

Magazine




**ONE
IN EIGHT**
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

Carers' Story

Just when you think you have a handle on everything and its running smoothly, I'm sure carers will recognise it doesn't stay like that for very long.

We are a couple in our 70s. We care for our daughter who has complex physical and mental health needs and learning difficulties. She is now in her 40s.

We have a very good relationship with our local GP practice, pharmacy, and Mental Health team. It hasn't always been like this. At times we have felt no-one was listening to us. Our daughter was often contacted directly even though we explained that she would probably not understand, think she had done something wrong and agree to anything! It was a great frustration to have to repeat our request to be copied into forms, letters, appointments. If our daughter received official letters, she would tear them up and put them in the bin! We worked on it over a number of years and got there in the end!

When everything is running smoothly, life is easy! We deal with the same individuals who understand our family situation. When something or someone changes then life becomes extremely challenging, that occurs all too frequently.

Recently our daughter was admitted to hospital very seriously ill. All our regular contacts were wonderful. The issues started when she was admitted - Medically they were great and responded quickly and professionally. The hurdles seemed to be on the admin and pharmacy side. Forms to be filled in repeatedly with the same information the GP had sent in. Moving to 4 different wards in a week and information needing to be repeated over and over. Our daughters' needs are complex, and the hospital won't accept her prepacked medication. She gets very alarmed when she doesn't understand her medication looks different and she is being given it at all different times in the day. Some of the medication wasn't available and we had to take it in ourselves. It was difficult to find out what was happening. We wanted to devote our time and energy to our daughter not to all the paperwork!

Home life was thrown into chaos! Hours and hours spent initially at the hospital, hours spent on the phone changing and postponing pre planned medical appointments, cancelling prescription deliveries, phoning all the medical support teams, reorganising her support workers, and hospital visiting twice a day. On top of all this, of course the personal impact on us of our daughter being seriously ill and dealing with both our and our daughter's distress. The stress



and strain is an enormous burden. It makes our usual routine caring role straightforward by comparison!

We do understand that procedures are put in place to protect the staff and patients, but we do think more needs to be done to highlight and accept the professional role of carers. We know the situation better than anyone. It would be wonderful if there was a system so everyone could access the information directly. We want to care for our daughter but sometimes it feels like our main role is filling in forms and answering questions when the answers are already in the system somewhere! What on earth would happen if we weren't there? Like many carers we are constantly faced with different organisations wanting the same information, NHS, Local and County Council, Health and Care support teams, DWP, Prescription exemption, bus passes, etc. etc. Sometimes many times more than once in an organisation. The NHS Dentist for example needs the form from social security as the prescription exemption is different from the dental exemption! Crazy isn't it!! It's all government so why can't they access the information?

She is now home and recovering. She said to me 'is it your carers meeting today? You should go...it will do you good'. She is right! We go to the Lancashire Carers Service Coffee & Chat session every month. It is wonderful to meet with others there. You can feel the support wrapped around you and it is meaningful because everyone there has issues of their own to deal with and are a mine of information too. Sometimes we help each other with issues that impact on us like Council tax rebate, forms we have to fill in and things like the increased power costs last winter and we share information about the help that was available to us. Other times we are just out for coffee and chat about holidays, tv, the weather usual stuff friends talk about. It gives us an hour or so break from our responsibilities.

Although it can be hard work caring for someone you love and can be testing but so very rewarding too. Carers also need care and support, and it is so important to access and accept it. It helps you be a better carer.

Lancashire Carers Service offer complimentary opportunities for carers to have a mental break away from their responsibilities. We were lucky to be selected for a couple of Art and Craft events. One was a Christmas tree decoration workshop. We had lots of fun with the other carers and came home with a lovely decoration. We also attended a painting session led by a talented artist. We were assured that no previous experience was needed and that we would be guided through. Again, an enjoyable experience and we came home with a canvas which my daughter immediately wanted in her bedroom! Both events allowed us to focus on something other than our caring responsibilities for an hour or two and we were truly thankful for the opportunity.

Anonymous

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.

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, twitter or visit our website.

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

You can always keep up to date with our service offer and new opportunities by visiting our websites:

www.ncompass.org.uk
www.carerslinklancashire.co.uk

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

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

Stay safe and take care.

Contact Us Today

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



North & Central Lancashire

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

enquiries@lancscarers.co.uk

0345 688 7113, Option 2

@lancscarers

East Lancashire

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.

Carers Assessment

An assessment for you, 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. 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. Please call **0333 103 9747** (Free).

