



Carers News

July - Sept 2020

Our Community Garden, Cafe & Shop
Reopen on Monday 17th August 2020



THE LANCASHIRE
carers
SERVICE



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS



carerstrust
a Network Partner

Registered Charity
1156275
Company Limited by
Guarantee
08584591



Lancashire
County
Council



East Lancashire



Supported by
Big Children in Need
We are all children in need
We are all children in need



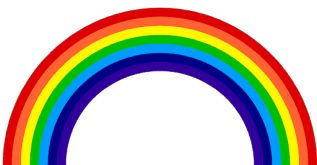
ERIC WRIGHT
GROUP



The Triangle Trust
1949 Fund

Caring through Covid-19

Since the last issue of our magazine, a lot has changed. We know COVID-19 took us all by surprise and we have been rallying as a community and a nation to support each other in every way possible. We would like to take this opportunity to not only give the NHS a big clap, but to also show our appreciation for you, our wonderful Lancashire Carers, the often unsung heroes. You have continued to be the invisible workforce throughout the pandemic, selflessly providing an essential front-line service which played a massive part to help the national effort.



“A big thank you to all family Carers who are now officially classified as key workers”

We want to reassure you that we are still in full operation, continuing to support you to the best of our ability, with a small staff team operating from our offices and the majority of us working from home. We've adapted the way we work by providing more information and services over the phone or online, including making hundreds more welfare calls, particularly to carers over 70 or with their own health issues.

Although our face-to-face home visits are on hold at present we have continued to deliver a record number of Carers Assessments and assessment reviews over the phone and online using a host of platforms including Zoom, Skype and Microsoft Teams. New figures showing the number of unpaid carers has increased by an estimated 4.5 million people in the UK as a result of the COVID-19 pandemic its more important than ever carers are inspired to talk about how they feel and how their caring role impacts on their well-being. Having a carers Assessment gives them the opportunity to do this as well as help with: respite care, signposting to relevant support and services, peer support and friendships groups, benefit and welfare checks, modifications to the home, referrals for a Home Fire Safety check, Carers personal budget and Carers grants. If you would like to arrange a Carers Assessment over the phone please call 01254 387444 or you can complete a quick form online <https://www.carerslinklancashire.co.uk/register-as-a-carer> and we will contact you to arrange a convenient time to chat.

“It's been so nice meeting different people online and has pushed me to try something new.” Carer

We know it is harder to connect with others and take time for yourself at the moment. That's why we want to encourage you to join us and come together with other carers online. Over the last four months we have successfully run a number of courses, cafés and activities including a live singalong, Bingo and Understanding Dementia Course via Zoom. It is a chance for people to connect, take a break from routine and learn something new. We have all had fun and games with new technology like Zoom but it's like anything new once you know how, its easy. If you have a tablet, smart phone or laptop you can download Zoom and come along to any of our free virtual activities - find details on pages 3,4 & 5. We have put together a beginners Zoom guide on page 8 and if you call us we are more than happy to talk you through the set up. We hope to Zoom you soon!



Follow us on
Instagram

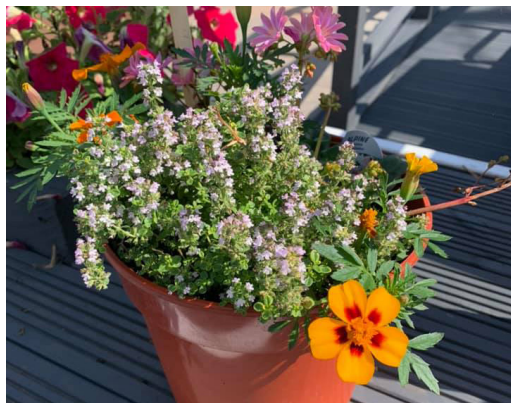


SHOP SAFE & SHOP LOCAL



When you visit our charity shop and cafe in Accrington you help raise much needed funds for Carers in East Lancashire...

