

Spring / Summer 2026



Carers' Magazine



Carers' Assessments



Peer Support



Groups & Activities



Training Opportunities

n|compass
towards a brighter future

Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

Lancashire
County Council



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, 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 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.



East Lancashire

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

North, Central & West Lancashire

- ☎ 0345 688 7113 option 2
- ✉ enquiries@lancscarers.co.uk
- 🌐 www.n-compass.org.uk/our-services/carers
- 📘 @lancscarers

Your Information, Your Voice

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law
- Our Complaints Policy outlines how to raise a concern and what you can expect from us
- You can read both policies on our website: www.n-compass.org.uk/

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** option 2

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 carer's assessment, we will 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 carer's assessment.**

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.

Peace of Mind for Carers (POM4C)

Create an emergency plan in the event of an emergency where you are unable to fulfil your caring role. An option for up to 72 hours free replacement care from a care provider may be available.

To activate a POM4C plan carers should call **Lancashire County Council's Customer Access Service** on **03001 236720** (Mon - Fri, 9.00am - 5.00pm).

Outside these hours, calls will be diverted to the **Adult Social Care Emergency Duty Team** on **03001 236722**.

Lancashire County Council is also developing a new support service, with details to follow. For queries, call **03001 236720**.

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 been busy over the past few months with our regular Coffee & Chat groups, networking events and delivering our varied range of activities for carers.

We have enjoyed festive afternoon teas, been creative with flower arranging, pottery painting 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

'I often forget about myself when I'm rushing round visiting so seeing you here has allowed me to stop and take a breath'

Lytham Hall Georgian Afternoon Tea

'It's delightful to feel valued by someone, when often one's work feels invisible in the world'



Men's Brunch

"10/10 - Great event, great company, when's the next one?!"



Monthly Coffee & Chats
 'The group provides me with a safe space, occasional tears and lots of laughter'

Festive Flower Arranging
 "I've had a fabulous time away from the hustle and bustle of my caring role, how very relaxing"



The Mill Christmas Lunch
 "It was my first activity since I've been caring for my mum. It's wonderful when we go to activities and we are the ones being looked after."

Online 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. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress or simply want to enhance your overall wellbeing.



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 wellbeing. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners.

Yoga Nidra

Weekly

Every Thursday 7.00pm

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.



Scan Here

To access any of our Yoga or Reiki sessions on Zoom please [click the link here](#) or scan the QR code to complete the short booking form and we will provide the Zoom Link. The reply is not automated and may take a couple of days to reply with the Zoom link. The Zoom link will then remain the same each week.

For further information or support please email: enquiries@lancscarers.co.uk



Coffee & Chats

Join us for a free hot drink and a chat!

These sessions are an opportunity to meet and chat with other carers and take a 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.

Our monthly coffee and chat sessions are a lifeline for many and attended by a nice mix of men and women. All the groups are friendly and offer that opportunity to chat to someone who may be facing similar challenges.



This is how one carer described her first time:

“

The first time I came to a coffee and chat I didn't know what to expect at the chat.

”

I came away feeling elated. There was friendship there, camaraderie, tears, reminiscences, but most of all, a caring atmosphere.

I look forward to going every month, because I get so much support. I go away from the coffee and chat feeling replenished and rewarded for being a carer

- Carer from the Booths St Anne's Coffee and Chat.



Coffee & Chat Calendar

Harris Cafe, Market Square, Preston, PR1 2PP	Harris Cafe, Market Square, Preston, PR1 2PP <small>Ethnic Minority Group</small>	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
6th May	7th May	20th May	May – No session
3rd June	4th June	17th June	22nd June
1st July	2nd July	July – No session	27th July
August - no session	6th August	19th August	24th August
2nd September	3rd September	16th September	28th September
7th October	1st October	21st October	26th October

Burnside Garden Centre, New Lane, Thornton- Cleveleys, FY5 5NH	Booths Café, Main Drive, St Annes, FY8 3UT	Printroom Café & Bar, The Storey, Meeting House Lane, Lancaster, LA1 1TH	Royal Station Hotel, Market Street, 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
13th May	13th May	14th May	28th May
10th June	10th June	11th June	25th June
8th July	8th July	9th July	23rd July
12th August	12th August	13th August	27th August
9th September	9th September	10th September	24th September
14th October	14th October	8th October	22nd October

Other Activities

Free to carers registered with Lancashire Carers Service

Please Note:

- 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.
- If your request to attend an activity is successful, and you are allocated a place, we will confirm this by telephone by **Friday 29th May**. 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

12th June 2026 sail at 12.00 noon

(arrive 15 minutes early)

Barton Grange Marina, Garstang Road, 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.



