

Autumn / Winter Edition 2023

Magazine



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

Service offer narrative: 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
- ✓ Volunteer led Sitting-In service
- ✓ Support for former Carers
- ✓ Volunteering opportunities for Carers, including volunteering for the CHAT Line and Sitting-In services
- ✓ Access to training opportunities
- ✓ Access to wellbeing and emotional support therapies
- ✓ Opportunity to join our Carers Community Network Platform

n|compass
towards a brighter future

 Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

Lancashire
County Council 



Welcome

Welcome to the Autumn/Winter edition of the Lancashire Carers Service Magazine. Packed full of the latest news, advice, training courses carers stories, top tips for carers and much more.

In this issue, we focus on carer's rights. We are here to help you know and understand your rights as a carer. This knowledge will help you gain confidence to ask for the support you are entitled to.

Christmas is always around the corner and with a Carers Merry Christmas Party and Christmas Wreath Workshop we are ready to get you in the spirit.

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

You can always keep up to date with our service offer and new opportunities by visiting our websites www.ncompass.org.uk and www.carerslinklancashire.co.uk

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



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.

Peace of Mind 4 Carers Plan

With an Assessment and Support Officer and the person you care for, put together a plan for 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.

Contact us today

We really welcome and value your feedback, comments and suggestions. There are various ways that you can get in touch with us and these details are included below.

www.n-compass.org.uk/our-services/carers

enquiries@lancscarers.co.uk

0345 688 7113 option 2

ncompass.org

[@_ncompass](https://twitter.com/_ncompass)

carerslinklancashire.co.uk

info@carerslinklancashire.co.uk

0345 688 7113 option 1

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

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

A CARERS STORY

YOUNG CARER, TO VOLUNTEER

From young carer to Carers Link Volunteer.

This is Sam's Story...

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

It was through the Young Carers Project at Carers Link Lancashire that, aged 11, I was identified as a Young Carer by Carole Moulton. The project supported me by offering personalised and individual support based on an initial age-appropriate assessment of my needs. It also offered me fun respite activities and opportunities that I would normally not have been able to do due to my caring role.

No one really understands what it means to be a carer; people just think it's 'helping out' but it is much more than that, you have extra worries, responsibilities, and often feel isolated in addition to missing out on a social life.



"I have been lucky that I have made friends for life through the system of endless support that Carers Link Lancashire has afforded me."

When I felt like things were getting too much and that I needed some individual support I knew that I could contact the office, within 24-48 hours there would be a one-to-one planned with my development worker. Just having a listening ear whilst I let off steam was enough to make me feel heard, validated and able to continue in my caring role.

During my late teens I began volunteering for Carers Link Lancashire. I got to spend time with other young carers whilst they enjoyed themselves, whether that be on a residential trip or a one or two-hour session, I also had the privilege of mentoring other young carers.

Volunteering was a great confidence booster and provided me with experiences that gave me the understanding of how to support and inspire groups of young people who are in a similar position to what I was in at their age.

As I transitioned into a young adult, I continued to receive support from Carers Link Lancashire through the Young Adult Carers Project, this helped to further build my confidence in so many ways. During the time that I was part of this project I got to advocate for young carers in many different forums.

I spoke at various events, such as the AGM, rotary dinner and to social work students at UCLAN about what it is like growing up as a young carer.

I was supported with an adult carers assessment which took into account of my hopes and wishes for the future, and in collaboration with my Assessment and Support Officer we created a support plan to reflect that.

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

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

Working at Carers Link Lancashire truly helped shape my life to what it is now. I learned how to plan, organise and execute activities, how to support young people in one-to-one sessions and how to engage with them in a meaningful person-centered way. It helped me understand so many different ways to sit and listen to young people who just want somebody to talk to.

I like to think - and hope - that that during my time at Carers Link Lancashire I helped to support and inspire at least one person, I know I was inspired by the young carers I supported.

I recently left Carers Link Lancashire to live a lifelong dream of mine and move to London. I am now a manager at the charity Ealing Mencap where I help support young people between the ages of 13 -18 years that have learning difficulties, amongst many other things I plan and organise engaging activities for them to go out on and enjoy.

"My experience at Carers Link Lancashire allowed me to learn how to adapt to constantly changing environments whilst maintaining professionalism, which is vital for the role I now have."

