

# Magazine



  
**ONE**  
**IN EIGHT**  
adults are  
now providing  
unpaid care

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

- ✓ Carers Assessments
- ✓ Peace of Mind 4 Carers Plans
- ✓ One to One and group support
- ✓ Magazines twice a year detailing local groups, activities and courses
- ✓ Access to online and app-based information and support
- ✓ Support to access community and Health and Wellbeing services
- ✓ A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- ✓ Support for former Carers
- ✓ Volunteering opportunities for Carers, including volunteering for the CHAT Line
- ✓ Access to training opportunities
- ✓ Access to wellbeing and emotional support therapies
- ✓ Opportunity to join our Carers Community Network Platform

## Carers' Story

I started caring for both of my parents between the ages of four and five. My mum has fibromyalgia and myalgic encephalomyelitis (ME) and my dad had multiple herniated discs in his back which led to him using a wheelchair for several years.



It was through the Young Carers Project at Carers Link Lancashire that, aged 11, I was identified as a Young Carer by Carole Moulton. The project supported me by offering personalised and individual support based on an initial age-appropriate assessment of my needs. It also offered me fun respite activities and opportunities that I would normally not have been able to do due to my caring role. No one really understands what it means to be a carer; people just think it's 'helping out' but it is much more than that, you have extra worries, responsibilities, and often feel isolated in addition to missing out on a social life. I have been lucky that I have made friends for life through the system of endless support that Carers Link Lancashire has afforded me. When I felt like things were getting too much and that I needed some individual support I knew that I could contact the office, within 24-48 hours there would be a one-to-one planned with my development worker. Just having a listening ear whilst I let off steam was enough to make me feel heard, validated and able to continue in my caring role.

During my late teens I began volunteering with The Lancashire Carers Service, I got to spend time with other young carers whilst they enjoyed themselves, whether that be on a residential trip or a one or two-hour session, I also had the privilege of mentoring other young carers. Volunteering was a great confidence booster and provided me with experiences that gave me the understanding of how to support and inspire groups of young people who are in a similar position to what I was in at their age.

As I transitioned into a young adult, I continued to receive support from Lancashire Carers Service, through the Young Adult Carers Project, this helped to further build my confidence in so many ways. During the time that I was part

of this project I got to advocate for young carers in many different forums. I spoke at various events, such as the AGM, rotary dinner and to social work students at UCLAN about what it is like growing up as a young carer. I was supported with an adult carers assessment which considered hopes and wishes for the future, and in collaboration with my Assessment and Support Officer we created a support plan to reflect that.

I also participated in various respite activities which enabled me to help me have some time away from caring and allowed for some time for myself and my friends.

The knowledge I gained from volunteering gave me the confidence and skills to apply for a job at Lancashire Carers Service, I am happy to say that I was successful in securing a Young Carers Development Worker position and went on to work for the Charity for 18 months.

Working at Lancashire Carers Service truly helped shape my life to what it is now. I learned how to plan, organise and execute activities, how to support young people in one-to-one sessions and how to engage with them in a meaningful person-centered way. It helped me to understand so many ways to sit and listen to young people who just want somebody to talk to. I like to think - and hope - that that during my time in this role, I helped to support and inspire at least one person, I know I was inspired by the young carers I supported.

I recently left this role to live a lifelong dream of mine and move to London. I am now a manager at the charity Ealing Mencap where I help support young people between the ages of 13 -18 years that have learning difficulties, amongst many other things I plan and organise engaging activities for them to go out on and enjoy. My experience with Lancashire Carers Service allowed me to learn how to adapt to constantly changing environments whilst maintaining professionalism, which is vital for the role I now have. I also credit my experience as a service user, volunteer and professional to providing me with a solid foundation for my future career.



If you would like to share your story and feature in the next edition of the magazine, please contact [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on 0345 688 7113.

# Welcome

Welcome to the Autumn and Winter edition of the Lancashire Carers Service Magazine. We hope that this finds you safe and well and that you have been able to make the most of what can probably best be described as a disappointing summer weather wise.

We have included lots of information in this magazine for you which we hope you will find useful. If you have access to the internet, please keep an eye on our social media pages for any changes, you can follow us on Facebook, Twitter or visit our website.

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

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

[www.ncompass.org.uk](http://www.ncompass.org.uk) and [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)

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

**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. The details are included below:

[www.n-compass.org.uk/our-services/carers](http://www.n-compass.org.uk/our-services/carers)

[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

0345 688 7113, Option 2

@lancscarers

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

[info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)

0345 688 7113, Option 1

@carerslinklancashire



## Our Support

### Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday-Friday 9.00am-5.00pm to help with your enquiries. To talk to a Service Access Advisor, please call **0345 688 7113**.

### Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated member of our team about how being a carer affects you and highlight any support you may need. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Assessment and Support Officers in fields such as mental health, dementia, ethnicity and health services.

### Carers Assessment

Discuss with a dedicated member of our team about how being a carer affects you and highlight any support you may need. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Assessment and Support Officers in fields such as mental health, dementia, ethnicity and health services. You can complete your own Carers Assessment by following the link (<https://form.jotform.com/231913847355058>) Following submission, a Carers Assessment & Support Officer from The Lancashire Carers Service will call you for any further information we need and to explain what happens next. NOTE by completing this you are consenting to us recording the information on Lancashire County Council's Adult System. Alternatively, you can call us on **0345 688 7113** if this is easier for you.

*Carer's Personal Budgets are subject to an annual review of your Carers Assessment.*

### Carers Assessment Reviews – Help us to best help you

When you have a carers assessment with Lancashire Carers Service, we will contact you annually to ensure that you are updated on the help available to you in your caring role and support you to manage your own wellbeing.

The review is your time to discuss how you manage and feel about your caring role, to think about the future and talk about any worries or concerns you may have.

Please respond to any messages or letters you receive from our reviews team so that we can continue to offer you the support that you need. If there are any changes to your caring role you do not have to wait for your review to contact us to discuss these. Please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 688 7113**.

### Peace of Mind 4 Carers Plan

With an Assessment and Support Officer and the person you care for, you can put together a plan in the event of an emergency where you are unable to carry out your caring role. The plan will include information on; property access arrangements, medical conditions and disabilities, care, medication routine and the details of people who can be contacted in an emergency. An option for up to 72 hours free replacement care from a care provider may be available for emergencies where you are taken into hospital unexpectedly or are involved in an incident involving emergency services and no support is available from family or friends. Once completed, a copy of your plan will be sent to you. Plans can be activated 24 hours a day, 7 days a week, 365 days a year. A plan can be completed over the telephone or face to face. To activate your plan please call **0800 840 3166**.

## Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line. All calls are answered by volunteers who can offer understanding with regards to the common challenges faced by carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a volunteer please call **0333 103 9747** (Free). If a volunteer is not immediately available to answer your call, please do try again.

## Outgoing CHAT Line, where we call you weekly

Would you like to receive a phone-call once a week from the same volunteer? Our trained volunteers offer a listening ear to carers, provide emotional support, or just friendly chat. You propose a convenient time and day for the weekly call and The Volunteer Hub will match you with a suitable volunteer. Volunteers will only be given your first name and will contact you via a switchboard to keep your phone number private. Email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)

## FREE Group or one-to-one Cognitive Behavioural Therapy Courses

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

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

Courses will run for 6 weekly sessions and carers will need to complete an initial assessment prior to starting. In the first session, the Therapist will support the carers to identify and agree on common subjects for the CBT sessions such as guilt, resentment, conflict, anxiety, and isolation which are often common among carers. These subjects will focus on the following 6 sessions which will be delivered flexibly to ensure the sessions are beneficial for the whole group or individuals.

We have run successful courses already and the carers who attended reported that the course meets its aims and objectives leaving carers more empowered, and optimistic, and helping to reduce anxiety levels.

## Current 6-week groups running in Blackpool and Morecambe, 10.00am - 12.00pm

### Free Person-Centred 1:1 counselling

We also have some qualified Person-centred therapists and trainee counsellors who are working towards their qualifications who all work in a person-centred way and offer talking therapy. The aim of the sessions is to improve the emotional health and wellbeing of carers. All trainee counsellors are registered with a professional body and have all been assessed and are ready to work with clients.

Person or client-centred therapy is based on the view that everyone has the capacity and desire for personal growth and change, given the right conditions. Rather than being seen as the expert and directing the therapy, the counsellor offers unconditional positive regard, empathy, and congruence to help you come to terms with any negative feelings and to change and develop in your own way. In person-centred therapy, the focus is on the person, not the problem. The goal is for the client to achieve greater independence. This will allow the client to better cope with any current and future problems they may face.

Person-centred therapy can help with relationship problems, depression, anxiety, bereavement, addictions, sexuality, anger, transitions and changes in life and general worries.

We have had clients who have greatly benefited from this form of counselling and report that it is a safe space for them to explore their worries without judgement helping them to feel more confident to deal with issues that may affect them.

Support can be offered face to face, or remotely.



## 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! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing.

The Volunteer Hub at n-compass will provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



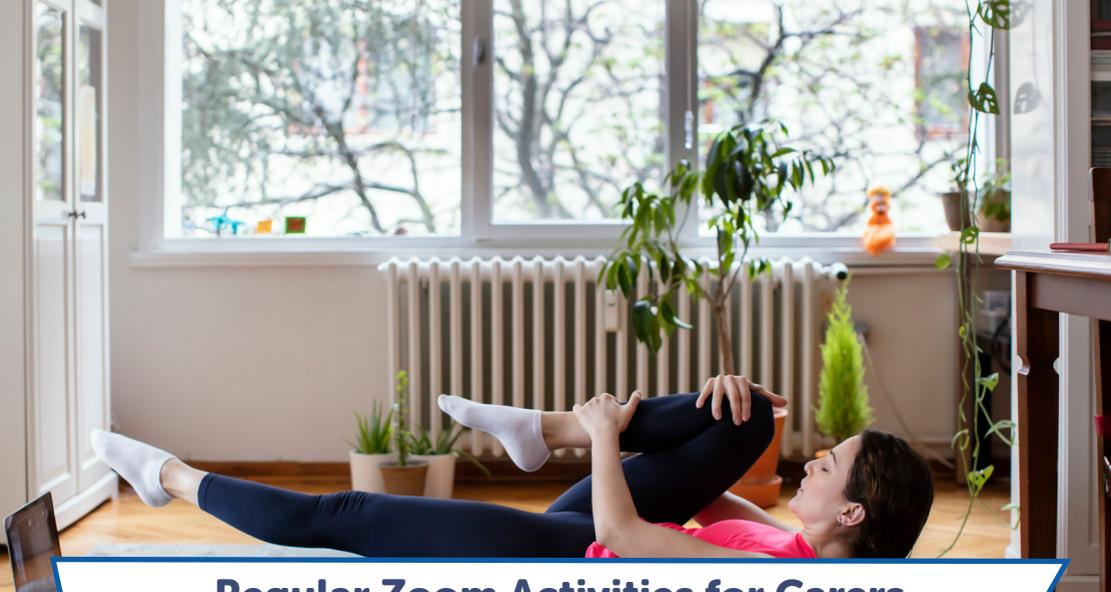
## Volunteer with us

The Lancashire Carers Service has several volunteer roles designed to support carers to give back to their community.

The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to carers, 24 hours a day. It is manned entirely by volunteers who work from the comfort of their home. This is just one of the many ways you can get involved in volunteering!

We believe absolutely everyone has something valuable to offer, and with a variety of volunteering roles, there's something for everyone at n-compass. If you are interested to hear more, we would love to hear from you! Please call **0345 0138 208** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)





## Regular Zoom Activities for Carers

### Distance Reiki

Every Wednesday 2.00pm to 3.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWMxWnMwZz09>

Meeting ID: 813 5194 3140

Password: 940735

### Seasonal Flow Yoga

Every Wednesday at 6.15pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

### Yoga Nidra (guided meditation) with Maxine

Every Thursday at 7.00pm

To join this Zoom session please use the link or the meeting ID and password below.

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916

## Carers Rights Day Zoom Special

### Carers Rights Day 23rd November 2023 at 11.00am

Taking care of your mental wellbeing during winter is just as important as taking care of your body. It can help us stay happier and feel less run-down. In this informative session, Charlotte Marsden (Associate Psychological Practitioner at Lancashire & South Cumbria NHS) provides some helpful tips and tricks on looking after your mental health when the nights are darker and the weather colder. There will also be an opportunity to get involved in a mindfulness exercise. The session will be online via Zoom.

