

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 Autumn & Winter edition of The Lancashire Carers Service Magazine. We hope that this finds you 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 Facebook Group for any changes to activities or groups <https://www.facebook.com/groups/2169077466734687/>

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.



East Lancashire

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

North, Central & West Lancashire

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



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 carer's 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 carer's assessment.**

Peace of Mind for Carers (POM4C) - Emergency Contingency Plan Update

From **1st September 2025**, to activate a POM4C plan carers should call **Lancashire County Council's Customer Access Service** on **0300 123 6720** (Mon - Fri, 9am - 5pm). Outside these hours, calls will be diverted to the **Adult Social Care Emergency Duty Team** on **0300 123 6722**.

Lancashire County Council is also developing a new support service, with details to follow. For queries, call **0300 123 6720**.

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 delicious afternoon teas, taken in the Lancashire scenery on our canal cruises 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:



Monthly Coffee & Chats

"It gives me a little time to escape which I find important, meeting people and making friends."



Barton Grange Afternoon Tea

"A very pleasant afternoon with very good company. Well done n-compass"



Carers Week Canal Cruises

"Relaxing and being surrounded by nature, the food was lovely it was so nice to make new friends"





Jewellery Making Workshop

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



Gujarat Hindu Temple Tour

"I felt a real sense of peace walking through the temple — it was beautiful"



Spa Vouchers

"It was just what I needed. Lovely relaxing self-care and me time out of busy life"
 "Definitely helped me relax and unwind, very much appreciated"



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

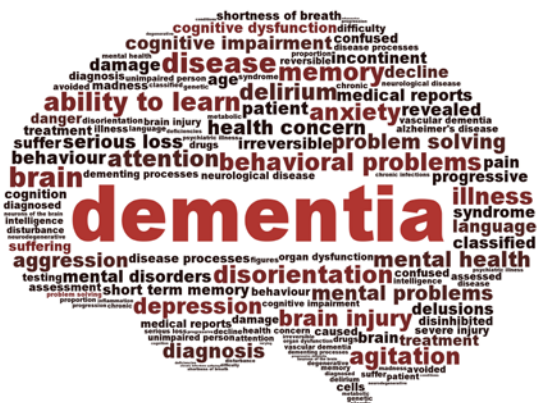
Activities and Events

Understanding Dementia - delivered on Microsoft Teams

**Monday 12th, 19th and 26th January 2026
at 6.30pm - 8.30pm**

3 Part Online Course

This course is designed to help you to develop skills and confidence to support you in your caring role. The course will address key topics of diagnosis and progression of symptoms, treatment, services, and changing relationships.



This course is delivered by Carers Link Lancashire.

To secure a place and TEAMS link please email Angela Bennett via e-mail at activities@carerslinklancashire.co.uk or telephone **01254 387 444**

Carers Rights Support and Information Day

Friday 21st November at 11.00am - 3.00pm

Royal Preston Hospital, Sharoe Green Lane, Fulwood, Preston, PR2 9HT

This year, the theme for Carers Rights Day is
“Know your rights, use your rights.”

Every day, 12,000 people become unpaid carers for a partner, family member or a friend-many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits.

If you are in the area, come and see us, we will be on the ground floor, near the lifts. We will be available to assist you with any questions or queries you may have regarding your rights and your caring role.



Coffee & Chats

These sessions are an opportunity to meet and chat with other carers and former carers, speak to a Carers Engagement Officer, and take a well-earned break from your caring role, whilst enjoying a free tea or coffee. If you have never been to a Coffee and Chat before don't worry! Everyone was new once. A friendly member of our team will be there to greet you and offer a warm introduction.

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

Bob and Berts, 82 Fishergate, Preston, PR1 2NJ	Bob and Berts, 82 Fishergate, Preston, PR1 2NJ 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
November - No Session	6th November	19th November	24th November
3rd December	4th December	17th December	December - No Session
7th January	January - No Session	21st January	26th January
4th February	5th February	18th February	23rd February
4th March	5th March	18th March	23rd March
1st April	2nd April	15th April	27th April
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
12th November	12th November	13th November	27th November
December - No Session	December - No Session	11th December	December - No Session
14th January	14th January	8th January	22nd January
11th February	11th February	12th February	26th February
11th March	11th March	12th March	26th March
8th April	8th April	9th April	23rd April

If you haven't been before you must book your place in advance.

Please email enquiries@lancscarers.co.uk

or call our Service Access Team on **0345 688 7113** to secure your place.