I also credit my experience as a service user, volunteer and professional to providing me with a solid foundation for my future career.



carers RIGHTS DAY 2023

Thursday 23rd November 2023

Carers Rights Day is about raising awareness of carers' rights and entitlements, to help carers get the support they need.

Often carers put the health and happiness of their cared for, before their own, that is why this Carers Day we want to focus on the health and wellbeing of carers in the community. We are hosting a FREE health check open day at our community facility centre in Accrington where you can come down and receive a free blood pressure and heart rate check as well as up to date information and advice.

There will also be a complimentary buffet spread for those who attend. Alternatively, food and drink will be available to purchase from our community cafe where you can chat to other carers and staff members.

Looking after someone?
Know your rights.
[#CarersRightsDay](#)

6 million people
in the UK have high blood
pressure and don't know it.

An ideal blood pressure
is under 120/80mmHg.
Do you Know Your Numbers?

Every day in the UK, 350 people
have a stroke or heart attack
that could have been prevented.

WHAT IS ADVOCACY?

Advocacy is all about people having more control over their own lives. We help people to make their own decisions, speak up about what they want and need, and achieve their own goals. Our work includes supporting people to feel more in control of the social care and health processes they are involved in. Advocates will work alongside you at your pace, they are not there to tell you what to do or to make decisions for you. Advocates will never do anything about you, without you!

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

WHO CAN ACCESS? AND HOW?

If you are an adult (over 18) and caring for another adult who lives in the Lancashire area we can support you. You can self refer or a professional can on your behalf by emailing or calling using the contact details below.

How can an advocate help me?

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

CARERS ACTIVITIES

Halloween Cupcake Decorating

£2

Celebrate Halloween in sweet style with our seasonal cupcake decorating class led by sugar craft specialist Bernadette. Use fondant to create spooky designs and decorate your own tray of creepy cupcakes. All materials will be provided.



31st October 10am - 12pm / Carers Link Facility, Accrington, BB4 1LE

Harwes Farm Day Trip

FREE



Join us at Harwes Farm to explore mindfulness in nature and see how you can realise positive health benefits in the company of trees. Wrap up warm for campfire smores, tree identification and making Christmas wreathes, then cosy up in a heated teepee with homemade soup and winter warmer.

Saturday 11th November 10:30am - 3:30pm / Pick up from Central Colne

Jewellery Making Workshop

£5

Come along to this instructional jewellery making workshop led by Mrs Tracey Murphy and learn how to make your own stunning necklaces and bracelets from scratch. Why not make a Christmas gift for someone special? All materials will be provided.



28th November 10:30am - 12:30pm / Carers Link Facility, Accrington, BB4 1LE

Spiritual Yoga with Dr Shine

£3



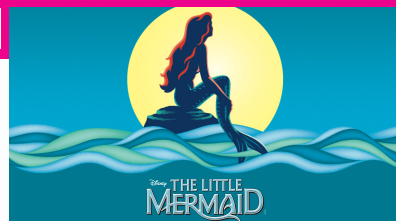
Certified yoga instructor and wellness practitioner Dr Shine will lead a spiritual yoga session suitable for all levels to help balance mind and body. Then lose yourself in the relaxing vibrations of the sound bath with Hannah. All equipment provided, just bring yourself, a blanket and get ready to relax.

Tuesday 23rd January / Yoga Studio 3 Mill Street, Great Harwood, BB6 7NN

Theatre Trip: The Little Mermaid

£5

Pendle Hippodrome Youth Theatre presents Disney classic 'The Little Mermaid', a tale about a rebellious young mermaid who is fascinated with life on land and will do anything to experience it. We are inviting our carers to enjoy this timeless story shown locally at a heavily discounted price.



22nd February 7:30pm / Pendle Hippodrome Theatre, Colne, BB8 9BJ

FESTIVE ACTIVITIES

Santa's Grotto

£2



Bring your little ones to our Santa's Grotto this winter to meet Santa, tell him all of their Christmas wishes and receive a special gift. Hot chocolate, mince pies and other festive treats will be available from our cafe. Stay to watch the Accrington light switchon and fireworks from our cosy community garden.

23rd November 5pm - 7pm / Carers Link Facility, Accrington, BB4 1LE

York Christmas Markets

£5

The festive period is not complete without a trip to the Christmas markets. Join us on our trip to York to visit their amazing markets with stalls, food, mulled wine and more. The markets are in the heart of York so there will be time to visit the shops and explore the historic streets.



