

# Magazine



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

- ✓ Carers Assessments
- ✓ Peace of Mind 4 Carers Plans
- ✓ One to One and group support
- ✓ Magazines twice a year detailing local groups, activities and courses
- ✓ Access to online and app-based information and support
- ✓ Support to access community and Health and Wellbeing services
- ✓ 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

## Confessions of a reluctant carer

Someone once said to me, that no one really chooses to be a carer. I certainly never wanted to be a nurse growing up. It wasn't part of my plan. My mum was a nurse back in the 50s and 60s, she's organised, focused, calm under pressure all the things I'm not. She even met my dad in hospital, he was a patient who managed to woo her from his sick bed, and they married a year after he was discharged.

I grew up hearing stories of nurse's parties and living in London in the swinging 60s. But I could never get my head around dealing with sickness, bodily fluids, and needles. It wasn't for me. I got on with my own career, travelled around and got on with life.

My dad died young he was only 53, younger than I am now, and left mum a widow at 58. It was a massive shock. They had retired to Portugal a couple of years earlier anticipating a long happy retirement. Unfortunately, it wasn't to be. Mum decided to move back to the UK and to buy a house a few miles away. Close enough but not on my doorstep.

I got married, got pregnant with my son. I had a difficult pregnancy and had to return to work soon after Jamie was born. It was a huge help having mum close by. She used to pop round, tidy the house, refill the fridge, and leave fresh cakes on the counter. She would be gone by the time we got back home from work, and it was as if the cleaning fairy had visited. It was those acts of kindness that made such a difference as new parents. Once a week I'd pick mum up in the morning and we'd set off in the car to explore the countryside. We talked about everything and really got to know each other. Mum is great storyteller and had a lot to talk about. Born in Latvia in the early 30s she



had spent her childhood escaping the Nazi's, then the Russians and eventually reaching West Germany. She could have settled there but one day while working in a lampshade factory, she heard about a scheme to learn English and work in a British hospital. Her friends didn't want to move but mum saw adventure and couldn't wait. Three years later she married my dad who worked for the army leading to several more moves around the world. Mum's stories were full of interesting locations, people, and food. My caring responsibilities at that time, centred around sorting out her paperwork, finances and being her friend and chauffeur. In return I'd get a tidy house, good storytelling and lots of free lunches. This was our life for fifteen years and I loved it.

Then, as with all stories, everything changed. Mum rang early one Sunday morning. She never called in the morning.

"Janette, I can't see". I woke up in the night, there was a bright flash and what looked like fireworks and then nothing. It's all black. I've gone blind. It didn't take long for the hospital to diagnose a TIA. My head was all over the place, how were we going to manage if she was blind. Mum just sat there and calmly and said, 'oh well, that's that then.'

She regained some sight in one eye a few days later but never the other one and things changed quickly from then on. It wasn't enough for me to just look over paperwork and let her get on with things alone. She'd been left with mobility problems, balance issues and some cognitive slowing down. It's like there's a delay processing what I've said before she answers. Mum felt let down by her body and at first really resented having to ask for help. Even picking up a glass had to be rehearsed so that she could have a drink without dropping it. After a few months mum was able to return home and still live relatively independently, but her health really began deteriorating from then on. She struggles walking now and needs a wheelchair if I take her out anywhere. She can't get up and down the stairs at home easily, so we've had a downstairs toilet put in and replaced her three-seater couch with a bed. She has high blood pressure, so I must take readings regularly and got used to popping round every day to help. Usually, I'd be greeted not with a hello but with a long list of things mum wanted doing. She'd clearly be thinking of things that needed doing when she was on her own and as soon as I turn up, she'd be getting it off her chest. I'd love to say I handled this with grace, but the reality is that it was sometimes hard, working full time, living in a house that is a money pit, bringing up a child, commuting, even walking the dog, and all things like that is mentally taxing. Being a carer doesn't mean other things just stop but at the same time, mum had always been there

when we needed her and now it's just my turn to do the same for her. I think I just sort of muddled through but then when Covid and lockdown happened it kind of reset things. I really struggled with the enormity of it. I was convinced that mum would catch it and die, and I tied myself up in knots berating myself for not spending more time with mum when I could or by not being the perfect carer or daughter. Friends and family would tell me I was doing fine but, in my head, I discounted their words, after all what did they know, they weren't the ones letting her down.

They weren't the ones supposed to be caring. We stuck to all the rules so I'd be dropping shopping off on the doorstep and watching from a distance as mum would unpack one item at a time to take inside. I'd drive home in tears, feeling helpless. As soon as we were able to have 'bubble's' I was there. Working from home meant I wasn't commuting, so I wanted to take her out and about like we used to do. But being isolated for so long had really zapped her of confidence and it took hearing about the covid vaccine before she started to relax at the thought of going out again.

### Unexpected help and support made a big difference

Mum's doctor said as I was carer, and I could probably get vaccinated alongside her. When I disagreed saying that I wasn't a paid carer I was just the daughter he said that I was an unpaid carer (I didn't even know that was really a thing) he signposted me to Lancashire Carers Service, for more information. I'd never heard of Lancashire Carers Service, but a few days later decided I had nothing to lose.

From that moment I realised there was help and support that I'd had no idea about. I'd always thought mum was my responsibility alone, either that or put her in a home and I'd always promised to help her stay in her own home if she could. I rang without any expectations of anything but was immediately offered an appointment for a carers assessment. I was amazed when Farzana, the worker, told me more about the help and support I could get towards respite care for mum should I need a break. I was given information about financial help for her and legal advice, all things I'd not known about previously. And then, most unexpected, was when I received a payment to 'do something nice with – for me' to help my own health and wellbeing. I actually cried when I got that as it arrived on a 'bad day', and it just felt like someone saying, 'we know you are doing your best'. Farzana suggested I look through the Lancashire Carers Magazine at some of the activities for carers. I was so happy to receive a call to say that I had a place on the Christmas Wreath Making workshop. I would say I was a bit nervous about going and I wasn't too sure what to expect, but it was brilliant, and I loved the chance to chat and be creative and have a few hours just being me. I would love to do it again and it has inspired me to look at other things available through Lancashire Carers Service, and I look forward to receiving the informative magazine.