Outgoing CHAT Line where we call you weekly

Would you like to receive a phone-call once a week from the same volunteer? Our trained volunteers offer a listening ear, and provide emotional support. Email volunteering@n-compass.org.uk

Peace of Mind 4 Carers Plan

With an Assessment and Support Officer and the person you care for, you can put together a plan in the event of an emergency where you are unable to fulfil your caring role. An option for up to 72 hours free replacement care from a care provider may be available for emergencies where you are taken into hospital unexpectedly or are involved in an incident involving emergency services and no support is available from family or friends. A plan can be completed over the telephone or face to face. To activate your plan please call **0800 840 3166**.



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. If you are a carer and would like to take advantage of this free service, please contact Lisa Taylor, our volunteer coordinator on **07710 385688** or email volunteering@n-compass.org.uk

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.

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



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.

For information and to register your interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 6887113**. Places are limited.

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 wellbeing 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.

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.

For information and to register your interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 6887113**. Places are limited.



The Lancashire Carers Service Media Platforms



Follow us on Facebook!

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



Carers Community Network Platform*

This is a virtual community where you can meet other Carers, share ideas, experiences, sources of information and support each other, through talking 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 2,000 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.***

Activities & Events

Distance Reiki with Jo Fellows Weekly

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

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

Every Wednesday 2.00pm–3.00pm
Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0l0QOE5yNWMxWnMwZz09>
Meeting ID: 813 5194 3140
Password: 940735

Yoga Nidra with Maxine Reid Weekly

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

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

Every Thursday 7.00pm
Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>
Meeting ID: 870 8007 6510
Password: 455916

Seasonal Flow Yoga with Jo Thorne Weekly

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

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

Every Wednesday, 6.15pm–7.30pm
Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcn p1Ky82Zz09>
Meeting ID: 892 6497 0582
Password: 030426

Understanding dementia course Monday 8th, 15th & 22nd July 2024 at 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.

The sessions are delivered by Carers Link Lancashire

To secure a place and Zoom joining link please email Angela Bennett via e-mail activities@carerslinklancashire.co.uk or telephone 01254 387444.

Carers week Specials



10–16 June 2024

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.

An estimated 5.7 million unpaid carers across the UK are reported to be saving the economy £162 million a year — the equivalent of a second NHS. Yet many carers feel their role is forgotten and invisible. The theme for Carers Week 2024 is 'Putting carers on the map' highlighting the valuable contributions of carers across the UK and ensuring their voices are heard loud and clear. 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.

Carers Self Compassion Session

Thursday June 13th

18:30pm–19:30pm at Community Roots, Minerva Health Centre, Lowthorpe Road, Deepdale, Preston PR1 6SB

For Carers Week 2024, join Charlotte Marsden (Associate Psychological Practitioner) for a group session looking at how we can show ourselves self-care and compassion and look after our mental wellbeing. Using approaches from Compassion Focused Therapy (CFT), we will look at different ways of showing and understanding self-compassion, including mindfulness exercises.

Places are limited, so to book on scan the QR code or contact the team at Community Roots to book your place 01772 695 365.



SCAN ME

Carers Week Talk



Feel stressed and drained from caring?

Discover insight and strategies to improve your life

Join us online with Award-Winning Author, Sara Challice
Tuesday 11th of June 2-3.30pm



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	Raffles Coffee House, St Georges Shopping Centre Preston, PR1 2NQ Ethnic Minority Group	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW	NEW VENUE Soul Cafe Bar 25 Moor Street Ormskirk L39 2AA
	1st Wednesday of each month	1st Thursday of each month	3rd Wednesday of each month	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	1st May	2nd May	15th May	No Session 27th May - Bank Holiday
	5th June	6th June	19th June	24th June
	3rd July	4th July	17th July	22nd July
	7th August	1st August	21st August	No Session 26th August - Bank Holiday
	4th September	5th September	18th September	23rd September
	2nd October	3rd October	16th October	28th October

Venue	Burnside Garden Centre, New Lane, Thornton Cleveleys, FY5 5NH	Booths Café, Main Drive, St Annes, FY8 3UT	The Print Rooms Café, The Storey, Meeting House Ln, Lancaster, LA1 1TH	County Lodge & Brasserie Restaurant, Lancaster Road, Carnforth, LA5 9LD
	2nd Wednesday of each month	2nd Wednesday of each month	2nd Thursday of each month	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	8th May	8th May	9th May	23rd May
	12th June	12th June	13th June	27th June
	10th July	10th July	11th July	25th July
	14th August	14th August	8th August	22nd August
	11th September	11th September	12th September	26th September
	9th October	9th October	10th October	24th October

Other Activities

All activities are free for carers registered with us



Boatel Cruise

10th June. Sail at 12.00noon (arrive 15 Minutes 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 interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 6887113**. Places are limited.

Leighton Hall Tour with Afternoon Tea & Birds of Prey Display

9th July. Leighton Hall, Carnforth, Lancashire, LA5 9ST.