4th December / Coach pick up from Central Accrington

Xmas Wreath Making Class

£5



Start this Christmas season with some festive fun making your own wreath. We will provide the know how and all the materials for you to create your very own fabulous wreath from willow in time for the festive period.

6th December 10am - 12.30pm / Haslingden Library, Deardengate, BB4 5QL

Festive Cupcake Decorating

£2

Back by popular demand, the very talented sugar craft specialist Bernadette will lead a festive cupcake decorating class this winter. Learn how to use fondant to create snowmen, Santa Claus and decorate your own tray of yummy cupcakes. All materials will be provided.



13th December 10am - 12pm / Carers Link Facility, Accrington, BB4 1LE

Festive Carers Party

£5



This year our annual carers festive party will be held at Colne town hall, where our carers can get in to the holiday spirit and celebrate. There will be with festive music, a two-course buffet and entertainment.



18th December 12:30 - 4pm / Colne Town Hall, Albert Road, BB8 0AQ

CARERS COURSES

Sleep Well, Feel Well

FREE



Caring for someone can have a huge impact on the length and quality of your sleep and therefore your overall health and wellbeing.

Join us at Colne Library and learn from experts on how to improve your sleeping schedule. Get tips and advice on getting a better night sleep to enable you to feel more refreshed the next day.

Monday 12th February 12noon- 4pm / Colne Library, Market Street, Colne BB8 0AP

Electric Cycling Lessons

FREE



Have you ever wanted to ride an electric bike? Then why not join us on an ICycles E-bike lesson? Open to all ages and abilities, all that is required is that you know how to ride a regular bike.

Both sessions will start from the I cycles shop at Clitheroe. We will do a circular route to Worston, Downsham, Chatburn and back to Clitheroe.

We will meet at I Cycles - There is a car park next to the shop which is pay and display, or they're are free parking places spots next to the road.

Wednesday 6th March / I Cycle, Unit 1, North street, Clitheroe BB7 1PG
First Session 10:30am - 11:30am, Second Session 12:30pm - 1:30pm

Understanding Dementia Course

FREE



This course is designed to help you develop the skills and confidence to support you in your caring role. We will address key topics of the diagnosis and the progression of dementia symptoms as well as treatment, services and changing relationships. All course materials are provided including a free buffet lunch.

Course 1 – Thursday 9th November , Burnley Chai Centre, 10am – 3.30pm
Course 2 – Monday 8th, 15th, 22nd January, Online Microsoft Teams 6pm – 8pm
Course 3 – Tuesday 12th March, Carers Link Community Facility 10am – 3.30pm

CARERS SUPPORT GROUPS

Former Carers Support Group

We run a former carer and bereavement support group for those who are no longer carers and/or have lost the person they once cared for. Meet our staff members and other former carers, have a chat and get the support you need.

"Losing a loved one can leave you feeling adrift, but talking to others can help."

The third Wednesday of every month 11am - 1pm
Carers Link Facility Accrington BB5 1LE

FORMER CARERS/ BEREAVEMENT SUPPORT GROUP

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington

The third Wednesday of every month 11am - 1pm



Grief and Loss Course by Community Solutions

This 3-week course will help people with issues of grief and give people skills to support others facing issues of grief. While also helping to support people dealing with the loss of relationships, jobs, and finances.

The courses are held regularly at Elmfield Hall from 9:30am til 12:30pm.
Contact Community Solutions: 01254 460080 or email: info@csnw.co.uk

DEMENTIA CARERS SUPPORT CAFE

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington



The first Tuesday of every month 11am - 1pm

Dementia Carers Support Group

Are you caring for someone living with dementia? You are both welcome to join us once a month at our friendly cafe for a chat over a nice hot drink.

Our staff will be available to offer support, advice & answer any questions. It is also an opportunity to share experiences with other carers similar to yourself and support one another.

