


# 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

# Welcome

Welcome to the Spring/Summer 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. There's a lot going on over the coming months, including Carers Week 6 -12th June. Please have a look at everything on offer we have a lovely selection of events.

We have been encouraged to learn from carers how our charity has made a positive difference to their lives and how much they have appreciated being able to meet in person again. We will continue to offer support and services over the phone and online, as we also know you value the different options for help. Please keep an eye on our social media pages for any changes you can follow us on facebook , twitter or visit our website.

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](http://www.ncompass.org.uk) and [www.carerslinklancashire.co.uk](http://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.

**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](http://www.n-compass.org.uk/our-services/carers)

 [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

 **0345 688 7113 option 2**

 [carerslinklancashire.co.uk](http://carerslinklancashire.co.uk)

 [info@carerslinklancashire.co.uk](mailto: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.

# Les and Linda's Carers Story

## What was your life like before your caring role?

Life was good, I had a well-paid job as a Manufacturing Manager which involved travelling to Malaysia. I was about to travel out there again, when Linda had her stroke. It came as a complete shock to us, it was just a normal Friday night, she was on the phone to a friend and within minutes my daughter shouted to me mum's having a stroke. This was in January 2015, so it's just 7 years now. When Linda was allowed home it was clear that life was changed forever, I had to give up my job to look after her as a full time carer. The Stroke Association came to our house and told us about their support groups, we were very interested in their allotment as Linda's passion before the stroke was gardening and I knew (that although she would be limited at what she could do) she would enjoy just going down there and being in that environment, even if she just sat and chatted. Once we started going to the allotment it really hit home to me how much it had done for Linda, and I wanted to give something back so I started my volunteering role with the Stroke Association.



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## How has the Lancashire Carers service helped?

When I first registered, I had a Carers Assessment which was an opportunity to talk about my caring role and the support that is available. It included planning for an emergency and setting up a Carers Peace of Mind Plan just in case something unexpectedly happened to me, and I was unable to care for Linda. Being a part of the service has helped take away some of the 'What if' and replaced it with some reassurance if an emergency did occur. I also volunteer for Carers Link Lancashire in the Charity Shop, it is my respite and takes my mind off my caring role. I bring Linda in with me and she enjoys working with Irene as a team which means I can be behind the till and not worry for a while. It's just a nice outlet for me really. I get a Carers budget and find this payment once a year fantastic as I use it for the football. It means I can plan things with my friend and we are planning a weekend away for when I get it later on this year. I don't know how I'd manage without being busy and my volunteering role at Carers Link is stress free. It's like a break coming into the shop. Just to come and have that environment, where there's no pressure is just what I need.

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## How has your relationship been affected by the stroke?

We plan our days around Linda, due to her medication she sleeps around 14 hours a day, so we do everything between the hours of 12pm – 7pm. We go out every day and make the most of the time we have. Our relationship has changed and evolved into something different. To some degree you're trying to be a husband and a Carer and that's sometimes difficult. It effects everything. I feel I manage that quite well, but for some people, I think it must just totally change the way they interact with their loved ones.



## Was there a defining moment when you realised you needed to do things for yourself?

It's been a gradual thing but it's always been there and my family have always tried to encourage me to take a break but it is a difficult one, you do feel guilty. I do need to start taking more breaks, as at the moment my only respite is the football on a Saturday for 4 hours which is the only time I switch off from my caring role completely. In the last seven years, I've had three nights away to go to the football as it is a lot of preparation so sometimes you think is it worth it. I'm trying to do things that are going to benefit myself now. I'm in a footy chat group there are 7 of us meet up online and we have a footy chat where we predict the weekend scores. I buy two trophies, just to make it a bit more interesting and everyone's over the moon when we have a meeting and I present the manager of the month trophy at the end of the season. It's a group where everyone reads out their predictions, so it's also helping with communication skills. On the last meeting of the month we meet face-to-face and invite the wives or W.A.G.S as we call them which is always lots of fun and we all get a lot out of the group which is great.

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## Are you able to get away with Linda?

There are a lot of disabled friendly sites but not many that accommodate disabilities and pets. However we have found a perfect built resort in Hambleton in Blackpool called Brick Cottages, this has 12 cottages surrounding a lake and caters for all types of disabilities and is not at all clinical so it feels really comfortable. Each cottage has a ceiling track hoist in the bedroom for those that cannot weight bear and all have wet rooms. People take their carers and families with them. Having a break here is a great way of recharging the batteries!