For further information and to receive the zoom link, please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on 0345 6887113.



## Understanding Dementia Zoom Special

### Three Part Understanding Dementia course

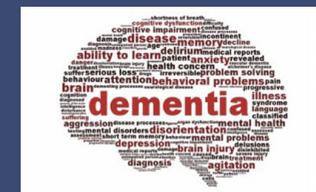
Delivered by Carers Link Lancashire

This online training is delivered in three parts.

8th, 15th and 22nd January at 6.00pm – 8.00pm

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

For further information and Zoom joining link please email Angela Bennett at [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk) or contact Angela at Carers Link Lancashire on 01254 387444.





## Coffee & Chats

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

If you would like to attend, you must book your place in advance as places will be limited. Please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access team on **0345 688 7113** to secure your place.



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

Venue	Brew & Bake, Bishopgate, Ormskirk Rd, Preston, PR1 1AT 1st Wednesday of each month	Raffles Coffee House, St Georges Shopping Centre Preston, PR1 2NQ Ethnic Minority Group 1st Thursday of each month	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW 3rd Wednesday of each month	Brookes Bistro, Brookside Living, Aughton Street, Ormskirk, L39 3BT 4th Monday of each month
Time	10.00am - 11.30am	10.00am - 11.30am	10.00am - 11.30am	10.00am - 11.30am
Dates	1st November	2nd November	15th November	27th November
Please book your place in advance	6th December	7th December	20th December (no Coffee & Chat)	25th December (Bank Holiday, no Coffee & Chat)
	3rd January	4th January	17th January	22nd January
	7th February	1st February	21st February	26th February
	6th March	7th March	20th March	25th March
	3rd April	4th April (no session, Ramadan)	17th April	22nd April

Venue	Burnside Garden Centre, New Lane, Thornton Cleveleys, FY5 5NH 2nd Wednesday of each month	Booths Café, Main Drive, St Annes, FY8 3UT 2nd Wednesday of each month	The Print Rooms Café, The Storey, Meeting House Ln, Lancaster, LA1 1TH 2nd Thursday of each month	County Lodge & Brasserie Restaurant, Lancaster Road, Carnforth, LAS 9LD 4th Thursday of each month
Time	10.00am - 11.30am	2.00pm - 3.30pm	10.00am - 11.30am	10.00am - 11.30am
Dates	8th November	8th November	9th November	23rd November
Please book your place in advance	13th December	13th December	14th December	28th December (no Coffee & Chat)
	10th January	10th January	11th January	25th January
	7th February	7th February	8th February	22nd February
	6th March	6th March	7th March	28th March (no Coffee & Chat)
	10th April	10th April	11th April	25th April

### Other Activities

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



## The Lancashire Carers Service Media Platforms

### Social Media



#### Facebook

Our Facebook page is going from strength to strength. We now have more than 1,160 followers to our page. It is full of up-to-date information and articles of interest. You will also be able to find links and advertisements to a variety of activities. Please have a look at and “like” and “follow” our Facebook page by logging into Facebook and searching for The Lancashire Carers Service or [@lancscarers](#)

[www.facebook.com/lancscarers/](http://www.facebook.com/lancscarers/)



#### Carers Community Network Platform\*

This is a virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing.

It only takes a minute to sign up, and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 2,000 active members who are looking forward to connecting with you!

**\*Please be aware, that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on 0345 688 7113 who will be happy to support you with this. You will just need to provide them with your name and email address.**

## Other Activities



#### Festive Flower Arranging

27th November, 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 is suitable for anyone who fancies doing something different. All materials will be provided, and you get to take your arrangement home.

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



#### Christmas Wreath Making

2nd December, 9.30am - 12.30pm  
St Paul's Church Hall, Farington Moss,  
Leyland, PR26 6RD

Do you fancy making your own Christmas Door Wreath led by a fully qualified florist?

This popular 3-hour workshop is suitable for beginners as step-by-step instructions will be given. All materials are included to make a lovely door wreath, and you get to take it home to proudly display. Seasonal refreshments and festive music are also on the agenda!

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

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



### Wooden Christmas Tree Activity

4th December, 2.00pm - 3.30pm  
Dobbies Garden Centre, Blackpool Road, Newton, Preston, PR4 OXL

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.



### The Mill Christmas Lunch

8th December, 12.00pm - 1.30pm  
The Mill Café, St Catherine's Park, Tudor Croft, Lostock Hall, Preston, PR5 5BF

Set in the stunning grounds of St Catherine's Park, the café will be serving up our 2 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.



### Barton Grange Christmas Afternoon Tea

15th December, 3.00pm (please arrive 10 minutes early)  
Barton Grange Garden Centre, Garstang Rd, Brock, Preston, PR3 OBT

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



### Beginners Art session

12th February, 2.00pm - 4.00pm  
Ribble Pilot, Docklands, Ashton-on-Ribble, Preston, PR2 2YN

This amazing experience is suitable for absolute beginners. Have you ever wanted to learn to paint and just don't know where to start? This is for you!

If you can hold a brush, book your place. It is that simple. You can relax with other carers and follow simple instruction to paint your very own masterpieces. No experience or equipment necessary!



### The Boat House Brasserie Christmas Lunch

11th December, 1.00pm  
Manor House Farm, Diamond Jubilee Rd, Rufford, Ormskirk, L40 1TD

Start the festive season with Christmas Lunch at the Boathouse in the relaxed friendly atmosphere in the Brasserie. You will be asked to pre-order and highlight any allergies nearer the time.

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



### Easter Special - Calmly Creative Crafts Workshop

22nd March, 10.30am - 1.30pm  
Unit 7, Charnock Farm, Wigan Road, Leyland, PR2 5DA

If you want to try something new in a relaxing environment this could be for you. It is suitable for all abilities. You can choose the pottery you want to paint, and it will be ready for collection the following week.

You can also choose decopatch or foam clay as alternative way to decorate pottery and you can take your masterpiece home with you.

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

## Spa Sessions



re:new  
- Medispa -

### 30 minute massage

**Flexible Dates in 2024**  
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.



### Treat yourself to a 25-minute massage

**Flexible Dates in 2024**  
Dalmeny Resort Hotel, 19-33 South  
Promenade, Lytham St Annes, FY8 1LK

Enjoy a relaxing neck, back and shoulder massage to sooth away aches and pains. Use of the spa facilities, eucalyptus steam room, dry heat sauna, whirlpool and swimming pool are included.