Other Activities

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

Please Note:

All activities are intended for registered carers only to have a well-deserved break from their caring role, unless otherwise stated. Therefore, we unfortunately 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 31st October. 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 reallocate the place to a carer on our reserve list.

Flower Arranging Workshop

24th November 2025 at 2.00pm – 4.00pm

Church Hall, Sacred Heart, Heys Street,
Thornton-Cleveleys, FY5 4HL

If you fancy trying something new, why not have a go at making your own fresh flower arrangement. No experience is required; full instruction will be given. This workshop has been popular and requested by carers. The workshop is suitable for anyone who fancies doing something different. All materials will be provided, and you get to take your arrangement home.



Wooden Christmas Tree Activity

26th November 2025 at 2.00pm - 3.30pm

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

The Wooden Christmas Tree Decoration Workshop has been popular with carers for many years. Suitable for anyone who fancies doing something different, and you get to take your own personalised tree home with you. (We will meet in the restaurant).



Lytham Hall Lillibet's Afternoon Tea

27th November 2025 at 2.45pm

Lytham Hall, Ballam Road, Lytham, FY8 4JX

Come and enjoy the fabulous Silver Georgian Afternoon Tea, served in the stunning ambience of Lytham Hall's Library. This luxury afternoon tea consists of a selection of beautiful sandwiches and a selection of cakes, desserts and scones with jam and clotted cream and unlimited tea and coffee.



The Mill Christmas Lunch

4th December 2025 at 1.00pm

The Mill Cafe, St Catherine's Park, Tudor Croft, Lostock Hall, Preston PR5 5XU

Set in the stunning grounds of St Catherine's Park, the café will be serving up a 3 course Christmas Lunch using ingredients from local Lancashire suppliers and growers. You will be asked to pre-order and highlight any allergies nearer the time.



The Boathouse Brasserie Christmas Lunch

5th December 2025 at 1.00pm

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

Enjoy the highly recommended 3 course Christmas Lunch with a choice of mouthwatering desserts at the Boathouse. The relaxed, friendly atmosphere in the brasserie is a perfect way to take a break from your caring role. You will be asked to pre-order and highlight any allergies nearer the time.



The Toll House Inn Restaurant Christmas Meal

11th December 2025 at 1.30pm

The Toll House Inn, 124 Penny Street, Lancaster, LA1 1XT

A new addition for our Autumn/Winter Christmas activities has been partly funded through a generous donation from a former carer. This venue, recommended by you, is a perfect way to enjoy a relaxing afternoon. If this 2 course festive Christmas Lunch sounds good to you, don't delay.



Barton Grange Christmas Afternoon Tea

18th December 2025 at 3.00pm
(arrive 10 minutes early)

The Willows Restaurant, Barton Grange Garden
Centre, Garstang Road, Preston, PR3 0BT



Come and join us for a lovely festive afternoon tea at this very popular venue. You will be asked to highlight any allergies nearer the time.

Aladdin: Christmas Ice Show

22nd December 2025 at 5.00pm (arrive at 4.30pm)

Blackpool Pleasure Beach Ice Arena, access via Watson Road Tunnel, Blackpool, FY4 1EZ
(meet in the Arena Foyer)

We have secured a number of tickets for carers, along with a companion of your choice, to enjoy Aladdin – An Enchanted Tale on Ice.

Join Aladdin, Jasmine and the mysterious Genie for a magical story brought to life with dazzling costumes, fantastic skating routines and memorable music. This festive performance features talented young ice skaters, choreographed by professional coaches, and is a treat for audiences of all ages.

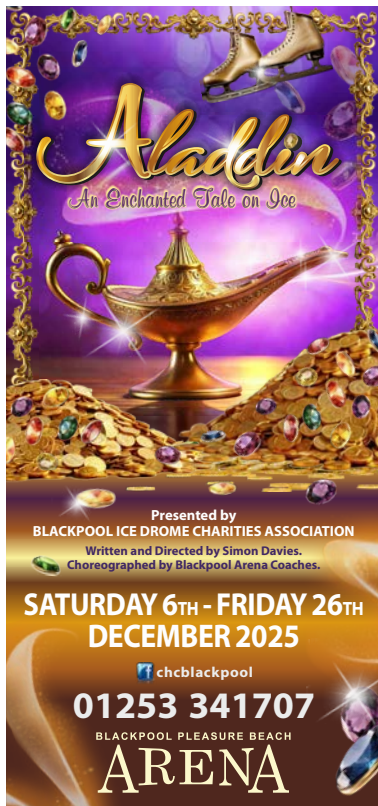
To Book Aladdin Christmas Ice Show:

Please email enquiries@lancscarers.co.uk or call our Service Access Team on **0345 688 7113** and select option 2. You may request up to two tickets if you would like to bring a companion. Please confirm how many tickets you require. Places are limited.

