

Magazine




**ONE
IN SIX**
adults are
now providing
unpaid care

Service offer narrative: 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
- ✓ Volunteer led Sitting-In service
- ✓ Support for former Carers
- ✓ Volunteering opportunities for Carers, including volunteering for the CHAT Line and Sitting-In services
- ✓ Access to training opportunities
- ✓ Access to wellbeing and emotional support therapies
- ✓ Opportunity to join our Carers Community Network Platform

Welcome

Welcome to the autumn edition of the Lancashire Carers Service Magazine.

We hope that this newsletter finds you safe and well in these challenging times. Within this edition, you will find lots of helpful information about services and support to help you in your caring role, and a variety of opportunities for you to join us and other Carers digitally. Unfortunately we are still unable to re-introduce our face to face Coffee & Chats and group activities due to the continuing Covid-19 pandemic, and when this situation changes we will inform you in the same way you have received this newsletter, by email or post.

We really miss seeing you together and are looking forward to meeting up in community venues when we can. In the meantime if you have access to the internet you can follow us on

Facebook and Twitter, and visit our NEW website www.ncompass.org.uk to keep up to date with our service and support.

As always, we are here if you need us and please don't hesitate to contact us if we can be of any help. Stay safe and take care.

We really welcome and value your feedback, comments and suggestions. There are various ways that you can get in touch with us and these details are included on the front page of this Magazine.

Contact us today

 www.n-compass.org.uk/our-services/carers

 enquiries@lancscarers.co.uk

 0345 688 7113 option 2

 carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 0345 688 7113 option 1

 [ncompass.org](https://www.facebook.com/ncompass.org)

 [_ncompass](https://twitter.com/_ncompass)



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.

Peace of Mind 4 Carers Plan

With an Assessment and Support Officer and the person you care for, we can help you to put together a plan for 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**.

We no longer prompt you to review your plan. Please call us on **0345 688 7113** if there are any changes.

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**. In the event that a Volunteer is not immediately available to answer your call, please do try again.

Sitting in Service

The Sitting in Service engages Volunteers to offer Carers of adults (18+) a break from their caring role by providing support to the person they care for. We are routinely recruiting new volunteers to the service and will resume our normal sitting in service offer as soon as it is safe to do so.

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.

Volunteers also support our services in other ways. If you are interested to hear more, we would love to hear from you! Please call **0345 688 7113** or email volunteering@ncompassnorthwest.co.uk

At the present time, we have needed to suspend our face to face activities and opportunities to meet with you. We will re-introduce our usual range of opportunities as soon as it is safe to do so. Please check our social media pages from time to time for an update. In the meantime, we are offering a range of opportunities for you to engage with us and each other through our virtual platforms, particularly through ZOOM.



TIMETABLE OF EVENTS

Carers mediation and relaxation

Fortnightly starting on Tuesday 13th
October from 1.30pm to 2.30pm (via Zoom)

Zoom Link: <https://zoom.us/j/92279005754?pwd=NIhRSGJHcE0zb1NvcjNXanBIYXRnQT09>

Meeting ID: 922 7900 5754
Password: 602377

Carers AlphaFlow gentle exercise session with Frank

Fortnightly starting on Tuesday 6th
October from 1.30pm to 2.15pm (via Zoom)

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNZz09>

Meeting ID: 939 4650 6425
Password: 513539

Evening weekly Coffee and Chat

Every Tuesday at 7.00pm (via Zoom)

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168
Passcode: 559497

Carer's sing along

Every Wednesday from 1pm to 2pm (via Zoom)

Zoom Link: <https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXU0dngzQT09>

Meeting ID: 972 1682 6373
Passcode: 273920

Carers General Knowledge Quiz

Every Wednesday at 7.30pm (via Zoom)

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwwz09>

Meeting ID: 922 4867 7156
Passcode: 269978

Carers Weekly Coffee and Chat

Every Wednesday at 11.00am (via Zoom)

Zoom Link: <https://zoom.us/j/93208032733?pwd=WDFtTjNFbXptNzlxSGlVQjhOZzZDQT09>

Meeting ID: 932 0803 2733
Passcode: 223945

Cooking with Naomi

on 3rd November at 7.00pm (via Zoom)

If you want to cook along with Naomi please contact Beverly on Beverly. ostryhon@lancscarers.co.uk who can confirm the dish and a list of ingredients you will need.