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

### New Year Signature Massage

**Flexible Dates in 2024**  
Re:New Medispa 36 Derby Street West,  
Ormskirk, Lancashire, L39 3NH

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



### Treat yourself to a 30-minute massage

**Flexible Dates in 2024**  
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.

## Partnership News and Useful Information



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

### What is Advocacy?

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

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

### What could an Advocate do for me?

- Help you to find out information and understand more about how social care and health processes work
- 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 and support you at meetings
- Help you to speak out and have your voice heard
- Work with you to challenge any decisions made about you

### Want to have your say?

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

Anyone who would like to be involved to please make contact through the various methods listed on the Facebook page:

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

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

### Contact Details

 [www.carerscount.org.uk](http://www.carerscount.org.uk)

 [advocacy@carerscount.org.uk](mailto:advocacy@carerscount.org.uk)

 **0300 012 0231**



### **Independent Community Advocacy Network North (ICANN)**

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

Current projects include advocacy for disability related benefits, such as PIP (Personal Independence Payments) and WCA (Work Capability Assessments), This service helps by providing

advocacy at medical assessments, helping people with information to prepare for the assessment and assisting clients to access medical and social care records as evidence of need. If people do not obtain the correct level of benefit support ICANN also provide advocacy at benefit tribunals.

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

ICANN also provide privately funded independent advocacy support for parents involved in the child protection process, along with non-instructed advocacy clients who are under a Deprivation of Liberty Safeguards or who are involved via the Court of Protection.

If you would like our help or want further information, please contact us on **01772 746061** or email: [admin@i-cann.org.uk](mailto:admin@i-cann.org.uk)

### **Carers' Support Group Sessions**

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](mailto:supportteam@stcatherines.co.uk) if you would like to join.



**First Wednesday of the month 10am – 11.30am**

**Upstairs at The Mill, Lostock Lane, Preston, PR5 5XU**

Drop-in to our free monthly advice hub and empower yourself with information to help you and your family live well with a serious illness.

- Financial advice from an Independent Financial Advisor
- Legal clinic - speak to local solicitors for advice
- Learn basic complementary therapies to use at home
- Information on how to protect and pass on your digital legacy
- Professional funeral plans advice, information and support
- Benefits advice - meet local advisors for housing and benefits help
- Information on hospice services from the St Catherine's Support Team
- Fire safety tips and checks for the home
- Assisted living advice including personal alarms, telecare and utilities

**Open to everyone, not only patients of St Catherine's Hospice**  
For more information visit [www.stcatherines.co.uk/compassionate-communities](http://www.stcatherines.co.uk/compassionate-communities), call 01772 629171 or email [communities@stcatherines.co.uk](mailto:communities@stcatherines.co.uk)



*Part of our Compassionate Communities project - empowering local people across Central Lancashire to help themselves and each other when facing serious illness and bereavement.*



THE MILL  
ST CATHERINE'S PARK

# The Household Support Fund is back!



## Department for Work & Pensions

The Household Support Fund is to assist residents who are most in need due to the significant rise in the cost of living. The scheme will run until 31st March 2024.

Applicants must apply from the council website where they reside, and it is intended to help, as a short-term solution, residents who do not have enough resources to meet immediate short-term needs and require assistance with essential items over the coming months.

[Financial support for households - Lancaster City Council](#)

[Household Support Funding – How can we help? – Fylde Council](#)

[Household Support Fund 4 | Instructions – Wyre Council](#)

[Household Support Fund - Preston City Council](#)

[Household Support Fund - Chorley Council](#)

[Household Support Fund - South Ribble Borough Council](#)

[Household Support Fund - West Lancashire Borough Council](#)

It can help with:

- Supermarket Food vouchers
- Gas and electric bills or arrears
- Other household bills
- White goods, furniture and flooring can be considered under this scheme, however further information may be required
- Energy and Water, Food, Essentials linked to energy and water, Wider essentials linked to the Cost-of-Living increases.
- The scheme is not intended to cover debt advice or general financial hardship support which is not linked to energy, water or food.
- Awards will be made where there is no alternative means of meeting the need.
- The fund may assist with housing costs if all other avenues of support have been exhausted for example Discretionary Housing Payments.
- Payments will be made on a first come first served basis. All applications will therefore be processed strictly in order of date received and only if all requested supporting documentation is complete.”

## Sparky's Mental Health Family & Carers Group

We would like to give carers & family members a warm welcome by inviting you to join our new mental health family & carer group.

This is an opportunity to meet with mental health services to raise any concerns or discuss general care and treatment in relation to your loved one.

Refreshments including tea, coffee and biscuits are provided each week.



### When?

Last Monday of the month between 4:30pm-6:30pm.

### Where?

Sparky's Café, The Harbour, Windmill Rise, Blackpool, FY4 4FE

**Supported by local carers organisations.**



**Blackpool Carers Centre**

*Quality • Passion • Respect*

We are LSCft

We care because YOU care.



Lancashire & South Cumbria NHS Foundation Trust

# FIND

The SEND Newsletter for Lancashire Families



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

To sign up for a regular copy, complete the online form at: [https://lancashire-self.achieveservice.com/service/Record\\_of\\_Entry\\_Database\\_for\\_Children\\_with\\_Disabilities\\_and\\_Their\\_Families](https://lancashire-self.achieveservice.com/service/Record_of_Entry_Database_for_Children_with_Disabilities_and_Their_Families)

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

[lancashire.gov.uk/SEND](http://lancashire.gov.uk/SEND)



- Find out what's on offer in your local area
- Understand what services are available
- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
  - Break Time
  - Inclusion Service
  - Specialist Teaching Service
  - Lancashire Local Offer
  - Designated Clinical Officer Service
  - POWAR youth voice group
  - SEND Information, Advice and Support Team
  - FIND Newsletter
  - Young people's groups
  - Transitions
- Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire.

Further dates will be shared on the Local Offer website and facebook page.

[www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND) [www.facebook.com/LancashireLocalOffer](http://www.facebook.com/LancashireLocalOffer)



## Useful Information



Do you have any used ink cartridges laying around at home? Did you know you can donate these to n-compass, and we can convert them into cash for our chosen Charity of the year. n-compass has signed up to the Recycle 4 Charity scheme, we will collect the ink cartridges and then post them off to Recycle 4 Charity, and they will send back money towards our chosen charity. It couldn't be easier, and you could ask friends and family to pass on their ink cartridges too.