Please note - there is a small set of stairs to climb to reach the seating area.

If your request for free tickets to the performance on 22nd December is unsuccessful, please refer to the website page for details on how to purchase tickets directly from Blackpool Pleasure Beach:

www.blackpoolpleasurebeach.com/shows/bidca-aladdin.



Calmly Creative Craft

3rd March 2026 at 1.00pm

Charnock Farm, 7 Charnock Walk, Wigan Road, Leyland,
PR25 5DA

We are looking forward to returning to the serene craft studio, where the focus is on doing something different and enjoying the company of other carers, who also want to try something different. Come along and enjoy the benefits of crafting including pottery painting, foam clay or decopatch to help you feel calm and content.



Men's Brunch

19th March 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 meal.



Jewellery Making Workshop

27th March 2026 at 2.00pm - 3.30pm

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

We will be running a 3rd workshop due to receiving overwhelmingly positive feedback from carers who have attended previous sessions.

We were delighted to ask Angela to run another session. The workshop is suitable for everyone, 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**

Spa Sessions

30-minute Massage

Tranquil Spa & Beauty,
Salt Ayre Leisure Centre,
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.

New Year Signature Massage

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

re:new
- Medispa -

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 Relaxing Massage

**Stocks Hall Health
Club & Spa,** Hall Lane,
Mawdesley,
Ormskirk, L40 2QZ



An expert massage targeted to relieve tension and improve circulation. Essential oils used will leave your skin feeling toned and refined, restoring firmness and elasticity. This highly effective firming massage will leave your skin feeling toned and rejuvenated.

45-minute Massage

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



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

30-minute Back Massage

Ribby Hall Spa & Leisure,
Ribby Hall Village,
Ribby Road, 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

**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

Flame Urban Spa,
109 Garstang Road,
Preston, PR1 1LD



Enjoy the luxurious back massage in the serene embrace of tranquillity. 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**.

Partnership News

Carer Awareness Training

We are excited to deliver Carer Awareness Training to professionals, GP surgeries and local businesses. You can learn more about carer assessments, support available, how to refer into the service and much more. We received the following feedback from Age UK Lancashire.

“The free Carers Awareness Training delivered by Colin Bowman from The Lancashire Carers Service! It was eye opening! The statistics alone left us gobsmacked, and I have a newfound respect for all unpaid carers who save our economy £184 billion a year! Plenty to take away with some ideas already in the pipeline on how we can better support our carers. I would recommend this training to anyone supporting carers.

-Age UK, Service Manager. Ormskirk”

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

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.

Are you or anyone you know struggling to pay for essentials?



Funded by
UK Government

wyre
council

Help is available

The Household Support Fund can provide short-term financial help to cover essential costs such as food, heating and water. Visit **www.wyre.gov.uk/householdsupport** or scan the QR code to check your eligibility and make an application.



The scheme closes on **31 March 2026** or before if the funding is spent.



Ask for: Household Support
Email: Householdsupport@wyre.gov.uk
Tel No: 01253887320
Our Ref: WC/LCS/UCA

The Department of Works and Pensions have provided the council with a limited amount of Household Support Funding to provide some financial assistance to those Wyre residents most badly impacted by the cost-of-living crisis and the increases in household energy prices.

Taking this into account, we understand that as an unpaid carer, you may be facing greater challenges in covering your household expenses. To support you in managing these additional costs, we have partnered with the Lancashire Carers Service to help you meet the additional costs you are facing.

To receive a £50 voucher, please complete an online application form available at:
<https://www.wyre.gov.uk/unpaidcarer>

Wyre Council is working with Huggg and the £50 voucher will be paid to you in the form of a pre-paid energy card or a supermarket voucher. If you choose the supermarket voucher it can be redeemed at any one of a number of supermarkets in the area including:

• Aldi	• Sainsbury's	• M&S
• Iceland	• Asda	• Morrisons
• Tesco	• Waitrose	• Farmfoods

Before choosing please visit www.wyre.gov.uk/hugggvouchers to read each supermarket's terms, conditions, exclusions and expiry dates. Once you have selected your supermarket it cannot be changed.

