

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

Welcome

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

You can keep up to date with developments that are taking place and we also utilise our social media to post useful information from time to time. So, if you can, please visit our websites.

www.ncompass.org.uk
www.carerslinklancashire.co.uk

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

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

Stay safe and take care.

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**

 carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 **0345 688 7113 option 1**



[ncompass.org](https://www.facebook.com/ncompass.org)



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



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



[_CarersLinkLancs](https://twitter.com/_CarersLinkLancs)



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.

Confessions of a Reluctant Carer

Someone once said to me that no one really chooses to be a carer. I certainly never wanted to be a nurse growing up. It wasn't part of my plan. My mum was a nurse, she even met my dad in hospital he was a patient who managed to woo her from the sick bed.

My dad died young he was only 53, it was a massive shock. They'd retired to Portugal a couple of years earlier anticipating a long happy retirement. Unfortunately, it wasn't to be.



I got married, got pregnant with my son. I had a difficult pregnancy, it was a huge help having mum close by. She used to pop round, tidy the house, refill the fridge, and leave fresh cakes on the counter. She'd be gone by the time we got back home from work, and it was as if the cleaning fairy had visited. Once a week I'd pick mum up in the morning and we'd set off in the car to explore the countryside. We talked about everything and really got to know each other. Mum is a great storyteller and had a lot to talk about. My caring responsibilities at that time, centred around sorting out her paperwork, finances and being her friend and chauffeur. In return I'd get a tidy house, good storytelling and lots of free lunches. This was our life for fifteen years and I loved it.

Then, as with all stories everything changed. Mum rang early one Sunday morning. She never called in the morning. "Janette, I can't see". I woke up in the night, there was a bright flash and what looked like fireworks and then nothing. It's all black. I've gone blind. It didn't take long for the hospital to diagnose a TIA. My head was all over the place, how were we going to manage if she was blind. Mum just sat there calmly and said, 'oh well, that's that then.'

She regained some sight in one eye a few days later but never the other one and things changed quickly from then on. She'd been left with mobility problems, balance issues and some cognitive slowing down. Mum felt let down by her body and at first really resented having to ask for help. After a few months mum was able to return home and still live relatively independently, but her health really began deteriorating from then on. She struggles walking now and needs a wheelchair if I take her out anywhere. She can't get up and down the stairs at home easily, so we've had a downstairs toilet put in and replaced her three-seater couch with a bed. She has high blood pressure, so I have to take readings regularly and got used to popping round every day to help. Usually, I'd be greeted not with a hello but with a long list of things mum wanted doing. She'd clearly been thinking of things that needed doing when she was on her own and as soon as I turned up she'd be getting it off her chest. I'd love to say I handled this with grace, but the reality is that it was sometimes really hard.

Being a carer doesn't mean other things just stop but at the same time, mum had always been there when we needed her and now it's just my turn to do the same for her. When Covid and lockdown happened it kind of reset things. I tied myself up in knots berating myself for not spending more time with mum when I could or by not being the perfect carer or daughter. Friends and family would tell me I was doing fine but, in my head, I discounted their words, after all what did they know, they weren't the ones letting her down. They weren't the ones supposed to be caring. We stuck to all the rules so I'd be dropping shopping off on the doorstep. I'd drive home in tears, feeling helpless. Being isolated for so long had really zapped her of confidence and it took hearing about the covid vaccine before she started to relax at the thought of going out again.

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

From that moment, I realised there was help and support that I'd had no idea about. I'd always thought mum was my responsibility alone. I rang and was immediately offered an appointment for a carers assessment. I was given information about financial help for her and legal advice, all things I haven't known about previously. And then, most unexpected, was when I received a payment to 'do something nice with – for me' to help my own health and wellbeing. Farzana suggested I look through the Lancashire Carers Magazine at some of the activities for carers. I was so happy to receive a call to say that I had a place on the Christmas Wreath Making workshop. I was a bit nervous about going and I wasn't too sure what to expect, but it was brilliant, and I loved the chance to chat and be creative and have a few hours just being me.

