



# Carers Community

January - March 2019

The FREE magazine for unpaid carers in East Lancashire



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

  
**carerstrust**  
a Network Partner

part of  
**Carers**  
**Lancashire**  
Supporting carers locally

Registered Charity  
1156275  
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**Lancashire**  
County  
Council



**NHS**  
**East Lancashire**

The Henry Smith  
Charity  
Incorporated in 1948



Supported by  
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**ERIC WRIGHT**  
GROUP



**The Triangle Trust**  
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# Inside this issue

|                              |    |
|------------------------------|----|
| Volunteer Here               | 3  |
| Activities                   | 4  |
| Carer Support Groups         | 7  |
| Carers Caravan               | 8  |
| Parent Carers Support        | 10 |
| Wellbeing                    | 11 |
| Out & About                  | 12 |
| Care To Chat                 | 14 |
| Benefits Advice              | 15 |
| Fundraising Update           | 16 |
| Young Carers                 | 18 |
| Respite Sessions             | 20 |
| Assessments & Emergency Plan | 21 |
| Dates for your Diary         | 22 |

## 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



Registered Charity  
1156275

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**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

We hope that everyone has had a Merry Christmas and we would like to wish you all a very happy and prosperous New Year from us all at Carers Link Lancashire.

It's a time for fresh starts and the possibility of trying something new. As a carer it is natural to put the needs of the person you are supporting first which often leaves little time for your own wellbeing. Sometimes the smallest changes in routine can make the biggest difference.

Take advantage of our replacement care scheme where you can choose to go on one of our activities or groups and we can pay your care agency to look after your loved ones whilst you attend. It's a fantastic way to re-charge your batteries, have fun and meet new friends.

Why not sign up to our go2 scheme to get discounts at your local leisure centre or up to 20% off a massage, have a go at African Drumming or join the Carers Choir, drop in for a brew and a natter at one of our Carers Cafes or book a place on a course or trip. We know that talking to other carers in a similar situation can be the best therapy of all.

We are ready for big changes in 2019 too with the grand opening of our Charity Shop and Community Café. We have been busy building a space for everyone to enjoy. It has taken longer than first anticipated but we know it will be worth the wait and we have a very special guest lined up for the official opening.

What an amazing year we have ahead of us and we can't wait to get started.

Finally we would like to welcome Rhosyn Howells as our new Administration Worker and say farewell to Maxine Pollard our Cancer Support Development Worker.

A handwritten signature in black ink, appearing to read 'Emma Logan'.

**Emma Logan**  
Carers Support Worker

This year, make a resolution you can be proud of....

# VOLUNTEER HERE!



## Pauline volunteers for us - could you?

We need more volunteers to join our team and make a big difference in our carer community. If you could spare a few hours a week and think you can help, then please call our office on **01254 387444** for a chat.

*New Year, New You!*



**Carers Link**  
Lancashire  
IMPROVING LIFE FOR CARERS

## Cream Tea & Cinema



Come and join us for our popular Cream Tea & Cinema event.

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 Mercy* - starring Colin Firth and Rachel Weisz.

It is based on the true story of the disastrous attempt by the amateur sailor Donald Crowhurst to complete the Sunday Times Golden Globe Race in 1968 and his subsequent attempts to cover up his failure.

*"Directed with even-keeled intelligence by James Marsh, and buoyed by a performance of customary reserve and resolve from Colin Firth."*

**Monday 4th March**  
**2:00 - 5:00pm**  
**Ace Centre, Cross Street,**  
**Nelson, BB9 7NH**  
**£5 cream tea & cinema**

## Parent Carer Drumming



Have you ever wanted to have a go at playing a drum? Well here is your chance! With funding from Tesco we are offering our Parent Carers a free fun 5 week taster course on how to play the African Drums and make music together.

