



Carers Community

April - June 2019

The FREE magazine for unpaid carers in East Lancashire

WE ARE NOW OPEN!!!

**Community Cafe - Charity Shop - Information Hub
Come and say hello!**



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS


carerstrust
a Network Partner

part of
Carers
Lancashire
Supporting carers locally

Registered Charity
1156275
Company Limited by
Guarantee
08584591

Lancashire
County Council



NHS
East Lancashire

The Henry Smith
Charity
Incorporated in 1888

Supported by

**Children
in Need**


**ERIC WRIGHT
GROUP**


The Triangle Trust
1949 Fund

Inside this issue

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Peace of Mind Activations

To activate your Peace of Mind plan, call
0800 840 3166

Please try to have your reference number
ready when you call



**Carers Link Lancashire
is proud to support
Lesbian, Gay, Bisexual
& Trans carers**



Please note:

Carers Link Lancashire do not endorse any of the products or services displayed within this magazine and offer these articles for information purposes only.

Editor's Welcome

It's a very exciting time for us all at Carers Link Lancashire with the opening of our new community facility. We can finally open our doors and invite you all to join us 6 days a week! Lots of fun activities are planned for everyone to enjoy throughout Carers Week including craft activities, gardening, cakes galore, cheese & wine, live radio broadcast and to round things off a big party to celebrate. To find out more about what we have planned please come and pick up a flyer from the shop and look out for emails over the next few weeks.

We understand that caring for someone can be a full-time job so breaks are vital to your own wellbeing and quality of life. When was the last time you gave yourself a break? When did you last have an evening out, go for a swim, try something new, take a holiday? When did you last have a chance to do all the things you would like to do, but can't do while you are caring – everyday things such as meeting up with friends, visiting family or simply catching up with some sleep? Taking a break also means that the person you are looking after may be able to enjoy new experiences, have a change of scene and routine and mix with other people. Please come and visit our new information hub to find out more about how we can help you take a break and re-charge those batteries.

After nearly ten years with the charity our treasured colleague Graham Walton will be sadly leaving his role. We would like to wish him much happiness as he starts a new chapter in his life. He has been a huge asset to our team and we really are all going to miss him! We would also like to say a big thank to Carol Pollard (Service Manager) for all her hard work and wish her a wonderful retirement and Sonia Spencer (Admin Assist) who has left us for pastures new.

We look forward to seeing you all soon. No one should be left to care alone, which is why we are calling on local communities to support our initiative - together we can make Lancashire a Carer Friendly county!

A handwritten signature in black ink.

Emma Logan
Carers Support Worker

Our new community facility is officially open!

We are finally there and I am delighted to inform you that our brand new community facility is officially open in the centre of Accrington!

The ground floor of our double fronted property on Blackburn Road has now been renovated and transformed into a brand new community facility which will house a charity shop, information and support hub, community café and garden, for the benefit of carers, the people they care for and also the wider communities in Accrington.

This new facility has multiple purposes of enabling the charity to be more sustainable in the longer term, assisting local communities with improved access to services and support alongside identifying, recognising and supporting carers. Any income generated through the centre will be used to fund the daily and ongoing upkeep and development of the facility alongside enabling us to expand our services and support for carers. It is hoped that this facility will bring carers and the wider community together whilst providing continuous community benefit by providing an array of services and events for carers and the local community including community events, drop in sessions, workshops, support groups, luncheon clubs, affordable food, gardening, workshops, training and development opportunities the list goes on and on....!

Rebecca Hodgson - CEO

Join us for Carers Week 2019



This Carers Week we are coming together to help carers get connected. We would like to invite you to join us at our new facility for a free cuppa. We have a full calendar of events happening throughout the week to celebrate, so please check our Facebook page and your email for further updates.



Tune into BBC radio Lancashire on **Thursday 13th June at 8.00pm** to listen to a very special show! The BBC will be broadcasting live from our new facility with interviews from carers, staff and volunteers throughout the evening and great music to entertain us all.