The responsibility can be overwhelming, and I still feel that I'm spinning plates, but the network shows that I'm definitely not alone and when the self-doubt creeps in that's a real comfort. I'm concentrating on spending as much time with mum as I can and when we aren't doing the rounds of seemingly endless hospital trips, we still tick off places in the UK we haven't visited yet. There's a lot of help available if you know about it so I'm telling as many people as I can.





carersUK



carers RIGHTS DAY

DROP IN EVENT

Join us for Carers Rights Day on
November 25th, 11am – 1pm,
54 – 56 Café, Blackburn Rd, Accrington.
With a free buffet lunch.

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

This Carers Rights Day we will be joined in our community facility by a representative from Carers Count to discuss advocacy. Advocacy is all about people having more control over their own lives. Carers Count help people to make their own decisions, speak up about what they want and need, and achieve their own goals.

We will also be joined by Stephen Marrs to talk about Lasting Power of Attorney, so why not join us on the 25th November to find out about your rights as a carer!

For more information please call us, not just on Carers Rights Day, on:
01254 387444 or email info@carerslinklancashire.co.uk

Looking after someone? Know your rights

[#CarersRightsDay](https://twitter.com/CarersRightsDay)

Citizens Advice

Citizens Advice offer free, confidential and impartial advice on a range of topics including:

Benefits Entitlement and Claims

Debt Management and Budgeting

Energy Advice

Support during Crisis

Housing Advice and Support



We are delighted to welcome Sarah from Citizens Advice Rossendale & Hyndburn for a drop in session on the last Monday of every month to our Community Facility here at Carers Link in Accrington Town Centre.

She will be here from 1pm - 3pm and is able to help with housing needs, energy efficiency, benefit claims and much much more.

For more information or to contact services in your area visit:

<https://www.citizensadvice.org.uk/local/ribble-valley/> (Ribble Valley)

<https://burnleypendleca.org.uk/> (Burnley & Pendle)

<https://carh.org.uk/> (Rossendale & Hyndburn)

Carers Activities

Helmshore Textile Museum

£5



Nestled in a stunning rural location, the museum consists of two mills: Higher Mill a wool-fulling mill and Whitaker Mill a cotton mill. Explore the site to learn about an industry that shaped local Lancashire lives and the industrial heritage of Britain.

**Monday 31st October,
11am – 1pm**

Train ride to Halifax Winter Market

FREE



Browse the handpicked stalls, enjoy a scrumptious bite, pop into the wonderful independent retailers and take the stress out of Christmas shopping. Soak up the magical atmosphere at the Piece Hall.

**Friday 11th November,
Nelson Station (9am)
Accrington Station (10am)**

Christmas Candle Making Workshop

£5



Come, make it and take it. Make your own beautiful glass pillar and candle with some of the Pendle Crafters team. A gorgeous piece for your festive table/mantle or pride of place in your home. You will love this so much it will come out every year.

**Thursday 8th December,
10:30am - 12:30pm or 1:30pm - 3:30pm
Carers Link Community Facility**

Park Trail-Orienteering

FREE



Come along for a short walk following a virtual trail and try some basic orienteering. This session is a great way to get out for a short, accessible walk, learn more about different trails and have a good natter whilst being active.

**Friday 10th February,
11:00am - 2:00pm,
Stubbylee Park, Bacup**

Carers Courses

Sleep Like a Bear

£3

First Aid for Parents

FREE

 **In Mind
Therapies and Wellbeing**

**1-1 Talking
Therapy**

Be happy



Caring for someone can have a huge impact on the length and quality of your sleep – and therefore, your own health and wellbeing. Want to learn how to sleep like a bear? We'll be sharing some important tips and relaxation techniques to help you look after you.

**Friday 4th November,
12:30pm - 3:30pm
Colne Library**

Learning first aid will give you the confidence to help the person you care for should you need to. The course will cover safety, recovery position, choking, CPR, wounds and assessing for breathing with hands on experience.

**Thursday 12th January,
12:30pm – 2:30pm
Carers Link Community Facility**

Understanding Dementia Courses

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 diagnosis and progression of symptoms, treatment, services, and changing relationships. All course materials are provided including a free buffet lunch.

