

# Magazine



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

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

# Welcome

Welcome to the 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 or visit our website.

Please contact us to register your interest in attending a **FREE** place on any activities or training, or if you need extra information about any of the activities in the magazine.

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

As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help. Please do let us know if you no longer wish to receive the magazine or have changed your address and we will update our records.

**Stay safe and take care.**

## Contact us today

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

### North & Central Lancashire

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

### East Lancashire

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



## Our Support

### Carers Line

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

### 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. During your carers assessment, we'll explore how caring impacts your life and identify ways for you to continue doing what matters to you and your family. Your physical, mental and emotional wellbeing will be at the heart of your assessment.

It will also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to do more socially. If, as a carer, you are eligible for support you may be offered money through a carer's personal budget to spend on things that make caring easier for you and support you to carry on caring.

**Carer's Personal Budgets are subject to an annual review of your carers assessment.**



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

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

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

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

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



## Facebook

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

## CHAT Line - where our volunteer will call you weekly

Would you like to be matched with the same volunteer every week, offering a listening ear, emotional support, and just chatting about something important to you over the telephone. All telephone contact numbers remain confidential.

Please contact Ian on 0345 013 8208 or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



## Carers Community Network

### Carers Community Network platform\*

This is a virtual community where you can meet other carers, share ideas and experiences; there are currently over 2000 active members who are looking forward to connecting with you! It only takes a minute to sign up. \*Please be aware, that to access the Carers Community Network, you will need to be invited.

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



## The Volunteer Hub

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

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



## The Volunteer Hub Pen Pals

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

If you are a carer and would like to take advantage of this free service, please contact Ian on **0345 013 8208** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)

## What we've been up to

We have had a busy few months with our regular Coffee & Chat groups, networking events and delivering our varied range of activities for Carers. We have enjoyed delicious Christmas lunches, done some festive crafting and provided lots of opportunities to relax with our spa sessions.

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

### Carers Rights Day (Royal Preston Hospital)

"Great to see support for Carers out in the community as we can often feel forgotten"



### Monthly Coffee & Chats

"It gives me purpose to get out of the house. It's a good chance to have a chat, which makes a big difference to me"

## What we've been up to

### Lytham Hall Georgian Afternoon

"Food selection was excellent,  
room was lovely, service first class  
& the company excellent"



### Boathouse Brasserie Christmas Lunch

"10/10 - Food, fellowship and an  
opportunity to have a minute to myself"



### Wooden Tree Workshop

"Had a fab time with  
a good chat with new  
friends, keep up the  
great work you put a  
smile on my face"





### **Men's Big Breakfast**

"It's fun to do and can chat to others. Feel like we have achieved something at the end. Clears the mind & can relax"

### **Brush and Tipple Art Session**

"Creating from scratch, laughing and chatting, learning how to paint a picture without drawing. A relaxing group activity."



# Activities and Events

## Distance Reiki

Weekly

Every Wednesday 2.00pm-3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. During these sessions carers can relax in their own home while Jo guides you through a healing experience.



Scan Here

*"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

To access any of our Yoga or Reiki sessions Zoom please [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

## Seasonal Flow Yoga

Weekly

Every Wednesday, 6.15pm-7.30pm

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

The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.



Scan Here

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

To access any of our Yoga or Reiki sessions Zoom pick [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

## Yoga Nidra

Weekly

Every Thursday 7.00pm

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

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



Scan Here

To access any of our Yoga or Reiki sessions Zoom pick [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

For further information or support please email  
[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

## Activities and Events

### Understanding Dementia delivered on Microsoft Teams

1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> September 2025 at 6.30pm – 8.30pm

3 Part Online Course

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

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

This course is delivered by Carers Link Lancashire.

To secure a place and TEAMS link please email Angela Bennett via e-mail at [activities@carerslinklancashire.co.uk](mailto:activities@carerslinklancashire.co.uk) or telephone 01254 387 444



## Carers Week Specials

### 9th – 15th June 2025

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that 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 5.8 million unpaid carers across the UK are reported to be saving the economy £184 billion a year – the equivalent of a second NHS. Yet many carers feel undervalued and unsupported.

