Talk (CHAT) Line
- ✔ Support for former Carers
- ✔ Volunteering opportunities for Carers, including volunteering for the CHAT Line
- ✔ Access to training opportunities
- ✔ Access to wellbeing and emotional support therapies
- ✔ Opportunity to join our Carers Community Network platform



# Welcome

Welcome to the Autumn & Winter edition of The Lancashire Carers Service Magazine. We hope that this finds you safe and well.

We have included lots of information in this magazine for you which we hope you will find useful. If you have access to the internet, please keep an eye on our social media pages for any changes, you can follow us on Facebook or visit our website.

Please call us to book your **FREE** place on any activities or training or if you need extra information about any of the activities in the magazine.

You can always keep up to date with our service offer and new opportunities by visiting our websites [www.n-compass.org.uk](http://www.n-compass.org.uk) and [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)

As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help.

Please do let us know if you no longer wish to receive the magazine or have changed your address and we will update our records.

**Stay safe and take care.**

## Contact us today

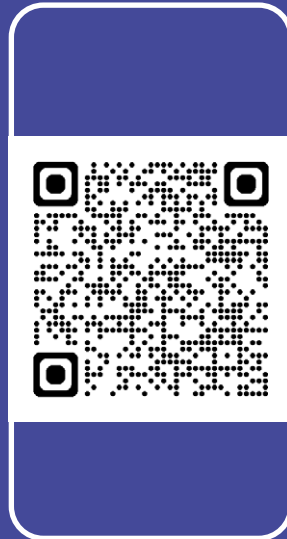
We welcome and value your feedback, comments and suggestions. There are various ways that you can get in touch with us:

### North & Central Lancashire

- ☎ 0345 688 7113 option 2
- ✉ [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)
- 🌐 [www.n-compass.org.uk/our-services/carers](http://www.n-compass.org.uk/our-services/carers)
- 📘 Facebook @lancscarers

### East Lancashire

- ☎ 0345 688 7113 option 1
- ✉ [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)
- 🌐 [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)
- 📘 Facebook @carerslinklancashire



## Our Support

### Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday-Friday 9:00am-5:00pm to help with your enquiries. To talk to a Service Access Advisor, please call **0345 688 7113**.

### Carers Assessment

An assessment for you, even if the person you care for is not receiving care and support from Lancashire County Council. During your carer's assessment, we'll explore how caring impacts your life and identify ways for you to continue doing what matters to you and your family. Your physical, mental and emotional wellbeing will be at the heart of your assessment. It will also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to do more socially. If, as a carer, you are eligible for support you may be offered money through a carer's personal budget to spend on things that make caring easier for you and support you to carry on caring.

**Carer's Personal Budgets are subject to an annual review of your Carers Assessment.**

### Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated member of our team about how being a Carer affects you and highlight any support you may need.

### Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line.

**Please call 0333 103 9747 (Free).**

### Outgoing CHAT Line where we call you weekly

Would you like to receive a phone-call once a week from the same volunteer? Our trained volunteers offer a listening ear and provide emotional support.

### Email

**[volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)**





## Peace of Mind 4 Carers Plan

With an Assessment and Support Officer and the person you care for, you can put together a plan in the event of an emergency where you are unable to fulfil your caring role. An option for up to 72 hours free replacement care from a care provider may be available for emergencies where you are taken into hospital unexpectedly or are involved in an incident involving emergency services and no support is available from family or friends. A plan can be completed over the telephone or face to face.

To activate your plan please call 0800 840 3166.

## FREE group or one-to-one Cognitive Behavioural Therapy courses

Cognitive Behavioural Therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

FREE courses will be delivered by a qualified, experienced CBT Therapist and Counsellor who is an accredited registered member of the BACP. The aim of the course is to improve the emotional health and wellbeing of Carers.

Courses will run for 6 weekly sessions and carers will need to complete an initial assessment prior to starting.

For information and to register your interest please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on 0345 688 7113. Places are limited.

## Facebook



Please "like" and "follow" our Facebook page by logging into Facebook and searching for The Lancashire Carers Service or by following the link: <https://www.facebook.com/lancscarers> To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/2169077466734687>



## Carers Community Network

### Carers Community Network platform\*

This is a virtual community where you can meet other carers, share ideas and experiences; there are currently over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up. \*Please be aware, that to access the Carers Community Network, you will need to be invited.

Please contact the Service Access Team on 0345 688 7113 who will be happy to support you with this. You will just need to provide them with your name and email address.



## The Volunteer Hub

The Lancashire Carers Service has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you!

Please call 0345 0138 208 or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



## The Volunteer Hub Pen Pals

Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and The Post Office!

If you are a carer and would like to take advantage of this free service, please contact Ian on 07710 171832 or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)

## What we've been up to

We have been busy over the past few months with our regular Coffee & Chat groups, networking events and delivering our varied range of activities for Carers. We have enjoyed delicious afternoon teas, taken in the Lancashire scenery on our Boatel Cruise and provided lots of opportunities to relax with our spa sessions.