Men's Brunch

16th July 2026 at 10.30am

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

Calling all male carers! Take a well-deserved break and come along to our brunch for good company, conversation, and a hearty brunch.

Leighton Hall Tour with Afternoon Tea and Birds of Prey Display



23rd July 2026 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 the most English of Afternoon Teas with a range of 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. Finished by an optional opportunity to explore garden and woodland walk at **4.15pm**.

Bretherton Sunflowers: Pick Your Own Sunshine



Provisional Date: 30th July 2026 at 2.00pm
(may be subject to change due to weather condition)

Longfold Farm, Bretherton, Nr Leyland,
PR26 9AY

If you have them - bring your own secateurs. Otherwise, you will need to bring a £5.00 refundable deposit. Appropriate footwear is advised, remember we are at the mercy of the Great British weather, and in a field. Enjoy picking your own sunflowers followed by a free freshly ground coffee from Cafe, Peaky Grinders.



Barton Grange Afternoon Tea in The Willows

13th August 2026 at 2.30pm

Barton Grange Garden Centre, Garstang Road,
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!



Bowling Experience for Young Adult Carers

Friday 28th August 2026 at 2.00pm

Hollywood Bowl, Unite 1-9, Animate,
Tenterfield Street, 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. This event is free to registered carers.

Boatel Cruise

8th September 2026 at 12.00 noon
(arrive 10 minutes early)

Botany Bay Boatyard, Chorley, PR6 9AE
(behind the Lock & Quay Restaurant)

Enjoy an afternoon cruise 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



The Pottery Cove

Friday 18th September 2026 at 2.00pm - 4.00pm

The Pottery Cove, 14 Moorgate, Ormskirk, L39 4RY

Relax, unwind and enjoy Pottery Painting in a welcoming, creative space for all ages. You don't need to be an artist, no skills are required, just come along and see what happens!

You can book by:

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.





Wellbeing & Spa Sessions

30-Minute Massage

Tranquil Spa & Beauty,

Salt Ayre Leisure Centre, Doris Henderson Way, Morecambe, LA1 5JS
(Available throughout Summer 2026)

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.



30-Minute Signature Massage



Medispa,

36 Derby Street West, Ormskirk, Lancashire, L39 3NH
(Available throughout Summer 2026)

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

25-Minute Massage

Shaw Hill Golf & Spa Hotel,

Whittle le Woods, Chorley, PR6 7PP
(Available throughout Summer 2026)

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.



25-Minute Massage



Dalmeny Resort Hotel,
19-33 South Promenade, St Annes, FY8 1LK
(Available throughout Summer 2026)

Enjoy a relaxing afternoon by the sea with a 25 -minute massage including use of the spa facilities, eucalyptus steam room, dry heat sauna, whirlpool and swimming pool.

30-Minute Back Massage

Ribby Hall Spa & Leisure,
Ribby Hall Village, Ribby Road. PR4 2PR
(Available throughout Summer 2026)



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

30-minute Back, Neck & Shoulder Massage



Flame Urban Spa,
109 Garstang Road, Preston, PR1 1LD
(Available throughout Summer 2026)

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.

To Book

All dates are flexible. 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**.

Please note: we are unable to replace any lost, misplaced, or expired vouchers.



Partnership News

Carer Awareness Training

A free 2-hour in-person session for professionals to learn about the Lancashire Carers Service including carers assessments, support available, activities and how to make referrals. This training helps improve understanding of the issues carers face and the vital role they play.

We received the following feedback from Lancashire Fire & Rescue Service:

- A very engaging session with Colin and Jenny, very knowledgeable and excellent delivery. The topic generated lots of questions which was great.
- The training was great and very relevant for our role. It was interesting from start to finish and a great service that I will refer to in the future.

This 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**.

PDA Support Lancashire

We are a group of parent carers of children and young people with a pathological demand avoidance (PDA) profile of autism, living in the Lancashire area. We provide peer-to-peer support via a private Facebook group and have regular face to face meetings.