Mum had a fall in April, but managed to be discharged on the 9th of April, the day before her 90th birthday so we were able to celebrate in style with a ridiculously big cake and a lovely meal out. Dressed up and enjoying being spoiled. It's gone a bit downhill from then on to be honest. Mum's heart disease is progressing and just to add to the mix, she's now being tested for ovarian cancer as well. I'm leaning a lot on the support provided

through the Carers Community Network. I don't tend to post often but just reading through posts gives lots of information around what questions to ask but more than that, is knowing I'm not alone.

The responsibility can be overwhelming, and I still feel that I'm spinning plates, but the network shows that I'm not alone and when the self-doubt creeps in, the Carers Community Network is a real comfort. I'm concentrating on spending as much time with mum as I can and when we aren't doing the rounds of seemingly endless hospital trips, we still tick off places in the UK we haven't visited yet. I don't volunteer or anything, but I wouldn't mind doing something in the future when things change just so I can give back, but what I do is tell people I meet out and about and people at work about the service. There's a lot of help available if you know about it so I'm telling as many as I can.



## Welcome

Welcome to the Autumn edition of the Lancashire Carers Service Magazine. We hope that this finds you safe and well and that you have managed to enjoy some outdoor time with friends and family over the summer months.

We hope that the information we have included in this magazine is helpful and useful and, as always, we welcome you to come along to our groups and activities that will be taking place over the coming months. Please do remember that it is important that you book. If you have access to the internet, please do keep an eye on our social media pages. You can keep up to date with developments that are taking place and we also utilise our social media to post useful information from time to time.

So, if you can, please visit our websites. [www.ncompass.org.uk](http://www.ncompass.org.uk) and [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk).

And do remember that we are only a phone call away if there is anything we can support you with relating to your caring role. Please see contact details below.

## Contact Us Today

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

**FREEPOST LANCASHIRE  
CARERS SERVICE**





## 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

An assessment for you with an Assessment and Support Officer, even if the person you care for is not receiving care and support from Lancashire County Council. The assessment will include information on; the person you care for, your caring role, your ability to access education, work, leisure, cultural activities, the impact on your health

and wellbeing and whether you are willing and able to carry on with all parts of your caring role. The assessment can take place over the telephone or face to face. Following your assessment, you may be eligible for a Carer's Personal Budget to improve your health and wellbeing.

*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 n-compass 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 6887113**.

### 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**.

*We no longer prompt you to review your plan. Please call us on **0345 688 7113** if there are any changes.*

### 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)



### 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).



## Carer Activities

### Regular Zoom Activities for Carers

#### Weekly Sessions

##### Meditation with Jo

Every Monday at 11.00am

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

Zoom Link: <https://us06web.zoom.us/j/87841959626?pwd=aUhRRFP0ROFXcEkvWnlXaEtIS2Y2Zz09>

Meeting ID: 284 655 9516

Password: mrA3yn

##### General Knowledge Quiz

Every Tuesday 11.00am to 12.30pm

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

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVDV0RExmQT09>

Meeting ID: 949 1975 2910

Password: 544401

##### General Knowledge Quiz

Every Wednesday 7.30pm to 8:30pm

Join us on Wednesday evenings for our weekly Carers Quiz night - 7.30pm.

Zoom Link: <https://zoom.us/j/93208032733?pwd=WDFtTjNFbXptNzlxSGlVQjhOZzZDQT09>

Meeting ID: 932 0803 2733

Password: 223945

##### Morning Coffee and Chat

Every Wednesday 11.00am to 12.00pm

Zoom Link: <https://zoom.us/j/93208032733?pwd=WDFtTjNFbXptNzlxSGlVQjhOZzZDQT09>

Meeting ID: 932 0803 2733

Password: 223945





### 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=emZZV3RsM052M0lQOE5yNWxWnMwZz09>

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=YmxtN29MRkxYUUt5RDMrnp1Ky82Zz09>

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

## Monthly Sessions

### Parent Carer Group

The session takes place online through Zoom on the third Thursday of every month 7pm.

Zoom Link: <https://us06web.zoom.us/j/88337972542?pwd=bXA0bHhOUmZyUmNzeUZkNEtUVVZrQT09>

Meeting ID: 883 3797 2542

Password: 898971



## Carers Rights Day Zoom Specials

### Sara Challice - A talk for Carers, 24th November 2.00 - 3.00pm

Join Zoom Meeting:

<https://us06web.zoom.us/j/83600970019?pwd=MXp6bUNHWUtMeDVMUTJPRVZORXdIQT09>

Meeting ID: 836 0097 0019

Passcode: 635698

### Charlotte Marsden – Carers Rights Day 25th November 11.00am-12.00noon

Join Zoom Meeting:

<https://us05web.zoom.us/j/88996800109?pwd=bXYyVTh1NEJyOWo4Sk8zVjJhK3JRZz09>

Meeting ID: 889 9680 0109

Passcode: Ory8T0

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.

## A Talk for Carers



# Empower Yourself!

Making your voice heard

Thursday 24th November from 2-3pm

### During this session, discover:

- Your Carer Response Mode and why your perception of caring and programming are vital
- Effective communication – helping to relieve the pressure
- Ensuring you enjoy life, even whilst caring, to boost your health & wellbeing



with Award-Winning author,  
Sara Challice

To Register your place, call 03450 138 208 or  
email [admin@n-compass.org.uk](mailto:admin@n-compass.org.uk)

[www.whocares4carers.com](http://www.whocares4carers.com)

## Christmas Zoom Specials

Christmas Concert with Holly -  
Tuesday 6th December 2.30pm-3.30pm

Holly Reynolds will be singing 'Rocking Around the Christmas Tree' along with favourites from the 50's, 60's & 70's.