We have had some lovely feedback from you, this is what you told us :



### Dementia Action Week

"Good to see so much great work is being done to support people living with Dementia and their Carers"

### Coffee & Chats

"Lovely to chat with like-minded people who totally get how you feel and how hard the caring role is"



### Carers Week Canal Barge trip

"Thank you for this lovely afternoon it was something new for me and I loved it"

## What we've been up to

### Afternoon Tea at Barton Grange

"Please continue having these activities, lovely venue, great people"



### Birds of Prey at Leighton Hall with Afternoon Tea

"Leighton Hall was so enjoyable, informative and the tour guide was brilliant"

### Brush & Tipple Art Session

"It was lovely to come here today with my dad"



### Coffee & Cake at the Boathouse Brasserie

"Talking to likeminded people, nice surroundings, excellent cakes"



"Thank you so much for this treat, just sitting in the spa room with the relaxing music was great and the massage was just brilliant"

### Ribby Hall Spa

"I didn't realise how much I needed some time to myself until I had it, Thank you"

### Salt Ayre Leisure Centre

"I would have never made a plan to treat myself like this. Lovely massage but also lovely doing something for myself - 10/10"

### Shaw Hill Spa



## Activities and Events

### Distance Reiki

Weekly

Every Wednesday 2.00pm-3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki, a gentle yet powerful Japanese technique that can help you. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress, or simply want to enhance your overall well-being.

*"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing."* Carer



Scan Here

Zoom Link

<https://us02web.zoom.us/j/83825351303?pwd=QXBobWxaUzdITm5ZeJB-WbVhHdDFNZz09>

Meeting ID

838 2535 1303

Passcode

733641

### Seasonal Flow Yoga

Weekly

Every Wednesday, 6.15pm-7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners and experienced yogis.

*"I am already experiencing the mental and physical benefits from the yoga and meditation."* Carer



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Zoom Link

<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RD-Mrcnp1Ky82Zz09>

Meeting ID

892 6497 0582

Passcode

030426

### Yoga Nidra

Weekly

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health

*"For me Yoga Nidra ticks all the boxes - its relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything."* Carer.



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Zoom Link

<https://us02web.zoom.us/j/85925413166>

Meeting ID

859 2541 3166

Passcode

466376

## Activities and Events

### Understanding Dementia

10th, 17th, 24th March 2025 at 6.30pm - 8.30pm

3 Part Online Course

This course is designed to help you to develop skills and confidence to support you in your caring role.

The course will address key topics of diagnosis and progression of symptoms, treatment, services, and changing relationships.

This course is delivered by Carers Link Lancashire.

To secure a place and Zoom link please email Angela Bennett via e-mail at [activities@carerslinklancashire.co.uk](mailto:activities@carerslinklancashire.co.uk) or telephone 01254 387444



### Carers Rights Support & Information Day

21st November 2024 at 11.00 am - 3.00 pm



Royal Preston Hospital, Sharoe Green Lane, Preston, PR2 9HT

Carers Rights Day is designed to raise awareness about the rights and challenges of unpaid carers.

To mark this day, we will be holding a raffle, and a Support & Information stand to raise awareness about the rights and challenges of unpaid carers. If you are in the area, come and see us and have a chat! We will be near the lift area on the ground floor.

It's important that we recognise the valuable contribution that unpaid carers, families and friends make and ensure that carers' voices are heard, loud and clear.



## Coffee & Chats

These sessions are an opportunity to meet and chat with other Carers and take break from your caring role. A friendly member of our team will be there to greet you and offer a warm welcome. Coffee and chats are intended for registered carers only, therefore we cannot accommodate requests for your cared for, loved ones or family members to attend with you.

Please contact us by email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call us on **0345 688 7113** to secure your place.

Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT	Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT Ethnic Minority Group	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW	Soul Cafe Bar, 25 Moor Street, Ormskirk, L39 2AA
1 <sup>st</sup> Wednesday of each month	1 <sup>st</sup> Thursday of each month	3 <sup>rd</sup> Wednesday of each month	4 <sup>th</sup> Monday of each month
10.00am-11.30am	10.00am-11.30am	10.00am- 11.30am	10.00am- 11.30am
6th November	7th November	20th November	25th November
4th December	5th December	18th December No session	23rd December No session
1st January No session	2nd January No session	15th January	27th January
5th February	6th February	19th February	24th February
5th March	6th March No session	19th March	24th March
2nd April	3rd April No session	16th April	28th April

Burnside Garden Centre, New Lane, Thornton-Cleveleys, FY5 5NH	Booths Café, Main Drive, St Annes, FY8 3UT	The Print Rooms Café, The Storey, Meeting House Lane, Lancaster, LA1 1TH	The County Lodge & Brasserie, Lancaster Road, Carnforth, LA5 9LD
2 <sup>nd</sup> Wednesday of each month	2 <sup>nd</sup> Wednesday of each month	2 <sup>nd</sup> Thursday of each month	4 <sup>th</sup> Thursday of each month
10.00am-11.30am	2.00pm-3.30pm	10.00am-11.30am	10.00am-11.30am
13th November	13th November	14th November	28th November
11th December	11th December	12th December	26th December No session
8th January	8th January	9th January	23rd January
12th February	12th February	13th February	27th February
12th March	12th March	13th March	27th March No session
9th April	9th April	10th April	24th April

## Other Activities

**All activities are free to Carers registered with The Lancashire Carers Service**

Please note that all activities are intended for registered carers only to have a well-deserved break from their caring role, therefore we unfortunately cannot accommodate requests for, your cared for, loved ones or family members to attend with you.

**Please Note - If your request to attend an activity is successful, and you are allocated a place, we will confirm this by telephone by 25th November. If you do not hear from us by this date, your request has not been successful, and you will be placed on a reserve list.**

If you are allocated a place, and can no longer attend, please contact us to let us know. We can re allocate the place to a Carer on our reserve list.

To Book any of the activities below. Places are limited. For more information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 688 7113**

### Wooden Christmas Tree Activity

2nd December 2024 at 2.00pm - 3.30pm

Dobbies Garden Centre, Blackpool Road, Newton, Preston PR4 OXL (In Restaurant)

The Wooden Christmas Tree decoration workshop has been popular with Carers for many years. Suitable for anyone who fancies doing something different, and you get to take your own personalised tree home with you.