The theme for Carers Week 2025 is 'Caring About Equality' highlighting the disparities and disadvantages faced by unpaid carers across the UK and calling for a fairer society where carers have access to greater support and information, where and when they need it.

We have six events to celebrate Carers Week – check them out in the activities section.

- ✓ Kingfisher Afternoon Tea Cruise, Barton Grange Marina, Garstang Rd, Brock, Preston, PR3 0BT
- ✓ Boatel Lunch Cruise, Botany Bay Boatyard, Chorley, PR6 9AE (behind the Lock & Quay Restaurant)
- ✓ Men's Brunch, Calico Lounge, Market Walk Extension, Union Street, Chorley, PR7 1DE
- ✓ Coffee, Chat and Cake - Burnside Garden Centre, Cleveleys, FY5 5NH
- ✓ Coffee, Chat and Cake - Booths Cafe St Annes, FY8 3UT
- ✓ Coffee, Chat and Cake - The Print Rooms Café,
- ✓ Lancaster, LA1 1TH



## Coffee & Chats

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

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

<b>Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT</b>	<b>Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT Ethnic Minority Group</b>	<b>Avant Garden Centre, Wigan Road, Leyland, PR25 5XW</b>	<b>Soul Cafe Bar, 25 Moor Street, Ormskirk, L39 2AA</b>
<b>1<sup>st</sup> Wednesday of each month</b>	<b>1<sup>st</sup> Thursday of each month</b>	<b>3<sup>rd</sup> Wednesday of each month</b>	<b>4<sup>th</sup> Monday of each month</b>
<b>10.00am - 11.30am</b>	<b>10.00am - 11.30am</b>	<b>10.00am - 11.30am</b>	<b>10.00am - 11.30am</b>
7th May	1st May	21st May	May – No session
4th June	June - No Session	18th June	23rd June
2nd July	3rd July	16th July	28th July
6th August	7th August	20th August	August – No session
3rd September	4th September	17th September	22nd September
1st October	2nd October	15th October	27th October

<b>Burnside Garden Centre, New Lane, Thornton-Cleveleys, FY5 5NH</b>	<b>Booths Café, Main Drive, St Annes, FY8 3UT</b>	<b>The Print Rooms Café, The Storey, Meeting House Lane, Lancaster, LA1 1TH</b>	<b>NEW VENUE Royal Station Hotel, Market St, Carnforth LA5 9BT</b>
<b>2<sup>nd</sup> Wednesday of each month</b>	<b>2<sup>nd</sup> Wednesday of each month</b>	<b>2<sup>nd</sup> Thursday of each month</b>	<b>4<sup>th</sup> Thursday of each month</b>
<b>10.00am - 11.30am</b>	<b>2.00pm - 3.30pm</b>	<b>10.00am - 11.30am</b>	<b>10.00am - 11.30am</b>
14th May	14th May	8th May	22nd May
11th June	11th June	12th June	26th June
July - No session	July - No session	10th July	24th July
13th August	13th August	14th August	28th August
10th September	10th September	11th September	25th September
8th October	8th October	9th October	23rd October

## Other Activities

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

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

**Please Note - If your request to attend an activity is successful, and you are allocated a place, we will confirm this by telephone by 23rd May 2025. If you do not hear from us by this date, your request has not been successful, and you will be placed on a reserve list.**

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

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

### Kingfisher Afternoon Tea Cruise

**5th June 2025 sail at 1:00pm  
(arrive 15 minutes early) at the Marina**

**Barton Grange Marina, Garstang Rd, Brock, Preston PR3 0BT**

This peaceful cruise departs from and returns to Barton Grange Marina. Delicious afternoon teas are served to you on three-tier stands and consist of a beautifully presented selection of sweet and savoury treats, including a homemade jam and cream filled scone and of course, unlimited tea and coffee.



