

Magazine



adults are
now providing
unpaid care

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 and Health and Wellbeing services
- ✓ A 24/7 Volunteer manned 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

Caring can creep up on you

Some people become carers overnight, some don't. Georgie and I were married in 1970, she was Scottish, and I was essentially from the Southwest, although both my parents were from the North. We met when we were living in separate bedsits in a house in the student area of South Manchester; apparently my main attraction was that I had a separate kitchenette with an oven and a chip pan!



In the mid 1970's my work took us to East Africa where we lived with our five-year-old son for a year. The experience of a different lifestyle was tremendous, but the longstanding impact was, Georgie started to play golf out there.

When we got back to the UK, she joined a local club, and I was a golf widower for two years before eventually taking up the game. But she was always better than I was. This may seem a long time ago, but it had a major effect on our lives from then on, golf at weekends, on holiday, competitions, trips around the UK, Europe and even America. Apart from my work it dominated our lives.

Then Georgie's health began to deteriorate, physically at first. She had suffered from bronchiectasis from childhood and had always needed physiotherapy to clear her chest. Then other ailments began to creep in, she struggled to walk and had to use her own electric buggy to continue golf – I would drop it off at her club and collect it after she had finished her round.

Then, in 2017, it became clear her memory and logical thought was going. She had to give up golf and by the end of the year was formally diagnosed with vascular dementia. She is the youngest of four sisters and all four have had dementia, but neither of her parents did!

Through 2018 I was referred to several organisations, including Lancashire Carers Service, that could provide help and advice, so many, that it was a bit confusing who did what. Anyway, in time we got sorted with fire/smoke and personal alarms connected to Telecare, home appliances (grab rails and toilet frames) Attendance Allowance, Council Tax reduction, a wheelchair and carer respite. By the end of 2019 it was clear she could no longer be left alone so golf was out of the window. I use my respite to allow me to go out for regular walks. It also serves another purpose in that it gives me a reason to encourage her to get up, otherwise she'd happily stay in bed.

2020 was pandemic year and Georgie's needs were now 24 hours a day, 7 days a week. We relied on a few friends to fetch "click and collect" food orders during lockdowns and later home deliveries. Vaccinations were a challenge because Georgie didn't want a needle anywhere near her.

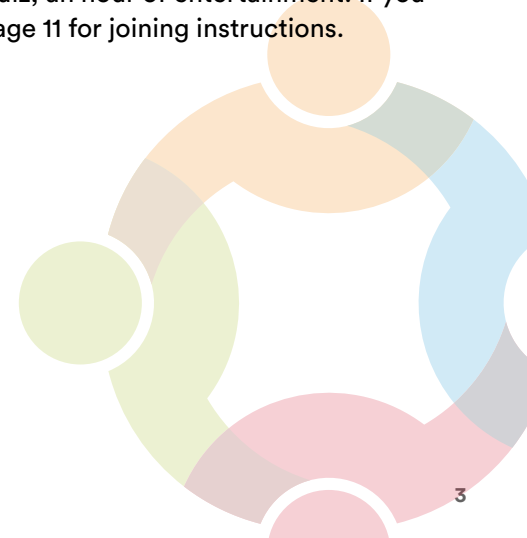
I attended the Understanding Dementia Course which gave me a useful background as to the science of dementia and a clearer understanding from Georgie's perspective.

It was during lockdowns that I tried the Carers quiz on Zoom. I had avoided it at first not wishing to be shown up with low scores! However, it soon became clear that your score didn't really matter. What you get out of it is interaction with other people who had similar issues as yourself. I consider those who attend to be more like friends and without this I would never have known any of these people.

If you are reluctant to reach out for support, you might think you don't need it at first, but there may come a time when you do. I urge you, don't leave it too late.

I can highly recommend the Tuesday night quiz, an hour of entertainment. If you (the reader) would like to try it, please see page 11 for joining instructions.

If you would like to share your story and feature in the next edition of the magazine, please contact enquiries@lancscarers.co.uk or call our Service Access Team on 0345 688 7113.



Welcome

Welcome to the Spring & Summer edition of the Lancashire Carers Service Magazine. We hope that this finds you safe and well and you have been able to meet up with friends and family, taking advantage of the brighter days.

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 place on any activities and 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.ncompass.org.uk and 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.

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. The details are included below:

 [www.n-compass.org.uk/
our-services/carers](http://www.n-compass.org.uk/our-services/carers)

 enquiries@lancscarers.co.uk

 0345 688 7113 option 2

 @lancscarers

 www.carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 0345 688 7113 option 1

 @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**.

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. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Assessment and Support Officers in fields such as mental health, dementia, ethnicity, and health services.

Carers Assessment

An assessment for you with an Assessment and Support Officer, even if the person you care for is not receiving care and support from Lancashire County Council. The assessment will include information on;

the person you care for, your caring role, your ability to access education, work, leisure, cultural activities, the impact on your health and wellbeing and whether you are willing and able to carry on with all parts of your caring role. The assessment can take place over the telephone or face to face. Following your assessment, you may be eligible for a Carer's Personal Budget to improve your health and wellbeing.

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

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. All calls are answered by volunteers who can offer understanding with regards to the common challenges faced by carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a volunteer please call **0333 103 9747** (Free). If a volunteer is not immediately available to answer your call, please do try again.



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 to carers, provide emotional support, or just friendly chat. You propose a convenient time and day for the weekly call and The Volunteer Hub will match you with a suitable volunteer. Volunteers will only be given your first name and will contact you via a switchboard to keep your phone number private.
Email 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 carry out your caring role. The plan will include information on; property access arrangements, medical conditions and disabilities, care, medication routine and the details of people who can be contacted in an emergency. 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. Once completed, a copy of your plan will be sent to you. Plans can be activated 24 hours a day, 7 days a week, 365 days a year. A plan can be completed over the telephone or face to face. To activate your plan please call **0800 840 3166**.

Do you have a Peace of Mind 4 Carers Plan?

If you have, we are currently reviewing these plans!



We will contact **YOU** during 2023 to review these plans!



Don't have a Peace of Mind 4 Carers Plan?
Contact us!

Call: 0345 688 7113 option 2
Email: enquiries@lancscarers.co.uk

n|compass
towards a **brighter** future

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! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing.

The Volunteer Hub at n-compass will provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

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.

Volunteer with us

The Lancashire Carers Service has several volunteer roles designed to support carers to give back to their community.

The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to carers, 24 hours a day. It is manned entirely by volunteers who work from the comfort of their home. This is just one of the many ways you can get involved in volunteering!

We believe absolutely everyone has something valuable to offer, and with a variety of volunteering roles, there's something for everyone at n-compass. 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.