On **Saturday 15th June** we are throwing a party to celebrate our opening with musical performances, talks, craft demonstrations, Carers Drumming Circle, BBQ and much more. More information coming soon...



Monday 10 - Sunday 16 June

Understanding Dementia Course



This one day free course will help you develop skills and confidence to support you in your caring role. We will address key topics of diagnosis and progression of symptoms, services and changing relationships. You will have the opportunity to talk about your concerns and share your experiences with other carers. A free buffet lunch is provided.

Tuesday 14th May - 10.00am - 3.30pm
Colne Library, Market St, Colne BB8 0AP

Cream Tea & Cinema Afternoon



Start your afternoon treat with a cream tea in the Courtyard Bistro then move into the purpose-built cinema to watch the feature film - The Guernsey Literary & Potato Pie Peel Society. In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII and feels compelled to visit.

Monday 10th June - 2.00pm - 5.00pm - £5
Ace Centre, Cross Street, Nelson, BB9 7NH

Your Mind Matters Taster Session



Would you like to know more about how the Mindsmatter service could help you improve your mental wellbeing?

Come along and learn about stress management, the benefits of counselling and Cognitive Behaviour Therapy.

Monday 20th May - 1.00pm - 2.00pm
Haslingden Library, Deardengate,
Haslingden, BB4 5QJ

Parent Carer Gift Vouchers



Thanks to the amazing people at Tesco Bags of Help, we are able to offer a limited number of gift vouchers to parent carers to help with improve their health and wellbeing, as well as spend time with their loved ones - and once they're gone they're gone!

Vouchers available are all £15 for Vue Cinema & Body Shop. Only one voucher per carer/family. Call 01254 387444 to request yours

Try something new, take a break and relax. Please call us now to book your place!

www.carerslinklancashire.co.uk

Free Legal Advice Drop In

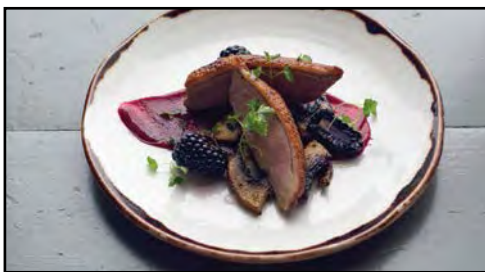


Woodcocks, Haworth & Nuttall Solicitors in Accrington are offering free advice sessions to our carers so support them with wills, trusts and planning for the future.

These 30 minute sessions are being held on **Thursday 13th June** and run from **10.00am to 3.15pm**.

Call Carers Link Lancashire to book your space.

Carers Week Grub Club



One of Italy's most visited markets is Sicily's A'Vucciria, which translates to 'hubbub'. This word describes a humble place where you can enjoy simple tasty plates of food washed down with good wine and beer or even a cocktail.

Why not join us at A'Vucciria Mediterranean Restaurant in Rawtenstall on **Saturday 1st June from 12.30pm to 2.30pm** and feast on beautiful food in a lively atmosphere with other carers.

Keeping Calm & Upholding Energy Levels



Herbs for Health and Wellbeing with Danielle Kay Medical Herbalist MNIMH BSc (Hons) Learn how to care for yourselves with some simple kitchen medicine using herbs and nutrition at home to keep yourselves in tip-top health. Find out about the amazing healing properties of different culinary herbs, spices and simple kitchen ingredient.

Monday 20th May - 1-4pm
Offshoots, Towneley Hall, Towneley
Holmes Road, Burnley BB11 3RQ

Former Carer Meals



We understand that you might need support when your caring role comes to an end. This group could be the stepping stone that helps you meet new friends and start a new chapter.

Thursday 9th May - 12 - 2pm
Bellissimo Italian, 3 Parker Ln, Burnley
BB11 2BY

Thursday June 6th - 12 - 2pm
The Stanhill Pub and Kitchen, 61 Stanhill
Rd, Oswaldtwistle, BB5 4PS

If you would like to reserve a place on these activities, please call us on **01254 387444**.