- 300 million inkjets are sold in Europe each year.
- Only 15% of all inkjets sold are remanufactured.
- 45 million cartridges end up in UK landfill sites.
- A cartridge takes 1000 years to decompose.

You can take your ink cartridges to our Carers Coffee & Chats see page 12 for more details or you can post them in for the attention of Ian Scott Freepost: n-compass.



[www.afvbc.NET](http://www.afvbc.NET)

## The Armed Forces Breakfast Club

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

To find your nearest Armed Forces Breakfast Club, visit [www.afvbc.net](http://www.afvbc.net)



## Veterans' Gateway

A directory of services all aimed at supporting veterans, military personnel, armed forces and their families.

You can search by service type and also by area, there is everything from employment, finances, housing advice to mental and physical health support.

They also have a smart phone app which can be downloaded.

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

## Carefree

Carefree is a charity that transforms vacant accommodation into breaks for unpaid carers. The short breaks initiative is designed to give you some time away from your caring responsibilities.

There are hundreds of potential breaks away listed on Carefree Breaks Hub. After registering with Carefree, carers can browse available options and submit a request for a specific hotel on specific dates. If available, a confirmation email will be sent to you, and you're all set to go!

**How it works:** Hotels donate 1–2-night breaks, plus breakfast where possible for a carer and their companion (adult or child). You are welcome to take a companion with you but not the person that you care for. If you want to travel alone, that's fine too.

There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating the Carefree charity.

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

Carefree

“  
Time and freedom to  
be myself again.”

Carefree

## Carers Card



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: <https://www.carerscarduk.co.uk/>

## What is the Access Card?



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.

<https://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:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health->



### Toilet Map

Everyone will, at some point in the day, need to use the toilet. Some people will need facilities more than others, and some will need to find toilets sooner rather than later.

The Great British Public Toilet Map is a website to help people find toilets across the UK. It is the UK's largest database of publicly accessible toilets, with over 11000 facilities.

The website aims to map all publicly accessible toilets - that means all toilets that the public can access without needing to be a customer.

Visit the site, search your location, and see which toilets are nearby: [www.toiletmap.org.uk](http://www.toiletmap.org.uk)



### National Radar Key Scheme

If you utilise public disabled toilets, how often have you been out and about, only to find they're locked?

Did you know that under the National Key Scheme you can purchase a radar key in order to access the toilets independently if you are disabled? No more having to traipse to reception or customer service simply to be able to use the loo.

You can find out more information about radar keys from your local authority including where to purchase them.

<https://shop.disabilityrightsuk.org/products/radar-key>

Just turn up ... no need to book and it's free



# Peer Support Group for those living with depression, anxiety and related conditions



## PeerTalk®

Find out more at:

- ☎ 07719 562 617
- 🌐 [peertalk.org.uk](http://peertalk.org.uk)
- 🐦 @peer\_talk
- 📘 @peertalk1
- ✉ [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

**EVERY THURSDAY 11.00<sup>am</sup> – 12.30<sup>pm</sup>**  
The Intact Centre, 49 Whitby Avenue, Ingol, Preston PR2 3YP.

**EVERY THURSDAY 7.30<sup>pm</sup> – 9.00<sup>pm</sup>**  
Central Methodist Church, Lune Street, Preston PR1 2NL.



The PeerTalk Charitable Foundation, registered charity no.1169830.



## Friendship Starts Here!

Friends @ is Chorley's new friendship hub scheme which encourages conversation through **Talking Tables**.

Talking Tables are a great way to find new people to talk to! Whether it is a quick coffee and a chat, or a long mid-morning natter, all are welcome. So come on and see who there is to talk to!



Talking Tables are available at the following cafés between 10:30 11:30:

Mondays <b>Majestic Café</b>	Tuesday <b>Café Ambio</b>	Wednesday <b>The Meeting Place</b>	Thursday <b>Café Latte</b>	Friday <b>Café Connect</b>	Tuesday - Friday <b>Taste Café</b>
92 Market St, Chorley PR7 2SF	Astley Park, Astley Rd, Chorley PR7 1XA	Chorley URC Hollinshead St. Chorley PR7 1EP	61 Union St, Chorley PR7 1AB	Living Waters Church 33-45 Bolton St, Chorley PR7 3AB	St Laurence Church Union St, Chorley PR7 1EB

If you would like more information please email us at: [friendsforyou2016@outlook.com](mailto:friendsforyou2016@outlook.com)



### Lancashire Adult Learning (LAL)

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. This helps over 14,500 learners, many of whom have very diverse motivations for engaging with LAL's offer and makes LAL one of the UK's largest Adult Community Learning Providers.

Courses can be accessed via their website; LAL - Lancashire Adult Learning Courses.

[LAL – Lancashire Adult Learning – Community learning in Lancashire](#)



### 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**.

## The rising day to day cost of living is hitting many of us hard right now

Grab the latest deals, guides, tips 'n' tricks

### Money Saving Expert: Energy Help, Credit Cards, Flight Delays, Shopping and more

With increasing food, energy, fuel and mortgage costs means many people are struggling to pay the bills.

If you are one of them, you are not on your own, and there are specific things you can do to sort out your finances such as working out your budget to better manage your money or finding out what benefits or grants you might be entitled to.

### Make your money go further

- Maximise your income - you may be entitled to benefits you didn't realise you were entitled to.
- Apply for a Warm Home Discount.
- Use your local foodbanks - they are there to support you. This then frees up money for rent, gas, electric and other essential bills.
- Try to budget your income - break down a monthly income into weekly amounts, use envelopes/jam jars to add money in each week towards larger costs.
- Buy marked down food at the end of the day in supermarkets and batch cook and freeze for days later in the month
- when money is tight.
- Turn your thermostat down just a few degrees - this saves money when using a meter.
- Consider investing in a heated blanket - easier and cheaper to keep warm for pence instead of pounds.
- On the day you get paid, fill up the car with fuel, top up meters, buy a large food shop and batch cook. Pay any outstanding priorities before paying anything else. If you run out of money, then at least you have the essentials your family needs.