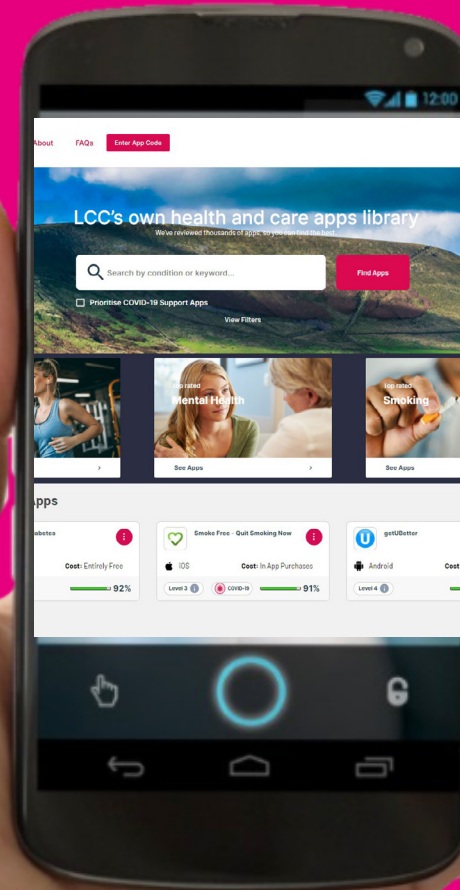
Digital Health Unlocked

OCHRA a Health & Care App Library built just for YOU

As we continue to get used to new ways of living and working, digital health is becoming more and more valuable as we look after ourselves. Because there are so many digital health tools out there - apps alone numbering over 350,000 - we might need a bit of help finding those that are the best and the safest for us to use.

So with this in mind Lancashire County Council has commissioned a library of independently reviewed apps just for YOU. This is a library of apps that have been independently reviewed for Clinical/Professional Assurance, Data & Privacy and Usability & Accessibility.

It's EASY just enter a word that describes your need or a condition into the search bar and click find Apps! You can use filters to help you find the right app for you, your budget and your locality. If you're interested in a particular app you can read more about what it does, and how it has been reviewed.



Access YOUR library of Apps:
lancashirecountycouncil.orcha.co.uk



Carer Activities

Carers Week Quiz!

Monday 5th June – 7.00pm to 8.00pm

Join us for a fun filled quiz with different rounds including a picture quiz and name the year!

Zoom Link: <https://us06web.zoom.us/j/84188290074?pwd=a0psY2djekJnM0h6M0E5eHlCb0M5UT09>

Meeting ID: 841 8829 0074

Password: 757042



Regular Zoom Activities for Carers

Weekly Sessions

Evening Coffee and Chat

Every Tuesday 7.00pm to 8.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168

Password: 559497

Distance Reiki

Every Wednesday 2.00pm to 3.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWMxWnMwZz09>

Meeting ID: 813 5194 3140

Password: 940735



General Knowledge Quiz

Every Tuesday 11.00am to 12.30pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVdVoRExmQT09>

Meeting ID: 949 1975 2910

Password: 544401

Seasonal Flow Yoga

Every Wednesday at 6.15pm to 7.30pm, May and June

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMrcnpt1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

Yoga Nidra

Every Thursday at 7.00pm to 8.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzMmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916



Carers Week Zoom Specials

5th – 11th June 2023

The theme for Carers Week 2023 is 'Recognising and supporting carers in the community'

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. We believe that unpaid carers and the challenges of caring should be recognised in all areas of life, caring should be valued and respected by everyone in our society, and carers should have access to the information and support they need, where and when they need it.

Look out for our Carers Week activities in this magazine.

'Visible, valued and supported' 6th June 2023 at 1.00pm Carers Week Self-Care workshop with Charlotte Marsden (Associate Psychological Practitioner)

Sometimes it can be difficult treating yourself with compassion, especially when you spend a lot of time giving! Charlotte Marsden, LSCFT Associate Psychological Practitioner, will be delivering a presentation on what self-care is and the importance of self-compassion in a busy world. There will also be an opportunity to have a go at developing self-compassion through mindfulness exercises. Treat yourself as you treat your loved ones.

Please use the link below to join us:
Topic: Carers Week Self-Care Workshop - Carers Week 2023
Join Zoom Meeting:
<https://us05web.zoom.us/j/85010282137?pwd=U3E4RTlORkFtMjJFaWHDtVY9QN1JNdz09>

Meeting ID: 850 1028 2137

Passcode: T4WFPv



Feel stressed and
drained from caring?

Discover new ways
to improve your life

Thursday 8th June from 2-3pm



with Award-Winning Author,
Sara Challice



Strategies • Science • Solutions

It's time to empower
yourself so you can
enjoy life!

To Register your place online,
call 03450 138 208 or
email admin@n-compass.org.uk

www.whocares4carers.com





Coffee & Chats

These sessions are an opportunity to meet and chat with other carers and former carers, speak to a Carers Engagement Officer, and take a well-earned break from your caring role whilst enjoying a free tea or coffee. If you have never been to a Coffee and Chat before don't worry! Everyone has been a 'first timer.' A friendly member of our team will be there to greet you and offer a warm introduction.

If you would like to attend, **you must book your place in advance** as places will be limited. Please email enquiries@lancscarers.co.uk or call our Service Access team on 0345 688 7113 to secure your place.

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

Venue	Brew & Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT 1st Wednesday of each month Note – New Venue	Raffles Coffee House, St Georges Shopping Centre Preston, PR1 2NQ Ethnic Minority Group 1st Thursday of each month	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW 3rd Wednesday of each month	Brookes Bistro, Brookside Living, Aughton Street, Ormskirk, L39 3BT 4th Monday of each month
Time	10:00am – 11:30am	10:00am – 11:30am	10:00am – 11:30am	10:00am – 11:30am
Dates Please book your place in advance	3rd May	4th May	17th May	22nd May
	7th June	1st June	21st June	26th June
	5th July (no session)	6th July	19th July	24th July
	2nd August	3rd August	16th August	28th August (Bank Holiday, no session)
	6th September	7th September	20th September	25th September
	4th October	5th October	18th October (no session)	23rd October

Venue	Burnside Garden Centre, New Lane, Thornton Cleveleys, FY5 5NH 2nd Wednesday of each month	Booths Café, Main Drive, St Annes, FY8 3UT 2nd Wednesday of each month	The Print Rooms Café, The Storey, Meeting House Ln, Lancaster, LA1 1TH 2nd Thursday of each month	County Lodge & Brasserie Restaurant, Lancaster Road, Carnforth, LAS 9LD 4th Thursday of each month
Time	10.00am – 11:30am	2.00pm – 3:30pm	10.00am – 11:30am	10.00am – 11:30am
Dates Please book your place in advance	10th May	10th May	11th May	25th May
	14th June	14th June	8th June	22nd June
	12th July	12th July	13th July	27th July
	9th August	9th August	10th August	24th August
	13th September	13th September	14th September	28th September
	11th October	11th October	12th October	26th October

Other Activities

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

Other Activities



Boatel Cruise

6th June 2023

Sail at 12.00pm (please arrive 15 mins early)
Botany Bay Boatyard, Chorley PR6 9AE
(behind the Lock & Quay Restaurant)

Enjoy an afternoon barge experience and the serenity of a 90-minute trip on the canal with Buffet lunch. Boatel is located just off junction 8 of the M61 in Chorley, Lancashire.

For information and to register your place, please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113**. Places are limited.

Other Activities

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



Leighton Hall Tour with Afternoon Tea & Birds of Prey Display

27th July 2023 – from 1.30pm
Leighton Hall, Carnforth, Lancashire,
LA5 9ST

Meet for a guided house tour from 13.30pm. There are no roped off areas and visitors are invited to sit on the furniture, touch things, relax and really get involved.

Followed by afternoon tea at 14.30pm

Enjoy the most English of Afternoon Teas. Enjoy assorted sandwiches, cream scones, homemade cakes, and plenty of tea served in Leighton's charming tearooms.

Bird of prey display at 15.30pm

Set against the backdrop of wonderful rolling parkland, there can be few more exciting and dramatic experiences than to watch beautiful birds of prey swooping from the sky to collect treats from an expert falconer.