Course 1. Wednesday 9th November, Carers Link Community Facility, 10am - 3:30pm

Course 2. Monday 9th, 16th, 23rd January, ZOOM, 6:30pm - 8:30pm

Course 3. Monday 13th March, Asda Colne, 10am - 3:30pm

Email to book: activities@carerslinklancashire.co.uk

Are you looking after someone that 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" Carer

Register as a carer below to get the help and support you both need:
www.carerslinklancashire.co.uk

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

Coping with Mental Health Course



Karma Minds Training and Personal Development will deliver this valuable course over two morning sessions.

The course will provide information, guidance and mutual support. It is also an opportunity to develop practical skills in terms of managing your own resilience and mental health wellbeing.

"I learnt how to manage stressful situations and build better boundaries, lovely friendly staff"

"made me realize I can cope"

To find out more contact us
Info@carerslinklancashire.co.uk



www.karma-minds.co.uk



Friday 4th & 11th November, Burnley
Central Library, 10:30am – 12:00pm.

Monday 13th & 20th February,
Haslingden Library, 1:00pm - 2:30pm.

Mental Health Carers Support Group

Rethink
Mental
Illness.

3rd THURSDAY of each month
10.30am - 12.30pm
OSWALDTWISTLE

If you are a carer for someone living with mental illness it can feel difficult to support your loved one or to get the answers you might need. Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by severe mental illness. The group is run by and for carers affected by severe mental illness and backed up by the national charity. Every month a representative from Carers Link Lancashire will attend. Together we can help you find out about your rights and connect you with others who are in a similar position.

For more information please contact the Group Co-ordinator, Valerie Minns, on 07534 369889 or email lancscarersgroup@rethink.org or Carers Link Lancashire on 01254 387444.

Dementia Support Group



Are you caring for someone living with dementia? If yes you are both welcome to join us once a month at our friendly cafe for a chat over a cuppa or delicious lunch.

Our staff will be available to offer support, advice & answer any questions. It is also an opportunity to share experiences and support one another. Come and connect to people that understand and enjoy something new each session. **"Too many people face Dementia alone"**

54-56 Blackburn Rd, Accrington
1st Tuesday of every month

Local Dementia Cafes & Support Groups

BARNOLDSWICK - "Butterflies Cafe." Barnoldswick Library. Every other Thursday, 1.30pm - 3pm. Contact James on 01282 433740.

BURNLEY - Burnley FC in the Community at Burnley Cricket Club, Belverdere Road, BB10 4BN. Every Wednesday from 13:00 – 15:00.
Contact M.Colquhoun@burnleyfc.com or call 01282 704716

COLNE - "Butterflies Cafe." Colne Library - Market St, Colne BB8 0AP. Every 1st and 3rd Thursday. Contact James on 01282 433740.

CLITHEROE - Clitheroe Borough Council Office opposite the library - every 4th Thursday of the month, 10.00am - 12pm. Contact Diane on 07908 641025.

HASLINGDEN - Community Link, Bury Road, Haslingden, Rossendale BB4 5PG. Every Friday 10.30am - 12.30pm Contact Carole Watchorn on 07891 176063.

NELSON - Christ Church, Carr Road, Nelson, BB9 7LE. "Friendship Group" - For those living with dementia and carers, family and friends. Every 2nd Tuesday at 2pm.

RAWTENSTALL - Whittaker Museum, The Coach House, Haslingden Road, Rawtenstall, BB4 6RE. On the 3rd Friday of the month, 3pm-4pm contact Rachel - Rachel@madeinhaslingden.org or 07704 859056.

WATERFOOT - Old Library, Bacup Road, Waterfoot, BB4 7AW. On the 3rd Tuesday of every month: 2-4pm.

Former Carer Support Group



A former carer is someone whose caring role has changed primarily due to bereavement or who feels that their caring role has substantially reduced because the person they care for has entered full time residential care. 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. "Losing a loved one can leave you feeling adrift, but talking to others can help."

3rd Wednesday of every month / 11am - 1pm

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

If the weather is nice we can enjoy our lunch in the beautiful community garden.

Grief and Loss Course



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. To find out more you can contact Community Solutions: 01254 460080 or email: info@csnw.co.uk

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 please contact: Ann on 01254 694904 / Christine 01254 392382

Male Carer Support 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?