We have been busy downstairs in our community facility installing a brand new kitchen and finishing building renovation outside including a new sign and doors. The kitchen will provide a space to cook fresh homemade food and delicious cakes to enjoy. Our garden is in full bloom with lots of fresh produce to taste and the tables have been set out socially distanced to enjoy a catch up with friends in the fresh air. Our shop has been restocked with generous new donations and we welcome you to drop off quality clothes, books and bric a brac if you are having a clear out. Come and have a browse there are lots of fantastic bargains. Find us in the centre at **54-56 Blackburn Road, Accrington, BB5 1LE**



FREE HOT DRINK VOUCHER

With any other purchase from our cafe menu

Redeem before 01.12.20

Cafe 54-56

**54 - 56 Blackburn Road,
Accrington, BB5 1LE**



Carers Activities Online

Pamperology



Join Nicola from Pamperology for a fun makeup demonstration. She will show you how to do your makeup flawlessly, all from the comfort of home! It's a chance to learn new skills and learn about products that are tried and tested.

Monday 3rd August
7.00pm - 8.30pm
Join us on ZOOM

Drum With Us!



Meet Filo at our virtual well being drumming session. Bang your pans, pots and wooden spoons and tune into your natural rhythm. It's a great way to release stress, come together, be in the now and get the feel good factor flowing!

Friday 14th August
2.00pm - 3.00pm
Join us on ZOOM

Free Carers Lunch with your local MP



Sara Britcliffe, local MP for Hyndburn, would like to speak to carers about their role during the pandemic. We invite you to join her for a free home cooked lunch at our community facility in Accrington so that you can talk about your experiences and any potential issues. There are limited places available so please book in advance.

Tuesday 25th August - 12pm
54-56 Blackburn Rd, Accrington, BB5 1LE

Virtual Family Bingo



Eyes Down! Look in!
Join Angela for a night of virtual family bingo via Zoom. Have fun playing with staff, carers and friends with lots of top prizes to be won on the night!
"Bingo was energising and fun." Carer

Wednesday 16th September
7.00pm - 8.30pm
Join us on ZOOM

Zoom joining details will be sent after you book

Carers Courses Online

Understanding Dementia



This free online course runs over three short sessions in August or September. It will help you develop skills and confidence to support you in your caring role. We will address key topics of diagnosis, progression of symptoms and services.

Wednesday 5th, 12th & 19th August

Wednesday 2nd, 9th & 16th Sept

10.30am - 12.30pm

Join us on ZOOM

Safer Driving



Aimed at Lancashire residents aged 50+, with advice on how to stay safe and independent whilst travelling. It includes topics like keeping yourself and others safe, causes of road casualties in Lancashire, vehicle safety, your fitness to drive and much more.

Wednesday 26th August

10.00am - 11.30am

Join us on ZOOM

Pendle Crafters



Join the Pendle Crafters team for a fun filled hour of creativity. A step by step guide for all the techniques needed to knit a fab cosy pair of fingerless mittens and also how to crochet a unique brooch to brighten up an outfit.

Tuesday 8th September

2.00pm - 3.00pm

Join us on ZOOM

Learn to Draw



Learn how to draw online with Chris from Active Lancashire. All you need to join in this session is paper, a pencil, a rubber, a ruler and be willing to have a go. Lets have some fun!

Every Tuesday in August

4th, 11th, 18th & 25th

2.00 - 3.00pm

Join us on ZOOM

Carers Social Online

Carers Online Cafes



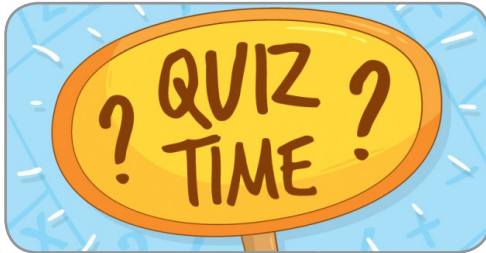
We've missed you! Grab a cuppa and chat to other carers online. Its a chance to talk about how things are going, share tips and support one another through this challenging time. "Its good to talk" and also if you prefer you can log on and just choose to listen to some friendly voices.