Opportunity to explore garden and woodland walk optional at 16.15pm - optional.

Outside are acres of gardens, ornamental vegetable plot, herb garden pavilion, within an abundant 19th century walled garden.

This activity is free for our registered carers and places will be limited; Please email enquiries@lancscarers.co.uk or call our Service Access team on **0345 688 7113** to register your interest.



30 minute massage at Jing Tai

Available throughout Summer 2023
Jing Tai, 14-15 Lune Street, Preston, PR1 2NL

A gentle popular massage using techniques from traditional Thai massage, using a range of essential oils. This is a new venue and would value your feedback. Places will be limited.



30 minute Signature massage

Available throughout Summer 2023
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. Places will be limited.

For information regarding dates and to register your interest, please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113**.



30 minute massage at Salt Ayre Leisure Centre

Available throughout Summer 2023
Salt Ayre Leisure Centre, 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. Places will be limited.



25 minute massage

Available throughout Summer 2023
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. Places will be limited.



30 minute massage

Available throughout Summer 2023
Dalmeny Resort Hotel, 19-33 South
Promenade, Lytham St Annes, FY8 1LK

Enjoy a relaxing afternoon by the sea with a 30-minute massage including use of the spa facilities, eucalyptus steam room, dry heat sauna, whirlpool and swimming pool.

For information and to register your interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113**. Places will be limited.



Luxury Massage

Available throughout Summer 2023
Stanley House Hotel & Spa,
Mellor, Lancashire, BB2 7NP

This is the perfect 30-minute massage to soothe and calm, and wind down an active mind. De-stress with this luxury Drift Away back, neck and shoulder massage at Stanley House, set in 54 acres of stunning countryside. Providing the perfect setting for rest and relaxation.

For information regarding dates and to register your interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113**. Places will be limited.

Are you interested in Card Making?

We would like to add a Christmas Card Making activity to the 2023 Autumn/Winter magazine. We want to gauge interest. If this is something you would like attend, please register your interest now. We will let you know the outcome. If we get enough interest, we will organise a card making session in the Preston area.

To register your interest, please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113**.

The Lancashire Carers Service Media Platforms

Social Media



Facebook

Our Facebook page is going from strength to strength. We now have more than 950 followers to our page. It is full of up-to-date information and articles of interest. You will also be able to find links and advertisements to a variety of activities. Please have a look at and "like" and "follow" our Facebook page by logging into Facebook and searching for The Lancashire Carers Service or [@lancscarers](https://www.facebook.com/lancscarers/)

www.facebook.com/lancscarers/



Carers
Community
Network

Carers Community Network Platform*

This is a virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing.

It only takes a minute to sign up, and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 1700 active members who are looking forward to connecting with you!

****Please be aware, that to access the Carers Community Network Platform, 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.***

Carers Assessment Reviews – Help us to best help you

When you have a carers assessment with n-compass, we will contact you annually to ensure that you are updated on the help available to you in your caring role and support you to manage your own wellbeing.

The review is your time to discuss how you manage and feel about your caring role, to think about the future and talk about any worries or concerns you may have.

Please respond to any messages or letters you receive from our reviews team so that we can continue to offer you the support that you need. If there are any changes to your caring role you do not have to wait for your review to contact us to discuss these.



Partnership News and Useful Information

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 courses 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. In the first session, the Therapist will support the carers to identify and agree on common subjects for the CBT sessions such as guilt, resentment, conflict, anxiety, and isolation which are often common among carers. These subjects will focus on the following 6 sessions which will be delivered flexibly to ensure the sessions are beneficial for the whole group or individuals.

We have run successful courses already and the carers who attended reported that the course meets its aims and objectives leaving carers more empowered, and optimistic, and helping to reduce anxiety levels.

Current 6-week groups running in Blackpool and Morecambe, 10.00am–12.00pm.

Free Person-Centred 1:1 counselling

We also have qualified person-centred therapists and trainee counsellors who are working towards their qualifications who all work in a person-centred way and offer talking therapy. The aim of the sessions is to improve the emotional health and well-being of carers. All trainee counsellors are registered with a professional body and have all been assessed and are ready to work with clients.

Person or client-centred therapy is based on the view that everyone has the capacity and desire for personal growth and change, given the right conditions. Rather than being seen as the expert and directing the therapy, the counsellor offers unconditional positive regard, empathy, and congruence to help you come to terms with any negative feelings and to change and develop in your own way. In person-centred therapy, the focus is on the person, not the problem. The goal is for the client to achieve greater independence. This will allow the client to better cope with any current and future problems they may face.

Person-centred therapy can help with relationship problems, depression, anxiety, bereavement, addictions, sexuality, anger, transitions and changes in life and general worries.

We have had clients who have greatly benefited from this form of counselling and report that it is a safe space for them to explore their worries without judgement helping them to feel more confident to deal with issues that may affect them.

Support can be offered face to face, or remotely.



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.

We have been successful in obtaining short-term funding to help Lancashire residents with form filling for Personal Independence Payment (PIP), UC50/ESA50, Attendance Allowance and Child DLA. This service also provides advocacy support at PIP and

UC50/ESA50 medical assessments by 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

Partnership News and Useful Information



Carers Count is a service provided by Cloverleaf Advocacy, an independent charity that provides advocacy and carers information, advice, and support services. Lancashire County Council have commissioned Cloverleaf Advocacy 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
- Support you to understand and uphold your rights as a carer
- Help you to access other services you might need
- Support you through assessments
- Work with you to challenge any decisions made about you
- Discuss your options and choices and support you at meetings
- Help you to speak out and have your voice heard
- Listen to what is important to you

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:

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

Contact Details

www.carerscount.org.uk

advocacy@carerscount.org.uk

0300 012 0231

Cloverleaf Advocacy are supporting people throughout Lancashire to have THEIR say in local mental health services and to discuss the issues that are important to them.

"I'm so excited to be involved
- I've been doing loads of
research and feel ready to
get stuck in"



This project includes the co-development of the Lancashire Mental Health Partnership, providing an inclusive platform for individuals to have their voice heard, in a way that suits them. Options include email, telephone calls, and social media discussions.

**Please contact the Cloverleaf team for more details:
01924 454875 or
mh.lancs@cloverleaf-advocacy.co.uk**



NW ADASS - Information & Advice
Quality Standards Framework for Carers

Local Authority Carer Leads from across the Northwest meet on a regular basis to share achievements and challenges and to coordinate the improvement of support for carers across the region.

This group is currently collecting information which will support the development of this framework and are asking carers across the Northwest to complete the survey.

Why is it important?

Quality information and advice helps to promote people's Wellbeing by increasing their ability to exercise choice and control, it is also a vital component of preventing or delaying people's need for Care and Support. Everyone has a right to information and support and should know how to get it.

Key issues

Quality of information and advice for carers is not consistent across the region and often considered difficult to access.

The NW ADASS Carers Network identified three key issues:

- Confusing information
- Poor quality - unclear language and terminology
- Not accessible

The Aim

We want to produce an information and advice quality standards framework that will strengthen information and advice services for carers across the northwest. Our aim is to help carers understand and exercise their rights and make informed decisions about their lives. Your input is valued and key to this piece of work.

Please could we ask you to spare 10 minutes to complete the survey. See link below:
<https://www.surveymonkey.co.uk/r/Infomationandadvice>

FIND

The SEND Newsletter for
 Lancashire Families



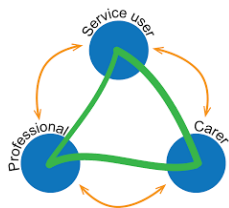
FIND is a free newsletter for Lancashire families that include a child or young person aged 0-25 with special educational needs and/or a disability. It is published 4 times a year and can be delivered to your home or email address.

