

Magazine



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

- ✓ Carers Assessments
- ✓ 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 and www.carerslinklancashire.co.uk

As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help. 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
- 🌐 www.n-compass.org.uk/our-services/carers
- 📘 Facebook @lancscarers

East Lancashire

- ☎ 0345 688 7113 option 1
- ✉ info@carerslinklancashire.co.uk
- 🌐 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 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



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



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

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.



Scan Here

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.

"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.



Scan Here

"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.

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

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 or call us on **0345 688 7113** to secure your place.

Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT	Brew + Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT Ethnic Minority Group	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW	Soul Cafe Bar, 25 Moor Street, Ormskirk, L39 2AA
1st Wednesday of each month	1st Thursday of each month	3rd Wednesday of each month	4th Monday of each month
10.00am - 11.30am	10.00am - 11.30am	10.00am - 11.30am	10.00am - 11.30am
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

Burnside Garden Centre, New Lane, Thornton-Cleveleys, FY5 5NH	Booths Café, Main Drive, St Annes, FY8 3UT	The Print Rooms Café, The Storey, Meeting House Lane, Lancaster, LA1 1TH	NEW VENUE Royal Station Hotel, Market St, Carnforth LA5 9BT
2nd Wednesday of each month	2nd Wednesday of each month	2nd Thursday of each month	4th Thursday of each month
10.00am - 11.30am	2.00pm - 3.30pm	10.00am - 11.30am	10.00am - 11.30am
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 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 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!



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 0XL (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 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 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 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 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 ELMIS 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

If you would prefer a paper form, call us on 01772 538077 or email 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 | 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

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

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



Trinity Hospice

Tour & Talk

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

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



**Trinity
Hospice**

Compassion and care

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 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 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

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.

Further information can also be found at:

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: **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

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/

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

West Lancs Dementia Hub

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 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

Website: 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



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

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

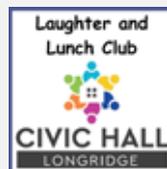
Meets Longridge Library, PR3 3JA, second Tuesday of every month 1.30-3.00pm, dementia friendly group open to anyone of retirement age.

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 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

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

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



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

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 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**

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**



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

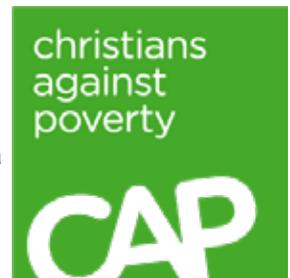
The next natural step for many people experiencing issues with their vision is often to look at options of emotional and practical support. Galloway's Sight Advice Team will complete an assessment looking at equipment, aids and technology, give advice, offer support and agree internal and external key 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 effects 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

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.

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

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

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



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 on 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



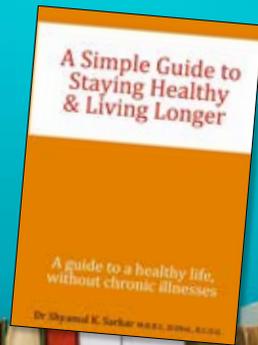
Contact Erin: theblueflamingocafe@gmail.com & 07462 320349



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

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.



discountsforcarers

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



CARERSMART
benefits discounts offers

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



**CEA
CARD**

Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for.
www.ceacard.co.uk



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



**National
Trust**

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



maxcard

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

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



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



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)

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/

Cost of living support - Lancashire County Council

www.lancashire.gov.uk/health-and-social-care/cost-of-living/

www.restless.co.uk

www.lifeconnect24.co.uk

www.silversurfers.com

www.aging-better.org.uk





Your 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. 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**

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 **www.facebook.com/groups/2169077466734687** or call **0345 688 7113, Option 2** before setting out.