### Top tips for a warmer home this winter

1. Draw your curtains in the evenings to minimise heat loss through windows.
2. Tuck long curtains behind radiators so that heat isn't trapped.
3. Keep radiators and heaters clear so heat can circulate – don't put furniture in front of them or dry washing on them.
4. If there are rooms you don't use, turn off the radiators in them and close the doors. Keep your home at a stable, comfortable temperature.
5. Use your heating controls, such as thermostats and timers, to heat your home without wasting energy.
6. Be mindful hoovering will cost 0.73p per hour, Ironing 0.94p per hour, A dishwasher will use 0.77p, Boiling 3 cups of water will cost around 0.06p.
7. For advice and support in relation to energy bills please visit the Citizens Advice website or call Consumer Service helpline on 0808 223 1133 Getting extra support from your energy supplier <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/getting-extra-support-from-your-energy-supplier/>
8. A range of supermarkets are offering free and reduced costs meals. Look for yourself <https://helpforhouseholds.campaign.gov.uk/discounts-and-offers>



## Free Legal Consultations

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

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

Contact our Service Access Team to book your appointment on **0345 6887113** or email at [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk).

Kristina Smith (BBL)

## Bramwell Estate Planning

### Lasting Powers of Attorney (LPA)

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

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



Home Visits  
for your  
convenience



*Bramwell*  
ESTATE PLANNING

Get Your Affairs in Order

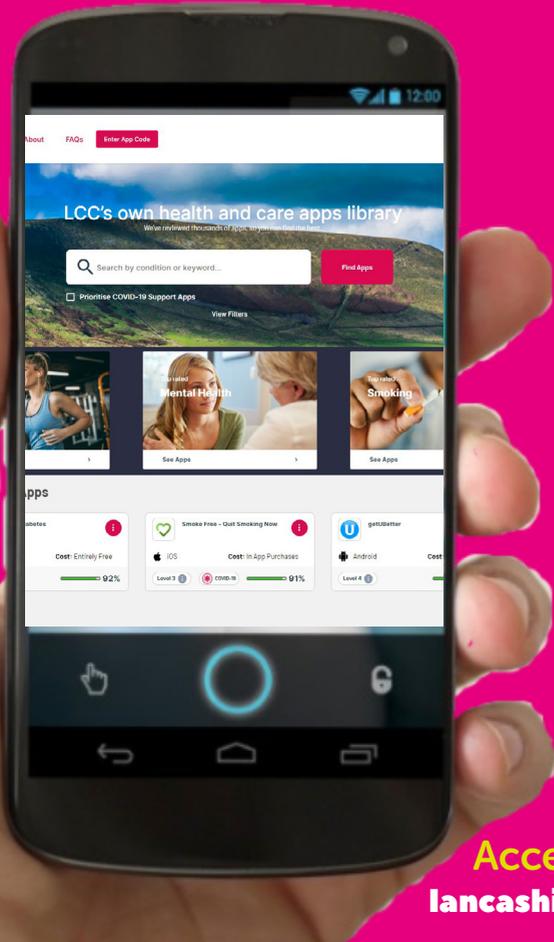
Call Stephen  
on:  
**01772 367900**

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

# Digital Health Unlocked

OCHRA a Health & Care App Library built just for YOU

As we continue to get used to new ways of living and working, digital health is becoming more and more valuable as we look after ourselves. Because there are so many digital health tools out there - apps alone numbering over 350,000 - we might need a bit of help finding those that are the best and the safest for us to use.



So with this in mind Lancashire County Council has commissioned a library of independently reviewed apps just for YOU. This is a library of apps that have been independently reviewed for Clinical/Professional Assurance, Data & Privacy and Usability & Accessibility.

It's EASY just enter a word that describes your need or a condition into the search bar and click find Apps! You can use filters to help you find the right app for you, your budget and your locality. If you're interested in a particular app you can read more about what it does, and how it has been reviewed.

Access YOUR library of Apps:  
[lancashirecountycouncil.orcha.co.uk](http://lancashirecountycouncil.orcha.co.uk)



## 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](mailto:centrallancashire@alzheimers.org.uk).



## The activities handbook: Supporting someone with dementia to stay active and involved

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

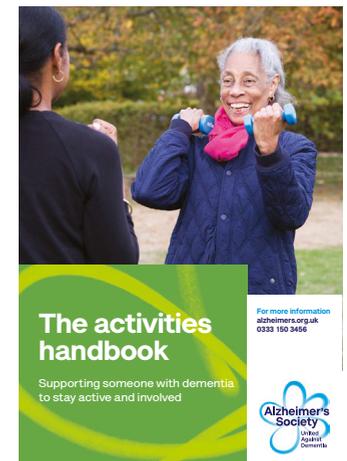
When you're supporting or spending time with a person with dementia, you may wonder what might help them to live well. Activities can provide ways for someone to carry on being the person they are however their dementia affects them.

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

The activities handbook contains sections on:

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

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



## Dementia Hub Aughton

Home Instead is running a Dementia Hub on the second Wednesday of the month from **1.30pm - 3.30pm** at the **Ministry Centre, Christ Church, Long Lane, Aughton, L39 4AS.**

The afternoon will include entertainment, guest speakers, organisations offering help and advice etc.

For more information contact Carol Canipa - [carol.canipa@homeinsteadwlc.co.uk](mailto:carol.canipa@homeinsteadwlc.co.uk) / **01695 589071.**



## Dementia Hubs in North and Central Lancashire

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

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

**The Fylde Coast Dementia Hub** - [facebook.com/thefyldecoastdementiahub/](https://www.facebook.com/thefyldecoastdementiahub/)

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

**Carnforth Memory Support Group** - [Carnforth.icc@mbht.nhs.uk](mailto:Carnforth.icc@mbht.nhs.uk)

**Charnley Fold, Preston** - Support for Preston and South Ribble residents is available through Age Concern based at Charnley Fold, Cottage Lane, Preston PR2 6YA. Contact the team on Preston **01772 620 876.**

**Chorley Dementia Hub** - The last Wednesday of every month (1pm – 3pm) Chorley Library, Union Street. PR7 1AL. For more information email [communities@chorley.gov.uk](mailto:communities@chorley.gov.uk)

**Home Instead Dementia Hub** - The second Wednesday of the month from 1.30 - 3.30pm at the Ministry Centre, Christ Church, Long Lane, Aughton, L39 4AS. For more information contact Carol Canipa - [carol.canipa@homeinsteadwlc.co.uk](mailto:carol.canipa@homeinsteadwlc.co.uk) / **01695 589071.**

**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](mailto:centrallancashire@alzheimers.org.uk)**



## The Young Onset Dementia Action group

The Young Onset Dementia Action group is made up of professionals from several organisations, people of working age with dementia and their carers. If you or someone you care for has been diagnosed with young onset dementia and lives in the Central Lancashire area, we would like to hear about how you feel services could improve and what would make a difference.