Join Zoom Meeting:

<https://us06web.zoom.us/j/89381046034pwd=MnhRVWxJL1d4SFVpZW41RVJVRUgzUT09>

Meeting ID: 893 8104 6034

Passcode: 465588



Christmas Reminiscence Session - Thursday 15th December  
2.30pm-3.30pm

A lovely Christmas reminiscence session based on the traditions of Christmas

Join Zoom Meeting

<https://us06web.zoom.us/j/88688817319pwd=ZjR5U0l3dUhoZE1tQU9YSmdkeUNOUT09>

Meeting ID: 886 8881 7319

Passcode: 389334

## Understanding Dementia Zoom Specials

Understanding Dementia course -  
Delivered by Carers Link Lancashire

Monday 9th, 16th, 23rd January, ZOOM,  
6:30pm - 8:30pm.

This course is designed to help you develop skills and confidence to support you in your caring role. We 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	The Larder, 50 Lancaster Road, Preston, PR1 1DD	Raffles Coffee House, St Georges Shopping Centre Preston Ethnic Minority Group	Avant Garden Centre, Wigan Road, Leyland, PR25 5XW	Brookes Bistro Brookside Living Aughton Street Ormskirk L39 3BT
Time	10:00am – 11:30am	10:00am – 11:30am	10:00am – 11:30am	10:00am – 11:30am
Dates Please book your place in advance	2nd November	3rd November	16th November	28th November
	7th December	1st December	21st December No Coffee & Chat	26th December (Bank Holiday) No Coffee & Chat
	4th January	5th January	18th January	23rd January
	1st February	2nd February	15th February	27th February
	1st March	2nd March	15th March	27th March
	5th April	6th April	19th April	24th April

Venue	Burnside Garden Centre, New Lane, Thornton Cleveleys, FY5 5NH	Booths Café, Main Drive, St Annes FY8 3UT	The Print Rooms Café, The Storey, Meeting House Ln, Lancaster, LA1 1TH	County Lodge & Brasserie Restaurant, Lancaster Road, Carnforth LAS 9LD
Time	10.00am – 11:30am	2.00pm – 3:30pm	10.00am – 11:30am	10.00am – 11:30am
Dates Please book your place in advance	9th November	9th November	10th November	24th November
	14th December	14th December	8th December	22nd December No Coffee & Chat
	11th January	11th January	12th January	26th January
	8th February	8th February	9th February	23rd February
	8th March	8th March	9th March	23rd March
	12th April	12th April	13th April	27th 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.*



## Other Activities



### Wooden Christmas Tree Activity

Wednesday 23rd November  
1.00pm-3.00pm  
Dobbies Garden Centre, Blackpool Road,  
Newton, Preston PR4 OXL

The Wooded Christmas Tree decoration workshop has been popular with carers in previous years. Suitable for anyone who fancies doing something different, and you get to take your own personalised tree home with you.

For information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited.



### Beginners Art session

Wednesday 8th March 2023 2.00pm-4.00pm  
The Ribble Pilot, Docklands  
Ashton-on-Ribble, 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!

To register your interest and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited.



### Christmas Wreath Making

Saturday 3rd December 2022  
9.30am - 12.30pm.  
St Pauls Church Hall, Church Lane,  
Farrington Moss, Leyland PR26 6RD

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

This is a 3-hour workshop which is suitable for beginners as step-by-step instructions will be given. All materials are included to make a lovely door wreath. Seasonal refreshments and festive music are also on the agenda!

For information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited

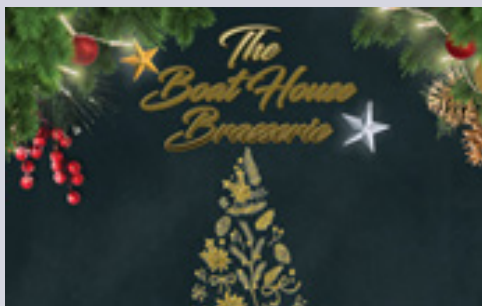


### Barton Grange Christmas Afternoon Tea

Friday 9th December 2022  
at 2.30pm  
(arrive 10 minutes early)  
Barton Grange Garden Centre,  
Garstang Road, Brock,  
Preston PR3 0BT

Come and join us for a 'blooming' lovely Christmas afternoon tea at this very popular Garden Centre.

To secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited.



### The Boat House Brasserie Christmas Lunch

Thursday 1st December 2022 at 2.00 pm  
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.

For information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited.



### The Mill Christmas Lunch

Friday 16th December 2022 at 12.00noon  
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 Christmas Lunch using ingredients from local Lancashire suppliers and growers.

For information and to secure your place please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**. Places are limited.



### 30-minute massage

Available throughout January 2023  
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.  
For information and to secure your place  
please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)  
or call our Service Access Team on **0345  
6887113** now. Places are limited.



### New Year Signature Massage

Available throughout January and  
February 2023  
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.  
For information and to secure your place  
please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)  
or call our Service Access Team on **0345  
6887113** now. Places are limited.



### 30-minute massage

Available throughout February 2023  
Dalmeny Resort Hotel, 19-33 South  
Promenade, Lytham St Annes FY8 1LK

Enjoy a relaxing afternoon by the sea with  
full use of the spa facilities, eucalyptus  
steam room, dry heat sauna, whirlpool  
and swimming pool including a 30-minute  
massage.

For information regarding dates and  
to register your interest please email  
[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our  
Service Access Team on **0345 6887113** now.  
Places are limited.



### 30-minute massage

Available throughout January 2023  
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.

For information regarding dates and  
to register your interest please email  
[enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our  
Service Access Team on **0345 6887113** now.  
Places are limited.





## The Lancashire Carers Service Media Platforms

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### Social Media



#### Facebook

Our Facebook page is going from strength to strength. We now have more than 831 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](#)



#### 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 1600 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.***



#### Carers UK Digital Resource

The Lancashire Carers Service are no longer subscribed to the Carers UK digital resource platform. GP practices are now able to share their subscription code with patients for these digital resources. If your GP practice does not know the code, or you need support to contact your GP for the code, please contact our Service Access team who will be able to help you do this. Within this magazine you will find details of alternative digital resources such as the OCHRA app. If you have access to the internet, we are sure that you will find these resources helpful and informative. You can contact Service Access Team by email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call us on **0345 6887113**

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

When you have a carers assessment with n-compass 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.