For further information please contact paulahignett@pdasupportlancs.org
or visit our website www.pdasupportlancs.org

Parent Carer Forum - Your Voice Matters



The aim of the Lancashire Parent Carer Forum is to provide a collective voice of parent carers to ensure that special educational needs and disability (SEND) services in Lancashire meet the needs of children, young people and their families.

If you are a parent carer in Lancashire and would like to know more about the work of the Forum, please visit the website www.lancashireparentcarerforum.org.uk.

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

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 to make decisions for you. Advocates will never do anything about you, without you!

Carers Count is a service provided by Cloverleaf Advocacy, an independent charity that provides advocacy and carers information, advice and support services. We have been commissioned by Lancashire County Council to provide an Independent Carers Advocacy Service within Lancashire.

WHO CAN ACCESS? AND HOW?

If you are an adult (over 18) and caring for another adult who lives in the Lancashire area we can support you.

You can self refer or a professional can on your behalf by emailing or calling using the contact details below.

How can an advocate help me?

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

**One of our advocates will be dropping in at a carers support group near you.
Check out where we will be on our Facebook page**

Partnership News

° COSY HOMES IN LANCASHIRE

chil.uk.com/apply-for-help

We're a council-run scheme helping families keep their homes warm.

Cosy Homes is to be Lancashire's 'One Stop Shop for Warmth' offering help and assistance to every household in the county.

° COSY HOMES
IN LANCASHIRE

Call us now to chat to a friendly advisor

0330 606 1488

OPTION 3 ON THE SWITCHBOARD

 **Green Rose**
COMMUNITY ENERGY

HOW CAN IT HELP ME?

Support finding the best energy tariffs and ways to reduce your bills.

Advice on staying warm and comfortable at home throughout the year.

And much more!

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

Carers' Meeting



Please email supportteam@stcatherines.co.uk or call 01772 629171 for updates if you would like to attend.

St Catherine's
hospice care 

- Open to all -

Our monthly carers meets are held in **The Mill Cafe** in the grounds of St Catherine's Park, Lostock Hall.

Held on the **first Tuesday of every month 1:30pm-3pm**, they provide an opportunity to chat in an informal and welcoming environment with other carers and the St Catherine's Support Team to share experiences and advice. Meetings occasionally include an activity or a guest speaker.

ANDYSMANCLUB

ANDYSMANCLUB is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing or just wants to meet a good group of people. No pressure to speak, it is not uncommon for men to just listen for the first few sessions.

A key principle of ANDYSMANCLUB is that anything that is said in the club stays within the club.

The club is open to any man 18 or over and meet every **Monday at 7.00pm** (excluding Bank Holiday Mondays) and has over 100 locations across the UK.

Just turn up. No registration or referral is required; all we ask is that you arrive **before 7.00pm**. The full list of our dates and locations is available on our website.



Website: www.andysmanclub.co.uk

Email: info@andysmanclub.co.uk

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

Instagram: [@andysmanclubuk](https://www.instagram.com/andysmanclubuk)

X: [@andysmanclubuk](https://www.x.com/andysmanclubuk)

LinkedIn: [andysmanclub](https://www.linkedin.com/company/andysmanclub)



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:

www.lancashire.gov.uk/libraries-and-archives/libraries/home-library-service/

Age UK



We all have lots of things to remember – and it can sometimes feel overwhelming trying to stay on top of it all. The Age UK LifeBook is here to help you keep track of everything. Keep it somewhere safe. Let someone you trust know where it is. Enjoy peace of mind knowing your important information is in order for when it's needed.

For a digital version, please visit:

www.ageuk.org.uk/siteassets/media/legacy/lifebook.pdf

Useful Information

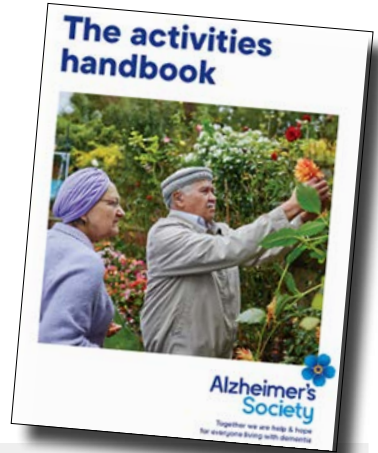
Alzheimer's Society: Activity Handbook

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.