We also run a monthly support group, which in the past ran from 5.00pm to 7.00pm at Charnley Fold in Bamber Bridge, we are now hosting the meetings online via Teams on the 2nd Tuesday of the month, 5.00pm to 6.30pm and a small number of participants can meet face to face.

If you would like to be involved, please get in touch, Tel: Lisa Storey (Memory Assessment Service) Tel **01772 401621** and ask to speak to her about the YODA Social Group.

## FREE Dementia Friends Training

Home Instead are offering free dementia friends training to Chorley residents. Tel **01257 429 156.**



## Fresher's Young Onset Café

Freshers is a sociable get together for people of working age, with dementia, Parkinson's and other neurological diseases, and their partners/friends/family. Come to meet new friends. See their Facebook page or their website for further details.

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

Website: <https://fresherscafes.wixsite.com/youngonset>



## Chorley Carer's Cafe

OFFERING A SPACE FOR ALL CARERS TO RELAX



Genesis Care NW  
Methodist Church,  
Gillibrand Walks,  
Chorley PR7 2HF



Fourth Wednesday of  
the month  
1:00-3:00pm

Genesis Care is a small, not for profit organisation providing a well-being and respite care service for older people with a specific focus on assisting people living with Dementia.

For more information visit their website: [www.genescarenw.co.uk](http://www.genescarenw.co.uk) or contact by telephone on **07845969442**



## Dementia Radio

We are m4d Radio. A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories.

Choose your era, listen and enjoy... Available via the internet <https://m4dradio.com>

### The Benefits of Music

Although music cannot magically return your loved one to how they were, research has shown that it does have an undeniable positive effect on physical and mental health, it improves cognitive skills (including memory and speech). It triggers the release of feel-good endorphins. It reduces feelings of anxiety, depression and distress. It helps reduce heart rate and blood pressure. It engages the person, reducing their isolation.

## Six key things to know about Dementia

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

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

Which key things do you feel a new carer could benefit from knowing at the start of their caring journey?

<https://dementiahelpuk.com/six-key-things-to-know-about-dementia/>



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



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

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

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

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



## Mental Health Support



### Men's Shed Fleetwood

Fleetwood Men's Shed are a group with an open arms policy offering peer support, help, advice and friendship to all our members. We aim to support our community with regular meet ups and varied activities... the kettle is always on, pop in for a cuppa.

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

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

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

# Discounts for Carers

citizens  
advice

## Fuel Advice

Trained Energy Advisers are able to help with: running out of credit on prepayment meters understanding energy bills - ways to reduce the cost of energy - smart meters - benefits and installation - energy debt.

To find out more about the Energy Advice Service and to make a self-referral, visit [www.citizensadvice.lancashirewest.org.uk](http://www.citizensadvice.lancashirewest.org.uk)



## Keeping Safe in your home

As winter approached, it is more important than ever to be safe in our homes, so we would like to offer you a free Home Fire Safety Check for yourself & those you care for. A Home Fire Safety Check involves a member of the fire service coming to your home and working with yourselves to reduce the risk of fire through tailored advice, free equipment if

required and helping you access other services.

We will discuss how to reduce the risk of fire, from cooking incidents to keeping yourself safe using heaters as well as what to do in an emergency. This is especially important if you are worried that you or someone else in the home might not be able to escape in an emergency.

### Quick tips to keep safe –

- Check your smoke alarms on a regular basis to make sure they are working.
- Keep your kitchen clean & clear of clutter, especially near the cooker.
- If you're using heaters, make sure they aren't a trip hazard or too close to any furniture (a meter space per heater).
- Only use appliances like washing machines and dishwashers during the day when someone is home.

If you are worried about fire safety in the home, please contact Lancashire Fire & Rescue on **0800 116 1125** and advise our staff that you have seen this message in the Lancashire Carers **Winter 2023** Newsletter.

**This Winter**  
You could help us save a life.

People who are older, have poor health or who live alone are more vulnerable to fires in the home at this time of year.

If you have a family friend, neighbour or relative who lives alone, why not pop round and check they have a working smoke alarm?

**You may need to test their alarm for them.**

If you think they need a home fire safety check, you can call us on **0800 169 11 25**

**It could save their life.**

**We're SAFER Together**  
[www.lancashirefireandrescue.org.uk](http://www.lancashirefireandrescue.org.uk)

## Your library at home

Find out what's available for you and your family at home from our libraries. There's something for everyone.



## Lancashire Libraries

There are a wide range of online resources available from the digital library, including eBooks, audiobooks, and magazines. There are also online educational resources for parents and children. Find out about Lancashire libraries at: [www.lancashire.gov.uk/libraries-and-archives/libraries/](http://www.lancashire.gov.uk/libraries-and-archives/libraries/)

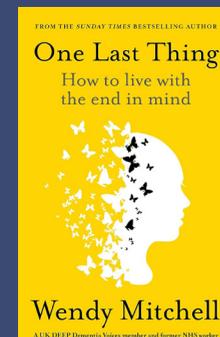
## Learn My Way

## Lancashire Libraries Digital Skills

Free courses designed to help beginners get started with the online basics and being safe online. There are more advanced courses for people with digital skills including using a computer or tablet, improving your health, managing your money, and finding work online.

For more information, please contact Lancashire Libraries on **0300 123 6703** or go to <https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/digital-skills/>

## Book Recommendation



### One Last Thing: How to Live with the End in Mind, Wendy Mitchell

Best-selling author Wendy Mitchell's latest book has just been published in hardback format. Former NHS clinician Wendy has been living with a diagnosis of early-onset dementia since 2014, when she was diagnosed at the age of 58. Wendy has already written several books, including What I Wish People Knew About Dementia, and her latest book talks about having hope after diagnosis of a terminal or progressive illness. A fascinating and touching read. Available on Amazon.