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## What does the future hold for Les and Linda?

I take one day at a time but worry about the future and how long I can keep this up before burning myself out. They say that carers are twice as likely to suffer poor health as someone who does not have a caring role and this is so true. We are going to do as much as we can while we can.



# CARERS WEEK 2022

6th-12th June

Making Caring Visable & Valued



Carers Week

## Monday 6th / Carers Meetup in Longridge / 11 - 1pm

Our cafes are a place for you to have time out and to meet up with others for conversation, support and friendship. There is no need to book just drop in and if you wish, you can bring the person you care for.

## Tuesday 7th / Make a Dementia Memory Box Workshop / 11-1pm

A tutor from Lancashire Adult Learning will join us at our monthly Dementia Support Group to run a fun workshop to make our own memory boxes for our loved ones to enjoy. Join us for free tea and cake at our Carers Community Cafe in the centre of Accrington.

## Wednesday 8th / Wellness Day / Wellness @ The Clinic in Nelson

Sometimes carers can find it challenging to take care of their own wellbeing whilst looking after someone. We have organised a day for YOU with group classes, massage, reflexology and more. Booking essential see poster on pg 26 for more info.


## Thursday 9th / A day at Harwes Farm in Colne / 10.30 - 3.30pm

A trip to the beautiful Harwes Farm in Colne. Come along, breathe in some fresh farm air, tend to the animals, wander through the forest and enjoy toasted marshmallows round the camp fire. Pick up from central Colne. Contact us to book your place.

## Friday 10th / Carers - Get the information you need / 10 - 11am

Join our Q & A session online to get the information you need about Carers Assessments, Benefits, Direct Payments, Emergency Planning, Dementia Support, Residential Care - How does it all work? Our staff panel will be ready to advise.

## Saturday 11th / Accrington Food Festival



There will be an array of regional stalls showcasing the area's finest food producers and retailers, live cookery demonstrations with a celebrity chef, a fabulous Continental food market. We will have an information stand on the outdoor market and our staff will be on hand to offer advice. Please come for a chat and or to simply say hello!



# NEW PARENT CARER SUPPORT GROUP



**WHEN:** 4th Tuesday  
of every month  
between 4pm and  
6pm

**WHERE:** Giddy  
Kippers,  
1 Turner Rd, Nelson  
BB9 7DU

Starts 26th April

**TALK,  
EAT  
&  
PLAY**

**£6 for one  
parent  
&  
one child**

- A safe space to share stories with others
- Build new friendships
- Chat over a cuppa or stay for tea
- Max card and Grants
- Be a voice for carers
- A relaxed informal group
- Guest speakers



For more information  
contact Angela at  
01254 387444



**Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS

# Carers Activities

## Shopping Trip to Bradford

**FREE**



Community Rail Lancashire as part of their Women that Wander project have kindly funded a Carers shopping trip on the train to Bradford. A chance to join our staff and other carers for a fun day out! (Women only funded trip)

**Friday 22nd April**  
**Nelson 9am / Accrington 9.30am**  
**Arrive back 5pm**

## Manchester Museum of Transport

**FREE**



Male Carers are invited for a fun and interesting day out! The Museum tells the story of public road transport in Greater Manchester from its very beginnings in 1824 to the present day.

**Wednesday 11th May**  
**Burnley Manc Rd Station 10.20am**  
**Arrive back in Burnley 4.50pm**

## Stanhill Heritage Day

**£5**



Stanhill Village is renowned for being the birthplace of the Spinning Jenny. Invented by James Hargreaves in 1764. Join us for a guided walk and heritage talk included in the visit is a delicious lunch at Hargreaves themed Stanhill Pub.

**Wednesday 29th June, 10:30 – 12:30pm**  
**Lunch 12.30 - 1.30pm**  
**56 Stanhill Road, Oswaldtwistle, BB5 4PP**

## Glass Fusion Workshop

**£5**



Back by popular demand the wonderful Glassmonkey Studio are running another fun workshop. You will have the chance to make your own colourful, handcrafted tea lights from glass, fusing together a unique design to take home.

**Monday 12th September 1pm - 3pm**  
**Burnley Central Library, BB11 2BD**



# Carers Courses

## Basic Drawing & Painting Course

FREE



Join Keith for a fun, relaxing, practical series of 4 sessions of basic drawing and painting techniques, beginning with making our own sketchbooks which we will use during the course.