Every Tuesday morning at 10am

Every Thursday evening at 7pm

Join us on ZOOM

Fun Family Quiz



Angela our resident quiz-master has done a fantastic job hosting a weekly quiz for the whole family with a great mix of general knowledge, sport, music and TV/ film. Everyone is welcome to play along with family teams and compete for fun!

Monday 31st August

7.00pm - 9.00pm

Join us on ZOOM

n|compass northwest

looking towards a **brighter** future

One of the benefits of running our activities online is that we don't have to worry about the location. With this in mind we would like to invite you along to some of the events that our partners N-compass are hosting and give you the opportunity to meet carers virtually from across Lancashire.

Coffee and Chat - Every Wednesday at 11.00am via ZOOM

Carers General Knowledge Quiz- Every Wednesday at 7.30pm via ZOOM

Cooking Corner with Niomi

Niomi has recently passed her degree in Nutrition & Exercise. She is looking forward to sharing some healthy food tips with you all whilst you cook alongside her on Zoom. To get your Zoom invite and a list of ingredients, please call us to book.

Thursday 30th July

7.00 - 8.30pm

Join us on ZOOM

Connect 5 Mental Health Training

A useful training session online to look at tools you can use to ensure you are looking after your own mental health and wellbeing, both within your caring role, and also under the current circumstance of social distancing.

Tuesday 18th August at 10- 12pm

Weds 9th Sept at 10- 12pm

Join us on ZOOM

Call 01254 387444 to book your place on Zoom

KIRSTY'S POPTASTIC PIANO SINGALONG

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

www.kirstynewton.com



**"Enormously
Talented"
BBC.co.uk**

Thursday 30th July & 27th August - 3.30pm

Following on from the massive success of our first singalong, Kirsty is ready to lead us again live on the piano. Download your lyric book and sing your hearts out to some super feel good songs! Everyone is welcome

"Made us laugh, gave us a break and something to be involved in just for fun. Extremely uplifting. Kirsty has a beautiful voice" Carer

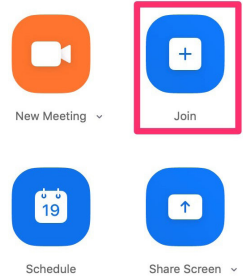
For Zoom details call 01254 387444 or see our Facebook event



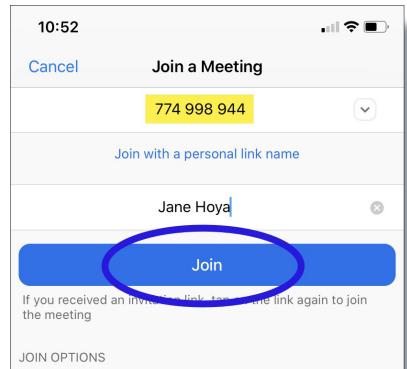
A step by step guide to joining a Carers activity online using Zoom

1. Download the Zoom App onto your Phone or Tablet from your App Store or copy zoom.us/download into your browser to install onto your laptop or computer (with a webcam)

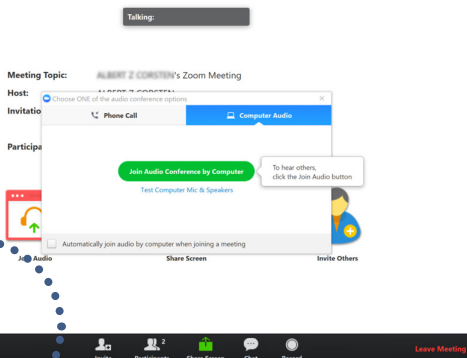
2. Once installed open your new Zoom app, sign in with your email and password. Select Join a meeting.