On the first Tuesday of every month 11am - 1pm
Carers Link Facility Accrington BB5 1LE

Local Dementia Support Groups

Barnoldswick - "Butterflies Cafe" Barnoldswick Library /
Every other Thursday 1:30pm - 3pm / Contact James on 01282 433740

Burnley - Burnley FC in the Community, Burnley Cricket Club, Belverdere Road, BB10 4BN / Every Wednesday from 1pm - 3pm / Contact 01282 704716

Colne - "Butterflies Cafe" Colne Library, Market Street, Colne BB8 0AP /
Every 1st, and 3rd Thursday of the month / Contact James on 01282 433740

Clitheroe - Clitheroe Borough Council Office opposite the Library /
Every 4th Thursday of the month 10am - 12pm / Contact Diane on 07908 641025

Haslingden - Community Link Bury Road Haslingden BB4 5PG /
Every Friday from 10:30am - 12:30pm / Contact Carol Watchorn on 07891 176063

Rawtenstall - Whittaker Museum, Haslingden Road, Rawtenstall, BB4 6RE /
Every 3rd Friday of the month 3pm -4pm / Contact Rachel on 07704 859056

CARERS SOCIAL GROUPS

Knit and Natter Social Group

Whether you're a pro knitter or a beginner, all of our carers are welcome to join this FREE social group. Whatever your ability, there will be a professional knitter leading the group and there to assist you! This is a chance to meet and chat to other carers in a social setting whilst learning a new skill. All materials will be provided.

**The first Wednesday of every month 11am - 1pm
Carers Link Facility Accrington BB5 1LE**

KNIT & NATTER SOCIAL GROUP

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington

The first
Wednesday of
every month
11am - 1pm



The Get About Club

Ann and Christine both former Carers, run an independent social group which organises regular meetings, trips and activities just for former carers. It's a great way of meeting new friends and people that really understand the importance of having support when your caring role comes to an end. The idea of the group is to find people you could socialise with and perhaps go to a show, a film, on a shopping trip or just meet up for a chat.

For more information contact: Ann on 01254 694904 / Christine 01254 392382

Veterans Breakfast Club

VETERANS BREAKFAST CLUB

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington



Hosted by Accrington
Stanley Community Trust

The last Wednesday
of every month
9:30am - 12noon

Are you an Armed Forces Veteran?
Would you like to meet and socialise with other
Veterans in a cafe setting?

On the last Wednesday of every month Accrington Stanley Community Trust and Accrington Stanley run a veterans breakfast club out of our community facility, open to any veterans in the area.

**The last Wednesday of the month 9:30am - 12pm
Carers Link Facility Accrington BB5 1LE**

Male Carers Social Group

42 % of unpaid Carers are men. But did you know that 4 out of 10 male Carers never get a break from their caring role? We want to change this!

We run a monthly group in partnership with our friends at Burnley FC in the Community. This is a chance to talk in a supportive social group, about everyday life stuff, have a laugh and enjoy time with people who share similar experiences. The group occasionally sets off on activity days such as catching a football match.

**The last Thursday of the month 10:30am -12:30pm
Burnley cricket club, Belvedere Road BB10 4BN**

MALE CARER SUPPORT GROUP

@ Burnley Cricket Club, Belvedere Road, BB10 4BN

Did you know that 4 out of 10 male Carers never get a break from their caring role?



Last Thursday
of every month,
From 10:30am
to 12:30pm

Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

BURNLEY FC
IN THE COMMUNITY

CARERS MEETUPS

Taking place every month from 11am - 1pm

Carers and the person you care for can join us for a cup of tea or lunch at one of our Carers Cafes across East Lancashire. If you haven't been to a Carers Cafe before, don't worry as a staff member will be there to greet you with a warm welcome.

ROSSENDALE

(1st Thursday of the month)
Haslingden Community
Link, Bury Rd,
Haslingden, BB4 5PG

RIBBLE VALLEY

(3rd Tuesday of the month)
Colborne House Cafe,
15 Wellgate, Clitheroe,
BB7 2DP

PENDLE

(3rd Friday of the month)
Lakeside Cafe,
Ball Grove Drive,
Colne, BB8 7HY

HYNDBURN

(4th Monday of every month)
Carers Link Facility,
54-56 Blackburn Road,
Accrington, BB5 1LE

BURNLEY

(4th Wednesday of the month)
Little Barista,
7 Howe Walk, Burnley,
BB11 10B

Follow our socials to keep up with all of our group activities:



Find us on Instagram
@carerslinklancashire



Find us on Facebook
Carers Link Lancashire

For more information please contact us by calling 01254 387444 or email activities@carerslinklancashire.co.uk

Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

MENTAL HEALTH SUPPORT

MENTAL HEALTH SERVICES



Free Monthly Support Group

Every month Friends of Rhyddings Park host a free support network for carers living with people who experience mental health problems. Come for free advice, tips and support. Refreshments provided.