**Thursday 7th, 14th, 21st & 28th July**  
**1pm - 3pm**  
**Accrington, Community Garden**

## Chocolate Tasting Workshop

FREE



Are you a chocoholic or a casual choccy muncher? Is white, milk or dark your choccy of choice? We will be running our much loved chocolate tasting workshop again due to popular demand.

**Thursday 8th September 2022**  
**1pm - 3pm**  
**Community Facility, Accrington**

## Understanding Dementia Courses

FREE



This course is designed to help you develop 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. Monday 16th, 23rd, 30th May, ZOOM, 6.30pm – 8.30pm,**  
**Course 2. Wednesday 27th July, Park House, Longridge. 10am - 3.30pm.**  
**Course 3. Wednesday 7th September, Rossendale, 10am -3.30pm**

Email to book: [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)

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



*“Caring for your relative or friend 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 here to get the help & support you both need:  
[www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)



# Mental Health Carers Support Group

The logo for Rethink Mental Illness, featuring the text "Rethink Mental Illness." in a blue, sans-serif font, centered within a white circle. This circle is set against a solid blue square background.

**First meeting 21st April 2022**  
**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 the 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 [lanccarersgroup@rethink.org](mailto:lanccarersgroup@rethink.org) or Carers Link Lancashire on 01254 387444.

## 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.

We will provide you with simple tools and techniques to practise, which can then be easily applied in your day to day life.

To find out more contact us  
[Info@carerslinklancashire.co.uk](mailto:Info@carerslinklancashire.co.uk)

**Friday 6th & 13th May**  
**10:30 – 12pm**  
**Carers Link Lancashire**  
**54-56 Blackburn Rd**  
**Accrington, BB5 1LE**

[www.karma-minds.co.uk](http://www.karma-minds.co.uk)



# 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**  
**11am - 1pm**

## Local Dementia Cafes & Support Groups

**BARNOLDSWICK** - Butterfly Memory Cafe at Pension Centre, Frank Street, Barnoldswick, BB18 5AE, Every other Thursday, 1.30pm - 3pm. Contact Angela A on 01254 387444 or 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.

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

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

**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.

## DEMANTIA ACTION WEEK 16 - 22 MAY 2022

Led by Alzheimer's Society, Dementia Action Week is a national event that sees the public coming together every May to take action to improve the lives of people affected by dementia. Drop in to talk to us and find out more. We will be in Burnley and Barnoldswick during Dementia Action Week.

**Tuesday 17th May** - Barnoldswick Library 9-1pm

**Thursday 19th May** - Coal Clough Lane, Burnley Library 10-12pm





# 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](mailto: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**

Lets Talk  
About It

# 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?

We want to try and change this by providing group sessions and activities specifically for male Carers. We will be running a monthly group in partnership with our friends at Burnley FC in the Community. It will be a chance to talk in a supportive social group, about everyday life stuff, swap hints and tips, have a laugh and enjoy time with people who share similar experiences. No need to book just drop in for a brew!



Last Thursday of each month.  
Starting on  
**THURSDAY 28th APRIL**  
10.30am - 12.30pm  
Burnley Cricket Club  
Turf Moor, Belvedere Road,  
Burnley BB10 4BN

Working in partnership with



**BURNLEY FC**  
IN THE COMMUNITY

# 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

Starting: 25/4/22

## BURNLEY - 4th Wednesday

Little Barista  
7 Howe Walk, Burnley,  
BB11 1QB

Starting: 27/4/22

## RIBBLE VALLEY - 3rd Tuesday

Tastebuds,  
1 George Street, Whalley,  
Clitheroe, BB7 9TH

Starting: 19/4/22

## PENDLE - 3rd Friday

Lakeside Cafe  
Ball Grove Drive, Colne,  
BB8 7HY

Starting: 20/5/22

## ROSSENDALE - 1st Thursday

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

Starting: 7/4/22

## LONGRIDGE - 1st Monday

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

Starting: 4/4/22

# 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



## Isolation and Loneliness in Young Carers

One of the biggest things Young Carers talk to us about is isolation 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.





On Thursday the 10th of March the grand final for this year's CHARM inter-schools event took place. CHARM celebrates the talents and achievements of young people throughout Hyndburn. The event presents an excellent opportunity for young people to gain recognition for all their talents and achievements.

The big celebration event was held at Oswaldtwistle Civic Theatre, where awards were given to the winner of each category, including a talent winner, inspiration award, young carer of the year and many more. Judges then decided on a Young Person of the Year from all of the winners, with Esme from the Accrington Academy securing the award!