We are unable to replace expired or lost vouchers.

If you have any problems with the application form, please contact the Household Support Team on 01253 887320 for assistance.

Kind regards,

The Household Support Team / Lancashire Carers Service

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**

Looking after someone?

Access
FREE online
resources
for carers

N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to local services



Visit **carersdigital.org** and use code **NCOMPASS** to create a free account and access online resources.



Pukar Disability Resource Centre **Empowering Disabled Communities in Preston Since 1998**

Who Are We

Founded by Poppy Tanna, Pukar is a user-led, community-driven charity supporting Black and minority-ethnic disabled people and their families. With over 27 years of service, Pukar is a trusted hub for inclusive, culturally sensitive support.

Our Mission

Our Mission is to:

- Promote independence and accessibility
- Deliver multilingual, high-quality services
- Foster education, advocacy, and inclusion



What We Offer

We Offer:

- Advice & Advocacy
- Support with Benefits & Forms (PIP, ESA, Universal Credit)
- ESOL & IT Classes
- Confidence-Building Workshops
- Job Clubs & Volunteering
- Carers Support & Respite Activities
- Training for Service Providers
- Outreach & Referrals

“

**“I feel comfortable and safe at Pukar.
I know I have someone to talk to.”**

**“Swimming sessions changed my life
less pain, more confidence, and new friends!”**

”

Join Us

Whether you're a carer, service user, or partner organisation, Pukar welcomes collaboration to build a more inclusive Preston.

☎ 01772 822700

📍 3–5 Oakham Court,
Avenham Lane,
Preston

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



St Catherine's hospice care

Carers' Support Group Sessions are held in the Mill Cafe, St Catherine's Park in Lostock Hall. Open to all carers, not just those with a connection to St Catherine's. The carers drop-in sessions are held on the first Tuesday of every month from 1.30pm until 3.30pm, meet for a coffee and chat with other carers and meet the the Support Team.

Please email supportteam@stcatherines.co.uk if you would like to join.

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



Lancashire
Adult Learning



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 **www.lal.ac.uk/what-we-do**

For more Information please visit:

LAL – Lancashire Adult Learning – Community learning in Lancashire
www.lal.ac.uk

You can use the home library service if you can't get to a library because of your age, disability, poor physical or mental health, caring responsibilities or mobility problems. You may want to use the service all the time or for a short period, such as only in winter or when recovering from an illness or operation.

A friend, relative or carer can collect books for you.

If you can't arrange for someone to collect them for you, volunteers can deliver your books to you free of charge.

You can borrow:

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



How the Home Library Service Works:

A library or volunteer officer will then visit you at home. They will:

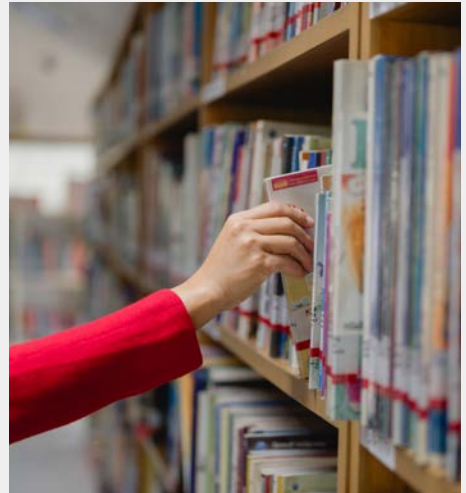
- Help you join the library if you are not already a member
- Discuss authors and genres that you like or dislike
- Ask if you prefer large print or audio books
- Put together a detailed reader profile which the library staff will use to choose books that match your interests

Library staff can choose books, CDs, audio books and DVDs for you, or you can request the items you want.

If you have a relative, friend or neighbour to collect your books they can do this every four weeks from the most convenient local library.

If a volunteer delivers books to you, they will visit you every four weeks on an agreed day. You can ask the volunteer for specific titles or authors and they will pass this information onto library staff.

There are no fines or charges for Home Library Service customers.



All the delivery volunteers have been checked by the disclosure and barring service. Don't forget there are also eBooks, eAudiobooks and other online library resources you can use without visiting a library.