### Boatel Cruise

**9th June 2025 at 12:00 noon  
(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.



## June Men's Brunch

10th June 2025 at 10:30am

Calico Lounge, Market Walk Extension, Union Street,  
Chorley, PR7 1DE

Come along to our new men's group. Enjoy a free Brunch and Brew and the opportunity to meet with other men who might be in a similar caring role. A male member of staff will be there to greet you.

Feedback from our previous brunch *'Had a fab time with a good chat with new friends, keep up the great work, you put a smile on my face'*



## The Boat House Brasserie Coffee & Cake

19th June 2025 at 2:30pm

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

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



## Leighton Hall Tour with Afternoon Tea & Birds of Prey

10th July 2025 from 1:30pm

Leighton Hall, Carnforth, Lancashire, LA5 9ST

Meet for a guided house tour from 1:30pm. There are no roped off areas and visitors are invited to sit on the furniture, relax and really get involved.

### Followed by afternoon tea at 2:30pm

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

### Bird of prey display at 3:30pm

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 at 4:15pm - optional.**



## Barton Grange Afternoon Tea in The Willows

29th July 2025 at 2:30pm

Barton Grange Garden Centre, Garstang Rd, Brock,  
Preston PR3 OBT

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!



## Gujarat Hindu Temple Visit

8th August 2025 at 11.30am

Gujarat Hindu Temple & Community Centre, South  
Meadow Lane, Preston PR1 8JN



You are invited to join the insightful tour of the Temple with lunch included. The tour of the Temple will give you a glimpse of how the Gujarat Hindu Society engages with the community by providing different activities, including their community luncheon club every Monday & Friday.

## Jewellery Making Workshop

12th August 2025 at 2:00pm to 3:30pm

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

Our first jewellery making session was so successful, we received lovely feedback from carers who attended. We were delighted to ask Angela to run another session again. The most difficult task will be choosing your colour and design.



### To Book any of these activities

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

### To Book any of the activities below

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

## September Men's Brunch

**18th September 2025 at 10.30am**

**North Albert Grill, Victoria Street, Fleetwood, FY7 6AA**

Back by popular demand is our Men's Brunch in Fleetwood.

Meet up with other men who are also in a caring role. Enjoy a lovely free brunch, a brew and peer to peer chat.



## Bowling Experience for Young Adult Carers

**Friday 15th August 2025 at 2:00pm**

**Hollywood Bowl, Unite 1-9, Animate, Tenterfield St, Preston, PR1 2BL**

Are you aged 18–25 and in a caring role?

We would like to invite you to the bowling alley for some fun and a well-deserved break.

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



# Spa Sessions

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



## 30-minute massage

Flexible Dates

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

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



## Signature massage

Flexible Dates

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

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



## Classic Back, Neck and Shoulder massage

Flexible Dates

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

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



## 30-minute back massage

Flexible Dates

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

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

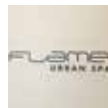


## 30-minute massage

Flexible Dates

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

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



## 30-minute Back, Neck & Shoulder massage

Flexible Dates

Flame Urban Spa 109 Garstang Road, Preston PR1 1LD

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

# FIND

The SEND Newsletter for  
Lancashire Families



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

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

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

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



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

### **What is Advocacy?**

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

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



### **What could an Advocate do for me?**

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

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

### **Want to have your say?**

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

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

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

## Independent Community Advocacy Network North (ICANN)

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

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

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



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



# Trinity Hospice Tour & Talk

Join us at  
the hospice on  
the last Thursday  
of every month  
11:30-12:00



**Trinity  
Hospice**  
*Compassion and care*

We invite you to a Tour & Talk event hosted by the Living Well Service. If you have a life limiting condition and are curious to learn more about the hospice and what services are available, as well as an introduction to Advance Care Planning (ACP) come along to one of our open sessions!