**CALL NOW TO
BOOK YOUR
PLACE**

UP active

Parent Carer Session



Thanks to funding from the amazing people at Tesco Bags of Help, we have organised a session for Parent Carers to enjoy some light exercise during a circuit class, have your health checked, take part in a swim or use the thermal suite, then a delicious lunch to finish it all off!

Why not join us on **Wednesday 12th June** from **9.45am to 2.00pm** (it fits nicely between school hours) and improve your health. Those who take part can then carry on improving their fitness through a 12 week weight loss or exercise programme paid for by Carers Link Lancashire!!

Call Carers Link Lancashire on 01254 387444 to book your space and it only costs £3 per parent.

TESCO



Everyone is welcome to drop in for a cuppa
at one of our friendly Carers Cafes.

Take the load off, meet new friends and talk to our staff.

Accrington - 1st Tuesday of the month 10.30 - 12.30pm
Carers Link Cafe, 54 Blackburn Road, BB5 1LE

2nd April, 7th May & 4th June

Clitheroe - 2nd Tuesday of the month 10.30 - 12.30pm
Colborne House, 15 Wellgate, Clitheroe BB7 2DP

9th April, 14th May & 11th June

Burnley - 1st Thursday of the month 10.30 - 12.00pm
Burnley Library, Grimshaw St, Lancashire, BB11 2BD

4th April, 2nd May & 6th June

Colne - Wednesday 15th May 1.00 - 3.00pm
About Coffee, 26 Church St, Colne BB8 0LG

Just come along and say hello!

Call 01254 387444 for more information



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

Asian Carers Forum

Call Carers Link Lancashire on 01254 387444

The next meeting will be held at Old Colne Road Library, Burnley, BB10 1LL Call for more details

June 2019

11.00am to 2.00pm

Former Carers Social Group*

Call Ann on 01254 694904 or Christine on 01254

Chapter One Cafe, 70-72 Blackburn Road, Accrington

Last Wednesday of the month

11.00am to 12.30pm

Carers Chorus*

Call Katrina on 07952 926554 or Olwyn on 07891 471404

Lupin Road Community Centre, Accrington

Meets every Thursday

1.15pm to 3.30pm

Creative Carers Group*

Call Carers Link Lancashire on 01254 387444

Greenfield Centre, Haslingden, BB4 5PG

Third Tuesday of the month

10.00am to 1.00pm

Rethink Mental Illness*

Call Valerie Minns on 07534 369889

Elmfield Hall, Gatty Park, Accrington, BB5 4AA

Second Wednesday of the month

6.00pm to 8.00pm

Carers Drumming Circle

Call Carers Link Lancashire on 01254 387444

Freemasons Hall, Clayton-le-Moors

Every two weeks

12:00pm to 2.00pm

Please note that those marked with an asterisk (*) are independent groups and we do not hold any responsibility for the content of these groups.



**citizens
advice**

From the 1st April Citizens Advice Bureau have been funded to provide a Help To Claim Service for Universal Credit only.

It's free, independent, confidential and impartial. Trained advisers can help with things like how to gather evidence for the application or how to prepare for the first Job Centre appointment.

Self- referrals can be made by ringing the national phone line on 0800 144 8 444 or via web chat following this link

<https://www.citizensadvice.org.uk/benefits/universal-credit/claiming helptoclaim/>

Help To Claim Service for Universal Credit



The go2 Carers Leisure scheme is supported by the five borough councils in East Lancashire and aims to give unpaid carers discounted access to leisure facilities. It is very easy to sign up through Carers Link Lancashire and carers can access any of the facilities in their own borough.

All you have to do is request a letter from Carers Link Lancashire, although newly registered carers receive it automatically. Then, take along some ID to prove your address to any of the leisure centres in your borough shown below to receive your membership card. Then every time you visit within off peak hours you get your discount automatically knocked off.