For more information, please visit:

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



www.lancahire.gov.uk

Lancashire
County
Council



Special educational needs and disabilities (SEND) local offer

The SEND Local Offer will:

- Give you information about education health and care services, local activities and support for your family.
- Be developed, reviewed and improved by children and young people, parent carers and practitioners.
- Provide a Directory of useful contacts

Who is it for?

- Children and young people aged 0-25 with special educational needs and disabilities
- Their parent carers and families
- Practitioners and specialists

Where can I find out more?

lancashire.gov.uk/SEND

How can I get involved?

We would like the information we provide to be useful, relevant and easy to find, and we need you to tell us how we can improve and develop the Local Offer.

Email: localoffer@lancashire.gov.uk

Follow us on Facebook:
facebook.com/LancashireLocalOffer

Join the Lancashire Parent Carer Forum:
lancashireparentcarerforum.org.uk

Join POWAR for children & young people: lancashire.gov.uk/youthzone

Complete the survey on our webpage: lancashire.gov.uk/SEND

If you don't have access to the internet, you can get help to access the information online at schools, plus some libraries.

Dementia Support

Alzheimer's Society

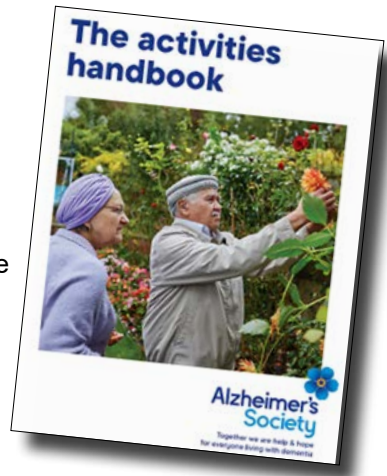
Relaxed and fun virtual meetings for people with dementia and their carers who live in the community. The dementia cafes provide an opportunity to meet with other people in a similar situation, make new friends, access information, activities and share experiences.

Please contact the Alzheimer's society for further details on **01772 788 700** or email them: centrallancashire@alzheimers.org.uk.

The 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 Notebook contains sections on:

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

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

Dementia Hubs & Support in North, Central and West Lancashire

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

The Bay Information Hub

Facebook: **The Bay Information Hub**

West Lancs Dementia Hub

www.ageuk.org.uk/lancashire/our-services/west-lancs-dementia-hub

Carnforth Memory Support Group

Email: Carnforth.icc@mbht.nhs.uk

Charnley Fold, Preston

Support for Preston and South Ribble residents is available through Regenerage based at Charnley Fold, Cottage Lane, Preston PR2 6YA. Contact the team on Preston

01772 269175



**Alzheimer's
Society**

Chorley Dementia Hub

Last Wednesday of every month at Chorley Bus Station, PR7 1AQ (1pm – 2pm)

Facebook: **@ChorleyDAG**

Email: chorleydag01@gmail.com

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 788700**

or send an email to

centrallancashire@alzheimers.org.uk

South Ribble Community

Connections Dementia

Support Directory

www.southribble.dementiacc.org.uk



Dementia Radio

We are M4D Radio. A group of 5 themed radio stations available 24 hours a day playing music that evokes memories.

Choose your era, listen and enjoy...

Available via the internet at: www.m4dradio.com

The Dementia Friendly Wellbeing Club

Regenerage Activity Centre, Lourdes Avenue, Lostock Hall, Preston, PR5 5TA

Monday 2.00pm - 4.00pm

Tuesday 12.30pm - 2.30pm

Thursday 12.15pm - 1.15pm

For more information, visit their website:

<https://regenerage.org.uk/lostock-hall-friendship-centre/>

REGENERage

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.



Young Onset Dementia Café

Toll Bar Cottage Café, Broughton.

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

Friday Friends

Grimsargh Village Hall.

Meet every Friday 1.30pm - 3.30pm
Open to anyone affected by dementia.

Dementia Friendly Gardening Group Longridge Library

Meets second Tuesday of every month
1.30pm - 3.00pm.

Dementia friendly group open to anyone of retirement age.

Monday Movement and Music Grimsargh Village Hall.

Every Monday afternoon
1.30pm - 3.30pm

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.

Every 2nd & 4th Monday of the month
11.00am - 1.00pm

Open to anyone over retirement age.

These dementia friendly sessions are £3 each, carers are welcome to attend for free.

Laughter and Lunch Club

Longridge Civic Hall.