Meetings are held once a month on a Friday morning 11:30am-12:30pm. Visit Friends of Rhyddings Facebook page for dates and times of the next meeting. No booking required - just drop in.



Are you looking after someone who lives with a mental health illness?

“Caring for your relative or friends with a mental health condition is hard. The invisibility of the illness can make it feel like you are not a “real” carer. Trust me you are and you are making a huge difference to someone’s life”



Register as a carer with us today!

Scan the QR code to the right or visit www.carerslinklancashire.co.uk and register as a carer with us to get the help and support you both need.



Helplines, Services and Online Resources

SAMARITANS *Samaritans*
A safe place for anyone struggling to cope.
Call 116 123 Available 24/7 or visit www.samaritans.org

NHS *NHS Lancashire & South Cumbria*
Helpline supporting everybody's mental health.
Call 0800 915 4640 Available 24/7 or visit www.lscft.nhs.uk

THE WELLBEING & MENTAL HEALTH TEXTING SERVICE *The Wellbeing and Mental Health Texting Service (NHS)*
Confidential and anonymous texting service supporting people's wellbeing.
Text HELLO to 07860 022846 or visit www.lscft.nhs.uk

CAMPAIGN AGAINST LIVING MISERABLY *The Calm Zone*
Support just for men.
Call 0800 585858 Available 5pm-Midnight every day or visit www.thecalmzone.net

Lancashire ageUK *Age UK*
Helping older people who are at home and need a little extra support with their wellbeing. Call 0800678 1602 Available 8am-7pm daily or visit www.ageuk.org.uk

HOME START *Home Start*
Emotional support for families in East Lancashire
Visit www.homestarteastlancs.org

mind *MIND*
for better mental health Helping you understand and look after your mental health.
Visit www.lancashiremind.org.uk or www.mindinfurness.org

Services for Children and Young Adults

childline *Childline*
ONLINE, ON THE PHONE, ANYTIME Confidential service where children can talk about anything.
Call 0800 1111 or visit www.childline.org.uk Available 24/7

MindEd *MindEd*
clearing to support healthy minds Educational source for adults on children's mental health.
Visit www.minded.org.uk Available 24/7 Online only

PAPYRUS *Papyrus*
PREVENTION OF YOUNG SUICIDE For young people dealing with suicide and depression.
Call 0800 068 4141 or text 07786 209697 Available weekdays 10am-10pm weekends 2-10pm bank hol 2-5pm or visit www.papyrus-uk.org

YOUNG MINDS *Young Minds*
Advice for parents/carers on the mental health of children.
Call 0808 802 5544 Available weekdays 12-10pm 24/7 for crisis messenger text YM to 85258 or visit www.youngminds.org.uk

kooth *Kooth*
Safe, anonymous online counselling and support. Visit www.kooth.com Available weekdays 12pm-10pm weekends 6pm-10pm

Healthy young minds *Healthy Young Minds*
Online self-help materials, resources and guidance.
Available 24/7 Visit www.healthyyoungmindslsc.co.uk

If you have seriously harmed yourself please call 999 right away!

YOUNG CARERS

Who is a Young Carer?

A young carer is a person under the age of 18 who is looking after a family member with a long term illness, disability, mental health or substance misuse issue. Young Carers help with shopping, preparing meals, providing emotional support, washing or helping to dress, looking after brothers or sisters, keeping the person you care for company, making sure they are safe and giving medication.

How can we help?

- Free and confidential information
- Time out from your caring role
- 1 to 1 support, including in school
- A chance to make new friends
- Fun activities, days out and residential
- Regular support groups
- Training on illnesses & disabilities
- Someone to talk to
- Signposting to other services
- Free magazine every 3 months



The importance of Young Carers Activities

One of the biggest things Young Carers talk to us about is the feeling of isolation that comes with being a carer and being lonely. It is important young carers are able to have a break from their caring role, and they also benefit from spending time with other people their age who have experience of caring.

That is why we plan so many fun and exciting activity days and respite opportunities from crafting sessions, bowling and sports to trips and residential.