To sign up for a regular copy, complete the online form at: https://lancashire-self.achieveservice.com/service/Record_of_Entry_Database_for_Children_with_Disabilities_and_Their_Families

If you would prefer a paper form, call us on 01772 538077 or email FIND@lancashire.gov.uk

lancashire.gov.uk/SEND





**Lancashire &
South Cumbria**
NHS Foundation Trust

Improving Carer Experiences through the Triangle of Care accreditation

Lancashire and South Cumbria NHS Foundation Trust hires new Carer Lead to help build better experiences

Everyone has a story.

Telling your story can help us improve the care and overall experiences of services provided by Lancashire and South Cumbria NHS Foundation Trust. We want to know what matters most to you. By listening to your story, we can learn more about what is working well and most importantly, what we could be doing better.

Anyone can get involved, this could be a patient, service user, staff member, relative, family member, carer or friend. This is a creative opportunity, giving you the decision on how you share your story in your own words. This could be a voice recording, a written story, we could film you or you may prefer to use art or photographs – the choice is yours!

We will decide with you, where you are happy to share your story, this could be with the Trust Board, or with teams and individuals. We are eager to include stories as part of staff training which we would like to co-produce alongside carers as part of our Triangle of Care accreditation, if this is something you would like to support with please get in touch.

You can change your mind at any time about where your story is shared by letting us know, remaining anonymous is your choice. To give you an idea of what this looks like, you can find an example of the stories we have been given so far on our webpage - www.lscft.nhs.uk/my-story

If this is something you would like to support with, please contact us and a member of the Experience and Engagement Team will support you with this process:

Telephone: 01772 773 489

Email: experience.team@lscft.nhs.uk

Important links:

Triangle of care - <https://carers.org/resources/all-resources/53-the-triangle-of-care-carers-included-a-guide-to-best-practice-in-mental-health-care-in-england>



CARDIAC REHABILITATION



An exercise prescription service as part of the cardiac rehabilitation and prevention programme.
[with BACPR qualified staff]

You can request a referral from a healthcare professional such as a GP or cardiovascular nurse

OR SELF-REFER with Heartbeat North West Cardiac Care

Tel: 01772 717147 • Visit: heartbeat-nwcc.org.uk

The British Liver Trust

The British Liver Trust are the largest UK liver charity for adults and reach over a million people each year; raising awareness of the risk factors of liver disease and providing vital advice to help people improve their liver health. They provide patients and their carers with up-to-date information and support including a free nurse-led helpline, an online community and virtual support groups.

For further information contact The British Liver Trust Helpline on **0800 652 7330** between **9.00am-3.00pm**

Monday to Friday (excluding bank holidays) or email helpline@britishlivertrust.org.uk



Liver disease: are you at risk?

The Liver
The liver carries out 500 different jobs including:

- Making proteins and blood-clotting factors
- Helping digest food and manage your body's energy supplies
- Protecting you by breaking down toxins and other harmful things

Liver Disease
Did you know?
Liver disease death rates are 4 times higher now than they were in the 1970s.

At the same time, deaths from most other major diseases have been falling.
In 2021 around 10,800 people died from liver disease in the UK.

1 in 10 people scanned on our Love Your Liver roadshow have signs of liver damage.

HOW TO LOVE YOUR LIVER
9 in 10 cases of liver disease could be prevented. Making small changes to love your liver can add up to a big difference and reduce your risk of liver disease.

- Follow the alcohol advice. Max 14 units a week. With a 2 to 3 day break.
- Eat healthily, base meals on veg, fruit and wholegrains.
- Watch out for sugar, fat and salt. Check the traffic light label.
- Look for ways to move more in your day to day life.
- Know the risks for viral hepatitis. Get tested or vaccinated if you're at risk.

Take our Love Your Liver screener to check your liver health
www.britishlivertrust.org.uk/liver-screener

BRITISH LIVER TRUST
Love Your Liver is a British Liver Trust campaign

www.loveyourliver.org.uk
Registered charity England and Wales 288698 Scotland SC042140

Mental Health Support



LET'S KEEP TALKING

Talking to others can signpost us and get us on the right track.

Have a chat with someone who can help you in the right direction.

SCAN HERE
for a list of services in your area

If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110**
or text **HELLO** to the Wellbeing & Mental Health Texting Service on **07860 022 846**
or call Samaritans on 116 123

NHS
Lancashire and South Cumbria
Integrated Care Board

Sparky's Mental Health Family & Carers Group

We would like to give carers & family members a warm welcome by inviting you to join our new mental health family & carer group.

This is an opportunity to meet with mental health services to raise any concerns or discuss general care and treatment in relation to your loved one.

Refreshments including tea, coffee and biscuits are provided each week.



When?

Last Monday of the month between 4:30pm-6:30pm.

Where?

Sparky's Café, The Harbour, Windmill Rise, Blackpool, FY4 4FE

Supported by local carers organisations.



Blackpool Carers Centre

Quality • Passion • Respect



We care because YOU care.



St Catherine's
hospice care

Living Well Hub

First Wednesday of the month 10am – 11.30am

Upstairs at The Mill, Lostock Lane, Preston, PR5 5XU

Drop-in to our free monthly advice hub and empower yourself with information to help you and your family live well with a serious illness.

Financial advice from an Independent Financial Advisor

Legal clinic - speak to local solicitors for advice

Learn basic complementary therapies to use at home

Information on how to protect and pass on your digital legacy

Professional funeral plans advice, information and support

Benefits advice - meet local advisors for housing and benefits help

Information on hospice services from the St Catherine's Support Team

Fire safety tips and checks for the home

Assisted living advice including personal alarms, telecare and utilities

Open to everyone, not only patients of St Catherine's Hospice

For more information visit www.stcatherines.co.uk/compassionate-communities, call 01772 629171 or email communities@stcatherines.co.uk

**Compassionate
Communities**

Part of our Compassionate Communities project - empowering local people across Central Lancashire to help themselves and each other when facing serious illness and bereavement.



THE MILL
ST CATHERINE'S PARK

If you or someone you know is struggling with mental wellbeing, please ask for help. LSCFT have a dedicated Wellbeing and Mental Health Helpline and Texting Service. The service is available Monday to Friday 7.00pm to 11.00pm and Saturday to Sunday 12.00pm to Midnight.

This service is staffed by volunteers and those with lived experience of mental health, who can offer emotional support and talk about mental health. See the link for more information <https://bit.ly/3GYORu3> or contact the wellbeing line by calling 0800 915 4640 or by texting Hello to 07860 022 846.

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.



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 or call 0333 150 3456. Handbook Code 77AC



Dementia Hubs 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 - facebook.com/TheBayDementiaHub/

The Fylde Coast Dementia Hub - facebook.com/thefyldecoastdementiahub/

West Lancs Dementia Hub - www.ageuk.org.uk/lancashire/our-services/west-lancs-dementia-hub

Carnforth Memory Support Group - 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 - The last Wednesday of every month (1pm – 3pm) Chorley Library, Union Street. PR7 1AL. For more information email communities@chorley.gov.uk

Home Instead Dementia Hub - The second Wednesday of the month from 1.30 - 3.30pm at the Ministry Centre, Christ Church, Long Lane, Aughton, L39 4AS. For more information contact Carol Canipa - carol.canipa@homeinsteadwlc.co.uk / 01695 589071.