Dementia Friendly Over 60's Group

Wednesdays 11.00am - 13.30pm

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**

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 933 003.**



Dementia Carers Group with Sitting in Service

Hesketh Bank Community Centre, Station Road, PR4 6SR,

Thursdays, 14.00pm - 16.00pm

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

For more information contact: **dementiacarershb@gmail.com**

YOYO (Young Onset Young Outlook)

At Memory Service 2nd Wednesday 2.30pm - 4.00pm

2nd Floor Fleetwood Health & Wellbeing Centre, Dock Street,
Fleetwood, FY7 6HP

For more information, please contact Jackie Leadbetter,
Support Worker on:

01253 957 036 or email **Jackie.leadbetter@lscft.nhs.uk**



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

For 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.





Age UK

Free monthly social groups for people living with dementia and their carers, offering activities, support and guest speakers. No booking required.

Memory Meets

**First Thursday
of the month**

10.30am - 2.30pm

St. Laurence's Church,
Union Street, Chorley, PR7 1EB



Next Steps

**Third Thursday
of the month**

11.00am - 1.00pm

Leyland United Reformed
Church, Quin Street, Leyland, PR25 2TA



Monthly walks for people with young onset dementia (under 65) and their carers.

Second Thursday of the month

11.00am - 1.00pm

Beacon Country Park, Upholland, WN8 7RU
(Meet at Cafe Ambio)

Fourth Thursday of the month

11.00am - 1.00pm

Astley Park, Chorley, PR7 1XA (Meet @ Coppice Cafe)



For more information about the support
and activities from Age UK Lancashire,
visit the website:

www.ageuk.org.uk/lancashire/our-services



OCTOBER SCHEDULE

Blue Flamingo Café & 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.



Company no.: 15437845

ASHTON

St Michael's Church, Tulketh Rd

Tuesdays, 1– 3pm

7: Sing-along with Annie

14: Creativity & Chat

18: Farmer's Market Cake, Brew & Chat

21: Drum & Sing with Jon

28: Carer's Support with Special Guest



PENWORTHAM

St Teresa's Social Centre, Queensway Dr

Wednesdays, 12.30–2pm

1: Sing-along with Annie

8: Sing-along with Jon

15: Sing-along with Ted

22: Move, Groove & Sing with Erin

29: NO SESSION in the 5th week



FULWOOD

Our Lady & St Edward's, Marlborough Dr

Thursdays, 12.30–2pm

9: Sing, Dance & Move

23: Sing, Dance & Move



CONTACT

Erin at theblueflamingocafe@gmail.com or 07462 320349

Thank you to our supporters:



NOVEMBER SCHEDULE



Company no.: 15437845

Blue Flamingo Café & 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, 1– 3pm

- 4: Sing-along with Annie
- 11: Creativity & Chat
- 15: Farmer's Market Cake, Brew & Chat
- 18: Drum & Sing with Jon
- 25: Carer's Support with Special Guest



PENWORTHAM

St Teresa's Social Centre, Queensway Dr

Wednesdays, 12.30—2pm

- 5: Sing-along with Annie
- 12: Sing-along with Jon
- 19: Sing-along with Tod
- 26: Move, Groove & Sing with Erin



FULWOOD

Our Lady & St Edward's, Marlborough Dr

Thursdays, 12.30—2pm

- 13: Sing, Dance & Move
- 27: Sing, Dance & Move



CONTACT

Erin at theblueflamigocafe@gmail.com or 07462 320349

Thank you to our supporters:



DECEMBER SCHEDULE

Blue Flamingo Café & 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.



Company no.: 15437845

ASHTON

St Michael's Church, Tulketh Rd

Tuesdays, 1–3pm

2: Sing-along with Annie

9: Creativity & Chat

16: Drum & Sing with Jon

20: Farmer's Market Cake, Brew & Chat

23: Carer's Support with Special Guest



PENWORTHAM

St Teresa's Social Centre, Queensway Dr

Wednesdays, 12.30–2pm

3: Sing-along with Annie

10: Sing-along with Jon

17: Sing-along with Ted

24: NO SESSION Happy Christmas Eve!



FULWOOD

Our Lady & St Edward's, Marlborough Dr

Thursdays, 12.30–2pm

11: Sing, Dance & Move

25: NO SESSION Merry Christmas!



CONTACT

Erin at theblueflamigocafe@gmail.com or 07462 320349

Thank you to our supporters:



Useful Information



Lancashire Women

Are you struggling with your energy bills?
Our handywomen are qualified energy
advisors and can help with:

- Energy efficiency advice - home visits
- Safety Measures
- Small Repairs



Service is available
across Lancashire and we want to help as
many people as possible save money on
their energy bills.