There are no roped off areas and visitors are invited to sit on the furniture, touch things, relax and really get involved.

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 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.

The Boat House Brasserie Coffee & Cake

3rd July, 2.00pm. Manor House Farm, Diamond Jubilee Rd, Rufford, Ormskirk L40 1TD Guided house tour from 13.30pm.

If you have not experienced the amazing cakes and pastries at The Boathouse Brasserie, book your place today. Set in the picturesque village of Rufford you won't be disappointed in the scenic setting.

For information and to secure your place please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 6887113**. Places will be limited.



Barton Grange Afternoon Tea in the Willows

2nd August at 2.30pm. Barton Grange Garden Centre, Garstang Rd, Brock, Preston PR3 0BT.

Meet with a group of carers to enjoy Afternoon Tea in the Willows Restaurant offering the always popular selection of sandwiches and gorgeous selection of freshly baked scones and cakes. There is something for everyone!

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.

Spa Sessions

All spa activities are free for carers registered with us



30-minute massage

Available throughout the summer.
Salt Ayre Leisure Centre,
Doris Henderson Way, Morecambe LA1 5JS.

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

re:new
- Medispa -

30-minute Signature Massage

Available throughout the summer.
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.



25-minute massage

Available throughout the summer.
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.

dalmeny
RESORT HOTEL

30-minute Signature Massage

Available throughout the summer.
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.

THE SPA HOTEL
RIBBY HALL

30-minute back massage

Available throughout the summer.
Ribby Hall Spa & Leisure, Ribby Hall
Village, Ribby Rd. PR4 2PR.

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



30-minute back massage

Available throughout the summer.
Purple Mountain, 60 Bold Street,
Fleetwood FY7 6HL.

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

For information regarding dates and to register your interest please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 6887113**. Places will be limited.

Our Partners



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



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
- Work with you to challenge any decisions made about you
- Support you to understand and uphold your rights as a care
- Discuss your options and choices and support you at meetings
- Help you to access other services you might need
- Help you to speak out and have your voice heard
- Support you through assessments
- Listen to what is important to you.

www.carerscount.org.uk
Email: advocacy@carerscount.org.uk
Phone: 0300 012 0231

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



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**

Useful Information



Alzheimer's Society

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



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 & Support in North and Central Lancashire

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

The Bay Information Hub — [facebook.com/TheBayDementiaHub/](https://www.facebook.com/TheBayDementiaHub/)

Dementia Drop in cafe — open to the carers and people with dementia

- The Glendower Hotel — The second Wednesday of the month (11am–1pm). South Promenade St Annes
- The Regal Hotel in Cleveleys — The third Wednesday of the month (10.30am–12noon).

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 fourth Wednesday of every month (2.00pm–3.30pm). Contact genesiscare@btinternet.com

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

DEMENTIA HELP

HELPING CARERS COPE



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 five 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>



Fresher's Young Onset Café

Freshers is an opportunity to seek support for people of working age, with dementia, Parkinson's and other neurological diseases, and their partners/friends/family.

For further information contact Peter on: **07856 933 003**.



Laughter and Lunch Club

Dementia Friendly Over 60's Group - Wednesdays 11.00am–13.30pm at Longridge Civic Hall. Suggested donation £3. Carers are welcome to come for free

Contact Donna: rosemaryandtime01@gmail.com or Friends of Longridge Civic Hall on: **01772 780 520**



Rosemary & Time Dementia Friendly Groups

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

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

Dementia Carers Group with Sitting in Service



Hesketh Bank Community Centre, Station Road, PR4 6SR, Thursdays 14:00pm–16:00pm

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

Admiral Nurses

Admiral Nurses support families and carers who are caring for loved ones with a dementia diagnosis. The support we can provide tends to fall into the categories below.



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

If you or the person you care for have served in the armed services or have a close link with someone who has e.g., their spouse (this includes national service) you may benefit from making contact. Referring is easy — phone our administrator on **0333 011 4311**.

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

Community Support

Men's Shed Fleetwood



Fleetwood Men's Shed are a group with an open arms policy offering peer support, help, advice and friendship. 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](tel:07783997186).
Email: mensshedfleetwood@yahoo.com or
mensshedfleetwood@gmail.com

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

Talkin' Tables Friendship Groups



A great way to find new friends to talk to. It could be a quick coffee and a chat or a long mid-morning natter. Everyone is welcome. Talkin' Tables have groups in a variety of locations and dates. To find your nearest Talkin' Tables Group, visit the website: <https://www.talkintables.co.uk/home>

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>

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

Ormskirk Avergo Kreatives



Stay Well Group - Get together every Thursday 13:00pm till 15:00pm Queens Court, Aughton Street, Ormskirk. A group for people to talk about their creative interests and anything that will help with their wellbeing. Free tea or coffee, all are welcome! No Joining or membership fee.