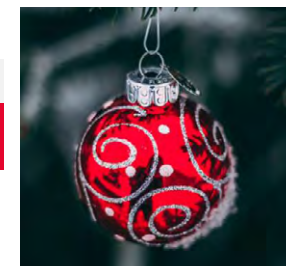


### The Boathouse Brasserie Christmas Lunch

3rd December 2024 at 2.00pm - 3.30pm

Manor House Farm, Diamond Jubilee Rd, Rufford, Ormskirk L40 1TD

Start the festive season with Christmas Lunch at the Boathouse in the relaxed, friendly atmosphere in the Brasserie. You will be asked to pre-order and highlight any allergies nearer the time.



### To Book any of the activities below

Places are limited. For more information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 688 7113**

Please note that all activities are intended for registered carers only to have a well-deserved break from their caring role, therefore we unfortunately cannot accommodate requests for, your cared for, loved ones or family members to attend with you.

### Lytham Hall Lilibet's Afternoon Tea

5th December 2024 at 12.45 pm - 2.15pm

Lilibet's Tea Emporium, Lytham Hall Park, Lytham St Annes FY8 4JX

Come and enjoy the fabulous Silver Georgian Afternoon Tea, served in the stunning ambience of Lytham Hall's Library. This luxury afternoon tea consists of a selection of beautiful sandwiches, cakes, desserts and scones with jam and clotted cream and unlimited tea and coffee.



### Flower Arranging Workshop

9th December 2024 at 2.00pm - 4.00pm

Church Hall, Sacred Heart, Heys Street, Thornton-Cleveleys FY5 4HL

If you fancy trying something new, why not have a go at making your own fresh flower arrangement. No experience is required, full instruction will be given. This workshop is suitable for anyone who fancies doing something different. All materials will be provided, and you get to take your arrangement home.



### The Mill Christmas Lunch

10th December 2024 at 12.30pm - 2.00pm

The Mill Café, St Catherine's Park, Tudor Croft, Lostock Hall, Preston PR5 5BF

Set in the stunning grounds of St Catherine's Park, the café will be serving up a 2 course Christmas Lunch using ingredients from local Lancashire suppliers and growers. You will be asked to pre-order and highlight any allergies nearer the time.



### Barton Grange Christmas Afternoon Tea

18th December 2024 at 3.00pm

(arrive 10 minutes early)

The Mill Café, St Catherine's Park, Tudor Croft, Lostock Hall, Preston PR5 5BF

Come and join us for a 'blooming' lovely festive afternoon tea at this very popular venue. You will be asked to highlight any allergies nearer the time.



### Men's Big Breakfast

23rd January 2025 at 10.00am - 11:30am

North Albert Grill, Victoria St, Fleetwood, FY7 6AA

Start the new year by meeting up with other men who are in a caring role!

Enjoy a big breakfast, a brew and a peer-to-peer chat.

The breakfast and brew are on us, and a male member of staff will be there to greet you and offer additional support.





## To Book any of the activities below

Places are limited. For more information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 688 7113**

### Brush and Tiddle Beginners Art Session

5th February 2025 at 2.00pm - 4.00pm

Ribble Pilot, Docklands, Ashton On Ribble, Preston PR2 2YN

This amazing experience is suitable for all, including absolute beginners. Have you ever wanted to learn to paint and just don't know where to start? This is for you! If you can hold a brush, book your place. It is that simple. You can relax with other Carers and follow simple instruction to paint your very own masterpieces. No experience or equipment necessary!



### Jewellery Making Workshop

11th February 2025 at 1.30pm - 3.00pm

Dobbies Garden Centre, Blackpool Road, Newton, Preston PR4 OXL (In Restaurant)

This is a new addition to our Carer activities, we hope you will want to try it. The most difficult task will be choosing your beads and design.



### Calmly Creative Craft Studio

19th March 2025 1.30pm - 3.30pm

Unit 7, Charnock Farm, Wigan Road, Leyland, PR25 5DA

If you want to try something new in a relaxing environment this could be for you. It is suitable for all abilities. You can choose the pottery you want to paint, and it will be ready for collection the following week. Alternatively, you can also choose decopatch or foam clay as alternative way to decorate pottery and you can take your masterpiece home with you.



## Spa Sessions



### 30-minute massage

Flexible Dates

Tranquil Spa & Beauty, Doris Henderson Way, Morecambe LA1 5JS

Relax and enjoy a back and neck massage treatment using the finest Elemis products. Release tension and stress with a combination of techniques and pressures.



### 25-minute massage

Flexible Dates

Dalmeny Resort Hotel, 19-33 South Promenade, Lytham St Annes FY8 1LK

Enjoy a relaxing neck, back and shoulder massage to sooth away aches and pains.



### 30-minute massage

Flexible Dates

Shaw Hill Golf & Spa Hotel, Whittle le Woods, Chorley PR6 7PP

Treat yourself to this popular relaxing massage using Elemis luxury aromatherapy oils and unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.



### New Year Signature Massage

Flexible Dates

Re:New Medispa 36 Derby Street West, Ormskirk, Lancashire L39 3NH

Medispa's signature 30-minute massage will ease away aches and melt away stress. This combination massage treatment will relax and energise you. The aromatherapy Elixirs used will be customised to your individual needs.

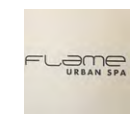


### 30-minute back massage

Flexible Dates

Ribby Hall Spa & Leisure, Ribby Hall Village, Ribby Rd, PR4 2PR

Enjoy the luxurious back massage in beautifully decorated, calm rooms, delivered by highly experienced therapists using products such as ELMIS and Spa Factory, designed to relax and rejuvenate you.