Alzheimer's Society Dementia Cafes
Locations include Chorley, South Ribble, and Preston (Fulwood)

To book your place please contact 01772 788700 or send an email to centrallancashire@alzheimers.org.uk



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?

<https://dementiahelpuk.com/six-key-things-to-know-about-dementia/>

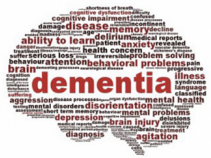


Dementia Radio

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, listen and enjoy...

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



Understanding Dementia course – Delivered by Carers Link Lancashire

Monday 10th, 17th, 24th July, Online Microsoft Teams
6.30pm – 8.30pm

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

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

To secure a place and Zoom joining link, please email Angela Bennett at info@carerslinklancashire.co.uk or contact Angela at Carers Link Lancashire on **01254 387444**.



Fresher's Young Onset Café

Freshers is a sociable get together for people of working age, with dementia, Parkinson's and other neurological diseases, and their partners/friends/family. Come to meet new friends. See their Facebook page or their website for further details.

 [@freshersyoungonsetcafes](https://www.facebook.com/freshersyoungonsetcafes)

Website: <https://fresherscafes.wixsite.com/youngonset>



The Young Onset Dementia Action group

The Young Onset Dementia Group is for people of working age who live with dementia and their family members and carers. The social group runs on the 2nd Tuesday of each month from 5.00pm to 7.00pm. The dates for the next few groups are 11th April 9th May 13th June and 11th July. Meet at Charnley Fold Resource Centre, Cottage Lane, Bamber Bridge, Preston, PR5 6YA.

There is a voluntary charge of £1 per person for refreshments.

The social group is an informal social get together for people affected by young onset dementia, where you will be able to meet and talk with other people in a similar situation and most importantly enjoy an evening of fun and chat.

The group is supported by local health and voluntary sector organisations that will be available to provide information.

If you would like more information or to attend, please get in touch, telephone Lisa Storey (Memory Assessment Service) on **01772 401621** or Sally Underwood (CMHT) on **01772 401676** and ask to speak to them about the YODA Social Group.





Young Onset Dementia Café

Third Thursday each month

5.30 - 7.30 pm

Toll Bar Cottage Café,

476 Garstang Road, Broughton, PR3 5JB.

Pay as You Feel - no fixed cost, please feel free to make a donation comfortable to your budget.

Open to anyone under the age of 65 living with Young Onset Dementia.

Come and enjoy a relaxed atmosphere, some laughter, and a simple meal in the company of people who really get your situation.

**For more information, contact
Donna from Rosemary and
Time**

**on 07880348597 or
rosemaryandtime01@gmail.com**



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

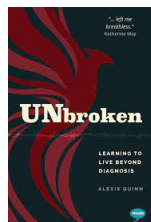
If you or the person you care for have served in the armed services or have a close link with someone who has e.g. their spouse (this includes national service) you may benefit from making contact.

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.



Book Recommendations



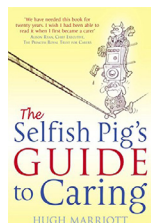
Unbroken: Learning to live beyond diagnosis

Alexis Quinn has always known she was different. Academically and athletically gifted, she soared through her years in education, but failed to socialise adequately with her peers. Somehow, social norms just passed her by. But her difference had always been her strength, until the birth of her child, and the death of her brother, Josh; then her difference became her downfall. Unable to deal with the reality of what happened with Josh, Alexis was detained under the mental health act against her will. She found herself struggling for years, with diagnosis after diagnosis landing on her shoulders. Told repeatedly by doctors that she was dangerous, Alexis tried to become the person the system wanted her to be someone normal. But it seemed that normal was always just out of reach. As time went by, she realised that the care she thought was going to help her, might just be the very thing that would destroy her.

Who Cares?

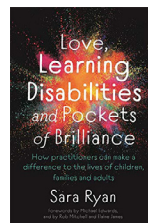
See Carers Week Online Masterclass page 13 - Free to join

Sara Challice gave up her career as a graphic designer to care for her husband for 13 years after he was diagnosed with a brain tumour. Following a stroke, he became bedbound and needed full-time nursing care; due to the pressure, Sara became both mentally and physically unwell. She then found new strategies to regain her health and enjoy life again, even whilst caring for a terminally ill husband. Sara also got involved with local and national charities and became a trustee for the neurological charity INS (Integrated Neurological Services). Since her husband's death, Sara has been a frequent public speaker, helping transform the lives of carers, their health and wellbeing; she continues to volunteer and fundraise to promote the wellbeing of carers. She is much interviewed for media and podcasts about health and wellbeing (see www.whocares4carers.com)



The Selfish Pig's Guide to Caring

Millions of people provide unpaid care for family members, friends, or neighbours. Their job is long, lonely, and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to their physical and mental health. Though carers by definition are anything but "selfish pigs," they are also liable to feelings of guilt that are often brought on by fatigue and isolation. This guide is designed to provide support for carers of every variety and air commonly ignored topics that arise when providing care. Humorous and uplifting in tone, this is the perfect resource for coming to terms with caring for someone in the grip of a debilitating disease.



Love, Learning Disabilities and Pockets of Brilliance

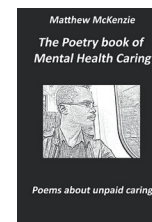
This is a book written to celebrate the humanity of people, and to share experiences of what brilliant care and support can look like for families with learning disabled or autistic children and adults.

Sara Ryan steers clear of jargon and 'doublespeak' to conjure authentic experiences of families. Speaking with families and professionals, she conveys the love, laughter and joy which binds families and the harsh realities many face of separation from loved ones, substandard care and frustration and helplessness in the face of inflexible services. From their experiences, Sara looks to capture those pockets of brilliance that families have encountered, and which outstanding practitioners have pioneered, for us all to learn from.

We know so much about what support and services should look like to enable flourishing lives - this book aims to help families and professionals to achieve it, together.

The Poetry book of Mental Health Caring

Matthew McKenzie voluntarily runs carer groups. He was nominated jointly for "Carer contribution to Psychiatry" in 2014, Matthew has kept the spotlight on carers by being involved in carer projects such as The Triangle of Care and judging on system led support carers for the HSJ Awards. He also enjoys promoting carer causes from both National charities Carers UK and Carers Trust.



Ink recycling scheme

Do you have any used ink cartridges laying around at home? Did you know you can donate these to n-compass, and we can convert them into cash for our chosen Charity of the year. n-compass has signed up to the Recycle 4 Charity scheme, we will collect the ink cartridges and then post them off to Recycle 4 Charity, and they will send back money towards our chosen charity. It couldn't be easier, and you could ask friends and family to pass on their ink cartridges too.

Did you know?

- 300 million inkjets are sold in Europe each year
- Only 15% of all inkjets sold are remanufactured
- 45 million cartridges end up in UK landfill sites
- A cartridge takes 1000 years to decompose

You can take your ink cartridges to our Carers Coffee & Chats see page 15 for more details or you can post them in for the attention of **Ian Scott Freepost: n-compass**.

Explore the world from home!