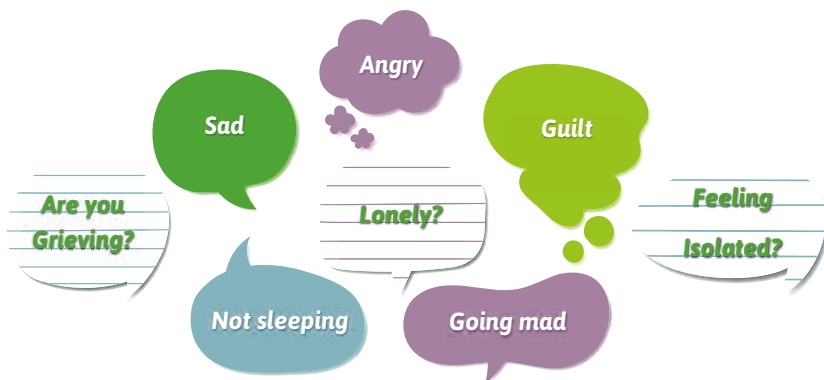
#### 2025 DATES:

30th Jan / 27th Feb / 27th Mar / 24th Apr  
29th May / 26th Jun / 31st July / 28th Aug  
25th Sept / 30th Oct / 27th Nov / 18th Dec

**Call 01253 952566**  
to register your interest  
to attend one of these events

IF THIS IS SOMETHING YOU ARE KEEN TO ATTEND BUT THE TIME AND DATES ARE NOT SUITABLE, PLEASE CALL TO REGISTER YOUR INTEREST AND WE WILL ENDEAVOUR TO SUPPORT OUTSIDE OF THIS.

# Bereavement Drop-In



*Sometimes it helps to meet with others in similar circumstances by sharing experiences in a safe environment*

## Join St Catherine's for our monthly Bereavement Drop-In

**Held in the Garden Room at St Catherine's Hospice**, on the second Wednesday of the month 1.30pm-3pm, or on the third Thursday of the month from 6pm -7.30pm.

**Email [supportteam@stcatherines.co.uk](mailto:supportteam@stcatherines.co.uk) or call 01772 629171**  
for more information and to join us

**Open to anyone in our community, not only those with a connection to St Catherine's Hospice**

## Information For Professionals

### FREE Carers Awareness Training

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

#### The training will

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

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



## Lancashire Adult Learning

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



Lancashire  
Adult Learning

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

## Lancashire Libraries

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

#### You can borrow

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



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

Further information can also be found at:

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

Lancashire  
County Council



# Dementia 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: **centralancashire@alzheimers.org.uk**.

## The activities handbook:

### Supporting someone with dementia to stay active and involved

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

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

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



### The activities handbook contains sections on:

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

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

## Six key things to know about Dementia



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

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

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

Get expert advice on dementia care in every issue of Dementia Help magazine. Stay informed with timely updates on new products, services, and tips to make your caring role easier.



<https://dementiahelpuk.com/wp-content/uploads/2025/02/Dementia-Help-magazine-issue-5.pdf>

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

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

### **The Bay Information Hub**

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

### **West Lancs Dementia Hub**

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

### **Carnforth Memory Support Group**

**Carnforth Free Methodist Church, Kellet road, Carnforth, LA5 9LRA**

**For further information please email [carnfoth.icc@mbht.nhs.uk](mailto:carnfoth.icc@mbht.nhs.uk) or call 07876130616**

### **Regenerage Preston**

**Support for Preston and South Ribble residents is available through Regenerage based at Charnley Fold, Cottage Lane, Preston PR2 6YA. Call 01772 645721**

### **Chorley Dementia Hub**

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

### **Alzheimer's Society Dementia Cafes**

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

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



### **Dementia Radio**

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

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



# Dementia Information

## Fresher's Young Onset Café

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

## Rosemary & Time Dementia Friendly Groups

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



**Contact Donna for more information on 07880 348 597 or email [rosemaryandtime01@gmail.com](mailto:rosemaryandtime01@gmail.com)**

## Young Onset Dementia Café

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

## Friday Friends

Meet every Friday Grimsargh Village Hall PR25JS, 1.30-3.30pm, open to anyone affected by dementia.