LET'S TALK ABOUT IT

Last Thursday of each month
10:30am - 12:30pm
Burnley Cricket Club Turf Moor, Belvedere Road,
Burnley, BB10 4BN



BURNLEY FC
IN THE COMMUNITY



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

Carers Meetups

Monthly / 11-1pm

CHECK OUT THE
NEW VENUES!



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

HYNDBURN - 4th Monday

Carers Link Community Facility
54-56 Blackburn Road,
Accrington, BB5 1LE

BURNLEY - 4th Wednesday

Little Barista
7 Howe Walk, Burnley,
BB11 1QB

RIBBLE VALLEY - 3rd Tuesday

Colborne House Café,
15 Wellgate, Clitheroe,
BB7 2DP

PENDLE - 3rd Friday

Lakeside Cafe
Ball Grove Drive, Colne,
BB8 7HY

ROSSENDALE - 1st Thursday

Haslingden Community Link
Bury Rd, Haslingden,
Rossendale, BB4 5PG

LONGRIDGE - 1st Monday

The Bridge Cafe,
114 Derby Rd, Longridge,
Preston, PR3 3FE

Young Carers Support

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.

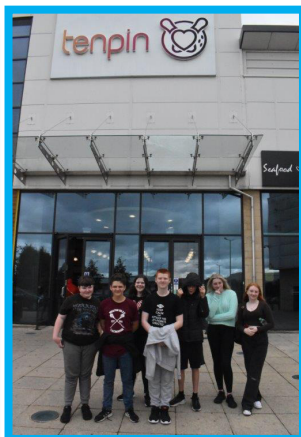
How can we help?

- free and confidential information
- give you time out from your caring role
- 1 to 1 support, including in school
- a chance to make new friends
- fun activities including days out and residentials
- regular support groups
- information and training about illnesses & disabilities
- someone to talk to
- signposting to other services
- free magazine every 3 months



Young Carers Summer of Fun

We have had a very busy summer with our young carers thank you so much to the Hyndburn Borough Council, Young Peoples Grant and Hyndburn and Ribble Valley CVS.



Supporting Young Carers in Hyndburn and Ribble Valley

We have been able to provide 40 places for young carers taking part in the following wellbeing activities:

- Mindful Crafts
- Yoga/Relaxation with Bernie Fawcett from Yoga with Bernie
- Confidence Building Workshops
- Performing Arts
- Photography and Editing
- Music therapy
- Performance by Just Imagine
- Summer Party and Celebration at The Jump Works
- Books and resources for young carers to help with their wellbeing.

Also we have had sessions with Hyndburn Adventure at their wonderful forest school learning new skills and relaxing in the hammocks and two wonderful residentials at Coldwell Activity Centre. One for our youngest carers aged 8 plus and one for our older groups of young carers both geared to their needs.



To find out more visit www.carerslinklancashire.co.uk

Community Café

Here at our Community Café we try and source our produce locally whilst supporting local businesses. Our coffee beans are supplied from Mini&Mighty in Oswaldtwistle, our brownies, biscuits and cakes from Han's Bakes in Baxenden, and our pies are from Porters in Chatburn.

We are aiming to be eco-friendly, using biodegradable takeaway containers and sourcing food and drink locally cuts down the carbon footprint.



Like and follow us on
Facebook
@ 54/56-carerslinklancashire

Get 10% off anything purchased in the café by showing the voucher below.

****Offer valid for only one transaction****

DISCOUNT COUPON

10% OFF

IN OUR CAFE

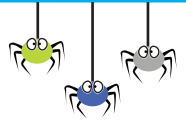
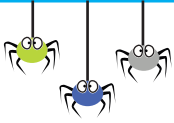


 Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

Expires 31st March 2023

Seasonal Activities at the Café

Creepy Crafts



Join us for "make your own pumpkin" using household items.

Not just fun for the kids!

This class is £5 per person

All children must be accompanied by an adult

Thursday 27th October, 1-3pm,

Carers Link Community Facility. (Get your tickets at the shop/café)

WINTER WREATH

Learn and make your very own wreath, with a twist!

Rather than using foraged plants and twigs, we will be using card.