3. Next enter the meeting ID and password we have provided when you booked your place by email or phone.



4. Select join with audio so you can hear others in the meeting. Check that the video camera and microphone icons are selected in the bottom left of the screen.



Call 01254 387444 for assistance. Our staff are happy to help you set up and practice joining a meeting on Zoom. Give it a go - its easy when you know how!

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

Carer Awareness Training

At a time and date to suit you on ZOOM

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
- How you can help us identify hidden carers
- How you can become a Carers Champion

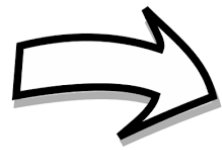
Everyone that takes part will receive a Certificate to recognise the importance of supporting unpaid carers in our community.

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



Could you display this poster locally?

We want to let carers know we are here to help..



Free Caravan Holidays for Carers

The Eric Wright Foundation has kindly funded a number of grants offering a free break at one of our carers caravans. The 3/4 night holidays are to be taken between now and the end of October 2020 at one of the following parks subject to availability:

1. BLACKPOOL - Haven Marton Mere Caravan Park
2. GRANGE-OVER-SANDS - Haven Lakeland Leisure Caravan Park



To apply for a grant simply call 01254 387444 for an application form or go to our website to complete the form online here

carerslinklancashire.co.uk/carerscaravangrantapplication

There are limited places so please submit your application as soon as possible.

Volunteer and make a difference

With our community facility set to reopen on 20th August we have a number of exciting new volunteering opportunities in our Chairty Shop and Community Cafe. Meet Christine who volunteers in our chairty shop. She enjoys sorting, displaying and helping at the counter.



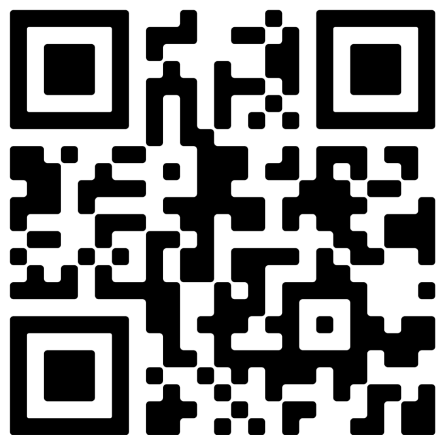
I was a carer for my husband, and was supported by Carers Link Lancashire. After his death in December 2016 I was very Lonely and decided to join the Carers Drumming Circle. I enjoyed it very much and met lots of lovely people. When it was decided to open the shop, I volunteered right away as this was something I had always wanted to do.

What would you say to someone who is thinking about volunteering?

"Go for it", at least give it a try, if you like meeting new people, this is the job for you.

We want to ensure that carers receive the most appropriate and up-to-date information about our services and other local services, particularly during this time of uncertainty. We've therefore been sending regular E-bulletins to carers who have provided us with an email address. If you are not receiving these, and would like to, please email us: info@carerslinklancashire.co.uk. and put E bulletin in your email subject.

Do you look after your husband or wife,
mum or dad, neighbour or friend, son
or daughter, boyfriend or girlfriend?



SCAN ME

Do you help with shopping, medication,
emotional support, dressing, washing,
meals or keeping your loved ones safe?

Simply scan with your phone camera to open
our website to register or find out more.

Lasting Powers of Attorney (LPA)

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

**Stephen is a local LPA adviser
with a low cost solution.**

For further details call Stephen on:

01772 367900



Bramwell
ESTATE PLANNING

www.bramwellep.co.uk



Home Visits for your convenience

Carers Link Lancashire
54-56 Blackburn Road
Accrington
BB5 1LE

Telephone: 0345 688 7113

info@carerslinklancashire.co.uk

Monday to Friday
9.00am to 5.00pm

www.carerslinklancashire.co.uk

We Care because you Care