Zoom Link: <https://zoom.us/j/91642785892?pwd=OGg3QjBqQ0Z2UH0rSnYvQz09>

Meeting ID: 916 4278 5892
Passcode: 560397



TIMETABLE OF EVENTS

BAME Coffee and Chat

1st Thursday of the month at 10.00am
(via Zoom)

Zoom Link: <https://zoom.us/j/97856091115?pwd=b0ZOK3owR2RiUFARA2krb29PMkFlDz09>

Meeting ID: 978 5609 1115
Passcode: 846767

Dementia Coffee & Chat for Carers

1st Thursday of the month at 1.00pm
(Via Zoom)

Zoom Link: <https://zoom.us/j/96508289863?pwd=dkZVjZRSkt3bDMYmlpKZEgrQ00ydz09>

Meeting ID: 965 0828 9863
Passcode: 353998

Cooking with Naomi Christmas Special

on 1st December at 7.00pm (via Zoom)

If you want to cook along with Naomi please contact Beverly on Beverly. ostryhon@lancscarers.co.uk who can confirm the dish and a list of ingredients you will need.

Zoom Link: <https://zoom.us/j/97832944535?pwd=eTV2dEtJSTNXc29XZ3hnZ3ptMXBVUT09>

Meeting ID: 978 3294 4535
Passcode: 098732

Carers Choice!

Fortnightly Mondays from 12th October from 1.30pm to 3pm (via Zoom)

These sessions are YOUR choice! Please let us know what you would like to see/do on these sessions. And don't forget crackers and mince pies for our Christmas party on the 21st December! Email enquiries@rochdalecarers.co.uk with your ideas!

Zoom Link: <https://zoom.us/j/95994205191?pwd=S2Zvd1c0VzdUmRjSjN5Q0hoSitLdz09>

Meeting ID: 959 9420 5191
Passcode: 152489

Drum with us

Friday 16th October from 2.00pm to 3.00pm (via Zoom)

Meet Filo at our virtual wellbeing drumming session. Bang your pans, pots and wooden spoons and tune into your natural rhythm. It is a great way to release stress, come together, be in the now and get the feel-good factor flowing!

Zoom Link: <https://zoom.us/join>

Meeting ID: 83841960215
Passcode: 842855

TIMETABLE OF EVENTS

Christmas Pamperology Session

Thursday 26th November from 7.00pm to 8.30pm (via Zoom)

Join Nicola for a fun makeup demonstration. She will show you how to do your evening makeup flawlessly, all from the comfort of home! It is a chance to learn new skills and learn about products that are tried and tested.

Zoom Link: <https://zoom.us/join>

Meeting ID: 82041932540
Passcode: 699775

Christmas Wreath Making

Thursday 10th December from 2.00pm to 3.00pm (Via Zoom)

Join the Pendle Crafters team for a fun filled hour of creativity. A step by step guide to making your own Christmas wreath made with fresh foliage and a range of embellishments and colours of your choice.

Zoom Link: <https://zoom.us/join>

Meeting ID: 83573034289
Passcode: 696773

Understanding Dementia Course

Tuesday 3rd November from 10.30am to 12.30pm (via Zoom)

Additional dates available, Tuesday 10th & 17th November Tuesday 2nd, 9th & 16th Feb 2021 but book early!

This free online course runs over three short sessions. It will help you develop skills and confidence to support you in your caring role. We will address key topics of diagnosis, progression of symptoms and services. Contact Carers Link to book your place and access to Zoom link on 01254 387444

Beginners Guide to reflexology Course

Thursday 11th February 2021 7.00pm to 8.30pm (via Zoom)

We will demonstrate how every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, can send relief to the corresponding part of your body. Pick up some easy tools to use at home easily.

Zoom Link: <https://zoom.us/join>

Meeting ID: 88154375796
Passcode: 859598



Connect 5 Training workshop delivered via ZOOM from 10.00am to 12.00noon on the following dates:

2020	27th October	24th November	15th December
2021	19th January	23rd February	30th March

An opportunity to participate in the Connect 5 Mental Wellbeing training

We would like to invite all our carers to access a free online training opportunity. We will use this 2 hour session to look at tools you can use to ensure you are looking after your own mental health and wellbeing, both within your caring role, including under the current circumstance of social distancing.