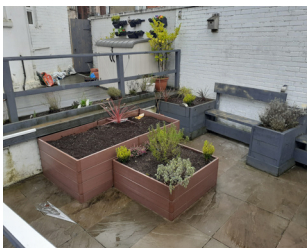


# Prince's Trust Project

For two weeks in February, Beth and Lewis from the Lancashire Fire and Rescue Service, alongside the Prince's Trust were involved in redecorating key areas within our Community Facility. As you can see from the images, they have done a fantastic job repainting areas such as the information hub and replanting in the garden.

The Prince's Trust Team Programme (ACCROSS Hyndburn) is a full-time personal development programme for 16-25 year olds aimed at helping young people to build confidence, motivation and new skills to enable them to move on with their lives into further education, training or employment and we were lucky to be selected by the young people of Prince's Trust as their nominated charity.

On Friday 18th February, the young people presented their experiences of the last two weeks, and the Mayor of Hyndburn Councillor Mrs Kathleen Pratt was in attendance. She said 'It is great to see young adults doing work like this in our communities as it has many benefits for everyone, giving those involved a sense of responsibility and those using the facility a better understanding of the younger generation. Congratulations to everyone involved in the project and well done for making such a positive impact on a local charity such as Carers Link Lancashire.'



Lancashire Fire  
and Rescue Service



Prince's Trust  
International

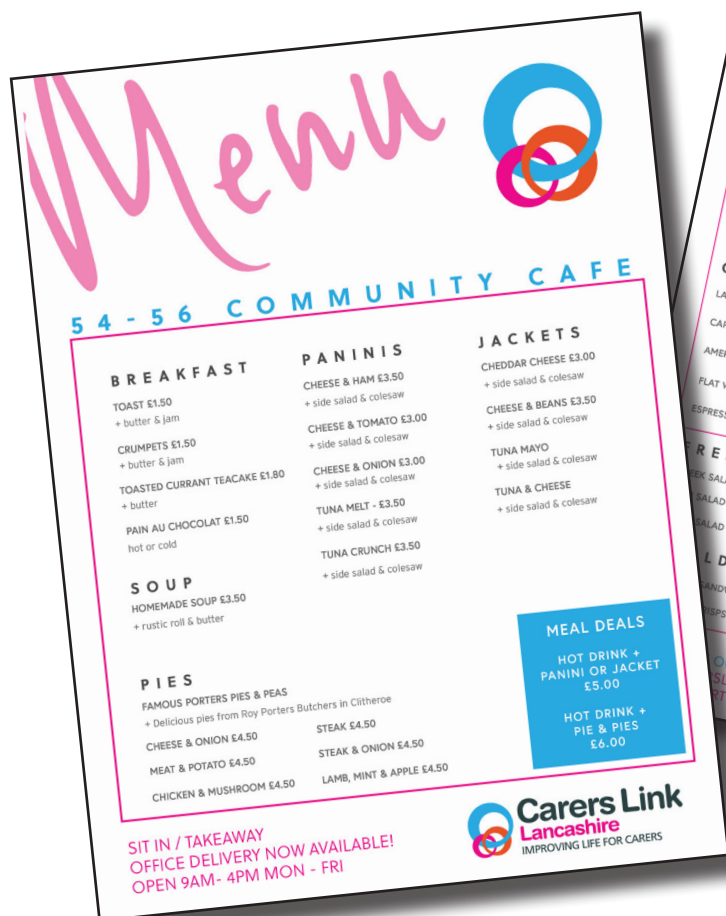
YOUTH  
CAN  
DO IT



# 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.



For our Whats On Guide & Menu visit our website:  
**[www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)**  
**54-56 Blackburn Road, Accrington, BB5 1LE**

# Volunteering Opportunities



## Thinking about getting back into work? Not sure where to start?

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

Here is one of our lovely volunteers Judith, using her barista skills in our Community Café.

Judith has overcome her barriers by developing skills and building her confidence.

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?

Amy Lees won Outstanding Young Volunteer at Hyndburn and Ribble Valley CVS awards 2021 and we couldn't have been more proud of her! It as a wonderful recognition for all her dedication.

Amy volunteered in our Community Facility whilst at the same time, studying for her A-Levels, applying for university and having driving lessons!