### 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**

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#### 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 well-being 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.



## 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)



## Moving and Handling People Safely for Carers

- Are you struggling with moving and handling someone that you care for?
- Are you an unpaid carer?
- Are you aware of safe moving and handling techniques?

## Disabled Living's Moving and Handling People Safely may be the session you need

This session will look at back care awareness, posture and safe principles and techniques. We will look at manoeuvres you do now and see if we can help to improve your technique. There will be practical demonstrations which you can join into practise.

There will also be access to other advice we may be able to help with at Disabled Living e.g. continence issues, equipment issues.

**Cost:** This 1-hour session is free.

**Venue:** Disabled Living, Burrows House, 10 Priestley Road, Worsley, M28 2LY

To enquire about these sessions, or to book please call the training team on

Tel: **0161 214 4590** or email: [training@disabledliving.co.uk](mailto:training@disabledliving.co.uk)

Website [www.disabledliving.co.uk](http://www.disabledliving.co.uk)

## Age UK Digital Inclusion

**Do you know someone who is keen to use a computer or the Internet but lacks the digital skills needed?**

Age UK Lancashire run their Digital Inclusion Project supporting older adults by starting with the basics through to setting up an email address and even how to order groceries online.

If you would like to know more, please contact David at Age UK Lancashire on **07807 263820** or visit their website [www.ageuk.org.uk/lancashire/](http://www.ageuk.org.uk/lancashire/)



## Carerfree

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/)



## 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 website, 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.



# FIND

The SEND Newsletter for Lancashire Families



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

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

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



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

### What is Advocacy?

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

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

### What could an Advocate do for me?

- Help you to find out information and understand more about how social care and health processes work
- 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

### Does your family include a child or young person with SEND?

You are invited to attend a drop-in **Information Event** in your local area

#### SEND Information Events for Parents and Carers

Fun activities for children will be available – everyone welcome!

Milton Street Youth Zone, Fleetwood –  
Monday 12th September 10am – 2pm

The Exchange, Burnley –  
Monday 19th September 10am – 2pm

County Hall, Preston –  
Tuesday 4th October 9:30am – 12:30pm

Book a place on [Eventbrite.co.uk](http://Eventbrite.co.uk) – search for Lancashire SEND Partnership.

#### SEND Family Fun and Information Events

Further sessions to be announced soon.



- 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)



### 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

**Cloverleaf Advocacy are supporting people throughout Lancashire to have THEIR say in local mental health services and to discuss the issues that are important to them.**

“I’m so excited to be involved - I’ve been doing loads of research and feel ready to get stuck in”



**This project includes the co-development of the Lancashire Mental Health Partnership, providing an inclusive platform for individuals to have their voice heard, in a way that suits them. Options include email, telephone calls, and social media discussions.**

**Please contact the Cloverleaf team for more details:  
01924 454875 or  
mh.lancs@cloverleaf-advocacy.co.uk**



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

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

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

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

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

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





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



“People start to heal the moment they feel heard”  
Cheryl Richardson

# PeerTalk®

PRESTON

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.



## MEN'S CLUB OPEN DAY

SHARE  
YOUR IDEAS  
OVER A  
BREW

**FRIDAY 16<sup>TH</sup> SEPTEMBER 2022**

**10:00am - 12:00pm**

**CHORLEY LIBRARY – 2<sup>ND</sup> floor, meeting room**

### INTERESTED IN JOINING A MEN'S GROUP?

AN INFORMAL, RELAXED, INDEPENDENT GROUP WILL BE FORMING A MEN'S CLUB WHO WILL MEET EVERY FRIDAY MORNING AT CHORLEY LIBRARY.

WE ARE HOLDING AN OPEN DAY FOR ANYONE INTERESTED TO COME ALONG, SEE THE SPACE AND SHARE YOUR IDEAS FOR THE GROUP. ALL ARE WELCOME!

FOR MORE DETAILS EMAIL: [chorley.library@lancashire.gov.uk](mailto:chorley.library@lancashire.gov.uk)

# FRIENDSHIP FRIDAY



Starts Friday 19<sup>th</sup> August

Come and join us for a cuppa, chat and a chance to make friends and meet new people

Every Friday 1 – 3pm

At Disability Equality

103 Church Street, Preston PR1 3BS

Email: [hello@disability-equality.org.uk](mailto:hello@disability-equality.org.uk)

Tel: 01772 558863

Disabilityequality(nw)Ltd

DisabilityNW

Disabilityequality



Charity Number: 1114622

Company Number: 5506903



## Safety First Project



The Safety First Project supports disabled people from Preston, Chorley and South Ribble to keep safe at home, in relationships and in the community.

### We do this by:

- Regular ‘Safe and Well’ telephone calls and messages.
- One-to-one personal safety sessions with project staff.
- Community events, group activities, peer support sessions and volunteering opportunities.

### Contact us if you experience or are worried about any of the following:

- Anti-social behaviour
- Bullying or verbal abuse
- On-line abuse
- Mate Crime
- Hate Crime
- Domestic Abuse
- Carer Abuse
- Financial Exploitation
- Sexual exploitation
- Neighbour disputes



### Reporting Crime

There are different ways to report crimes  
<https://doitonline.lancashire.police.uk>  
 Phone **101** or **999** in an emergency.

### Follow Us

We're on social media:



Disability Equality North West - DENW

DisabilityNW

### Contact Us

**Phone:** 01772-558863 option 2

**Text:** 07841017472

**Email:** [safetyfirst@disability-equality.org.uk](mailto:safetyfirst@disability-equality.org.uk)

**Office:** 103-104 Church Street,  
 Preston,  
 PR1 3BS



Charity Number 1114622

[www.disability-equality.org.uk](http://www.disability-equality.org.uk)

Company Number 5506903



## Looking to learn new I.T skills in West Lancs?

Register today for FREE training sessions to get online

**Get Online**  
Register today for free remote training sessions

Working in partnership with We Are Digital we are offering remote training and support for residents who need help with essential IT skills including:

- How to video call friends & family
- Using social media such as Facebook (inc. internet safety)
- Arranging GP appointments by video
- Shopping online (due to travel restrictions)
  - Doing online banking (safer than telephone banking)
- Creating a CV and applying for jobs
- Government forms online & on the phone (benefits such as Universal Credit)
- Help with energy or switching bills

Text WEST LANCS and your name to 07825 844 417 or call us directly on 01695 585216 (standard charges apply)

## Are you looking for more skills and confidence to get online?

Do you live in West Lancs and want to:

- Stay connected with friends and family?
- Shop online?
- Do banking online?