Places will be limited, booking is necessary via e-mail to: Beverly.ostryhon@lancscarers.co.uk who will be able to provide you with joining instructions.

Please see customer feedback from previous session.

"Thanks Katharine for the info that you have sent through and thank you for the course yesterday, it was very informative and very helpful. I was ok after the course and it made me realise that I have to start to care of my mental health and my wellbeing better than I have been doing. It highlighted some issues for me and I know I need to address these and take time out instead of thinking that I am superwoman and can just carry on."



CARE FOR CARERS

Support is available to you despite the COVID 19 restrictions.



Are you a young or adult Carer?
Or do you know someone with caring responsibilities who may benefit from a free confidential counselling service?

Working with accredited and approved Counsellors we can support you to access up to 6 one to one sessions.

Counselling offers you the opportunity to talk about your feelings and thoughts in a safe and confidential space.

If you would like to hear more about how to access this service then please get in touch with email, telephone or visit our website.

0345 688 7113
(Calls are charged at local rate)

enquiries@lancscarers.co.uk
www.n-compass.org.uk



n-compass is registered in England and Wales as a Registered Charity No.1128809 and as a company limited by guarantee No. 06845210.

Following a successful bid to the National Lottery Community Fund, we are now able to offer up to 6 sessions of professional counselling for Carers in Lancashire.



WHAT WE OFFER

Your voice matters – Central Lancashire

The Young Onset Dementia Action group is made up of professionals from a number of organisations, people of working age with dementia and their Carers.

If you or someone you care for has been diagnosed with young onset dementia and lives in the Central Lancashire area, we would like to hear about how you feel services could improve and what would make a difference.

If you would like to be involved please get in touch, Tel: **Sally or Nicky 01772 401676**



Social Media



The Lancashire Carers Service now has its own dedicated Facebook page. Please do join us! You can find our Facebook page at www.facebook.com. Just search for The Lancashire Carers Service.

Carers Community Network Platform

Why not join the growing Carers Community Network, a community where you can meet other Carers, share ideas, experiences, sources of information, and talk about the topics that are most important to you.

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. Other Carers are looking forward to connecting with you!

Once you are in, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Network you are agreeing to all these Terms of Use and Policies.

To access the Carers Community Network, you will need to be invited. Please contact our Service Access Team, 0345 688 7113, who can support you with this.



Calling all Young Adult Carers (YAC) Aged 16-24

n-compass would very much like to give you the opportunity to be involved in developing services that you would choose to access.

We have already consulted with a YAC from the Bury Service, who has given us lots of ideas, starting with a 'DESIGN A LOGO' competition.

This is your opportunity to win a £30 Amazon Voucher if you are the winner!!!

The logo will be used by n-compass on a soon to be developed YAC section on our Carers Community Network digital platform. Your design can be sent as a photograph, drawn, painted, stitched or whatever medium you prefer.

Closing Date is Monday 9th November 2020

Please email your logo to Jayne.harrison@burycarershub.org.uk Or alternatively send to FREEPOST Bury Carers' Hub. The winner will be notified by 20/11/2020

GOOD LUCK EVERYONE



Dementia Hubs in North and Central Lancashire

The Dementia hubs that operate in Central and North 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.thebaydementiahub.org
- **The Fylde Coast Dementia Hub -**
www.thefyldecoastdementiahub.org
- **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 01772 620 876.

Have you been missing support from your local Dementia Hub?

A Lancashire-wide Dementia Hub has recently been launched and takes place online via Zoom.

For more information and to receive the link to join please contact Anne via aoliver@ageuklancs.org.uk or call 0300 303 1234 for more information.

Dementia

How much sadness can one's heart take?

I have never known anything like it, for goodness sake

It hurts so much, the pain I can't bare

Dementia is cruel, it's so unfair

I must have shed a million tears

Watching you for many years

Suffer each day, watching the decline has broken this shattered heart of mine

If only I could take this away from you, that's exactly what I would do.