Leisure Facilities in East Lancashire

Burnley

- Padiham Leisure Centre
- St Peter's Leisure Centre

Hyndburn

- Hyndburn Leisure Centre
- Mercer Hall Leisure Centre
- Norden Sports Centre

Pendle

- Pendle Wavelengths
- Pendle Leisure Centre
- Seedhill Athletics & Fitness Centre
- West Craven Sports Centre

Ribble Valley

- Longridge Community Gym
- Ribblesdale Swimming Pool
- Roefield Leisure Centre

Rossendale

- Adrenaline Centre
- Marl Pits Leisure Centre

"I am absolutely delighted with my Carers Discounted Leisure Letter. It means I can swim for just £3.00 and go to the gym when I want. I didn't want to pay for a full membership because of appointments or if my husband got ill, I would lose money. This is fantastic as it gives me the flexibility I need" - Jackie, Carer

We do appreciate that many working carers may not be able to access this scheme as the discounts are only available during off peak hours. Please note that these rules are set by the Leisure Trusts/Councils, not Carers Link Lancashire.

Reiki Healing Sessions Relax - Rebalance - Realign - Renew

Have you ever thought of trying out one of our Reiki sessions? It couldn't be easier with new volunteer Reiki practitioners and sessions available on Mondays, Tuesdays and Wednesdays in Accrington for a reduced cost of only £3. We appreciate not everyone is able to travel to Accrington so please give us a call to express your interest and if there is a demand we will endeavour to carry out some sessions in other locations in East Lancashire.



"I feel very refreshed and seem to be thinking more clearly."

"I feel more relaxed than even after a massage and my headache is gone."

"I think I fell asleep"

01254 387444

WE NEED YOUR HELP

We are looking for volunteers to help out in our charity shop and Community Cafe. Get in touch today to find out more.



Join Ann and our friendly shop team sorting donations, window displays and serving customers.

No experience is needed just a willingness to help for as little as 2 hours per week.

Make new friends

Gain retail experience

Support your local community

Choose a time that suits you

Gain an NVQ in Retail & Customer Service

CALL US TODAY TO FIND OUT MORE: 01254 387444

**OUR COMMUNITY FACILITY WOULD NOT OF BEEN POSSIBLE WITHOUT
THE SUPPORT AND GENEROSITY OF THESE WONDERFUL ORGANISATIONS.
THANK YOU SO MUCH FOR BELIEVING IN OUR CAUSE.**

**JOHNSONS
TILES**

RODO

**CROWN
PAINT**

GREENERGY

**THE BERNARD
SUNLEY
FOUNDATION**

GEOFLOOR

**THA
YO**

**MILIKEN
IND LTD**



**LANCASHIRE
ENVIRONMENTAL
FUND**

**LANCASHIRE
COUNTY COUNCIL**

MODULED

**THE WINDFALL
FUNDING**

**BLUE SQUARE
GLOBAL**

**ANK
U!**

HAS GROUP

INTERFLOOR

**COMMUNITY
PAYBACK TEAM**

**SHOPFITTING
WAREHOUSE**

OUT & ABOUT



STANHILL HERITAGE DAY

We all had such a wonderful day in the sunshine when we visited Stanhill for the Heritage Tour. Our fantastic guides told us about the famous James Hargreaves and the story of the Spinning Jenny. After the trial we visited the beautiful and very welcoming Stanhill Methodist Church for an interesting demonstration and scrumptious homemade biscuits. Then it was next door to Stanhill Pub & Kitchen for a delicious lunch of homemade parsnip soup, sandwiches and chips. We had so much fun that we are planning another visit in the summer so watch this space!

Massive thanks to Richard Hooper and his team of volunteers and also the Oswaldtwistle Library Friends for the introduction.



TAKE A BREAK ITS GOOD FOR **YOU**



CHARM

We have been working in partnership with Ynot Aspire and the 6 mainstream high schools in Hyndburn to organise the first CHARM young people's talent and achievement awards. The red carpet event at Oswaldtwistle Civic Theatre in February showcased all the talent acts and achievement nominations from the schools. It was a tough decision for the judges, with so many deserving young people in attendance.