### 30-minute Back, Neck & Shoulder massage

Flexible Dates

Flame Urban Spa 109 Garstang Road, Preston PR1 1LD

Enjoy the luxurious back massage in the serene embrace of tranquillity. Flame has been added to our list of activities where your treatment is designed to target tension and restore harmony to your mind, body, and spirit.

Places are limited. For more information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 688 7113**.



# The Household Support Fund is available for those most in need in your area

If you are struggling with the cost of essentials you may be able to receive extra support

Apply for help with household essentials

- Energy and water
- Food
- Essentials linked to energy, food and water
- Wider essentials



 [www.preston.gov.uk/householdsupportfund](http://www.preston.gov.uk/householdsupportfund)

 01772 906777



 Funded by  
UK Government

 Preston  
City Council

**Carers Count is a service provided by Cloverleaf Advocacy, an independent charity that provides advocacy and carers information, advice and support services.**



Cloverleaf Advocacy have been commissioned by Lancashire County Council to provide an Independent Carers Advocacy Service in Lancashire.

### What is Advocacy?

'Advocacy' is all about people having more control over their own lives. We help people to make their own decisions, speak up about what they want and need, and achieve their own goals.

Our work includes supporting people to feel more in control of the social care and health processes they are involved in. Advocates will work alongside you, at your pace. They are not there to tell you what to do or make decisions for you. Advocates will never do anything about you, without you!



### What could an Advocate do for me?

- ✓ Help you to find out information and understand more about how social care and health processes work
- ✓ Listen to what is important to you
- ✓ Support you to understand and uphold your rights as a carer
- ✓ Discuss your options and choices and support you at meetings
- ✓ Help you to access other services you might need
- ✓ Help you to speak out and have your voice heard
- ✓ Support you through assessments
- ✓ Work with you to challenge any decisions made about you

[www.carerscount.org.uk](http://www.carerscount.org.uk) | [advocacy@carerscount.org.uk](mailto:advocacy@carerscount.org.uk) | 0300 012 0231

### Want to have your say?

Cloverleaf-advocacy are excited to offer people who have lived mental health experience their say to help shape services across Lancashire.

Anyone who would like to be involved to please make contact through the various methods listed on the Facebook page: [www.facebook.com/CloverleafLancsAdvocacySupportService](https://www.facebook.com/CloverleafLancsAdvocacySupportService)

We are always looking for feedback about our services, if you have any comments, complaints or suggestions please let us know by emailing [cst.referrals@cloverleaf-advocacy.co.uk](mailto:cst.referrals@cloverleaf-advocacy.co.uk)

## Independent Community Advocacy Network North (ICANN)

ICANN deliver advocacy and information services across Lancashire. We support vulnerable people to give them a voice, empower, increase resilience, and improve their lives.

Current projects include advocacy for disability related benefits, such as PIP (Personal Independence Payments) and WCA (Work Capability Assessments), This service helps by providing advocacy at medical assessments, helping people with information to prepare for the assessment and assisting clients to access medical and social care records as evidence of need. If people do not obtain the correct level of benefit support ICANN also provide advocacy at benefit tribunals.

We also provide financial inclusion advocacy services to help vulnerable people improve their financial position (Preston only).



ICANN also provide privately funded independent advocacy support for parents involved in the child protection process, along with non-instructed advocacy clients who are under a Deprivation of Liberty Safeguards or who are involved via the Court of Protection. If you would like our help or want further information, please contact us on **01772 746061** or email: [admin@i-cann.org.uk](mailto:admin@i-cann.org.uk)



### Carers' Support Group Sessions are held in the Mill Cafe, St Catherine's Park in Lostock Hall

Open to all carers, not just those with a connection to St Catherine's. The carers drop-in sessions are held on the **first Tuesday of every month from 1.30pm until 3.30pm**, meet for a coffee and chat with other carers and meet the Support Team.

Please email [supportteam@stcatherines.co.uk](mailto:supportteam@stcatherines.co.uk) if you would like to join.



## Carer Awareness Training (Age UK, Ormskirk)

We were excited to deliver Carer Awareness Training to Age UK Lancashire Community Services recently. We received the following feedback:



*'This morning the Age UK Lancashire Dementia Services Team, Parkinsons Coordinator and a small number of the Living Well Support Service attended the free Carers Awareness Training delivered by Colin Bowman from The Lancashire Carers Service! It was eye opening! The statistics alone left us gobsmacked, and I have a newfound respect for all unpaid carers who save our economy £132 billion a year! Plenty to takeaway with some ideas already in the pipeline on how we can better support our carers. I would recommend this training to anyone supporting carers.'*

**Age UK, Service Manager. Ormskirk**

## Information For Professionals

### FREE Carers Awareness Training

Does your work bring you into contact with unpaid carers, do you have working carers within your team?

#### The training will

- ✓ Help you to identify hidden carers
- ✓ Increase your knowledge about the support that is available to carers
- ✓ Identify barriers to accessing support

To request the free Carer Awareness Training please contact The Participation & Engagement Team at [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call **0345 688 7113**



## Lancashire Adult Learning

Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. LAL currently offers an extensive range of subjects to learners, with over 2000 courses delivered through more than 300 venues across Lancashire. Courses can be accessed via their website; LAL - Lancashire Adult Learning Courses.



[www.lal.ac.uk](http://www.lal.ac.uk)



# Lancashire Libraries

Lancashire Libraries are currently looking to expand their Home Library Service, which delivers books and audio material, free of charge, to those who are house bound or unable to access their local library in person.