(Unknown)

Alzheimers 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 Alzheimers society for further details on 01772 788 700 or email them: centrallancashire@alzheimers.org.uk.

Lancashire Admiral Nurses

It's business as usual for Admiral Nurses. They are successfully supporting families during the Covid 19 pandemic. – please contact the team on 0333 0114311

Just as a reminder -Admiral Nurses are registered nurses who specialise in dementia, helping family carers gain the necessary skills to assist with dementia care, promoting positive approaches in living well with dementia and improving the quality of life for everyone involved. We use clinical assessments and best practice therapies to meet the needs of both the person with the diagnosis and the carer.

How Art Therapy can help those with Alzheimer's

<https://creative-carer.blogspot.com/2016>

What is the State of Caring Survey?

The State of Caring Survey is the UK's most comprehensive research into the lives and experience of carers. This allowed us to highlight the impact of being a carer to the media, in dozens of evidence submissions to Government and Parliamentary consultations, and in reports that influence decision makers and policy makers in a wide range of areas, including in the run up to the General Election.

Last year, over 8,000 current and former carers shared their experiences and helped inform our state of caring report. You told us:

• Caring costs:

Almost 2 in 5 carers (39%) responding to our survey said they are 'struggling to make ends meet'.

Over two thirds of carers (68%) reported regularly using their own income or savings to pay for care or support services, equipment, or products for the person they care for.

• Cuts to support:

1 in 8 (12%) of carers reported that they or those they support received less care or support services during the previous year due to a reduction in the amount of support from social services

• Carers put themselves last:

53% of carers said that they are not able to save for their retirement, and almost two thirds of carers (64%) say that they have focussed on the care needs of the person they care for, and not on their own needs.

Befriending Week

celebrates everything

#BefriendingIs

1-7 November 2020



People and communities are encouraged to recognise the benefits of befriending and its role tackling loneliness and social isolation during the annual Befriending Week from 1st to 7th November. We would like you to join us during the week, please keep an eye on our social media pages for details of our plans nearer the time.

Myplace is a Free Ecotherapy Project working with adults and young people across the North West and run by the Lancashire Wildlife Trust.

Join us and improve your wellbeing, learn new skills, participate in free training, make new friends and do something good for your local wildlife. All Myplace sessions incorporate the 5 Ways to Wellbeing.... 5 things that if you try and do them every day – they are guaranteed to make you feel better and live longer!

Myplace & The 5 Ways to Wellbeing:

Connect – we work in small groups helping people connect with nature and each other. You can join a session all across the North West either online or outside in a beautiful green space local to you.

Be Active – all of our sessions (online or outside) involve an element of getting people moving. However, you do not need to be particularly fit, super skinny or strong to get involved. Our walks are short, the practical activities are varied and accessible for all and as we also offer online sessions you don't even need to leave your house to get involved.

Take Notice – Rediscovering the small things is one of life's greatest pleasures. Our sessions encourage you to stop and really look at wildlife, up to the sky, down to the ground or within yourself for a bit of mindfulness.

“MyPlace sessions have consistently been crucial to my recovery from Depression, Anxiety and Self Isolation. They provide a non-judgemental space with people from different backgrounds.

I like to think of MyPlace as a kind of living mindfulness, MyPlace sessions are about noticing the world around you, connecting with people and with nature, and giving something back both to people and nature. Myplace sessions provide you with new skills and an opportunity to come out of your shell, they help with your confidence and believing in yourself. I cannot recommend them highly enough.”

Graham, Myplace Participant Preston.

For more information or to self-refer please visit: www.lancswt.org.uk/myplace

Useful links

Veterans Rail Card

<https://www.gov.uk/government/news/government-fulfils-promise-to-veterans-with-new-railcard>

Carers Financial Pressures

<https://www.theguardian.com/money/2020/feb/29/carers-financial-pressure-supporting-loved-ones?fbclid=IwAR3OBDD9Vjs9Q0aDuJv6kBF854lxj4YIBsop9r-A5x0zFwDEsuTxIUa3NOc>



Each year, Carers UK hold Carers Rights Day to bring organisations across the UK together to help Carers in their local community know their rights and find out how to get the help and support they are entitled to. This year Carers Rights Day is on **Thursday 26 November**.