## Dementia Friendly Gardening group

Meets Longridge Library, PR3 3JA, second Tuesday of every month 1.30-3.00pm, dementia friendly group open to anyone of retirement age.

## Laughter and Lunch Club

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

Suggested donation £3 Carers are welcome to come for free

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



## Monday Movement & Music

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

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

All at Grimsargh Village Hall PR2 5JS, open to anyone over retirement age, these dementia friendly sessions are £3 each, carers welcome to attend for free.

## Young Onset Young Outlook YOYO

Meets at Memory Service 2nd Wednesday 2.30 - 4.00pm

2nd Floor Fleetwood Health & Wellbeing Centre, Dock Street, Fleetwood, FY76HP

**[Jackie.leadbetter@lscft.nhs.uk](mailto:Jackie.leadbetter@lscft.nhs.uk)**

**Tel: 01253957036**

## Dementia Carers Group with Sitting in Service

Thursdays 14:00-16:00

Hesketh Bank Community Centre,  
Station Road, PR4 6SR



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

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

## Admiral Nurses

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



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

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

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

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

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



Talkin'  
Tables

## Talkin' Tables Friendship Groups

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

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



# Useful Information

## Veterans' Gateway

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



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

## Armed Forces Breakfast Club

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



## Ormskirk Avergo Kreatives

Stay Well Group - Get together **every Thursday 1.00pm till 3.00pm** 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: 07545 764 983**



## SWLICAN

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

## After Loss Club

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

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

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



## Welcome to Preston Community Transport

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

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



## Galloway's Sight Advice Team

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

**For further information call 01772 744 148**



## Christians Against Poverty

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

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



## Preston Care & Repair, Handyperson Service

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

**For more information contact 01772 204096**



## Useful Information

### CancerCare North Lancashire & South Cumbria

CancerCare is a local, independent charity that provides free therapies, help and support to people of all ages affected by cancer and bereavement across North Lancashire and South Cumbria.

We provide a range of services delivered by trained professionals across Lancaster and Morecambe. As well as one-to-one sessions, we also host regular peer support groups. For more information on how CancerCare could help you, please get in touch via phone or email.

**Lancaster - 01524 381820**

**Morecambe - 01524 381820**

**[cancercare.org.uk](http://cancercare.org.uk)**

**CancerCare**

Registered Charity Number: 1120048

### Fleetwood Men's Shed

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.

**Email: [mensshedfleetwood@gmail.com](mailto:mensshedfleetwood@gmail.com)**



**MEN'S SHED FLEETWOOD**





# BLUE FLAMINGO SCHEDULE

May - August 2025

Blue Flamingo Cafe & Community Hub is a place to meet new people and catch up with old friends for a chat & brew in a dementia-friendly community space with locations in Ashton, Fulwood & Penwortham.



## ASHTON:

St Michael's Church, Tulketh Rd  
Tuesdays from 1 - 3pm

### MAY

6: Sing-along  
13: Quiet Activities  
20: Drum & Sing  
27: Carer's Support

### JUNE

3: Sing-along  
10: Quiet Activities  
17: Drum & Sing  
24: Carer's Support

### JULY

1: Sing-along  
8: Quiet Activities  
& Carer's Support  
15: Drum & Sing  
22: **NO SESSION**  
29: **NO SESSION**

### AUGUST

5: Sing-along  
12: Quiet Activities  
& Carer's Support  
19: **NO SESSION**  
26: **NO SESSION**

## PENWORTHAM:

St Teresa's Social Centre  
34 Queensway Dr  
Wednesdays, 12.30 - 2pm

### May

7: Sing-along with Annie  
14, 21 & 28: Sing-along with Jon

### June

4: Sing-along with Annie  
11, 18 & 25: Sing-along with Jon

### July

2: Sing-along with Annie  
9 & 16: Sing-along with Jon (no session on 23rd & 30th)