**VOLUNTEER**  
with us and make a  
difference in your  
community!

**Could you spare a  
morning or afternoon  
once a week?**

**We need volunteers to help  
run our community café in  
the centre of Accrington.**

**For more  
information call us on:  
01254 387444**

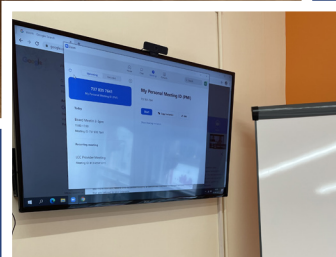


**Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS



# 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](http://www.carerslinklancashire.co.uk/room-hire)

BOOK NOW ON 01254 387444



# VETERANS BREAKFAST CLUB

**Last Wednesday  
of every month.**

**Carers Link-**

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

**9:30am- 11am**

**Bacon Butty + Brew £3**



**"Come & share  
the banter with  
others who  
have been  
there and worn  
the same t-  
shirt"**



**For more information, please contact Lee Walsh at  
Accrington Stanley on 01254 475013 or 07940845192**

**Accrington Stanley Company number: 07369852 Reg Charity number: 1139575  
Veterans in Communities Company number: 8230197 Reg Charity number: 1151194**

**Good company, good food, good banter**



# Are you missing out on Carer's Allowance?

Many people do not realise they are entitled to Carer's Allowance, a means-tested benefit providing vital support, open to those meeting the eligibility criteria below.



- You regularly care for at least 35 hours per week
  - You regularly care for someone who receives either:
    - \* Disability Living Allowance
    - \* Personal Independence Payment
    - \* Attendance Allowance
    - \* Constant Attendance Allowance
    - \* Armed Forces Independence Payment
  - You are over 16
  - You are not in full time education
  - You do not earn more than £128 a week
  - You are not in receipt of an 'overlapping benefit'

To download a Carer's Allowance application form visit:  
[www.gov.uk/government/publications/carers-allowance-claim-form](http://www.gov.uk/government/publications/carers-allowance-claim-form)  
To find out more visit:

[www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)



# 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](http://www.bramwellep.co.uk)




## Do you qualify for a council tax reduction?

If you live with dementia, a disability, a mental health condition, or the effects of a stroke- or you care for someone who does - you could be entitled to a council tax reduction.

Discounts can be backdated if you could have qualified earlier.



To find out more contact your local council.



Take time  
out  
for YOU

# CARERS WELLBEING DAY

WEDNESDAY 8th JUNE 2022  
WELLNESS AT THE CLINIC / LEEDS RD NELSON



**MASSAGE  
YOGA  
REFLEXOLOGY  
AROMATHERAPY  
REIKI  
ACUPUNCTURE**



Treatments are just £5 on the day!

Booking is essential contact us on 01254 387444



**WELLNESS**  
AT THE CLINIC



**Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS

# go2

## Carers Discount Card

go2

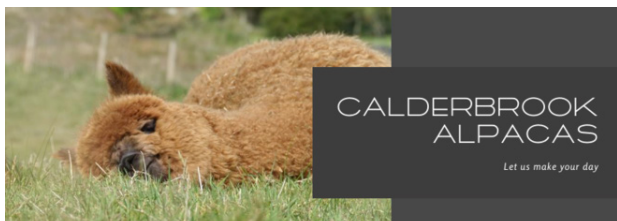
Carer %  
Discount Card

Valuing Carers across Lancashire

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



Total Physiotherapy have 11 clinics across the North West and are the latest partner to join our go2 scheme. Their mission is to support and inspire active lifestyles through expert physiotherapy, health and wellbeing services. If you present your Carers Discount Card at your appointment you will receive a very generous 20% off all services including massage, pilates, yoga, and acupuncture. To find out more please click on your nearest clinic here <https://totalphysio.co.uk/contact-us/>



Calderbrook Alpacas in Littleborough is another new go2 wellbeing provider, offering registered carers between 15-20% discount (depending on the experience booked) Its time for some fun! Come along and meet the fluffy Alpacas & Lambo the sheep - Meet & Greet or walk an alpaca. The friendly bunch of Alpacas are keen to meet you!

Book here : <https://bookwhen.com/calderbrookalpacas>

Or see website for details [www.calderbrookalpacas.co.uk](http://www.calderbrookalpacas.co.uk).

**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.



## Haven Lakeland Leisure and Haven Marton Mere Prices:

	Low Season	High Season
3 Nights (Fri-Mon)	£220	£325
4 Nights (Mon-Fri)	£245	£350

## Parkdean Ocean Edge Prices:

	Low Season	High Season
3 Nights (Fri-Mon)	£170	£240
4 Nights (Mon-Fri)	£190	£280



## 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