YOUNG CARERS

CHARM 2024 - Talent Show Event

We are looking forward to CHARM starting in September with YNOT Aspire. CHARM is an inter-school event celebrating the talents and achievements of young people throughout Hyndburn.

The event was created to give the opportunity for outstanding young people to gain recognition for their talents and achievements as young people often do not get the recognition that they deserve. Recognising and celebrating the amazing achievements of young people can have a positive impact on their mental health. It can help raise their self-esteem and create a positive foundation for future life goals.

Local secondary schools are invited to nominate pupils from years 7-11, who they feel deserve an award for their achievements. There are several award categories including: Young Voice Award, Young Carer Award and more.

In addition, each of the schools host their own talent show, with the winners from each school competing against each other at the grand final. The overall winner of the talent contest will also be given the opportunity to showcase their talents at the annual CHARM Charity Ball which will take place in March 2024.



All of us at Carers Link Lancashire would like to wish our young carers good luck for the new school year.

Whether you're starting highschool, heading into your GCSE years or just starting college, we know you will all be amazing!

NEW
CHARITY SHOP
COMING SOON

Carers Link Lancashire is looking forward to becoming part of the Colne community!

We are gratefully accepting donations of clothing, accessories and household goods in support of family Carers across East Lancashire. Please drop your donations at either our Accrington or Haslingden stores or call 01254 387444 to arrange collection. If you are interested in becoming a volunteer at our new Colne store please email info@carerslinklancashire.co.uk and request an application pack.



We look forward to welcoming you to our wonderful new shop in

59 Market Street, Colne, BB8 0LL

AUTUMN 2023!

54/56 COMMUNITY CAFE

We're focused on our local community and want to bring people together. Our community cafe and garden are the perfect place to arrange a friendly catch-up. You can be sure of a warm welcome, as well as fantastic coffee, teas, cakes, milkshakes and light lunches. We've had some wonderful feedback from our customers, especially about our award winning coffee and our delicious lunch time paninis.

Take a look at our NEW menu and try something delicious....



LIGHT BITES

- CRUMPETS: £1.50 with butter
- TOAST: £1.50 with butter
- TOASTED CURRANT TEACAKE: £1.50 with butter

SALADS

- FETA SALAD: £3.50
- HAM SALAD: £3.50
- TUNA MAYONAISE SALAD: £3.50
- CHEESE SALAD: £3.50
- GREEK SALAD: £3.50
- TABBOULEH SALAD: £3.50
- SPECIAL SALAD: £3.50

PANINIS

- All served with side salad & coleslaw
- CHEESE & HAM: £3.50
- CHEESE & RED ONION: £3.00
- TUNA & CHEESE MELT: £3.50
- TUNA MAYO & RED ONION: £3.50
- PULLED PORK: £3.50

gluten free and vegan panini bread is available
 vegan cheese & mayo are also available

SPECIALS

PLEASE SEE CHALKBOARD FOR WEEKLY SPECIALS

JACKET POTATOES

All served with side salad & coleslaw

- CHEDDAR CHEESE: £3.00
- CHEESE & BEANS: £3.50
- TUNA & CHEESE: £3.50
- TUNA MAYO: £3.50
- PULLED PORK: £3.50

CHILDRENS MENU

- SANDWICH/TOASTIE, CRISPS, CUCUMBER SLICES & FRUIT SHOOT: £3.50
- CHILDRENS SPECIAL MEAL DEAL: £3.60 (Please see chalkboard for weekly specials)

SOMETHING SWEET

- A SLICE OF CAKE: £1.50
- CHOCOLATE CHIP COOKIES: £1.00
- CINAMON ROLL: £1.50
- BANANA BREAD: £1.50
- CHOCOLATE BAR & CRISPS: FROM 80P

COLD DRINKS

- BOTTLED WATER: STILL £1.00 / SPARKLING £1.10
- FITZPATRICK'S CORDIAL: £1.00
- FIZZY DRINKS: £1.00
- FRUIT SHOOT: 80P

TEAS

- ENGLISH TEA: £1.25
- POT OF TEA: £1.50
- POT OF TEA FOR 2: £2.75
- HERBAL/FRUIT TEA: £1.50

COFFEE

- AMERICANO: £2.20
- CAPPUCCINO: £2.50
- COFFEE: £2.00
- ESPRESSO: £2.20
- FLAT WHITE: £2.50
- LATTE: £2.60
- ICED LATTE: £2.50
- ICED LATTE WITH SYRUP: £2.80



add a shot of flavoured syrup for an extra 25p

FRAPPUCCINOS

- PLAIN: £2.80
- VANILLA: £2.80
- COOKIES & CREAM: £2.80
- CARAMEL: £2.80

HOT CHOCOLATE

- CLASSIC: £2.20
- WITH MARSHMALLOWS: £2.50

MILKSHAKES

- VANILLA / CHOCOLATE / STRAWBERRY: £2.00



Make sure to follow our 54/56 community cafe facebook page at www.facebook.com/54to56/ to keep up with all of our menu specials, social groups and events!