### August

6: Sing-along with Annie  
13: Sing-along with Jon (no session 20th & 27th)

## FULWOOD:

Our Lady & St Edward's Parish Centre  
4 Marlborough Dr  
4th Thursdays, 1 - 3pm

22 May

26 June

24 July

14 August



Contact Erin: theblueflamingocafe@gmail.com & 07462 320349



# Book Recommendation

## A simple guide to staying healthy & living longer

Retired GP, also a carer, has written a book which has recently been highlighted in an article by The Bury Times. The GP issues health advice in new book | Bury Times



## Poets Corner

### The River

The river is a shelter  
He is home to many fish  
So, I always go on my birthday  
To make a lucky wish

The river is a garbage man  
He gobbles up plastic  
But that might kill the fish  
So, the change needs to be drastic

The river is a drifter  
He prances through loops and curves  
Just like the blood  
Flowing through our nerves

The river is a cheetah  
He races down hill  
He cant stop moving  
He cant be still

The river is a storm  
Waves race through the banks with jewels  
He is very independent  
He makes his own rules

The river is a lover  
So generous and kind  
When ever you go to him  
He settles your mind

The river is a silky kite  
So gentle and soothing  
When the wind is blowing  
He never stops moving

The river is a collector  
He finds tiny bones  
But he is sad about this pattern  
When ever he finds one, he moans

The river is a newborn  
He chuckles with pride  
He is very impressed  
As he is as thick as the tide

The river is a secret  
So quiet and calm  
He is so big  
He has an arm

The river is loved  
By many others  
Definitely including his friends  
And his father and mother

The river is a popstar  
He prances and moves  
Twirling through pitches  
A masterpiece, - a groove

The river is a dancer  
He is like squishy golden sand on the beach  
He is a long blue wanderer  
The sun covered water is  
Always out of reach

The river is a loner  
Always left alone  
Lots of people are always on their phones

The river is a pit  
Very deep  
There must be some treasures  
That he can keep

The river is a racer  
So Fast and needy  
He wins every race  
So he is considered speedy

The river is a pirate  
So sneaky and bad  
But what ever you do  
Don't make him mad

The river is a ribbon  
Flying past  
If you want to catch it  
You better be fast

by Rosa Harrison, Wrea Green

# Free Legal Consultations

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

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

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



## Lasting Powers of Attorney (LPA)

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

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



Home Visits  
for your  
convenience



*Bramwell*  
ESTATE PLANNING

Get Your Affairs in Order

Call Stephen  
on:

**01772 367900**

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



# Tips for Happier Living



## **Friends and other people around you**

The people around you offer a valuable pool of support so it's important you put time into strengthening those connections.

- Make time to meet up with a friend you haven't seen for a while.
- Chat with friends and family about your day.

## **Exercising**

Regular activity will provide an endorphin boost and increase your confidence. Endorphins are natural chemicals in the body that fight pain. Endorphins are released when a person gets hurt or during exercise. In addition to blocking pain, endorphins can make people happy.

- Find an activity which fits in around your day and which you enjoy doing.
- Cycle or walking

## **Awareness**

Taking time to switch off autopilot and 'be in the moment' is a great way to beat stress.

- Pay attention to your senses – what can you see, hear, smell or feel around you?
- Set time aside to think (reflect) on what you did today – was there something which made you feel good?

## **Giving**

Holding out a helping hand makes other people happy and will make you feel happier too – give it a go.

- Share your skills or offer support.
- Ask friends or family how they are and listen without judging them.

## **Direction**

Working towards positive, realistic goals can provide motivation and structure – give it a go.

- Choose a goal that means something to you, not what someone else expects of you.
- Remember to celebrate your progress as you go along.