## You can borrow

- ✓ Books and audiobooks
- ✓ Music CDs
- ✓ DVDs
- ✓ Large print books
- ✓ Children's books
- ✓ Information books

If you are interested in joining the Home Library Service or for more information call **0300 123 6703** or email: [library@lancashire.gov.uk](mailto:library@lancashire.gov.uk).

Further information can also be found at:

[lancashire.gov.uk/libraries-and-archives/libraries/home-library-service/](http://lancashire.gov.uk/libraries-and-archives/libraries/home-library-service/)



# FIND

The SEND Newsletter for Lancashire Families



FIND is a free newsletter for Lancashire families that include a child or young person aged 0-25 with special educational needs and/or a disability. It is published 4 times a year and can be delivered to your home or email address.

To sign up for a regular copy, complete the online form at: [www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/family-information-network-directory](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/family-information-network-directory)

If you would prefer a paper form, call us on 01772 538077 or email [FIND@lancashire.gov.uk](mailto:FIND@lancashire.gov.uk)



christians against poverty  
**CAP**

## Money Coaching

available across Lancashire

Suitable for all, whether money feels tight or you simple want to take more control of your money rather than feeling that it controls you.

Free - to find a course near you and book your place visit:

<https://capuk.org/get-help/money-coaching>

# Budget like a boss.

Free, expert money coaching

## Useful Information

### Alzheimer's Society

Relaxed and fun virtual meetings for people with dementia and their carers who live in the community. The dementia cafes provide an opportunity to meet with other people in a similar situation, make new friends, access information, activities and share experiences. Please contact the Alzheimer's society for further details on **01772 788 700** or email them: [centrallancashire@alzheimers.org.uk](mailto:centrallancashire@alzheimers.org.uk).

### The activities handbook: Supporting someone with dementia to stay active and involved

The Alzheimer's Society has created a handbook for anyone who is caring for a person with dementia. It will help you suggest enjoyable and engaging activities for the person you're caring for.

When you're supporting or spending time with a person with dementia, you may wonder what might help them to live well. Activities can provide ways for someone to carry on being the person they are however their dementia affects them.

Activities can also be an opportunity for carers and people with dementia to do things together and to connect with each other.



#### The activities handbook contains sections on:

- ✓ Choosing activities
- ✓ Helping a person with dementia enjoy activities
- ✓ Social, physical, and outdoor activities
- ✓ Activities at home
- ✓ Online activities
- ✓ Other useful organisations

You can download it from their website [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or call **0333 150 3456**. Handbook Code 77AC



[dementiahelpuk.com](http://dementiahelpuk.com)

### Six key things to know about Dementia

Christina Neal is a writer and editor who cared for her late mother Hazel, who had vascular dementia, for nine years. She is the author of the highly acclaimed book, Dementia Care: A Guide.

In the web-link below Christina reveals six key things she wished she knew about dementia when her mum was first diagnosed.

Which key things do you feel a new carer could benefit from knowing at the start of their caring journey? [dementiahelpuk.com/six-key-things-to-know-about-dementia/](http://dementiahelpuk.com/six-key-things-to-know-about-dementia/)

### Dementia Hubs & Support in North and Central Lancashire

The Dementia hubs that operate in Lancashire provide a one stop shop for support and information from a wide range of local services designed to help those affected by Dementia. Contact the Dementia Hubs for more information.

#### The Bay Information Hub

[www.facebook.com/TheBayDementiaHub](https://www.facebook.com/TheBayDementiaHub)

#### West Lancs Dementia Hub

[www.ageuk.org.uk/lancashire/our-services/west-lancs-dementia-hub](http://www.ageuk.org.uk/lancashire/our-services/west-lancs-dementia-hub)

#### Carnforth Memory Support Group

[Carnforth.icc@mbht.nhs.uk](mailto:Carnforth.icc@mbht.nhs.uk)

#### Charnley Fold, Preston

Support for Preston and South Ribble residents is available through Age Concern based at Charnley Fold, Cottage Lane, Preston PR2 6YA. Contact the team on Preston **01772 620 876**.

#### Chorley Dementia Hub

Last Wednesday of every month at Chorley Library, PR7 1EB (1pm – 2pm). Venue may be subject to change, contact Chorley Dementia Action Group for more information. Facebook: @ChorleyDAG Email: [chorleydag01@gmail.com](mailto:chorleydag01@gmail.com) Website: [www.chorley.gov.uk/Dementia](http://www.chorley.gov.uk/Dementia)

### Alzheimer's Society

#### Dementia Cafes

Locations include Chorley, South Ribble, and Preston (Fulwood)

To book your place please contact **01772 788 700** or send an email to [centrallancashire@alzheimers.org.uk](mailto:centrallancashire@alzheimers.org.uk)



### Dementia Radio

Available via the internet <https://m4dradio.com>

We are m4d Radio. A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. Choose your era below, listen and enjoy...





## Useful Information

### Fresher's Young Onset Café

Freshers is an opportunity to seek support for people of working age, with dementia, Parkinson's and other neurological diseases, and their partners/friends/family. For further information contact Peter **07856 933 003**.

### Rosemary & Time Dementia Friendly Groups

Rosemary & Time run a variety of dementia friendly groups on different dates and times. These groups include Young Onset Dementia Café, Friday Friends, Very Happy Monday Club, and their Dementia Friendly Gardening Group.



### Young Onset Dementia Café

Meets 1st and 3rd Thursday of the month 5.30-7.30pm at the Toll Bar Cottage Café in Broughton.

### Friday Friends

Meet every Friday Grimsargh Village Hall, 1.30-3.30pm, open to anyone affected by dementia.

### Dementia Friendly Gardening group

Meets Longridge Library, second Tuesday of every month 1.30- 3.00pm, dementia friendly group open to anyone of retirement age.