VOLUNTEERING AT CARERS LINK

Thinking about getting back into work? Not sure where to start?
Volunteer with us and make a difference in your community!

At Carers Link we currently have 84 registered volunteers of whom 11 are also registered carers with us.

We have a wide range of volunteer roles and opportunities on offer, from helping us run one of our three retail charity stores, befriending our carers and offering a sitting in service, and even supporting our admin team in our main offices.

We also appoint volunteers who have specialist qualifications who can offer counselling sessions and complementary therapy to our carers.

Don't just take our word for it!

We spoke to one our newest retail volunteers Ellisia and asked her all about her volunteering role. Here is what she had to say;



Carers link treats everyone like family and are so kind to staff and shoppers. It's such a friendly atmosphere to be in and the support is amazing.

I've grown so much as a person in terms of confidence and speaking to people, I'm so grateful to be amongst such a respectful and supportive group of people.

Volunteering is great because we can really help people. I would recommend volunteering to anyone who wants to give back to their community.

Could you spare a few hours each week to help our charity and join our amazing volunteer team?

Email us at info@carerslinklancashire.co.uk and request an application pack or see our website carerslinklancashire.com for the full list of volunteering opportunities.

JOIN OUR VOLUNTEER TEAM

If you have a couple of hours free a week or even a month, you could be a volunteer in our shop and give back to a charity within your local community.



Simply register your interest via carerslinklancashire.co.uk or call us on 01254 387444

54/56 Blackburn Rd,
Accrington, BB5 1LE

13 Deardengate,
Haslingden, BB4 5QN

59 Market Street,
Colne, BB8 0LL

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

PUTTING THE FUN IN FUNDRAISING

Have you ever thought about doing a sponsored skydive, swim, marathon or other challenge for charity? Well this is your chance!

We are looking for some adventurous people to help raise money for our charity by taking part in exciting activities!

Why not tick something off your bucket list whilst raising money for unpaid carers and making a difference in your local area?

This is an amazing opportunity to push yourself out of your comfort zone, try out a new activity and give back to the community.

Need some inspiration? Here are some examples...



Sponsored
Bike Ride



The Tough
Mudder



Sponsored
Swimming



London
Marathon



Sponsored
Skydive

For activities such as marathons, we are able to pay your entry fee and resources for your activity, so long as you raise a minimum amount of sponsorship money.

For larger activities such as skydiving, we are able to pay your activity fee as long as you are able to raise double this amount in sponsorship money for our charity.

Are you up for the Challenge?

Email info@carerslinklancashire.co.uk or visit our website at

carerslinklancashire.co.uk/fundraise

Calling all professionals, charities, groups
& businesses sign up for our FREE

Carer Awareness Training

Participants will find out:

- Who is a carer?
- What is a Carers Assessment?
- What support is available locally?
- How can we support Young Carers?
- How important carers health and wellbeing is



To book your online place:
info@carerslinklancashire.co.uk
01254 387444

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.



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for your
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ESTATE PLANNING
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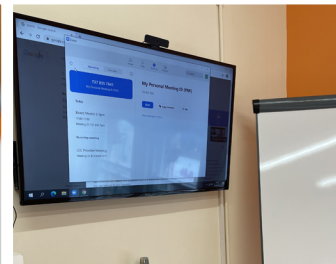
Call Stephen
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01772 367900
www.bramwelle.co.uk

FREE ROOM HIRE

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Tea/Coffee/Biscuits	£3.95pp
Buffet Lunch & Tea/Coffee/Biscuits	£7.95pp
Buffet Lunch + Homemade Cakes & Tea/Coffee/Biscuits	£9.95pp

Call
01254 387444
to book!

www.carerslinklancashire.co.uk/room-hire

54-56 Blackburn Road,
Accrington, BB5 1LE



BREAST SCREENING

HAVE YOU BEEN SCREENED?