Download the free Heygo App. Learn about the world from local guides on live-streamed tours. Have a look on the calendar and decide which tours interest you. There is so much going on, there is something for everyone. <https://www.heygo.com/home>





Never trust a mirror, for a mirror always lies,
Never trust a mirror, for a mirror always lies

It makes you think that all you're worth can be seen from outside
Never trust a mirror, it only shows you what's skin deep
You can't see how your eyelids flutter when you're drifting off to sleep
It doesn't show you what the world sees when you're only being you
Or how your eyes just light up when you're loving what you do
It doesn't capture when you're smiling, where no-one else can see
Your reflection can not tell you, everything you mean to me
Never trust a mirror, for it only shows your skin
If you think that it dictates your worth, It's time you looked within

E.H.

Hope

If you only carry one thing throughout your entire life, let it be hope.
Let it be hope that better things are always ahead. Let it be hope that
you can get through even the toughest of times. Let it be hope that you
are stronger than any challenge that comes your way. Let it be hope
that you are exactly where you are meant to be right now, and that you
are on the path to where you are meant to be... Because during these
times, hope will be the very thing that carries you through.

Nikki Banas

Now and Then

Now and then when the sun's rays peek,
And day to day becomes week on week,
From behind the lined bedroom curtain.
Now and then, is all that I know for certain.

Now I care for her and she has often said,
About the auspicious year that we were wed.
"I Bet you regret that bright September day."
As though, It could ever be any other way!

But memories and precious moments shared,
Have handsomely rewarded the hours I've cared.
Now we're growing old together in various stages,
And then we were just learning how to turn the pages.
Love never dies, love never gives up, love never ages.

Do you have a flair for writing poetry? If you would like to share your poem in our next magazine, we would love to share it.

Please e-mail to enquiries@lancscarers.co.uk for the attention of Participation & Engagement Team, alternatively send to **Freepost LANCASHIRE CARERS SERVICE.**



Lancashire Adult Learning (LAL)

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. This helps over 14,500 learners, many of whom have very diverse motivations for engaging with LAL's offer and makes LAL one of the UK's largest Adult Community Learning Providers.

Courses can be accessed via their website; LAL - Lancashire Adult Learning Courses.



'Caring for Adults' – Free online learning through the Open University

"Caring for adults is an introductory course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own well-being by giving you some ideas and information about looking after yourself and dealing with stress."

Course Outcomes are as follows:

- Describe the role and responsibilities of carers
- Recognise some of the basic concepts that will enable a person-centred approach to care
- Identify the different needs of a cared-for person, at different stages of their care
- Understand the impact that caring may have upon carers, and how this might be managed
- Explain some of the legal responsibilities within the caring role

For further information, please follow the link:

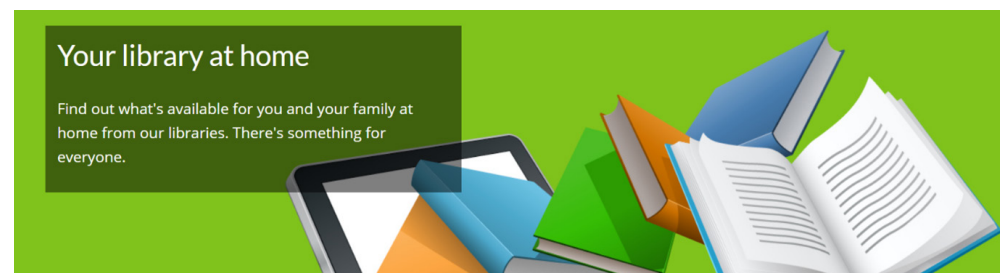
<https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-adults/content-section-overview?active-tab=description-tab>



Lancashire Libraries Digital Skills

Free courses designed to help beginners get started with the online basics and being safe online. There are more advanced courses for people with digital skills including using a computer or tablet, improving your health, managing your money, and finding work online.

For more information, please contact Lancashire Libraries on **0300 123 6703** or go to <https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/digital-skills/>



Lancashire Libraries

There are a wide range of online resources available from the digital library, including eBooks, audiobooks, and magazines. There are also online educational resources for parents and children. Find out about Lancashire libraries at: www.lancashire.gov.uk/libraries-and-archives/libraries/

Looking to learn new I.T skills in West Lancs?

Register today for FREE training sessions to get online



Are you looking for more skills and confidence to get online?

Do you live in West Lancs and want to:

- Stay connected with friends and family?
- Shop online?
- Do banking online?

Sign up for the new FREE one to one training sessions on offer from West Lancashire Borough Council.

These sessions can be done at home and they cover all the basics of being online including:

- How to video call friends and family
- Using social media such as Facebook (inc. Internet Safety)
- Arranging GP appointments by video
- Shopping online (due to travel restrictions)
- Doing online banking (safer than telephone banking)
- Creating a CV and applying for jobs
- Government forms online & on the phone (benefits such as Universal Credit)
- Help with energy or switching bills

If you're interested, and want to know more or to sign up, please get in touch:

- Text WEST LANCS and your name to 07825 844 417
- Phone 01695- 585216
- Email: CustomerEngagement@westlancs.gov.uk



Lancashire Libraries Digital Skills

Free courses designed to help beginners get started with the online basics and being safe online. There are more advanced courses for people with digital skills including using a computer or tablet, improving your health, managing your money, and finding work online.

For more information, please contact Lancashire Libraries on **0300 123 6703** or go to <https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/digital-skills/>



Inspiring POSITIVE CHANGE through
digital skills

Digital Unite Technology Guides

How-to guides around a whole host of digital topics. The guides are perfect for supporting others with digital skills or improving your own knowledge.

www.digitalunite.com/technology-guides



Fuel Advice

Trained Energy Advisers can help with: running out of credit on prepayment meters, understanding energy bills, ways to reduce the cost of energy, smart meters, benefits, installation and energy debt.

To find out more about the Energy Advice Service and to make a self-referral, visit www.citizensadvice.lancashirewest.org.uk

Which appliances use the most energy?

Your boiler and shower will likely use the most energy, followed by large appliances like the washing machine and tumble dryer. Have you wondered whether it is cheaper to run a gas or electric oven? Well now you can find out how much it costs to run common household appliances and compare them against each other. Use the Energy Cost Calculator to compare.

Energy Cost Calculator UK | GoCompare – <https://www.gocompare.com/gas-and-electricity/guide/energy-calculator/>



After Loss Club

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. They support each other and congratulate each other as hurdles are overcome, and challenges faced.

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.

Time: 2.30-pm-4.00 pm

Time: 7.30pm-9.00 pm

Where: Sea View, Chorley Old Road, Whittle Le Woods, Chorley

Email: marjoriehayward@icloud.com



Handyperson Service

We are a local not for profit organisation providing practical support and independent advice. For people over 18 with a long-term health condition that effects their mobility or anyone over 60 living in Chorley, Fylde, Preston, South Ribble or West Lancs.

Our experienced, multi-skilled Handyperson Technicians will help you to stay on top of household repairs and DIY, such as:

- Remove trip/falls hazards
- Change light bulbs
- Improve home security
- Install energy efficiency measures
- Rearrange or move furniture
- Fit curtain rails and hang curtains
- Repair fixtures and fittings
- Fit smoke alarms & Carbon monoxide monitors
- Assemble flat pack furniture
- And many more 'DIY' jobs and repairs

If you don't see your job on the list, please still get in touch.

01772 204 096 www.carerepair.org info@carerepair.org





Friendship Starts Here!

Friends @ is Chorley's new friendship hub scheme which encourages conversation through **Talking Tables**.

Talking Tables are a great way to find new people to talk to! Whether it is a quick coffee and a chat, or a long mid-morning natter, all are welcome. So come on and see who there is to talk to!