For more information, contact Derek on: [07545 764 983](tel:07545764983)

Welcome to Preston Community Transport



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

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

Telephone: [01772 204667](tel:01772204667).

Lancashire & South Cumbria Foundation Trust Mental Health Family & Carers Group.



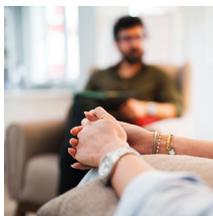
Sparky's Cafe, The Harbour, Windmill Rise, Blackpool FY4 4FE. Last Monday of every month at 4.30pm to 6.30pm. A great opportunity to meet with mental health services to raise any concerns or discuss general care and treatment. Come along for a free tea or coffee, and a warm welcome.

Preston Care & Repair, Handyman Service



Provides practical support for people over 18 with a long-term health condition that affects their mobility or anyone over 60 living in Chorley, Fylde, Preston, South Ribble or West Lancashire. The service can help you stay on top of household repairs. No job is too small, from changing a light bulb, repairing fixtures and fittings to small plumbing and joinery jobs. For more information contact: [01772 204096](tel:01772204096).

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. 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.

Every Monday, 2.30pm–4.00 pm and 7.30pm–9.00pm
Sea View, Chorley Old Road, Whittle Le Woods, Chorley
Email: marjoriehayward@icloud.com

Galloway's Sight Advice Team



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

For further information call: **01772 744 148**.

Christians Against Poverty



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

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

Here is the number to call: **0800 328 0006**.



Free Legal Consultations

We are excited to be working in partnership with Birchall Blackburn Law - This partnership allows us to bring carers the very best advice and information around legal issues including LPA's, Probate, Wills and Court of Protection.

Please take this opportunity to receive a 30 min FREE telephone consultation!

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

Kristina Smith (BBL)

Bramwell Estate Planning

Lasting Powers of Attorney (LPA)



Home Visits
for your
convenience



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.



Bramwell
ESTATE PLANNING

Get Your Affairs in Order

Call Stephen
on:
01772 367900

www.bramwellep.co.uk

Discounts for Carers

There are several 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

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

CARERSMART

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



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



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



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



MyMaxCard

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.

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

Carefree

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



The breaks include accommodation and breakfast, but you will be responsible for travel and any other meals, and you must provide respite for the person you care for. All bookings are made online, so you must be able to do this or have someone to help.

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

To access this opportunity, please speak to a Carers Support and Review Officer on 0345 688 7113 or email enquiries@lancscarers.co.uk who will make the referral to Carefree on your behalf.

Our brand new Carers Caravan

Bookings open now!



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

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

At the caravan we can offer you:

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

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

Useful Contact Numbers

Alzheimer's Society Nation Dementia Helpline 0300 22 11 22
Age UK Lancashire 0300 303 1234
Attendance Allowance Helpline 0800 731 0122. Text phone 0800 731 0317
Blue Badge Applications 0300 123 6736
Carers Help and Talk (CHAT) Line 0333 103 9747
Carers UK Advice Line 0808 808 7777
Citizen's Advice Bureau Fylde 0300 330 1166
Citizen's Advice Bureau Wyre 0344 245 1294
Citizen's Advice Bureau Lancashire North 0344 488 9622
Citizen's Advice Bureau Lancashire Central 0300 330 1172
Citizen's Advice Bureau Lancashire West 0344 245 1294
Care Navigators (Booking Respite) 0300 123 6720
Carers Allowance Unit 0800 731 0297. Text phone 0800 731 0317
Disability Living Allowance (if you born on or after 8th April 1948). Helpline 0800 121 4600
Text phone 0800 121 4523
Job Centre Plus 0800 055 6688. National: 0800 169 0190 Preston: text phone 0800 023 4888
Just Good Friends 07557 734 233
Lancashire Advocacy Hub 0330 0022 200
Lancashire Care (NHS) Wellbeing and Mental Health Helpline 0800 915 4640
The Lancashire Carers Service 0345 688 7113
NHS 111 Service for non-emergencies 111
NHS Carers Direct Helpline 0300 123 1053
Personal Independent Payment Enquiries 0800 917 2222. Text phone 0800 917 7777
Preston Care & Repair Handyman Service 01772 204096
Social Care (24-hour service) 0300 123 6720
Welfare Rights 0300 123 6739

Useful Links

Lancashire County Council

Lancashire warm spaces
Winter Wellbeing communications toolkit
Cost of living support
Help with energy

Other

www.restless.co.uk
www.silversurfers.org.uk
www.takingcare.co.uk
www.aging-better.org.uk



Feedback Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work! Please call **0345 688 7113**, Option 2 or email enquiries@lancscarers.co.uk

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

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