Women aged from **50 up to their 71st birthday** are invited
to attend free NHS Breast Screening **EVERY THREE YEARS.**

Breast screening appointment is by invitation only.
Look out for your letter in the post



3 in 10 women living in Lancashire don't attend their **FREE**
Breast Screening invitation



Your local NHS Breast Screening service is **FAST**,
FREE and can diagnose breast cancer **EARLY**

Early detection of breast cancer can help save lives

Tel: 01282 805 301

E-mail: breastscreening.elht@nhs.net

Website: <https://elht.nhs.uk/services/breast-imaging-screening-service>

#bescreened

THE
CINEMA
SOCIETY.

JOIN THE CARERS DISCOUNTED CINEMA CLUB

Did you know that as a registered carer you are entitled to discounted cinema tickets when you join The Cinema Society?



As the winter months roll in, there is nothing quite like going to the pictures, that's why we have joined forces with The Cinema Society to bring discounted tickets to our carers. With The Cinema Society, you have access to purchase voucher codes which are redeemable against cinema tickets on any day of the week, for any movie.



Adult and child discount vouchers are available for Cineworld, Odeon, Showcase and Vue cinemas, along with 12 other outlets, covering the UK. Search for a cinema by name or by location, purchase your discount voucher codes online and save up to 40%!



Call Angela on 01254 387444 or email info@carerslinklancashire.co.uk and ask for your unique access code. Then you will be able to use this code to register by visiting <https://cinemasocietyclub.com/auth/register-eu>



Once registered, visit www.cinemasocietyclub.com at any time using your email address and password.

WHATS ON?

Out in cinemas right now we have Barbie, Oppenheimer, The Equalizer 3, And Then Come The Nightjars, Cobweb, My Big Fat Greek Wedding 3 and The Nun 2, Rise of The Footsoldier: Vengeance and A Haunting In Venice.

Throughout the rest of the year, we see Saw X, Trolls Band Together, Dune: Part II, The Hunger Games: The Ballad Of Songbirds And Snakes and Wonka and many more...

VUE

cineworld

SHOWCASE
CINEMAS

ODEON



CINEMASOCIETYCLUB.COM

CARERS DISCOUNT CARD



Valuing Carers across Lancashire

Request your go2 card for **FREE** and enjoy carer discounts at local restaurants, hairdressers, herbalists, therapists, shops and more...

The Reiki Room



Step inside The Reiki Room and switch off for an hour of you-time. Release the stresses of life and reset your soul. From start to finish you'll be made to feel completely at ease by Kate's friendly and easy-going vibe.

Carers get 50% off first session then £5 off subsequent sessions.

Contact Kate on 07875584383 or email hello@brooks-fitness.co.uk

Solace Foot Health



Solace takes pride in providing a quality, professional and sterile toenail and fingernail cutting service. Prices start from £18, with no extra cost on the first visit, to clients including diabetics, at our clinic or in the comfort of their own homes across East Lancashire.

Carers get 10% off every session.

Contact Jane@solacefoothealth.co.uk

Could **YOUR BUSINESS** offer carers a discount? If **YES** get in touch to be added to our go2 scheme

CARERS CARAVANS

Did you know about our Carers Caravans at Haven's Lakeland and Marton Mere holiday parks?

Both Caravans sleep up to 8 people and are professionally clean and well equipped for your stay, with a kitchen, dining area, family room and private bedrooms and bathroom.

Available to all carers across Lancashire, as well as our staff & volunteers, at a heavily discounted price!



MARTON MERE

Haven's Marton Mere is a beautiful park right next to Blackpool with many activities on offer, there is constantly so much to do and see!

- ✓ A fun packed summer trip
- ✓ Activities for the whole family
- ✓ All day and evening entertainment
- ✓ Pools and an outdoor water park
- ✓ Blackpool on your doorstep

LAKELAND

Haven's Lakeland holiday park is in the heart of the stunning Lake District, with scenic views and lots of family friendly activities on offer.

- ✓ Gorgeous scenic views
- ✓ Activities for the whole family
- ✓ All day / Evening entertainment
- ✓ Pools and water sport activities
- ✓ A chance to explore the Lakes

(Our caravans have been kindly donated to the charity)