You can download the handbook from their website www.alzheimers.org.uk or call **0333 150 3456**.
Handbook Code 77AC

Freshers Young Onset Café

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



For further information, contact Peter on: **07856 933003**.



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.

Carnforth Memory Support Group

Carnforth Free Methodist Church,
101 Kellet Road, Carnforth, LA5 9LR

For further information, please email
carnforth.icc@mbht.nhs.net
or call **07876 130 616**

South Ribble Community Connections Dementia Support Directory

www.southribble.dementiacc.org.uk

Young Onset Young Outlook (YOYO)

Meets 1st and 3rd
Thursday of the month,
5.30pm - 7.30pm

Fylde Coast Memory Service,
2nd Floor Fleetwood Health
& Wellbeing Centre, Dock
Street, Fleetwood, FY7 6HP
E. Jackie.leadbetter@lscft.nhs.uk
T. **01253 957 036**

The Memory Café

A free supportive safe space
for both you and the person
you care for. Enjoy a piece
of cake, drink and socialise.
For anyone with a memory condition.

The Willows Church, Ribby Road,
Kirkham, PR4 2BE

Tel Liz on **07871786726**
for more information

Alzheimer's Society Dementia Cafés

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 Hubs

Dementia Help

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 using [this link](#).



West Lancashire Dementia Information Hub

(with AUKL Memory Meets Social Group)
Second Wednesday of every month
1.00pm – 3.00pm
Burscough Town Council, Interchange Building, Station Approach, Burscough, L40 0RZ

South Ribble Dementia Information Hub

(with AUKL Memory Meets Social Group):
First Friday of every month,
10.30am – 12.30pm
Leyland United Reformed Church, Leyland, PR25 2TA

The Bay Information Hub

First Friday of every month
1.30pm – 3.30pm
Alternating between Trimpell Sports & Social Club in Morecambe, LA4 4UP and St Paul's Church, Lancaster LA1 4ST
For more information visit: www.facebook.com/TheBayDementiaHub

Dementia Friendly Wellbeing Club

Regenerage Activity Centre,
Lourdes Avenue Lostock Hall
Monday 2.00pm - 3.00pm
Tuesday 12.30pm - 2.30pm
Thursday 12.15pm - 1.15pm

Chorley Dementia Information Hub

(with AUKL Memory Meets Social Group):
Third Wednesday of every month
10.30am – 12.30pm
St. Laurence's Church,
Chorley, PR7 1EB

Central Lancashire Dementia Information Hub

(with Blue Flamingo Sing, Dance, Move session and a light buffet lunch)
Fourth Thursday of every month
12.30pm – 2.00pm
Our Lady & St. Edward Parish Centre, 4 Marlborough Drive, Fulwood, Preston PR2 9UE
Contact Laura - lorberts@ageuklancs.org.uk - Mobile **07896 886 080**

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 on: **07880 348 597**
or email: rosemaryandtime01@gmail.com



Friday Friends

Meet every Friday
1.30pm - 3.30pm

Grimsargh Village Hall PR2 5JS
open to anyone affected by dementia.

Young Onset Dementia Café

1st and 3rd Thursday of the month
5.30pm - 7.30pm

Toll Bar Cottage Café in Broughton

Laughter and Lunch Club

Dementia Friendly Over 60's Group
Wednesdays 11.00am - 1.30pm
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 780 520**

Dementia Friendly Gardening group

Second Tuesday of every month
1.30pm - 3.00pm

Meets Longridge Library, PR33JA,
dementia friendly group open to
anyone of retirement age.

Monday Movement & Music

Every Monday afternoon
1.30pm - 3.30pm

Come together for a session of music and
singing, led by our musical maestro Joe.

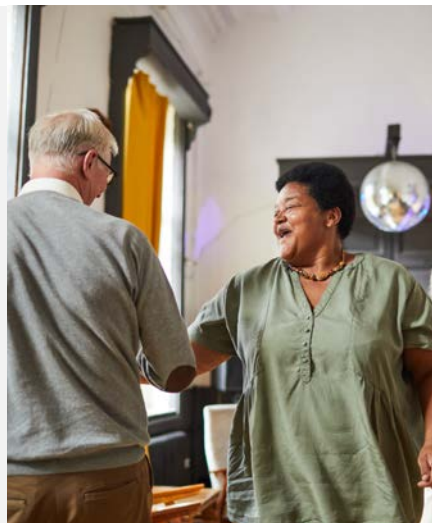
In addition, we have regular seated
exercise sessions with Fiona.