Having the right information at the right time can make all the difference when you are caring for someone. Please join us for our free, informal, informative zoom sessions to find out more about money matters, benefits and grants that you or the person you care for may be entitled to and information around wills and Lasting Power of Attorney.

There will be plenty of time for you to ask any questions of our experienced and knowledgeable experts, so grab a cuppa and join us to find out more to help you care for your future.

Carers Rights Day Money Matters

Thursday 26th November 2020 at 10:30am

Hosted by Cheshire Independent Agents
Lisa Gordon

With over 30 years' of knowledge, skills and experience within Adult Health and Social Care; empowering people to take control of their finances and wellbeing is what we do best. We encourage and support people to increase their income, plan for their future and to ease the pressures of money management.

Providing support with: * ATTENDANCE ALLOWANCE, * PERSONAL INDEPENDENCE PAYMENT (PIP), * DISABILITY RELATED BENEFITS, * CARERS ALLOWANCE, * MONEY MANAGEMENT and so much more

Zoom Link: <https://zoom.us/j/96952951775?pwd=NUNyb3QyUXR6TXMvOURaDh5NmwwZz09>

Meeting ID: 969 5295 1775
Password: 172908

Carers Rights Day Legal Matters

Thursday 26th November 2020 at 1:30pm

Hosted By Poole Alcock Solicitors Verity McKay

Solicitors, Poole Alcock, are offering free, informal legal zoom session specifically tailored for Carers. Topics to be covered will include:

- The importance of making a Will;
- How to protect the person you care for in your Will using a Trust; and
- Lasting Powers of Attorney for you and the person you care for.

Verity will be available to help with any questions you may have.

Zoom Link: <https://zoom.us/j/95933811305?pwd=WVFfaWHliMENVSxhabVJ0azdiRGsvdz09>

Meeting ID: 959 3381 1305
Password: 641289

OTHER INFORMATION

Lancashire Parent Carer Forum

Empowering families of children and young people with additional needs. Championing equality, fairness and support for all. Visit the Lancashire Parent Carer Visit our Facebook page at <https://www.facebook.com/LancashireParentCarerForum/> to find out what's happening in Lancashire

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: [Lancashire.gov.uk/libraries](https://www.lancashire.gov.uk/libraries)

NHS Volunteer Responders

If you are looking for help, want to refer someone for volunteer support, or if you are an NHS Volunteer Responder, please visit: [NHSVolunteerResponders.org.uk](https://www.nhs.uk/volunteerresponders) NHS Volunteer Responders offers help to people in need of support or who are avoiding public places during the COVID-19 pandemic. It is run by the NHS in England, supported by Royal Voluntary Service and operates across England. Its aims are to supplement existing voluntary support within communities, help people to stay well, and reduce avoidable demand on NHS services.

Community Response volunteer: volunteers to collect and deliver shopping, medication, or other essential supplies.

Community Response Plus volunteer: volunteers to collect and deliver shopping, medication, or other essential supplies for patients with cognitive impairments and or significant vulnerabilities who are shielding.

Patient Transport volunteer: Providing transport to patients who are medically fit to attend routine medical appointments.

Check in and Chat volunteer: volunteers to provide telephone support to individuals who are at risk of loneliness.

Check in and Chat Plus volunteer: this is a peer-support role, provided by responders who are shielding themselves. Regular telephone support and a 'listening ear' is offered to clients who are also shielding or experiencing challenges as a result of COVID-19.

Alternatively, you can contact our Service Access Team who can support with a referral for you. Telephone: **0345 688 7113**

Free e-learning course now available

How to complete your PIP2 – 'how your condition affects you' form

Welfare rights recognise that a lot of customers struggle to complete PIP forms and that there is limited help available for form-filling. They have developed an easy to use guide on how to complete a PIP2 – 'how your condition affects you' form which you can access at

<https://lccexternal.astute-elearning.com> The guide is free and can be accessed by registering an email address.

Universal Credit Claimants can now access cut price internet access! The telecoms giant said its low-cost Basic package is part of its 'universal service commitment' and has been created in conjunction with the Department for Work and Pensions Money.

