

## Community Garden



We are quickly coming to the end of the year and our community garden in Accrington needs some TLC to get it ready for the winter and prepared for the spring.

We are calling on our eager green fingered volunteers to help us get the garden cut back and planted up. If you can spare a few hours it would be greatly appreciated and would get us prepared in the long run.

Simply call our Volunteer Co-ordinator on **01254 387444** (tools are provided along with a hot drink to keep you warm!)

## DBS Checks



### Sign in with GOV.UK Verify

Have you used GOV.UK Verify before?

- This is my first time using GOV.UK Verify  
 I've already signed up for Verify  
This includes if you've got part way through creating an identity account

Continue

All our volunteering opportunities require us to undertake a disclosure and barring check (DBS). The way these are done has recently changed and many of our roles only require a basic check...which you must do yourself.

When the time comes to renew your DBS we will contact you and provide you with the details of how to do this online and how to claim back the cost of it (currently £23). If you would prefer our assistance, you can arrange to come into our Information Hub in Accrington and we can help you complete the form online.

## Trustees

The trustees at Carers Link Lancashire form a vital part of how the charity develops and plans for the future. The charity is currently looking to appoint two more trustees to its board with a specialist focus:

### Human Resources

We are looking to appoint a trustee with current or previous experience of working in a human resources environment who can advise on staff issues that may arise.

### Legal Services

We are looking to appoint a trustee with current or previous experience of the legal system who can assist with legal matters.

If you feel you have the skills and experience to support Carers Link Lancashire then please call **01254 387444**.

## Carers Caravan

# Secure your 2022 carers caravan holiday today with a £30 deposit!



**Start planning next years get away!**

Prices start from £190 for a 3 night stay with an option to pay in instalments. Holiday season is April 2022 to October 2022.  
For more info visit: [www.carerslinklancashire.co.uk/carers-caravan](http://www.carerslinklancashire.co.uk/carers-caravan)  
Call 01254 387444 to check availability and pay your deposit.

# Carers Link Lancashire

IMPROVING LIFE FOR CARERS

October 2021

## Volunteer Newsletter

### Thank you

The last 18 months have been a difficult time for many and with reduced services, our volunteers haven't been able to support carers and members of the public as much as they would normally have done.

Now that we are slowly returning to normal, we at Carers Link Lancashire wanted to say a huge **THANK YOU** to all the volunteers that have remained with us and are keen to get back into their volunteering role. This newsletter provides a brief update.

If you would like to restart your volunteering role or become a new volunteer simply call **01254 387444** to speak to our Volunteer Co-ordinator.

### Festive Celebration

To celebrate the festive season and to say thank for continuing to support Carers Link Lancashire, we would like to organise a volunteers 'get together'... but we need your ideas.

Would you like a meal somewhere or prefer a virtual catch up via Zoom?

Please contact the Volunteer Co-ordinator on **01254 387444** or send a text message with your name and date/time preference to **07857 668619**.



## Community Cafe, Kitchen and Charity Shop



Our community facility on Blackburn Road in Accrington is a great place to shop and eat and our volunteers provide a fantastic service! If you haven't visited us yet you are certainly missing out!

The facility includes a charity shop, cafe (with great value food and daily specials), a lovely garden to enjoy your food in and an information hub should you need any support. Several of our support groups also meet here, so check your carers magazine for details.

If you, or someone you know, would be interested in becoming a volunteer at our community venue, please call our Volunteer Co-ordinator on **01254 387444**.



## New Charity Shop



We have great news! We are currently in the final stages of securing our second charity shop. We can't tell you the exact location yet (we don't want to jinx it), but we hope it will be in Clitheroe.

Whilst it will take a little time to outfit the new premises, we are already keen to recruit volunteers ready for stocking the shop and officially opening. If you, or someone you know, would be interested in becoming a volunteer for our new shop please call our Volunteer Co-ordinator on **01254 387444**.

## Handyman



Do you know the difference between a drill bit and a spirit level? Then we need you!

From time to time we get carers asking if we know someone who can put a shelf up, or fix a carpet that has come loose and we keep apologising and saying 'no'. And then we thought..."why not try and find a few volunteers who could help"?

So if you are a Handy Andy, or Handy Mandy, then please call our Volunteer Co-ordinator on **01254 387444** to discuss occasional DIY jobs.

## Face to Face Befriending



### BEFRIENDING

The befriending service is a truly valuable scheme that many of our carers would like to take advantage of to give them a short two hour break each week and we are always looking for more befrienders.

Volunteers are matched with the 'cared for' person and they can sit with them and chat, play board games, go for a walk, watch TV or take part in activities if they wish.

If you, or someone you know, would be interested in becoming a befriender, please call our Volunteer Co-ordinator on **01254 387444**.

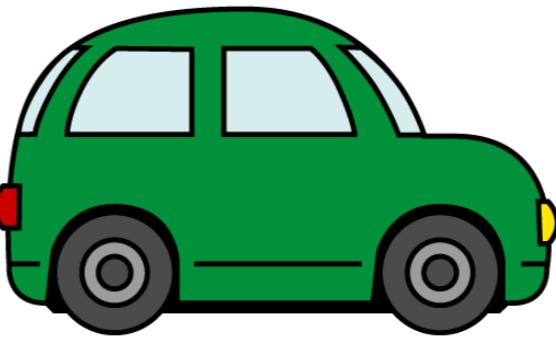
## Telephone Befriending



Now that pandemic restrictions are being eased, we are keen to restart the befriending service. However we are aware that some volunteers (and indeed those we support) do not wish to visit other people's houses.

As such we are considering running a telephone befriending service instead. Volunteers would be allocated one, or more, person(s) to call each week for a maximum of 30 minutes to provide a comforting ear or general chat. If this is something you would be interested in doing, please call our Volunteer Co-ordinator on **01254 387444**.

## Drivers



Donations form a large part of running a charity shop and we always welcome them. Sometimes however we are unable to accept them as we don't have the capacity to visit people's homes to collect them.

We are currently looking for some volunteer drivers (you don't have to be Lewis Hamilton!) who can spare a couple of hours on an occasional basis to collect donations for us.

For further details call our Volunteer Co-ordinator on **01254 387444**.

## Complimentary Therapies



We soon hope to restart our complimentary therapies for carers, however Carers Link Lancashire have a problem that we need your help with.

We would like to source a new venue that has a room with ventilation (a window) in it for health and hygiene purposes.

All we need is a room in Accrington or Burnley that we could hire and ideally it already has a therapy bed in it. If you have any suggestions please call our Volunteer Co-ordinator on **01254 387444**.

## Community Outreach



Outreach forms a big part of our work and Cara is one of our outreach volunteers. Cara has a diagnosis of Autism Spectrum Disorder, Word Association difficulties, hearing problems and Dyspraxia, but she doesn't let that get in the way of her helping others. She is great at talking to people about our service and this has really helped her confidence and communication skills.

Her experiences prove extremely powerful when dealing with members of the public or health professionals. The photo above shows her promoting Carers Link Lancashire at the Great Harwood Charity Fair.

If you would be interested in helping out with our outreach events simply call our Volunteer Co-ordinator on **01254 387444**.

## Christmas Outreach Support

This year, Accrington will be switching on its Christmas lights on **Thursday 25th November**.



Our community venue (cafe/shop) will be open and we are looking for volunteers to help on the night.

We need assistance to man the shop, cafe and Santa's Grotto...so if you could spare some time between 4.00pm and 9.00pm then please contact our Volunteer Co-ordinator on **01254 387444**. All help would be greatly appreciated!!