# BE Kind TO YOUR Mind



## Meaning

People who have meaning in their lives experience less stress, anxiety and depression – give it a go.

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose.
- Notice how your actions make a difference for others.



## Emotions

Positive emotions can build up a barrier against stress and even lead to lasting changes in the brain to help maintain wellbeing – give it a go.

- Take time to notice what you're grateful for and focus on the good aspects of any situation.
- Set aside time for mindfulness



## Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens – give it a go.

- Find something which works for you such as talking to friends or writing it down.
- Take action to improve your resilience skills.



## Acceptance

No-one is perfect. Longing for things to be different gets in the way of making the most of our own happiness.

- Be kind to yourself when things go wrong.
- Shift the focus away from what you don't have and can't do, to what you have and can do.

## Discounts for Carers

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

The logo for 'discountsforcarers' features the text in a lowercase, sans-serif font. 'discounts' is in orange and 'forcarers' is in a darker orange/brown color.

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

The logo for 'CARERSMART' has 'CARERS' in blue and 'SMART' in a larger, bold blue font. Below it, the words 'benefits discounts offers' are written in a smaller, orange font.

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

The logo for 'CEA CARD' consists of a solid purple square to the left of the text 'CEA CARD' in a bold, black, sans-serif font.

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



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

The National Trust logo features a white oak leaf emblem to the left of the words 'National Trust' in a white, serif font, all set against a green background.

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

The 'maxcard' logo is written in a lowercase, white, sans-serif font on a solid magenta background.

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

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

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



## What is the Access Card?

Information, Evidence, Discounts and Opportunities for Disabled People

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

### Think of it as a Disability Passport.

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

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

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



## UK Global Health Insurance Card (GHIC)

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



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

# Carefree

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

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

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

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

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



“

**Time and freedom to  
be myself again.**

With a break from caring

with Carefree

Carefree

# Our brand new Carers Caravan

**Bookings  
open now!**



*Haven*

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

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

At the caravan we can offer you:

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

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

## Useful Numbers

### **Alzheimer's Society Nation Dementia Helpline**

0333 150 3456

### **Age UK Lancashire**

0300 303 1234

### **Attendance Allowance Helpline**

0800 731 0122

**Text phone** 0800 731 0317

### **Blue Badge Applications**

0300 123 6736

### **Carers Help and Talk (CHAT) Line**

0333 103 9747

### **Carers UK Advice Line**

0808 808 7777

### **Citizen's Advice Bureau Fylde**

0300 330 1166

### **Citizen's Advice Bureau Wyre**

0344 245 1294

### **Citizen's Advice Bureau Lancashire North**

0344 488 9622

### **Citizen's Advice Bureau Lancashire Central**

0300 330 1172

### **Citizen's Advice Bureau Lancashire West**

0344 245 1294

### **Care Navigators (Booking Respite)**

0300 123 6720

### **Carers Allowance Unit**

0800 731 0297

**Text phone** 0800 731 0317

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

#### **Helpline**

0800 121 4600

**Text phone** 0800 121 4523

### **Job Centre Plus (National)**

0800 055 6688

### **Job Centre Plus (Preston)**

0800 169 0190

**Text phone** 0800 023 4888

### **Just Good Friends**

07557 734 233

### **Lancashire Advocacy Hub**

0330 0022 200

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

0800 915 4640

### **The Lancashire Carers Service**

0345 688 7113

### **NHS 111 Service for non-emergencies**

111

### **NHS Carers Direct Helpline**

0300 123 1053

### **Personal Independent Payment Enquiries**

0800 917 2222

**Text phone** 0800 917 7777

### **Preston Care & Repair Handyman Service**

01772 204096

### **Social Care (24-hour service)**

0300 123 6720

### **Welfare Rights**

0300 123 6739

## Useful Links

**Lancashire warm spaces - Lancashire County Council**

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

**Cost of living support - Lancashire County Council**

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

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

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

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

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





## Your Feedback

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

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

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

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