These are on the second and fourth.

Monday morning each month.

11.00am - 1.00pm

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.





Find your happy place at

BLUE FLAMINGO

a social space for friendship, food & fun

WITH LOCATIONS IN ASHTON, FULWOOD & PENWORTHAM

ABOUT US...

We are an inclusive community group who bring people together to socialise in a safe, friendly and familiar setting. Our cafe-style sessions provide opportunities for friends and loved ones to connect through creative activities, music and singing. We specialise in supporting those living with dementia and their carers by helping them build social networks and linking them with professional health and social care services.



WE OFFER...

- Light lunch buffet
- Games & activities
- Opportunities to meet new people
- Support for carers
- Signposting & information-sharing
- Peer support
- Sing-alongs
- Drum circle
- Lending library of helpful resources
- And so much more!

YOU'LL EXPERIENCE...

- Reduced loneliness & isolation
- Access to professional services
- Emotional support
- Improved mood
- Enhanced wellbeing
- Increased mobility
- Sense of belonging
- Increased social network

BBC Radio Lancashire
Make a Difference Award
2024 Finalist





Useful Information



Talkin' Tables Friendship Group

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

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.

Email: tct@cancercare.org.uk

Lancaster - **01524 381820**

Morecambe - **01524 381820**

website: www.cancercare.org.uk

CancerCare

Registered Charity Number: 1120048

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**

Email: admin@swlican.org



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



TAFBC

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



Gujarat Hindu Society

The Gujarat Hindu Society welcomes visitors to the Mandir (Hindu place of worship/temple). A warm welcome and tour of the temple is not only culturally enriching but also deeply uplifting. The GHS have a range of rooms and sizes available for rent and encourage members of the community to utilise this amazing community asset. Email: bookings@ghsenterprise.co.uk



Ormskirk Averno Kreatives

Queens Court, Aughton Street, Ormskirk.

Stay Well Group get together every **Thursday**
1.00pm - 3.00pm

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**



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 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 328 006**



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**



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 has 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 carer's contact details and for you to specify they have given consent for us to get in touch then we will take it from there.

After Loss Club

Meet every Monday, members help one another by discussing the difficulties which arise during the bereavement period. They share the pain of loss with fellow members who understand, because they are all coping with their own losses. Come and join us. Ask for Marjorie at the bar and I will meet you, welcome you and introduce you to a few members. Be brave and come.

We will be an enormous help to you, once you've made the first step of joining us.

Time: 2.30pm - 4.00pm and 7.30pm - 9.00pm



Welcome to Preston Community Transport

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

Call us to check your eligibility for this door-to-door service which you can use for shopping, getting into town or social events. Telephone **01772 204667**

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!



Kristina Smith (BBL)

Contact our Service Access Team to book your appointment on **0345 688 7113** or email at enquiries@lancscarers.co.uk



Lasting Powers of Attorney (LPA)



Home Visits
for your
convenience



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

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



Bramwell
ESTATE PLANNING
Get Your Affairs in Order

Call Stephen
on:
01772 367900
www.bramwellep.co.uk

Discounts for Carers

There are several discount and special offer cards for carers which may be useful to you. Visit each website for more information on the offers...

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)

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. Hundreds of hotels nationwide donate room nights to Carefree every day from their excess capacity. Through Carefree, you can access a 1–2 night hotel stay with a companion, with the option of two breaks per year (one between January and June, and a second between July and December), at a time and place that works for you. The breaks cost just £38 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/
Alternatively, please speak to a Carers Support & Review Officer on 0345 688 7113 or email enquiries@lancscarers.co.uk who will make the referral to Carefree on your behalf.



“

Time and freedom to
be myself again.

© Carefree 2024

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 and Links

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 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

Independent Community Advocacy Network North (ICANN)

01772 746 061

Healthwatch Lancashire

01524 239100

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

Lancashire Fire and Rescue Service (Home Safety Check)

0800 169 1125

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

Silverline - 24 hour Friendship

08004 708090

Social Care (24-hour service)

0300 123 6720

Welfare Rights

0300 123 6739

www.silversurfers.com

www.lifeconnect24.co.uk

www.restless.co.uk

Cost of living support

- Lancashire County Council

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

Lancashire warm spaces

- Lancashire County Council

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



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.