Call us on **0300 330 1354**

Ormskirk Avergo 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



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.

The GHS have a range of rooms and
sizes available for rent and encourage
members of the community to utilise this
amazing community asset.

Contact: **07545 764 983**

Email: **bookings@ghsenterprise.co.uk**

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**



Galloways

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**



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

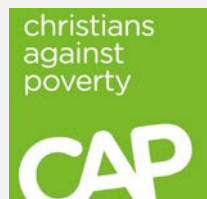
The Armed Forces Breakfast Club is a growing network of Armed Forces Breakfast Clubs in the UK. A great place to meet like-minded people. The purpose is to facilitate Veterans and serving Armed Forces personnel to meet face to face in a relaxed, safe and social environment to enjoy breakfast and banter,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



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**



Dance Syndrome

Transforming lives, creating change, opportunities and joy for people with and without Down's syndrome using dance as a vehicle. For further information contact: **07597 942 494**.





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**

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



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

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



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 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



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



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

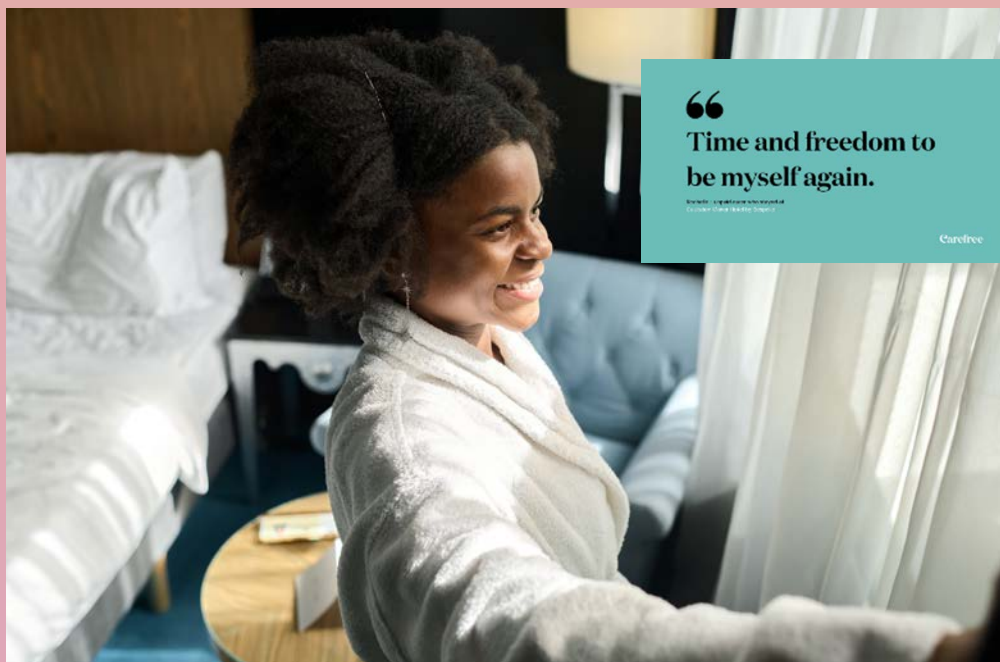
Take a short break from your caring role with **Carefreespace.org**

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

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

To access this opportunity, 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.

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



“

Time and freedom to
be myself again.

Image: iStockphoto.com/Robert
Cotton (used by permission)

Carefree

Our Lake District Carers Caravan



We have a stunning caravan at Lakeland, Grange-over-Sands! We offer our modern caravan for short breaks and respite, with all necessary facilities, and Lake Windermere is only a 30 minute drive away! There are water sports, bike hire, a golf course, aerial adventure course, and swimming pools all within a few minutes 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.
 - No pets allowed.

2026 dates will be released in early 2026. Date reservations are not accepted, it is first come first served. For more information visit www.carerslinklancashire.co.uk/carers-caravan-overview

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

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

www.ageuk.org.uk/lancashire/

www.restless.co.uk

www.silversurfers.com

www.lifeconnect24.co.uk

Winter Wellbeing communications toolkit Lancashire County Council

<https://www.lancashire.gov.uk/public-health-campaigns/campaigns/winter-wellbeing-communications-toolkit/>

Cost of living support - Lancashire County Council

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



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.