A huge thank you goes out to all our sponsors:

Young Voice Award -

Stepping Stone Projects,

Inspiration Award -

Education Partnership

NW Sporting Individual

- Leisure, **Young Carer** -

Accrington Rotary Club,

Overall Talent Act- Just

Imagine NW, **Young Person**

of the Year Award - Breaks

Wealth Management

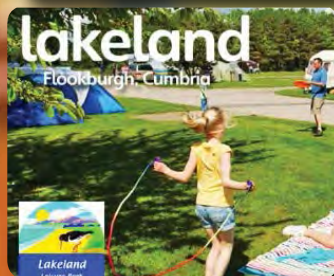
Well done to all the worthy winners!



SUMMER HOLIDAY

Carers Caravans

3 night break
from £190
Secure today
£50 deposit!



Haven

 **Parkdean
Resorts**
Creating Amazing Memories

3 holiday parks..
Marton Mere,
Lakeland & Ocean
Edge. Take all the
family, sleeps up to
eight. Our privilege
card gives carers
further discounts
with up to 50% off
activities and 15% off
food and drink!

WHAT HAPPENED AT OUR YOUNG CARERS AWARENESS DAY 2019

Hyndburn, Ribble Valley & Preston Young Carers got out and about in the local community to help raise awareness of Young Carers, their needs and the support that is available.

The Young Carers Service went along to Mount Carmel High School to provide Young Carers Awareness Training to all the pupils and staff during their lunch break. We would like to say a big thank you to the school for putting information about Young Carers on their Face Book page and in their school newsletter too.

We also had an information stand at St Christophers School and Burnley College handing out leaflets and chatting to people about the service and the support available to Young Carers.



HYNDBURN AND RIBBLE VALLEY YOUNG CARERS

have been getting involved with cooking some delicious, healthy meals using recipes from Jamie Oliver. This free 8 week course has been facilitated by Burnley FC in the Community and it also includes basic kitchen safety with fully trained members of staff.

They also provided all of the ingredients and the equipment needed for these cooking sessions, and then after each session YCs were given all of the ingredients again for them to take home to make with their families!



burnleyfc in the **community**
Registered Charity No: 1155856



This has been a fantastic opportunity for the YCs and we are sure they will be masters of the kitchen when they have finished!

Do you live in Hyndburn, Ribble Valley or Preston and your child is in a caring situation?
SUPPORT IS AVAILABLE!

Referring into the service

The young carer has to live in Hyndburn, Ribble Valley or Preston (6yrs-18yrs). Referrals can be made by professionals or by parents/family members. Simply call 01254 387666 to refer over the phone or to request a referral form.



A huge thank you and well done to twins Ellie Moores and Shrona Pilling for collecting over 110 Easter eggs for our Young Carers. The eggs will be given to Young Carers in Hyndburn, Ribble Valley and Preston. 'Egg'cellent job girls!

Battle of the Bars

HEAD 2 HEAD

Is your pub/bar ready to go Head 2 Head with others in your area? Could you raise the most for YOUR local Carers Service?

With over 10 Prize categories there is lots of opportunity to win awards and shout about your business and customers!

For more information please contact
Sara Duckworth at Carers Link Lancashire
on 01254 387444.



Lasting Powers of Attorney (LPA)

**An LPA is an extremely helpful document!
It allows you to appoint someone you trust
as an 'Attorney' to make decisions
on your behalf.**

Give someone
you trust:



**THE
POWER
TO
CARE**

**Stephen is an LPA Advisor
with a low cost solution.**



**For more details call Stephen on:
01772 367900**

Bramwell
ESTATE PLANNING

www.bramwellep.co.uk

**A
Personal Service
With Convenient
Home Visits**



...because every carer needs a break

The Sitting in Service is a FREE befriending scheme that engages volunteers to offer up to two hours per week for a regular, or occasional, sitting in arrangement for an adult over the age of 18 who has low level care needs.