Sign up for the new FREE one to one training sessions on offer from West Lancashire Borough Council.

These sessions can be done at home and they cover all the basics of being online including:

- How to video call friends and family
- Using social media such as Facebook (inc. Internet Safety)
- Arranging GP appointments by video
- Shopping online (due to travel restrictions)
- Doing online banking (safer than telephone banking)
- Creating a CV and applying for jobs
- Government forms online & on the phone (benefits such as Universal Credit)
- Help with energy or switching bills

If you're interested, and want to know more or to sign up, please get in touch:

Text WEST LANCS and your name to 07825 844 417

Phone 01695- 585216

Email: CustomerEngagement@westlancs.gov.uk



## 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.



## 'Caring for Adults' - Free online learning through the Open University

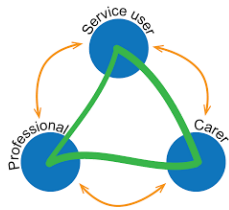
"Caring for adults is an introductory course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own well-being by giving you some ideas and information about looking after yourself and dealing with stress."

Course Outcomes are as follows:

- Describe the role and responsibilities of carers
- Recognise some of the basic concepts that will enable a person-centred approach to care
- Identify the different needs of a cared-for person, at different stages of their care
- Understand the impact that caring may have upon carers, and how this might be managed
- Explain some of the legal responsibilities within the caring role

For further information, please follow the link:

<https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-adults/content-section-overview?active-tab=description-tab>



## Improving Carer Experiences through the Triangle of Care accreditation

Lots of work has been taking place over the recent months to ensure we are on track with our 1\* accreditation of the Triangle of Care. Working closely with in-patient wards and home treatment teams to deliver training, complete self-assessments and identify Carer Champions - we want to thank those carers who have made contact to support this piece of work.

As well as the on-going Triangle of Care accreditation work, there are several ways that you can get involved, from sharing your experiences of our services, to getting involved in key meetings and focus groups – we are committed to working in partnership with service users and carers to ensure the services we provide are of high quality by helping us to understand how services can be improved.

We are inviting service users and carers to join the Service User and Carer Council (SUCC) who can use their lived experience to help shape our services across Lancashire and South Cumbria – please note meetings may be held face-to-face or virtually.

Service users and their families are experts in understanding what is needed thanks to their own experience of mental distress or physical ill health. It's vital that members of SUCC feel empowered to help develop services by inviting volunteers to give their views and be an active member of the council.

If this is something you would be interested in joining, you can find more information on our website, [www.lscft.nhs.uk/SUCC-applications](http://www.lscft.nhs.uk/SUCC-applications) or please contact our team via email [experience.team@lscft.nhs.uk](mailto:experience.team@lscft.nhs.uk) or call **01772 773 489** if you would like additional support.

## What is Triangle of Care?

The Triangle of Care is about people who use our services, carers and professionals listening to each other and working together, recognising that carers are experts by experience. It aims to promote safety and recovery for people with mental health issues, and to enhance their well-being, by including and supporting their carers.

### Important links:

Triangle of care - <https://carers.org/resources/all-resources/53-the-triangle-of-care-carers-included-a-guide-to-best-practice-in-mental-health-care-in-england>

## Money Saving Tips

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 mean 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 .06p
7. For advice and support in relation to energy bills please visit the [Citizens Advice website](https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/getting-extra-support-from-your-energy-supplier/) 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>

### Grants to help pay energy bills:

[Turn 2 Us - grant search](#)  
[British Gas Energy Trust](#)  
[Warm Home Discount](#)

## 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

### Money Saving tips and Apps.

- Too good to go app <https://toogoodtogo.co.uk/en-gb/> Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started
- Jack Monroe recipes <https://cookingonabootstrap.com/> Jack Monroe is a British food writer, journalist and activist known for campaigning on poverty issues, particularly hunger relief.
- Cheapest Fuel near me apps <https://www.petrolprices.com/download-the-app/>
- Coupon queen <https://couponqueen.co.uk/> Here you will find a mix of family, lifestyle and money saving content
- Local community centre, Preston <https://intact-preston.org.uk/our-services/whitbys-pantry/> and meals to purchase <https://intact-preston.org.uk/our-services/whitbys-homemade/> as well as additional support with debt management
- Martin Lewis 90 point cost of living guide-we could share which ones we have done to highlight some of the benefits as it's a lengthy document <https://www.moneysavingexpert.com/family/cost-of-living-survival-kit/>
- Are you concerned about how you would cope in a power cut? If so please ensure you are signed up to the Priority Services Register. <https://www.ageuk.org.uk/lancashire/our-services/information-hub/cost-of-living-support/>



## 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



## The activities handbook

Supporting someone with dementia to stay active and involved

For more information  
[alzheimers.org.uk](http://alzheimers.org.uk)  
0333 150 3456



## 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.



## The Lancashire Armed Forces Covenant Hub

Lancashire Carers Service are excited to be working in partnership with The Lancashire Armed Forces Covenant Hub. We are keen to hear from people from the armed forces community (both serving or discharged) who provide a consistent level of unpaid care for a relative, friend, loved one or neighbour due to a physical injury and/or emotional health problem such as PTSD.

This could be you, or someone you know of.

If you are interested in getting involved with the promotion of this initiative, or to support our planned informal 'meet-ups' across the County, we would value your contribution and would love to hear from you.

To find out more please get in touch with us by telephone **0345 688 7113** or e-mail us: [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

We are here to support all people providing unpaid care in Lancashire.

## 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)



## 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.

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

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





## 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** ask to speak to her about the YODA Social Group.



## 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/>



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



## 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>



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**

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.