# Carers Caravans



All of our caravans have been kindly donated to the charity, for unpaid carers to take a well deserved break. They are not new or deluxe vans however they are comfortable, clean and well equipped for your stay. The two vans are located at Blackpool and Grange-over-Sands.

*"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 both caravans 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.
  - Both vans sleep 8 people.

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

## Puzzle Page

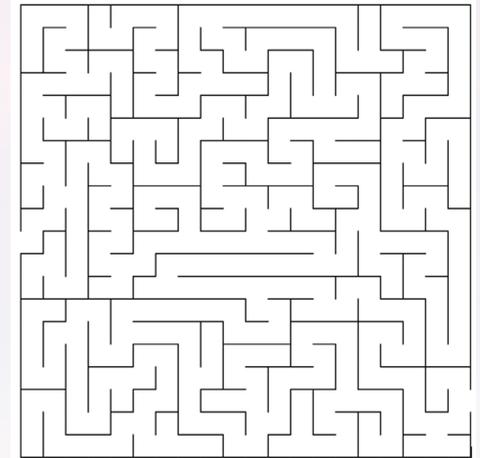
We are excited to offer you the opportunity to come and test your skills of arithmetic and language.

### Wonderous Winter Word Search

Q A G R P Y L L D E A B D C S  
 V X N S P C C A O R L Q O H N  
 T Y I R N X N C C I E Z R P O  
 F R N G H A D R Z I Y A M L W  
 C T E O N O X Z W V G P M A D  
 K G T D A U A I L Z E A Q Y R  
 L L S Y W R R F X S P W M J I  
 U A I F D K U Z F L J L P U F  
 S C L K X S X P P S U L X V T  
 D I G U Q B N K A F C O I F V  
 N A K C F F D O E X Z V Q U O  
 J L U N U J P C W N N P T Z J  
 G N I L K R A P S Y Q A S A V  
 G H L Y B E D Y A F R E S H H  
 Y C M G P E N C H A N T E D Q

- |           |            |         |
|-----------|------------|---------|
| BLIZZARD  | COZY       | CRISP   |
| DREAMY    | ENCHANTED  | FRESH   |
| GLACIAL   | GLISTENING | MAGICAL |
| PEACEFUL  | SNOWDRIFT  | SNOWY   |
| SPARKLING |            |         |

### Maze



### Fill in the Missing Numbers

The missing values are the whole numbers between 1 and 16

Each number is only used once

Each row is a maths equation

Each column is a maths equation

Remember that multiplication and division are performed before addition and subtraction

	-		-		÷	5	-10
×		+		-		+	
	÷		+		-		16
-		+		-		×	
7	+		-		-		-3
+		+		+		+	
	+		+		+		43
79		35		5		37	



## Useful Contact Numbers

**The Lancashire Carers Service**  
0345 688 7113

**Carers Help and Talk (CHAT) Line**  
0333 103 9747

**Social Care (24 hour service)**  
0300 123 6720

**Care Navigators (Booking Respite)**  
0300 123 6720

**Lancashire Advocacy Hub**  
0330 0022 200

**Lancashire Care (NHS) Wellbeing and Mental Health Helpline**  
0800 915 4640

**Carers UK Advice Line**  
0808 808 7777

**Alzheimer's Society National Dementia Helpline**  
0300 22 11 22

**Age UK Lancashire**  
0300 303 1234

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

**NHS Carers Direct Helpline**  
0300 123 1053

**Job Centre Plus**  
0800 055 6688 (National)  
0800 169 0190 (Preston)  
Text phone 0800 023 4888

**Just Good Friends**  
07557734233

**Welfare Rights**  
300 123 6739

**Attendance Allowance Helpline**  
0800 731 0122  
Text phone 0800 731 0317

**Blue Badge Applications**  
0300 123 6736

**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

**Disability Living Allowance**  
(if you born before 8th April 1948)  
Helpline 0800 731 0122  
Text phone 0800 731 0317

**Personal Independent Payment**  
Enquiries 0800 917 2222  
Text phone 0800 917 7777

**Citizen's Advice Bureau Fylde**  
0300 330 1166

**Citizen's Advice Bureau Wyre**  
0344 245 1294

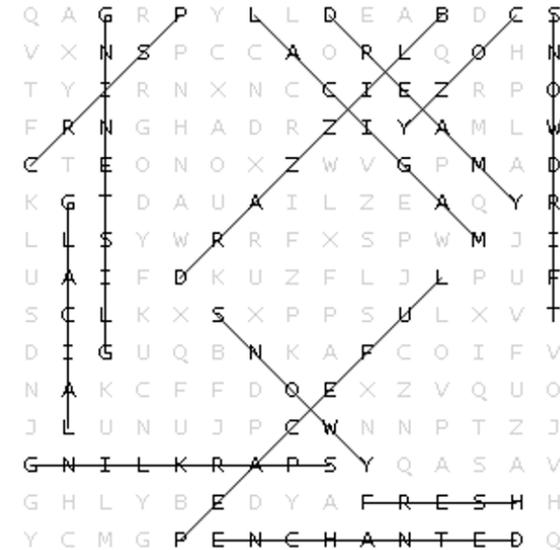
**Citizen's Advice Bureau Lancashire North**  
0344 488 9622

**Citizen's Advice Bureau Lancashire Central**  
0300 330 1172

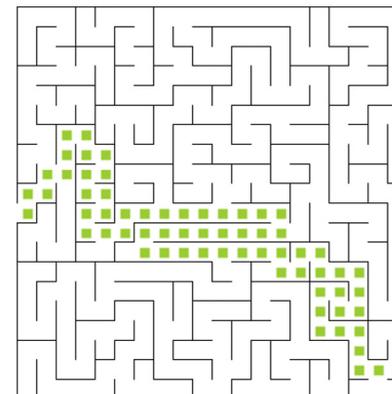
**Citizen's Advice Bureau Lancashire West**  
0344 245 1294

## Puzzle Answers

### Wordsearch Answers



### Maze Answer



### Missing Number Answers

8	-	16	-	10	÷	5	-10
x		+		-		+	
9	÷	3	+	15	-	2	16
-		+		-		x	
7	+	4	-	1	-	13	-3
+		+		+		+	
14	+	12	+	11	+	6	43
79		35		5		37	



## Disclaimer

Please note that whilst The Lancashire Carers Service do our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call us before attending.

Every care has been taken in the publication of this newsletter. However, The Lancashire Carers Service will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.