### Laughter and Lunch Club

Dementia Friendly Over 60's Group - Wednesdays 11.00am - 13.30pm at Longridge Civic Hall.

Suggested donation £3 Carers are welcome to come for free

For more details contact Donna:  
**rosemaryandtime01@gmail.com** or Friends of Longridge  
Civic Hall on: **01772 780520**



### Monday Movement & Music

Every Monday afternoon (1.30 - 3.30) we come together for a session of music and singing, led by our musical maestro Joe.

In addition, we have regular seated exercise sessions with Fiona. These are on the second and fourth Monday morning (11.00 - 1.00) each month.

All at Grimsargh Village Hall, open to anyone over retirement age, these dementia friendly sessions are £3 each, carers are welcome to attend for free.

### Laughter and Lunch Club

Every Wednesday 11.00am - 1.30pm at Longridge Civic Hall.

Contact Donna for more information on **07880 348 597** or email **rosemaryandtime01@gmail.com**

### Dementia Carers Group with Sitting in Service

Thursdays 14:00-16:00

Hesketh Bank Community Centre,  
Station Road, PR4 6SR

Need a safe space to talk about your caring role? The Dementia Carers Group offers support in a safe environment to express your worries and concerns. This group also has a sitting in service run by local volunteers in the same building as the carers group.

**For more information contact: [dementiacarershb@gmail.com](mailto:dementiacarershb@gmail.com)**



### Admiral Nurses

Admiral Nurses support families and carers who are caring for loved ones with a dementia diagnosis.



**The support we can provide tends to fall into the categories below.**

- ✓ Guidance on how to care for someone with dementia
- ✓ Emotional and psychological support for carers and families
- ✓ Help to develop skills which encourage positive approaches to living with dementia
- ✓ Information and practical advice
- ✓ Help to access services and support from other organisations
- ✓ Liaison with other professionals

If you or the person you care for have served in the armed services or have a close link with someone who has e.g., their spouse (this includes national service) you may benefit from making contact.

**Referring is easy - phone our administrator on 0333 011 4311**

The main things we need are the carers contact details and for you to specify they have given consent for us to get in touch then we will take it from there.

### Talkin' Tables Friendship Groups

A great way to find new friends to talk to. It could be a quick coffee and a chat or a long mid-morning natter. Everyone is welcome. Talkin' Tables have groups in a variety of locations and dates.

**To find your nearest Talkin' Tables Group, visit the website: [www.talkintables.co.uk/home](http://www.talkintables.co.uk/home)**



Talkin'  
Tables



## Useful Information

### Veterans' Gateway

A directory of services all aimed at supporting veterans, military personnel, armed forces and their families. You can search by service type and also by area, there is everything from employment, finances, housing advice to mental and physical health support. They also have a smart phone app which can be downloaded.

Please see: [www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)



### Armed Forces Breakfast Club

The Armed Forces Breakfast Club is a growing network of Armed Forces Breakfast Clubs in the UK. A great place to meet like-minded people. The purpose is to facilitate Veterans and serving Armed Forces personnel to meet face to face in a relaxed, safe and social environment to enjoy breakfast and banter, to combat loneliness and allow Veterans to 'return to the tribe' To find your nearest Armed Forces Breakfast Club visit [www.afvbc.net](http://www.afvbc.net)



### Ormskirk Avergo Kreatives

Stay Well Group - Get together **every Thursday 1pm till 3pm** Queens Court, Aughton Street, Ormskirk.

A group for people to talk about their creative interests and anything that will help with their wellbeing. Free tea or coffee, all are welcome! No Joining or membership fee.

For more information, contact Derek: 07545 764 983



### SWLICAN

SWLICAN provides free and confidential advice in welfare benefits, employment law, debt advice and form-filling. We offer training in welfare rights and money management and volunteering opportunities. We are based at the Ecumenical Centre, Skelmersdale and have outreach services in Tarleton, Ormskirk, Burscough and Parbold – contact 01695 726 269 or email [admin@swlican.org](mailto:admin@swlican.org)

### After Loss Club

Every Monday 2.30pm-4.00pm and 7.30pm-9.00pm

Sea View, Chorley Old Road, Whittle Le Woods. Chorley

Meet every Monday, members help one another by discussing the difficulties which arise during the bereavement period. They share the pain of loss with fellow members who understand, because they are all coping with their own losses. Come and join us. Ask for Marjorie at the bar and I will meet you, welcome you and introduce you to a few members. Be brave and come. We will be an enormous help to you, once you've made the first step of joining us. Email: [marjoriehayward@icloud.com](mailto:marjoriehayward@icloud.com)



### Welcome to Preston Community Transport

Preston Community Transport is a small charity based in Lancashire, England. We provide safe, considerate and accessible transport to people in Preston and South Ribble who can't use regular public transport for a variety of reasons and to other non-profit groups.

Call us to check your eligibility for this door-to-door service which you can use for shopping, getting into town or social events. Telephone 01772 204 667



### Galloway's Sight Advice Team

The next natural step for many people experiencing issues with their vision is often to look at options of emotional and practical support. Galloway's Sight Advice Team will complete an assessment looking at equipment, aids and technology, give advice, offer support and agree internal and external key referrals for relevant services. This includes common things such as; lighting, UV filters, adapting smart phones, benefits check, accessible formats, independent living, peer support, social services, registration process, Low Vision Assessments and much more. The assessment focuses on the person, so support is tailored to them. For further information call 01772 744 148



### Christians Against Poverty

Christians Against Poverty is a completely free, expert debt help service that will support you all the way through to becoming debt free. No matter how large or small your problem is, we can help. The first step is often the hardest, but it is worth it. Asking for help can be daunting, particularly for many people who have reached a crisis point before calling to book an appointment.