AWESOME AUTUMN CARERS WORD SEARCH

You can also play this word search online through the following link - <https://thewordsearch.com/puzzle/1383622/>

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

AUTUMN
EFFECT
GARNERING
HARVESTING
PRODUCE
RETURN
YIELD

BYPRODUCT
FALL
GATHERING
INGATHERING
REAPING
SEASON

CONSEQUENCE
FRUITAGE
HARVEST
INTAKE
REPERCUSSION
STORING

CROPPING
FRUITION
TIME
OUTPUT
RESULT
SUMMER



Music for Dementia

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.

Here is the link for Music for Dementia: <https://m4dradio.com>



USEFUL CONTACT NUMBERS

Digital Help Centres

Citizens Advice coaches are running Digital Help Centres across the region, supporting people to use computers to access online information and self-help resources, directing them to further advice if needed. At a Citizens Advice Digital Help Centre, you can get help with and learn about:

- Online access
- Benefits calculators
- Price comparison sites
- Online forms
- Applying for Blue Badge
- Home-finder searches
- Energy switching
- Bus pass applications
- Universal Credit – Maintaining your UC claim
- Job searches & applying for jobs
- Creating/Updating your CV
- Basic digital skills
- Emailing & online safety
- Using search engines & social media
- Improving your health online
- managing your money online

Please note that Digital Advice Coaches cannot complete benefit application forms. Locations and Opening Times: Drop-in, No Appointment Necessary!

Tuesday:

Chorley Job Centre,
13 Hamilton Rd, Chorley,
PR7 2HB.
Time: 10.30am to 4.00pm

Tuesday:

Clayton Brook Village
Hall, Great Greens Lane,
Clayton-Le-Woods,
PR5 8HL.
Time: 10:30am to 4.00pm

Wednesday:

Tatton Community Centre,
Silverdale Rd, Chorley,
PR6 0PR.
Time: 10:30am to 4.00pm

Thursday:

Buckshaw
Community Centre,
Lancaster Way
(off Ordinance Road),
Buckshaw Village. PR7 7GA.
Time: 10:30am to 4.00pm

Thursday:

Leyland Job Centre,
Civic Centre, West
Paddock, Leyland.
PR25 1DH.
Time: 10:30am to 4.00pm

Friday:

Buttermere Community
Centre, Buttermere Ave,
Chorley. PR7 2JG.
Time: 10:30am to 4.00pm

Monday to Friday:

Concourse Shopping
Centre, Skelmersdale.
WN8 6LN.
Time: 9:00am to 1.00pm

Tuesday, Thursday &

Friday: Fleetwood Market
(close to the entrance from
Adelaide Street).
Time: 9:00am to 4.00pm

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 123 670

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 Nation 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

Text phone 0800 023 4888

Just Good Friends

07557734233

Welfare Rights

0300 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 Fylde

0300 330 1166

Citizen's Advice Wyre

0344 245 1294

Citizen's Advice Lancashire North

0344 488 9622

Citizen's Advice Lancashire Central

0300 330 1172

Citizen's Advice Lancashire West

0344 245 1294

Looking after someone?

FREE
digital resources
for carers

The Lancashire Carers Service has teamed up with Carers UK to offer Carers in our area a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for Carers onto a single webpage.

To create an account and get free access to all the products and support resources go to

www.carersdigital.org

Create a new account by using your free access code **DGTL2947**

What's included?

The Digital Resource for Carers includes e-Learning modules, factsheets, interactive guides, personalised support, and information from us split into the following areas:

- Health and wellbeing: including resources around nutrition and breaks
- Support for Caring: including our 5 'About Me' e-Learning courses on building resilience and finding support, and our Upfront guide to caring which gives tailored advice to Carers depending on their situation
- Technology and Caring: includes guides on how to use technology in care
- Financial Planning: includes resource made with Money Advice Service called 'Thinking Ahead' a questionnaire style tool to help people think about the costs of caring
- Working and Caring: includes guides to rights at work and seeking support
- Access: to all to our care co-ordination App, Jointly
- Young Adult Carers: an e-Learning resource for young adult Carers now in adult services including, for example, advice and information for making choices about caring, and support in and about education and work
- Plus: links to local services to support Carers

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 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.