Fun for all the family, however, hot glue will be used so an adult needs to be in charge. Take home your creation and proudly hang on one of your doors.

This class is £5 per person.

Thursday 1st December, 1-3pm,

Carers Link Community Facility. (Get your tickets at the shop/café)



Be my Valentine

Create one of the below....or all of them!

*Making Valentine cards for a member of the family or a friend

*Making heart bunting

*Create your very own poems.

This class is £5 per person.

All children must be accompanied by an adult

Wednesday 1st February 1-3pm,

Carers Link Community Facility. (Get your tickets at the shop/café)



Volunteering Opportunities



Want to gain valuable skills? Not sure where to start?

You could learn new skills and build your confidence working in our community cafe or shop.

Say hello to Shane. He has completed his college work placement with us. He has been an enthusiastic member of the team and has learnt new skills.

He has decided to stay on as a volunteer with us!

Volunteering in our Community Café can take many forms from engaging with customers by taking orders and serving, to food preparation and baking.

Are you at college or university and would like to gain valuable experience volunteering for a charity?

Laaiba signed up to become a volunteer over the summer.

She is 17 years old and has decided to dedicate some of her spare time working in our charity shop.

If you have any spare time and would like to be part of a fantastic team, give us a ring on 01254 387444 or pop into our Community Facility for an application form.



Volunteers Needed



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

Volunteer with us and make a
difference in your community!

Could you spare a few hours each
week to help out our amazing
team?! If so, let us know!

Can you volunteer with any of the
following? :



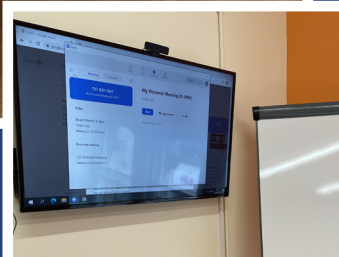
Retail Assistant Volunteer
Volunteer Gardener
Volunteer Driver
Community Outreach
Befriender Volunteer
Administrative Volunteer
Cafe Assistant
and many more...



info@carerslinklancashire.co.uk

FREE* CONFERENCE ROOM HIRE

BRAND NEW FACILITY



Use our modern conference room at
Carers Link Lancashire for FREE
* when you also use our catering service!

Available for Business Meetings, Training Days, Conferences,
workshops and much more

- ✓ Town Centre Location
- ✓ Catering from £3.95 pp
- ✓ Seats up to 20 people
- ✓ Digital conference screen

54-56 Blackburn Road, Accrington, BB5 1LE

www.carerslinklancashire.co.uk/room-hire

BOOK NOW ON 01254 387444

Are you caring for someone with dementia?



We are offering a **FREE** course of Cognitive Stimulation Therapy sessions, to support individuals and carers

Each weekly session is themed to include a range of creative and musical activities, topical discussion, physical activity, quizzes and word & number games.

The courses run for 12 weeks, followed by a special session for carers, providing you with the tools and knowledge to continue supporting your loved one in meaningful CST-based activities at home.



Want to find out more or discover other local dementia networks and services?

Why not join our virtual Dementia Hub on the 4th Tuesday of each month.

For more information, contact:
t 0300 303 1234
e advice@ageuklancs.org.uk
Or visit the 'Our services' section at:
www.ageuklancs.org.uk



Carers Benefits

We understand the practical, emotional and financial pressures carers can be under and would encourage you to follow the guidance below to enable us to provide you with the support you need.

Are you or the person you care for eligible to claim Attendance Allowance?

- You're over State Pension age.
- You have any type of disability or illness, including sight or hearing impairments, or mental health issues such as dementia.
- You could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe during the day or night.
- You have needed help for at least 6 months (If you're terminally ill you can make a claim straight away).

Next Steps:

- If you meet the criteria please call the Attendance Allowance helpline on 0800 731 0122 to request your Attendance Allowance claim form.
- Once you receive your form in the post you can contact us to arrange an appointment with our Benefits Adviser to assist you with the completion.



Are you eligible to claim Carers Allowance?