## Book Recommendations

### Can I Tell You About Aspergers

(book for children with AS aged 7 upwards) Meet Adam – a young boy with AS. Adam invites young readers to learn about AS from his perspective. He helps children understand the difficulties faced by a child with AS – he tells them what AS is, what it feels like to have AS and how they can help children with AS by understanding their differences and appreciating their many talents. This illustrated book is ideally suited for boys and girls between 7 and 15 years old and also serves as an excellent starting point for family and classroom discussions.

### Living with a Long-Term Illness

The Facts, Campling Frankie and Sharpe Michael (2006) This book is necessary reading for anyone diagnosed with chronic illness and their family / carers. It gives the reader honest personal accounts of the problems encountered when living with chronic illness as well as sensible, structured strategies to help all those involved maintain a healthy approach to their lives. The chapter on the relationship between the patient and their doctor is particularly insightful. The co-writers offer the reader comprehensive discussion and advice from both the personal and medical angle increasing the knowledge and understanding of the demands chronic illness places on the individual and all those involved in their care. An excellent and long awaited “toolkit”.

### Who Cares?



Sara Challice gave up her career as a graphic designer to care for her husband for 13 years after he was diagnosed with a brain tumour. Following a stroke, he became bedbound and needed full-time nursing care; due to the pressure, Sara became both mentally and physically unwell. She then found new strategies to regain her health and enjoy life again, even whilst caring for a terminally ill husband. Sara also got involved with local and national charities and became a trustee for the neurological charity INS (Integrated Neurological Services). Since her husband’s death, Sara has been a frequent public speaker, helping transform the lives of carers, their health and wellbeing; she continues to volunteer and fundraise to promote the wellbeing of carers. She is much interviewed for media and podcasts about health and wellbeing (see [www.whocares4carers.com](http://www.whocares4carers.com))

### A Former Carers reflection

I’ve been reflecting on the last few years caring for mum and my journey now without her. I have had some sad moments thinking about how it all ended. It was certainly not the peaceful passing I had planned and hoped for, and although I understand some things are completely out of our control, it still hurts me that I couldn’t have made things better for her at the end. I’ve been using all my self-help tools (meditation, EFT, audio books, reading etc.) to keep me balanced. I came across a book called “Opening to Grief - finding your way from loss to peace”, it focusses on kindness to yourself in times of grief. It also mentions the Buddhist parable, “The Second Arrow” which I had not heard of before, but it makes so much sense.

I hope this link may be of help to others, who like me, are looking for healing after loss. <https://openingtogrief.com/blog/> Former Carer



# Preston's Dementia Hub

*for anyone affected by dementia*

**Held on the third Wednesday of each month.**

**11.00am - 1pm**

A place to meet others in the same situation and enjoy some friendly chatter over a brew.

Various organisations will be on hand to offer information and support, as well as access to free wellbeing activities.



**Recovery College @Deepdale**  
(next door to The Minerva Centre, Lowthorpe Rd, Preston PR1 6SB )



**Lancashire**  
County Council



**NHS**  
Lancashire & South Cumbria  
NHS Foundation Trust



**MEN'S SHED FLEETWOOD**

## Mens 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](tel:07783997186).

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

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



**VETERANS' GATEWAY**

## 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:  
<https://www.veteransgateway.org.uk>

## Discounts for Carers

There are a number of discount and special offer cards for Carers which may be useful to you. Visit each website for more information on the offers...

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

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

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

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

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



## 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)



## Preston Care and Repair

Preston Care & Repair provide practical help and support with all aspects of being safe, secure, warm and independent including home repairs, adaptations and improvements as well as independent advice and information. For more information on the services, they offer you can call **01772 204096**



## 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.

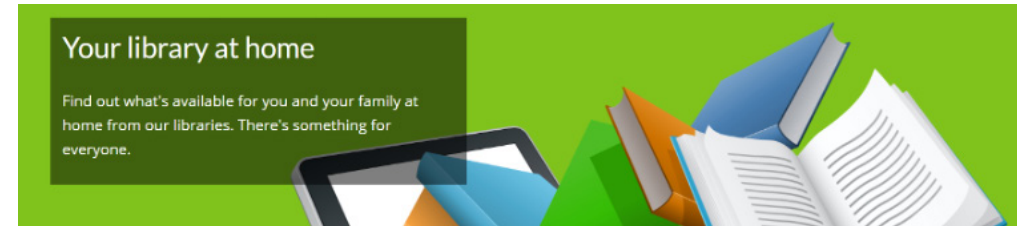
### Quick tips to keep safe –

- 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 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 Newsletter.



## 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/)



## 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 [www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/digital-skills/](http://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/digital-skills/)



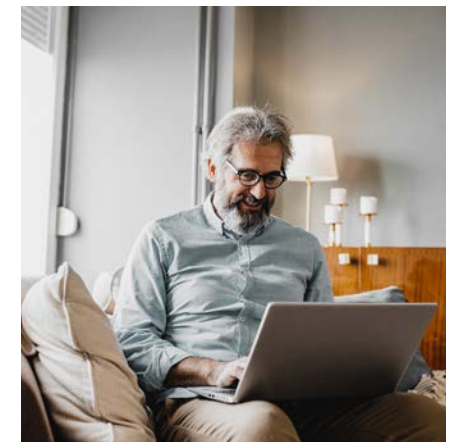
Inspiring **POSITIVE CHANGE** through digital skills

## Digital Unite Technology Guides

How-to guides around a whole host of digital topics.

The guides are perfect for supporting others with digital skills or improving your own knowledge.

[www.digitalunite.com/technology-guides](http://www.digitalunite.com/technology-guides)





# You can talk to us about anything that's troubling you

▶ We're here to listen 24/7

**SAMARITANS**

Call free on 116 123 or  
email [jo@samaritans.org](mailto:jo@samaritans.org)

Talk  
to us

we'll listen

A registered charity



## The Pumpkin Picking Adventure

The Famous Pumpkin Picking Adventure is back again in October 2022

Farmer Chris has planted over 20,000 plants in our pumpkin fields, and they will be ready for your Halloween harvest this October. Don't forget your wellies!