All you need to do is call the free helpline number and they will link you up with Rachel, the Debt Centre Manager. You do not need to go to church, or have any faith to use service – open to all. Here is the number to call: 0800 328 0006



### Preston Care & Repair, Handyperson Service

Provides practical support for people over 18 with a long-term health condition that affects their mobility or anyone over 60 living in Chorley, Fylde, Preston, South Ribble or West Lancashire. The service can help you stay on top of household repairs. No job is too small, from changing a light bulb, repairing fixtures and fittings to small plumbing and joinery jobs.

For more information contact 01772 204096





## Useful Information

# What's on @ Mens Shed



Men's Shed is a community-based, non-commercial organisation that is open to men. Men's Sheds provide a place where men can feel included and safe. The aim of Men's Sheds is to improve the health and wellbeing of their members

<p><b>MONDAY</b> 11-00am - 1.00pm Help, Advice and Support Help completing forms, benefit help and housing issues</p>	<p><b>TUESDAY</b> 5.00pm - 8.00pm Social Night Join us for a Brew, Banter and Food (when available)</p>	<p><b>WEDNESDAY</b> 10.00am - 12.00pm Veterans Breakfast at St. Davids Church Hall Larkhome Lane</p>
<p><b>THURSDAY</b> 12-00pm - 2.00pm Friendly Lunch Group Mixed Group All Welcome</p>	<p><b>THURSDAY</b> 5.00pm - 8.00pm Social Night Join us for a Brew, Chat, Games and Food</p>	<p><b>FRIDAY</b> 5.30pm - 8.00pm Music Group</p>
<p><b>SATURDAY</b> 5.30pm - 8.00pm Sober Saturday Mixed Group help &amp; Advice</p>	<p><b>SUNDAY</b> 10.00am - 12.00pm Breakfast Club Join us for a Brew, Chat and Cereals</p>	<p>Tuesday and Thursday evenings are <b>MEN ONLY GROUPS</b></p>

**HELP AND SUPPORT IS AVAILABLE AT ALL TIMES, SPEAK TO THE EVENT HOST**

**VISIT US** 85 Manor Road, Fleetwood. FY7 7HY **FIND US** on and **@MensshedFw**  
**07864 065764**  
**Email:** mensshedfleetwood@gmail.com  
[www.mensshedfleetwood.org.uk](http://www.mensshedfleetwood.org.uk)

## Free Legal Consultations

We are excited to be working in partnership with Birchall Blackburn Law - This partnership allows us to bring carers the very best advice and information around legal issues including LPA's, Probate, Wills and Court of Protection. **Please take this opportunity to receive a 30 min FREE telephone consultation!**

Contact our Service Access Team to book your appointment on **0345 6887113** or email at **enquiries@lancscarers.co.uk**



## Lasting Powers of Attorney (LPA)

Give someone you trust the authority to make Financial & Medical decisions on your behalf.

Stephen is a local LPA advisor with a low cost solution.



Home Visits for your convenience



*Bramwell*  
ESTATE PLANNING  
Get Your Affairs in Order

Call Stephen on: **01772 367900**  
[www.bramwellep.co.uk](http://www.bramwellep.co.uk)

## Discounts for Carers

There are several discount and special offer cards for Carers which may be useful to you.

discountsforcarers

Discounts for carers have a huge range of discounts, money-saving deals and vouchers, join for free at [discountsforcarers.com](http://discountsforcarers.com)

**CARERSMART**  
benefits discounts offers

CarerSmart offer, benefits and discounts to Carers and people with care needs  
[www.carersmart.org](http://www.carersmart.org)

**CEA CARD**

Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for.  
[www.ceacard.co.uk](http://www.ceacard.co.uk)



Merlin annual pass has a complimentary pass for carers.  
[www.merlinannualpass.co.uk](http://www.merlinannualpass.co.uk)

**National Trust**

The National Trust has an Essential Companion card that allows you free entry if you are with the person you care for  
[www.nationaltrust.org.uk/features/access-for-everyone](http://www.nationaltrust.org.uk/features/access-for-everyone)

**maxcard**

The Max Card is a discount card for families who have children / young people (aged 0-25) with additional needs. You can see the offers on their website: [mymaxcard.co.uk](http://mymaxcard.co.uk)

## This national carer ID card is for anyone that looks after someone that needs help and support

It can be extremely useful to provide proof of your caring role when required. This may be at a hospital, school, attraction, shop or even in an emergency. This carers card provides your identification as a carer, but it also supports you in a variety of other ways. Everything from wellbeing to discounts through the dedicated app. For further information please use the link below. [www.carerscarduk.co.uk](http://www.carerscarduk.co.uk)



## What is the Access Card?

Information, Evidence, Discounts and Opportunities for Disabled People

The Access Card (sometimes referred to as the CredAbility Card or a Nimbus Card) is a card like no other; your disability/impairment is translated into symbols that highlight the barriers you face and the reasonable adjustments you might need.

**Think of it as a Disability Passport.**

This then informs providers quickly and discreetly about the support you need and may gain you access to things like concessionary ticket prices and complex reasonable adjustments without having to go into loads of personal detail. Cost is £15.00 for 3 years.

It's all based on your rights under the Equality Act and providers' responsibilities.