Talking Tables are available at the following cafés between 10:30 11:30:

Mondays Majestic Café	Tuesday Café Ambio	Wednesday The Meeting Place	Thursday Café Latte	Friday Café Connect	Tuesday - Friday Taste Café
92 Market St, Chorley PR7 2SF	Astley Park, Astley Rd, Chorley PR7 1XA	Chorley URC Hollinshead St. Chorley PR7 1EP	61 Union St, Chorley PR7 1AB	Living Waters Church 33-45 Bolton St, Chorley PR7 3AB	St Laurence Church Union St, Chorley PR7 1EB

If you would like more information please email us at: friendsforyou2016@outlook.com



A blueprint for recovery

www.thebay.org.uk



[f thebayblueprint](https://www.facebook.com/thebayblueprint)

[i thebaywellbeing](https://www.instagram.com/thebaywellbeing)

[t thebaywellbeing](https://www.twitter.com/thebaywellbeing)

The Bay: A blueprint for recovery



The Bay is a Nature and Wellbeing Programme, offering people living in Morecambe Bay the opportunity to get outdoors and connect with nature. Nature has been proven to help with our wellbeing, and with the beauty of the Bay on our doorstep we can make a real difference in our local community, whilst also helping with nature's recovery.

We have hubs in Barrow-in-Furness, Morecambe and Wyre, and run a range of free activities for both larger public groups, and smaller sessions which people can refer onto. These may include beach cleans, conservation work such as shorersearches and educational tours and talks around our coastline.

Wyre (Mike) - 07927 551380

Morecambe (Alex) - 07884 605256



The Bay: A blueprint for recovery is funded with support from players of People's Postcode Lottery

NATURE & WELLBEING





ANDYS MAN CLUB



WHAT IS ANDYS MAN CLUB?

ANDYS MAN CLUB is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing.

HOW DOES IT WORK?

The process is about bringing men together who have been in similar situations, to help each other on a peer to peer basis, sharing how they have dealt with various situations through lived experiences. No matter how big or small your problem feels, we are here to support each other. The 5 questions that are asked each week are designed not only to encourage men to talk, but to start to focus on the positives and on strategies to keep moving forward. There is no pressure to answer any of the questions and it is not uncommon for men to just listen for the first few sessions.

The clubs all run on the same format and adhere to the same guidelines. A key principle of ANDYS MAN CLUB is anything that is said in the club, stays within the club.

WHO IS IT FOR?

The club is open to any man 18 or over, who is going through a storm, been through a storm or just wants to meet a good group of people with the aim of improving one another.

WHEN IS IT?

ANDYS MAN CLUBs meet every Monday at 7pm (excluding Bank Holiday Mondays).

WHERE IS IT?

ANDYS MAN CLUB has over 100 locations across the UK. Check our website below for a full list.

HOW DO I JOIN?

Just turn up on the night. No registration or referral is required, all we ask is that you arrive before 7pm. The full list of our locations available on our website.

CONTACT US

@andysmanclub @andysmanclubuk info@andysmanclub.co.uk
 @andysmanclubuk andysmanclub.co.uk andysmanclub



MEN'S SHED FLEETWOOD

Men's Shed Fleetwood

Fleetwood Men's Shed are a group with an open arms policy offering peer support, help, advice and friendship to all our members. We aim to support our community with regular meet ups and varied activities... the kettle is always on, pop in for a cuppa.

To find out more Contact Tony O'Neill directly on **07783 997186**.

Email: mensshedfleetwood@yahoo.com
mensshedfleetwood@gmail.com

Postal Address: 35 Adelaide Street,
Fleetwood, FY7 6AD



VETERANS'
GATEWAY

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:
<https://www.veteransgateway.org.uk>



www.afvbc.NET

The 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

AFVBC.COM



AFVBC.COM



Welcome to Preston Community Transport

Preston Community Transport is a small charity based in Lancashire. 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 204667**.



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**.



Lancashire Community Finance

Struggling to pay for food or bills?

Support is available, Lancashire Community Finance is working in partnership with NatWest Bank and responsible Finance to provide small grants to residents through a new hardship grant fund.

If you are struggling financially, please contact **01772 556877** for further information.

Connecting Veterans in Lancashire



We're supporting
veterans (50+) to remain
independent, socialise
and enjoy activities.

If you are a veteran, or know of a veteran that
would want our support, contact us:

0300 303 1234

advice@ageuklancs.org.uk

or visit: **www.ageuklancs.org.uk**



Funded by
**British Gas
Energy Trust**

**citizens
advice**

**Preston
District**

Do you live in Lancashire? Do you require support with fuel debt, making your home more energy efficient, or budgeting? If so, we can help you.

Preston Citizens Advice, funded by British Gas, provides fuel related advice and support to all residents across Lancashire.

We can help with the following:

- Advice on how to deal with fuel debt.
- Energy saving tips and information on making your home more energy efficient.
- Budgeting support and exploration of options to obtain additional funding such as the Warm Home Discount.
- Help switching suppliers where there is a possibility of better tariffs.
- Entering a Priority Register for vulnerable customers – e.g. those on low incomes, elderly customers, single parents, and those living with disabilities.
- Information on Smart Meters.
- Information and advice about carbon monoxide.

The team can help people negotiate fuel debt repayment, apply for grants to reduce or clear their debt, or help to resolve disputes with energy suppliers.

If you live in Lancashire and need help with any of these issues, you can contact the team by emailing energysupport@prestoncitizensadvice.org.uk or telephoning 07985 192280.



Free Legal Consultations

We are excited to be working in partnership with Birchall Blackburn Law - This partnership with Birchall Blackburn Law 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.

Kristina Smith (BBL)

Bramwell Estate Planning

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

Discounts for Carers

There are a number of discount and special offer cards for Carers which may be useful to you. Visit each website for more information on the offers...

Discounts for carers have a huge range of discounts, money-saving deals and vouchers, join for free at <https://discountsforcarers.com/>

CarerSmart offer, benefits and discounts to carers and people with care needs
www.carersmart.org

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

Merlin annual pass has a complimentary pass for carers. www.merlinannualpass.co.uk

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

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

Carefree
Short breaks for
unpaid carers



Carefree

Carefree is a charity that transforms vacant accommodation into breaks for unpaid carers. The short breaks initiative is designed to give you some time away from your caring responsibilities.

There are hundreds of potential breaks away listed on Carefree Breaks Hub. After registering with Carefree, carers can browse available options and submit a request for a specific hotel on specific dates. If available, a confirmation email will be sent to you, and you're all set to go!

How it works: Hotels donate 1-2-night breaks, plus breakfast where possible for a carer and their companion (adult or child). You are welcome to take a companion with you but not the person that you care for. If you want to travel alone, that's fine too.

There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating the Carefree charity.

For more information please visit:
www.carefreespace.org/take-a-break/

“
Time and freedom to
be myself again.”

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Carefree



Dementia friendly Holiday Cottages in Yorkshire

Our five-star gold properties at Broadgate Farm Holiday Cottages can be found in amongst some of the UK's most beautiful scenery, close to Beverley, in the East Riding of Yorkshire and on the edge of the Yorkshire Wolds.

It remains our closely held belief that our properties, along with the local area, should be made as accessible to everyone as possible. If someone in your party suffers from dementia, you may already have first-hand experience of the challenges associated with finding a dementia friendly holiday cottage in the UK and just how stressful a break away can be for everyone including the carer.