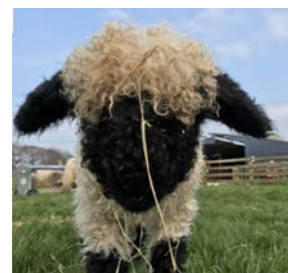
For further details and to book your place contact Windmill Animal Farm, Fish Lane, Burscough L40 1UQ  
Telephone **01704 892282**



**Christmas Market at St Annes on the Sea**  
Ashton Gardens, St. Anne's on the Sea, Lancashire,  
UK, FY8 2AW  
8th – 11th December 2022

St Anne's Enterprise Partnership are pleased to announce that in conjunction with Fylde Council and St. Anne's on the Sea Town Council, they will be holding their second Christmas Market in St Anne's own Ashton Gardens.

The event will see log cabins, marquees and gazebos hosting various local businesses selling their food, drink, seasonal goods and craft items. There will be seasonal entertainment in the form of a fun fair and they have been in touch with Father Christmas, who has agreed to see the children in Santa's Grotto. The gardens are a short walk from the town centre, will be decorated and lit, with a small funfair to entertain the children, while the grown-ups shop and get into the festive spirit.



**Easter 2023**

**Where's Woolly?**  
**HELP US FIND OUR LOST LAMB - WOOLLY!**

Can you, your family and friends help Farmer Matt search the farm and find 'Woolly' the lost lamb. As you search the farm, look out for clues along the way whilst meeting many of our different animals on your journey. Each visiting little helper will receive a tasty treat for helping out!

For further details and to book your place contact Windmill Animal Farm, Fish Lane, Burscough L40 1UQ  
Telephone **01704 892282**



# 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 Carers Caravans help those carers registered with Carers Link Lancashire to enjoy a much deserved break. The three vans are located across the North West, at Blackpool, Grange-over-Sands and Morecambe. Each caravan was refurbished in either 2017 or 2018.

*"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. The kids have had a ball! Thank you Carers Link"*

*"A huge thank you to you all for our great holiday"*



At Lakeland Leisure (Grange-Over-Sands) and Marton Mere (Blackpool) 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

#### NEARBY ATTRACTIONS (LAKELAND):

Visit the Lake District, RSPB Nature Reserve, Cartmel Race Course, Minature Village, Lakeland Motor Museum, Grizedale Forest, Lakes Aquarium.

#### NEARBY ATTRACTIONS (MARTON MERE):

Visit Blackpool, Nature Walks, Marton Mere Nature Reserve, Blackpool Zoo, Stanley Park, Sea Life Blackpool, Sandcastle Water Park, Blackpool Pleasure Beach.

At Parkdean Ocean Edge (Heysham) we can offer you:

- Leisure facilities available with purchase of entertainment passes
  - Dogs are welcome!
  - Sleeps 6 people

#### NEARBY ATTRACTIONS:

Nature Walks, Morecambe Bay, Heysham Nature Reserve, Lancaster Castle, Williamson Park, Leighton Hall Estate, Greenlands Farm Village, Lakeland Wildlife Oasis.

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



## Poets Corner



Do you have a flair for writing poetry? If you would like to share your poem in our next magazine, we would love to share it.

Please e-mail to [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) for the attention of Participation & Engagement Team, alternatively send to **Freepost LANCASHIRE CARERS SERVICE.**

### *Riches in Heaven*

Nearly fifteen years of sheer dedication.  
 The washing, cleaning, and prompting medication.  
 Often isolated alone and denied.  
 At times she has prayed and at times she has cried.  
 Times when he's better and she's bursting with pride.  
 And yet finding more when there's nothing inside.  
 Too busy to think of the thankless tasks.  
 She's hurting too but she just never asks.  
 And holiday adverts flash up on Telly Not to worry, soon she'll get her  
 day in Pwllheli.  
 When you're up and down stairs you don't need the Med.  
 You just need some sleep and a late lie in bed.  
 She thinks goodness me; it's gone past eleven! Poor earthly reward...  
 but Riches in Heaven.

*Poem dedicated to Carers by Damian Mitchell*



## Call for Carers' Stories



We hope you have enjoyed reading the Lancashire Carers Service Winter magazine and have found the content to be interesting and helpful. Over recent months we have received lovely feedback from carers about our 'Carers Stories' and how they have related to the circumstances, challenges and suggestions made in their story.

We are currently looking for carers who are willing to share their caring story with us. We are also looking to create several inspiring videos to highlight the benefits of being physically active from the perspective of a carer. We would be interested in hearing your story. Some of the key messages we would like the videos to focus on include:

- How being active has supported physical and/or mental health
- Tips on staying active with the person you care for
- Your experience of attending our Coffee and Chat sessions
- Your experience of attending our carers activities
- Your experience of using our Carers Community Network

If you would be interested in sharing your story, either in a video or in an article, please email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk) or call our Service Access Team on **0345 6887113**

### Sandra's Story

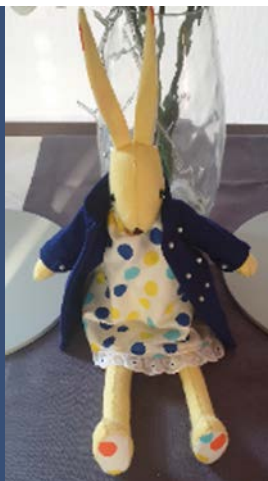
Sandra registered with Lancashire Carers Service in 2017. She cared for both parents and her son. Sandra was supported by Lancashire Carers Service and additional outgoing referrals were made to services such as, The Lancashire Wellbeing Service and Mental Health Carers Support. Information was also sent to Sandra about incontinence services and Macmillan Nurses. A Peace of Mind for Carers Plan was created for her mother. Sandra was allocated a Carers Personal Budget. By June 2020 both Sandra's parents had sadly passed away, but Sandra still has a significant caring role for her son who is a Veteran of the Armed Forces. Her son struggles with PTSD and many serious War Injuries.