Volunteers offer companionship with the person they sit with by taking part in activities together such as: listening to music, watching TV, playing board games, chatting, or providing refreshments. Many of our volunteers are happy to take

the person you care for out and about too.

Not only is it FREE respite care, but you have peace of mind that a trained, DBS checked volunteer will be sitting with your loved one whilst you are out.

GROUP SITTING IN SERVICE

Due to the popularity of the Sitting in Service we also run group sessions. If you are thinking about day care for the person you care for then this may be a first step.

Our fun, friendly 2 hour session allows you both to give it a go in a safe and caring environment. You can either stay for the session or drop off and have a couple of hours time out for yourself. **Burnley Session** - Central Methodist Church, Hargreaves Street, Burnley, BB11 1DU

If you would like to book a place on the group sessions or request a Sitting in Service volunteer, please call our Volunteer Co-ordinator on **01254 387444**.



Little Green Bus
creating sustainable transport

If you or someone you care for is finding it difficult to use regular public transport, Community Transport could be the answer.

We will always try our best to accommodate requests for transport. For example Dial-A-Ride is best suited to regular trips such as your weekly shop, rather than for one-off requests, however, still ring us to enquire as we have other services that may be more suitable. If you are a Carer and you are travelling with your cared for person, you can have our special Carer fare, which is £1 each way on Dial-A-Ride regardless of distance travelled.

If you have any queries which are not answered here or you'd like to talk with us to ask questions, please call us on 01200 444484.

Need additional help and support? Then a carers assessment may be the answer.

A Carers Assessment is all about you, the carer. Your carers assessment will look at the different ways in which caring affects your life and how you can carry on doing the things that are important to you and your family. Your physical, mental and emotional wellbeing will be at the heart of your assessment. It will also consider other important issues, such as whether you are willing and able to carry on caring, whether you work or want to work or access training or education, and whether you want to do more socially. The assessment can take place face to face, on the telephone, in your own home, at a clinic or other community setting. Because the assessment is personalised to you and your needs, the length of time it can take may vary. This isn't a test it's an opportunity to discuss with

us the support or services you need. It has nothing to do with your finances, although the assessment may highlight that you need support with benefits and we would put you in touch with the relevant organisation to help you with this.

Once an assessment has been completed we look at how we can assist you to achieve or work towards the outcomes identified. This could be via services that we provide, support from services in the community or support from Lancashire County Council. If your needs cannot be met using these services, you may be entitled to a Carers Personal Budget.

Each year we will review your Carers Assessment. As a result of reviewing your Carers Assessment you may be eligible once again for a budget. If your needs have increased you may be entitled to more money. Similarly if your needs have decreased you may be entitled to less.



Who would care in an emergency?

Many carers worry about who will look after the people they care for if something happens to them unexpectedly. This constant worry can cause stress and prevent carers from having a life of their own alongside their caring role.

Our FREE Peace of Mind for Carers service will take away the 'what if' and replace it with the reassurance and confidence that the person you care for will be supported if an emergency occurs.

We will work with you to put a plan together. The plan will be kept on a confidential database ready to be put into action at any time - 24 hours a day, 365 days a year.

Please contact us to set up your plan or find out more about this service.

Don't forget to specify your top 3 choices when booking

May 2019

| | | |
|---------------|------------------------------|------------------|
| Thursday 9th | Former Carers Meal | 12.0pm - 2.00pm |
| Tuesday 14th | Understanding Dementia | 10.00am - 3.30pm |
| Monday 20th | Your Mind Matters | 1.00pm - 2.00pm |
| Monday 20th | Herbs for Health & Wellbeing | 1.00pm - 4.00pm |
| Thursday 23rd | Charity Summer Fashion Show | 7.30pm - 10.00pm |