Here at Broadgate Farm Holiday Cottages, we regularly go the extra mile to make sure all our guests are made to feel welcome.

- Virtual tour of our cottages can allow visitors to feel familiar with the property and prepared for the change in location before they arrive
- All our cottages have parking right outside the cottage
- Gardens and grounds are kept beautifully maintained on a regular basis. However, we understand that some guests may feel unsettled by any unnecessary and unscheduled noise. We can therefore happily rearrange to mow the lawns at a mutually convenient time, for instance, when you are out for the day
- Several of our cottages offer ground floor bedrooms and bathrooms, some with a wet room.
- A range of additional mobility aids such as portable toilet frames, shower stools and raised toilet seat, are freely available on request.
- A wealth of wildlife including owls, buzzards, farm animals, including freely roaming chickens visit the farm and all cottages are equipped with binoculars and a book about the local wildlife reserves

If you or someone in your party has dementia and any additional needs that you would like us to take into consideration, then please do not hesitate to contact us;

Broadgate Farm, Beverley Road, Walkington, Beverley, HU17 8RP

elaine@broadgatefarmcottages.co.uk

01482 888111

Or use the online enquiry form

www.broadgatefarmcottages.co.uk

Carers Caravans



All of our caravans have been kindly donated to the charity, for unpaid carers to take a well deserved break. They are not new or deluxe vans however they are comfortable, clean and well equipped for your stay. The two vans are located at Blackpool and Grange-over-Sands.

"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 both caravans 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.
 - Both vans sleep 8 people.

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

Puzzle Page

We are excited to offer you the opportunity to come and test your skills of arithmetic and language.

Word Search

Spring Forward to Summer Rest

E Z H N P S B B P F C C U J T
V H C T A H B W O I J O J G M
I D H V M E N M C U C H O Y D
L B S O K J B K A S Q N W J V
A T O S Z D Y P F L F U I G R
W L F E S T I V A L S D E C G
B S I Y H J P M A Z A Y S T C
L U F I T U A E B Y D D T V R
L N S J E I P L L C L I C H O
B D L E Y Z D I B O N N E T P
W R A B A H G I G T V A S I S
Y E D I H H F I M V L E N O T
I S N W T M R Z S U W U I Y A
X S A A F A E U M C H K F E P
F D S X M G N I H T A B N U S

- ALIVE
ANEW
BEAUTIFUL
BLOOM
BONNET
BOUQUET
CROPS
DAYLIGHT
FESTIVALS
- HATCH
HUMIDITY
INSECTS
LAMBS
MARIGOLDS
PICNIC
SANDALS
SUNBATHING
SUNDRESS

Fill in the Missing Numbers

	-	11	+	16	÷		6
+		+		+		÷	
	+		×		-		32
×		+		+		+	
	-		×		-		-164
-		+		-		÷	
	-		-		×		-11
34		42		31		6	

The missing values are the whole numbers between 1 and 16

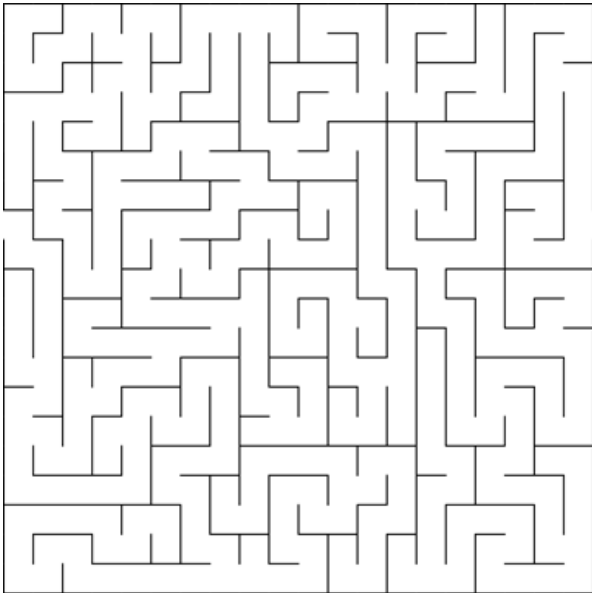
Each number is only used once

Each row is a math equation

Each column is a math equation

Remember that multiplication and division are performed before addition and subtraction

Maze



Sudoku

	7			2			4	6
	6						8	9
2				8			7	1
	8	4		9	7			
7	1						5	9
				1	3		4	8
6	9	7			2			8
	5	8					6	
4	3			8			7	



Useful Contact Numbers

The Lancashire Carers Service
0345 688 7113

Carers Help and Talk (CHAT) Line
0333 103 9747

Social Care (24 hour service)
0300 123 6720

Care Navigators (Booking Respite)
0300 123 6720

Lancashire Advocacy Hub
0330 0022 200

**Lancashire Care (NHS) Wellbeing
and Mental Health Helpline**
0800 915 4640

Carers UK Advice Line
0808 808 7777

**Alzheimer's Society National
Dementia Helpline**
0300 22 11 22

Age UK Lancashire
0300 303 1234

NHS 111 Service for non-emergencies
111

NHS Carers Direct Helpline
0300 123 1053

Job Centre Plus
0800 055 6688 (National)
0800 169 0190 (Preston)
Text phone 0800 023 4888

Just Good Friends
07557734233

Welfare Rights
300 123 6739

Attendance Allowance Helpline
0800 731 0122
Text phone 0800 731 0317

Blue Badge Applications
0300 123 6736

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

Disability Living Allowance
(if you born before 8th April 1948)
Helpline 0800 731 0122
Text phone 0800 731 0317

Personal Independent Payment
Enquiries 0800 917 2222
Text phone 0800 917 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

Puzzle Answers

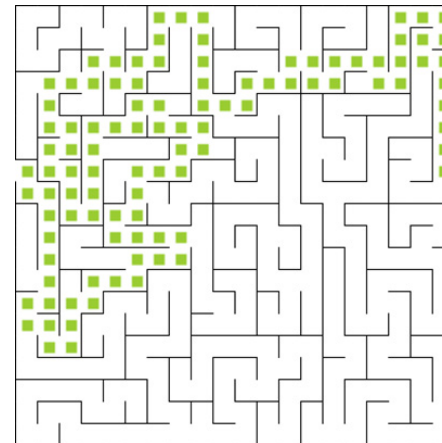
Wordsearch Answers

E Z H N P S B B R F C C U J T
V H C T A H B W O I J O J G M
I D H V M E N M C U C H O Y D
L B S O K J B K A S O N W J V
A T O S Z D Y P F L F U I G R
W L F E S T I V A L S D E C G
B S I Y H J P M A Z A Y S T C
L U F I T U A E B Y D D T V R
L N S J E I P L L C L I C H O
B D L E Y Z D I B O N N E T P
W R A B A H G I G T V A S I S
Y E D I H H F I M V L E N O T
I S N W T M R Z S U W U I Y A
X S A A F A F U M C H K F E P
F D S X M G N I H T A B N U S

Missing Number Answers

15	-	11	+	16	÷	8	6
+		+		+		÷	
4	+	10	x	3	-	2	32
x		+		+		+	
6	-	12	x	13	-	14	-164
-		+		-		÷	
5	-	9	-	1	x	7	-11
34		42		31		6	

Maze Answer



Sudoku Answers

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1



Disclaimer

Please note that whilst The Lancashire Carers Service do our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call us before attending.

Every care has been taken in the publication of this newsletter. However, The Lancashire Carers Service will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.