**Access Card – Making access easy** [www.accesscard.online](http://www.accesscard.online)



## UK Global Health Insurance Card (GHIC)

Are you going abroad and need healthcare cover? For most people, the UK Global Health Insurance Card (UK GHIC) replaces the existing European Health Insurance Card (EHIC) for new applications. A UK GHIC and new UK EHIC are free of charge. Beware of unofficial websites, they may charge you a fee to apply. The link to the official website is below:



Applying for healthcare cover abroad (GHIC and EHIC) - NHS ([www.nhs.uk](http://www.nhs.uk))



# Carefree

Take a short break from your caring role with **Carefreespace.org**

We are delighted to be partnering with Carefree, a charity that transforms vacant accommodation into breaks for unpaid carers. They offer an annual one to two-night short break away (with breakfast) for unpaid carers. The breaks are across the UK and cost just £33 in admin fees. You can take a companion with you (but not the person you care for) allowing you to take a break from your caring role and help with your health and well-being. You must be over 18 and care for someone 30 hours a week. The breaks include accommodation and breakfast, but you will be responsible

for travel and any other meals, and you must provide respite for the person you care for. All bookings are made online, so you must be able to do this or have someone to help.

**For more information please visit: [www.carefreespace.org/take-a-break/](http://www.carefreespace.org/take-a-break/)**

**To access this opportunity, please speak to a Carers Support & Review Officer on 0345 688 7113 or email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) who will make the referral to Carefree on your behalf.**



“  
Time and freedom to  
be myself again.”

Carefree

## Our brand new Carers Caravan

Bookings  
open now!



Haven

**We have a new caravan at Lakeland, Grange-over-Sands! We now offer one modern caravan for short breaks and respite, with all necessary facilities, and Lake Windermere is only a 10 mile drive away! There are water sports, bike hire, a golf course, aerial adventure course, and swimming pools all within a few minute walk of the caravan pitch.**

*“Just had a lovely much needed weekend in the carers caravan at Lakeland Cumbria. The caravan was lovely and the site was fab. The privilege passes are an extra bonus, 15% off everything you buy, even in the shop and 50% off activities.”*

At the caravan we can offer you:

- Free access to the owners lounge.
- Privilege Card giving you 15% off bars, restaurants and shops.
- Exclusive Owner-only events and activities throughout the season.
  - 50% off sports and leisure activities throughout the season.
  - The van sleeps 6 people (up to 8 people on request).

**To book your break today OR for more info visit:  
<https://www.carerslinklancashire.co.uk/carers-caravan>  
Call 01254 387444**

## Useful Numbers

### Alzheimer's Society Nation Dementia Helpline

0333 150 3456

### Age UK Lancashire

0300 303 1234

### Attendance Allowance Helpline

0800 731 0122

**Text phone** 0800 731 0317

### Blue Badge Applications

0300 123 6736

### Carers Help and Talk (CHAT) Line

0333 103 9747

### Carers UK Advice Line

0808 808 7777

### Citizen's Advice Bureau Fylde

0300 330 1166

### Citizen's Advice Bureau Wyre

0344 245 1294

### Citizen's Advice Bureau Lancashire North

0344 488 9622

### Citizen's Advice Bureau Lancashire Central

0300 330 1172

### Citizen's Advice Bureau Lancashire West

0344 245 1294

### Care Navigators (Booking Respite)

0300 123 6720

### Carers Allowance Unit

0800 731 0297

**Text phone** 0800 731 0317

### Disability Living Allowance (if you born on or after 8th April 1948) Helpline

0800 121 4600

**Text phone** 0800 121 4523

### Job Centre Plus (National)

0800 055 6688

### Job Centre Plus (Preston)

0800 169 0190

**Text phone** 0800 023 4888

### Just Good Friends

07557 734 233

### Lancashire Advocacy Hub

0330 0022 200

### Lancashire Care (NHS) Wellbeing and Mental Health Helpline

0800 915 4640

### The Lancashire Carers Service

0345 688 7113

### NHS 111 Service for non-emergencies

111

### NHS Carers Direct Helpline

0300 123 1053

### Personal Independent Payment Enquiries

0800 917 2222

**Text phone** 0800 917 7777

### Preston Care & Repair Handyman Service

01772 204096

### Social Care (24-hour service)

0300 123 6720

### Welfare Rights

0300 123 6739

## Useful Links

### Lancashire warm spaces - Lancashire County Council

[www.lancashire.gov.uk/health-and-social-care/cost-of-living/warm-spaces/](http://www.lancashire.gov.uk/health-and-social-care/cost-of-living/warm-spaces/)

### Winter Wellbeing communications toolkit - Lancashire County Council

[www.lancashire.gov.uk/public-health-campaigns/campaigns/winter-wellbeing-communications-toolkit/](http://www.lancashire.gov.uk/public-health-campaigns/campaigns/winter-wellbeing-communications-toolkit/)

### Cost of living support - Lancashire County Council

[www.lancashire.gov.uk/health-and-social-care/cost-of-living/](http://www.lancashire.gov.uk/health-and-social-care/cost-of-living/)

### Help with energy - Lancashire County Council

[www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/help-with-energy-bills/](http://www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/help-with-energy-bills/)

[www.restless.co.uk](http://www.restless.co.uk)

[www.lifeconnect24.co.uk](http://www.lifeconnect24.co.uk)

[www.silversurfers.com](http://www.silversurfers.com)

[www.aging-better.org.uk](http://www.aging-better.org.uk)







## Your Feedback

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Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Our service is centred around you, so do reach out and share your thoughts with us.

Hopefully together we can make it work! Please call **0345 688 7113, Option 2** or email **[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)**

Note: If you would like to read any part of this newsletter in large print please call **0345 688 7113, Option 2** or email **[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)** to make your request.

Disclaimer- Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group **[www.facebook.com/groups/2169077466734687](https://www.facebook.com/groups/2169077466734687)** or call **0345 688 7113, Option 2** before setting out.