June 2019

| | | |
|----------------|---------------------------------|------------------|
| Saturday 1st | Grub Club | 12.30pm - 2.30pm |
| Monday 10th | Cream Tea & Cinema | 2:00pm - 5.00pm |
| Wednesday 12th | Up & Active | 9.45am to 2.00pm |
| Thursday 13th | Legal Clinic | 10.00am - 3.15pm |
| Thursday 13th | Tune in to BBC Radio Lancashire | 8.00pm - 10.00pm |
| Saturday 15th | Carers Week Opening Party | 2.00pm til late |
| Wednesday 19th | Former Carers Meal | 12.00pm - 2.00pm |



OUR CHARITY SHOP & CAFE
A date for your diary 6 days a week!
 Opening Times: Monday - Saturday - 10.00am - 4.00pm
54 - 56 Blackburn Road, Accrington, BB5 1LE
01254 387444
www.carerslinklancashire.co.uk
 Carers Link Lancashire
 IMPROVING LIFE FOR CARERS

FREE Respite Care

Did you know we can provide FREE care from an agency so that you can attend our trips, activities and events?

We can arrange for care through many local domiciliary care providers, your own personal assistants, or child minders. In the case of children, please be aware that we can only pay for replacement care for the child you care for, not any others.

If you see an event or activity you

would like to attend but are unable to arrange for someone else to look after the person you care for, please contact us and let us know. Wherever possible we will make arrangements with a care agency for a trained care worker to go in so that you are free to have a break.

Take a break its good for you!

For more information, please call Carers Link Lancashire on **01254 387444**. Remember to ask us first, don't just assume we will pay as we only have a limited budget for this service!

• Adult Carers Staff Team

Chief Executive Officer

Rebecca Hodgson

Interim Services Manager

Audra Higgin

Retail Development Manager

Larissa Hewitt

Senior Carers Development Worker

Audra Higgin

Carers Development Workers

Emma Lawson

Jill Laing

Noreen Akhtar

Georgia-Mae Riley

Kathryn Immins

Yasmin Akhtar

Carers Support Workers

Angela Austin

Emma Logan

Diane Flynn

Lynne Lewis

Carers Support Worker - Benefits & Welfare

Lynne Lewis

Review Officer

Simon Kay

Finance Officers

Carolyn Teed

Lou Boulton

Fundraising Officer

Sara Duckworth

Volunteer Co-ordinator

Suaifina Aslam

Office Manager

Rebecca Ormerod

Senior Administration Workers

Ann Mobey

Rachael Campbell

Administration Workers

Rhosyn Howells

• Young Carers Staff Team

Young Carers Development Worker

Carole Moulton

Momtaz Islam

Sessional Worker

Amy Blundell

Paul Fairweather

**If you would like to read
any part of this magazine
in large print please let
us know**

Useful Numbers

Carers Help and Talk Line

Open 24 hours, 7 days a week

0333 103 9747

Carers
Lancashire
Supporting carers locally

Social Services

Customer Services Centre

24 Hour Service

0300 123 6720

Lancashire
County Council

Mental Health Crisis

01282 657222

Care Navigators

(Booking respite)

0300 123 6720

Welfare Rights

0300 123 6739

Carers UK

www.carersuk.org

0808 808 7777

CARERS UK
the voice of carers

Carers Trust

www.carers.org

0208 498 7900

carerstrust
action · help · advice

Lancashire Wellbeing Service

0303 333 1111

Alzheimer's Society

www.alzheimers.org.uk

0333 150 3456

Alzheimer's
Society

Carers Link Lancashire

54-56 Blackburn Road

ACCRINGTON, BB5 1LE

info@carerslinklancashire.co.uk

Office Opening Times:

Monday - Friday 9.00am - 5.30pm

01254 387444 / 0345 688 7113

At Charter House we believe everyone deserves a smile



A safe and friendly
place to learn, socialise
and have fun!



- Day care for adults with learning disabilities • Multi-sensory room (*available to hire*)
- Arts & crafts • Cookery • Numeracy & literacy • Computing and more
- Wheelchair weighing scale service

Saunder Bank, Burnley BB11 2EN

01282 429 094 • 07794 675244

info@charterhouseburnley.co.uk

www.charterhouseburnley.co.uk



Charter House

Resource Centre & Sensory Room