You could be eligible if you:

- Spend at least 35 hours a week caring for a disabled person.
- Care for someone who receives the higher-rate or middle-rate care component of Disability Living Allowance, either rate of Personal Independence Payment daily living component, or any rate of Attendance Allowance.
 - Do not earn more than £132 a week (after deductions)
 - Are not in full-time education

Next Steps:

- If you meet the criteria please call the Carer's Allowance Unit on 0800 731 0297 to request your claim form.
- Once you receive your form in the post you can contact us to arrange an appointment with our Benefits Adviser to assist you with the completion.



Are you eligible to claim Personal Independence Payment?

You might be eligible for PIP if you're under State Pension age and you need help with daily living activities, getting around, or both.

It isn't based on your National Insurance contributions and it isn't means-tested, so how much you earn or how much you have in saving doesn't make a difference.

Next Steps:

- Call the Department for Work and Pensions on 0800 917 2222. They'll ask you for some basic information and then send you a claim form.
- Once you receive your form in the post you can contact us to arrange an appointment with our Benefits Adviser to assist you with the completion.

If you require any further information, please call us on
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.



Home Visits
for your
convenience



Bramwell
ESTATE PLANNING
Get Your Affairs in Order

Call Stephen
on:
01772 367900

www.bramwellep.co.uk

Carers Festive Fun

£5

A DECEMBER TO REMEMBER PARTY

CLITHEROE RUGBY CLUB,
LITTLEMOOR ROAD,
CLITHEROE,
LANCASHIRE,
BB7 1ER

JOIN US FOR CHRISTMAS SONGS, A RAFFLE
AND SUPPER!

FRIDAY 16TH DECEMBER, 7PM

Santa's Grotto & Late Night Shopping

£2

A visit to Santa's Grotto is an annual tradition for many families and, now more than ever, we need a little magic in our lives. The experience allows your little one to say hello to our wonderful Santa and tell their Christmas wishes before receiving a special gift.

Enjoy some festive fun with friends and family, grab a bargain from our charity shop and a delicious mug of hot chocolate or mince pie and cream from our cafe!

**Thursday 24th November,
3pm-4pm (for smaller children or children
who prefer a quieter environment)
or
5pm - 7pm**

Email to book: info@carerslinklancashire.co.uk

go2

Carers Discount Card

go2

Carer %
Discount Card

Valuing Carers across Lancashire

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



Beautiva

Beautiva provide mobile hair and beauty services in the comfort of your own home, providing tailor-made packages for a unique experience. If you present your Carers Discount Card at your appointment you will receive a very generous 25% off on hair styling, waxing, lash and brow tinting and shaping and massage treatments. To find out more please contact them on: 07588709173 or tracyhigson@icloud.com.

Wren Coaching and Wellbeing



Are you feeling like you are stuck on the hamster wheel of life and are unable to stop? Do you find yourself neglecting your own needs and in need of some quality time for yourself? Wren coaching and mindfulness services are available both online and in person across Lancashire. They help people who feel unhappy and stuck in life, to overcome life challenges, change and adversity. If you would like to find out more, please visit: www.wren.coach for information, videos and reviews. Use Carerslink10 to secure your 10% off their services when booking.

Could **YOU** offer carers a discount?

If **YES** get in touch to be added to our go2 scheme

Carers Caravans

All of our caravans have been kindly donated to the charity, for unpaid carers to take a well deserved break. They are not new or deluxe vans however they are comfortable, clean and well equipped for your stay.

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



"Just had a lovely much needed weekend in the carers caravan at Lakeland Cumbria. The caravan was lovely and the site was fab. The privilege passes are an extra bonus, 15% off everything you buy, even in the shop and 50% off activities. The kids have had a ball! Thank you Carers Link"

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



At Lakeland Leisure (Grange-Over-Sands) and Marton Mere (Blackpool) we can offer you:

- Free access to the owners lounge
- Privilege Card giving you 15% off bars, restaurants and shops
- Exclusive Owner-only events and activities throughout the season
- 50% off sports and leisure activities throughout the season
 - Both vans sleep 8 people

NEARBY ATTRACTIONS (LAKELAND):

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

NEARBY ATTRACTIONS (MARTON MERE):

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

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

- Access to the owners bar and restaurant
 - Dogs are welcome!
 - Sleeps 6 people

NEARBY ATTRACTIONS:

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

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