We currently support Sandra with an Annual Carers Assessment review, giving her the opportunity to discuss her concerns and signpost her to various mental health services. She continues to receive a Carers Personal Budget to support her wellbeing and uses the budget to fund her love for crafting. Sandra makes blankets, head bands, Snoods and is currently making

Luna Bears. Sandra made the blankets for a rest home close to her home. The ear warmers were donated to a women's homeless centre. Sandra made 25 ear warmers and 10 blankets. The poppies are for the blanket that she will donate to the scouts for Remembrance Day.

Sandra said that 'The phone call I receive, to update on my position, has always been important to me. I've cried, laughed and off loaded on your staff and it's been a great help. It is a safe space for me to talk and I will always be grateful for that.'

Thank you very much for printing my story, it is very much appreciated, as is the work and support that I have received from Lancashire Carers Service.



## Carers Recipe Corner



### Eton mess

#### Ingredients

- 4 meringue nests
- 400 ml whipping cream - use double cream, Greek yoghurt, or vanilla ice cream as an alternative
- 1 tbsp icing sugar - optional
- 1 large punnet of fresh strawberries (500g)
- Sprig of mint - optional

OR

- Swap and use raspberries and blackberries instead?!

1. Whip the cream in a large bowl until nice and thick. Stir in the icing sugar, if used.
2. Chop/crush into small chunks the meringues and add to the bowl of cream stirring gently.
3. Wash, quarter and hull a large punnet of fresh strawberries.
4. Stir together until combined and serve in bowls or glasses topped with a fresh strawberry and a sprig of mint. You could stand slices of strawberries on the inside of the glass for a tempting presentation! (See photo). fresh mint to serve – optional

# Puzzle Page

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

## Word Search

### Winter Wonderland

```

F S S K B G L Q A H K E U D Y U C W U O
R C Q N L D D B I I G F N L P I H Q C F
A G P V E A K B C D K A B H E D E E D V
C H V G A T E I E G L V I W R D I C V P
S O W W K R T L P R E I N D E E R I F S
W V E E N V S I E S N O W M A N S T C F
I X D A Q P E D M J N O I T A L U S N I
R L T E C I N G F J K A C U S X A L X P
J E Y E A O B I S U S Q G P K V I O N X
G U A L W K D S A N V X S G I T D S J V
K L K K N G N P F P O I G C O C Q F P Z
O I I S H O L Y W N R W G L S B B A G R
I E V S W L Y B Z C C Q F L P E O T X R
W H C B T C W L S V K I A L P V I T P D
A W A C D E Q O X A K K Z K A M G H L Z
X L V A D L N C M D J T H M R K R I E O
L K J N C P L I B R I G H T U J E N B A
T R B C O K V R N I X N D J P L N Q P N
Z V T O Y Z V T V G U T Q E Q P Z P O G
Z N F E H I T B V C A P V Z Q R A B B C
    
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- |             |                |            |            |
|-------------|----------------|------------|------------|
| bleak       | ice            | sledge     | toboggan   |
| bright      | insulation     | snowball   | wonderland |
| crisp       | mittens        | snowflake, |            |
| glistening, | reindeer scarf | snowman    |            |
| hibernate   | ski            | solstice   |            |

## Fill in the Missing Numbers

	x		-		-	9	10
-		-		-		x	
10	x		+		+		147
-		-		+		-	
	-		+		-		-11
+		x		+		+	
	-		-		x		-20
	-10		-106		17		111

The missing values are the whole numbers between 1 and 16

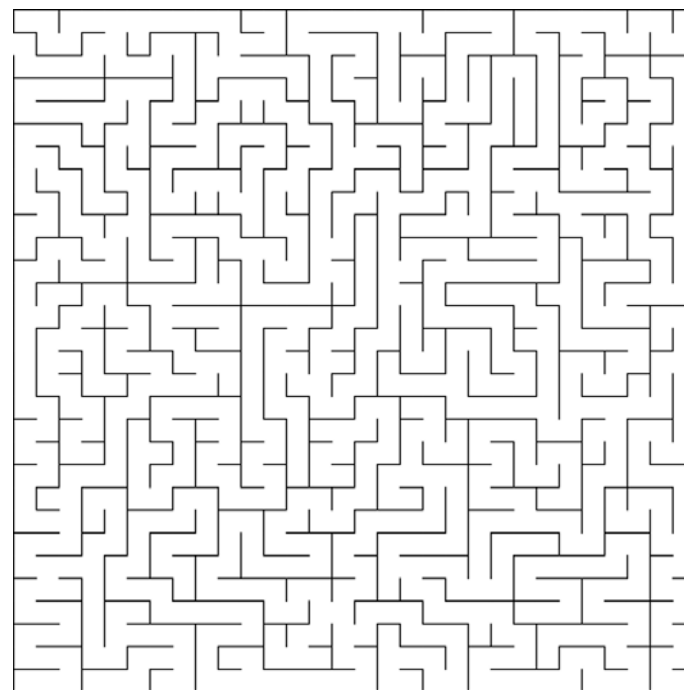
Each number is only used once

Each row is a math equation

Each column is a math equation

Remember that multiplication and division are performed before addition and subtraction

## Maze







## 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

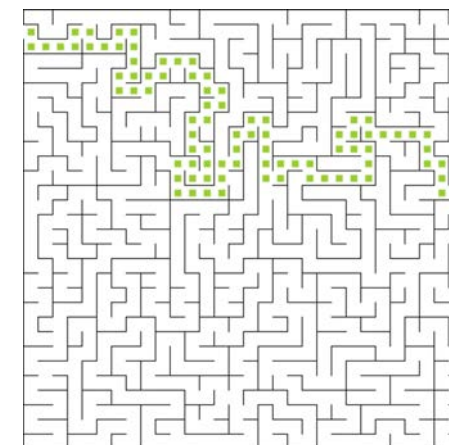
**Citizen's Advice Bureau Lancashire West**  
0344 245 1294

## Puzzle Answers

### Missing Number Answers

2	x	12	-	5	-	9	10
-		-		-		x	
10	x	13	+	3	+	14	147
-		-		+		-	
8	-	7	+	4	-	16	-11
+		x		+		+	
6	-	15	-	11	x	1	-20
-10		-106		17		111	

### Maze Answer



### Wordsearch Answers

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



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