Our drumming facilitator Filo pictured above, will take you on a journey to find your inner rhythm and confidence. Drums are a fantastic way to release any stress or anxiety. *"A unique opportunity to try something new that I never dreamed possible."* (Carer)

**Join us fortnightly on**  
**Friday 11.00 - 1.00pm on**  
**25th January, 8th February,**  
**22nd February, 8th March**  
**and 22nd March. You don't**  
**have to come to every**  
**session just drop in and**  
**have fun!**

**Freemasons' Hall, Corn Mill**  
**Yard, Off Whalley Road,**  
**Clayton-le-Moors, Accrington,**  
**BB5 5HX**

## Stanhill Heritage Tour



Join us for a guided tour of the historic Stanhill village and learn why James Hargreaves has been described as the 'Man Who Changed the World'.

This will include the Memorial Gardens, Hargreaves Cottage, Stanhill Hall, the weavers cottages. This is mainly firm walking of about ¾ mile and takes in three of the heritage trails six information panels. The second part of the event takes us to the historic Methodist Chapel where we will be treated to a demonstration of the famous Spinning Jenny and an illustrated talk on the life and times of James Hargreaves.

We are finishing the event with a delicious lunch of sandwiches and soup at the highly recommended Stanhill Pub & Kitchen.

**Thursday 28th March**  
**10.30am - 12.30pm**  
**£5.00**



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

**ASK US ABOUT**  
**TAKING FAMILY &**  
**FRIENDS**



## Understanding Dementia



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, treatment, services and changing relationships.

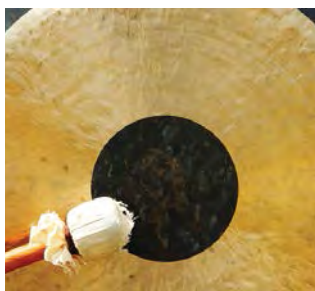
The course gives you the opportunity to talk about your concerns and share your experiences with other carers. The course is open to family and friends.

**Each course runs 10.00am - 3.30pm**

**Friday 25/01/19 - Haslingden Library**  
14/05/19 - Colne Library  
18/07/19 - Burnley Library

All course materials are provided and a buffet lunch. If you need help with transport or someone to look after the person you are caring for please call us to discuss how we can assist you.

## Sound Bath Meditation



A sound bath is a healing therapy that uses sound to induce a meditative state. The result? Intense relaxation. Allowing you to reduce stress and pain, lower your heart rate and relieve anxiety. *"A gentle, yet powerful, experience for the mind and body."*

Sounds are created by a variety of instruments inviting deep rest and relaxation. Please bring along a blanket and pillow to make yourself comfortable.

We invite everyone to join us on **Sunday 3rd Feb 7-8pm** for the sound bath and you are then welcome to stay from 8 – 9pm for Chai chat and biscuits.

Hosted by The School of Healing & The Harmony Hub Chorley at -  
**Hyndburn Voluntary & Community Resource Centre, Cannon Street**  
**Accrington BB5 2ER**  
**£3 inc refreshments**

## Former Carer Meal



We understand that you might need support when your caring role comes to an end. There's a great benefit from talking to others in a similar situation and this group could be the stepping stone that helps you start a new chapter.

We meet up at venues across East Lancs. If you need help with transport please let us know as we may be able to help.

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

**Wednesday 23rd January**  
**12.00 - 2.00pm**  
**Maxwells**  
**54-56 King St,**  
**Clitheroe BB7 2EU**

**Tuesday 5th March**  
**12.00-2.00pm**  
**Cafe Latte**  
**53-55 Queen St,**  
**Great Harwood,**  
**Blackburn BB6 7QP**

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

**CALL NOW TO  
BOOK YOUR  
PLACE**

## Mindfulness & More Project



How are you dealing with the pressures of being a carer? Are you using alcohol as a coping mechanism? Perhaps drinking more than you should? Would you be interested in the Mindfulness and More project?

Carers living in Burnley, Pendle and Rossendale can access individual mindfulness sessions or join a small group to find out how mindfulness can help enhance your wellbeing. The cost is £3 per session with the option of a relaxing massage for £5.

Interested? **Then either contact Melva on 07962 185691 or [melvaburton@beingonpurpose.org.uk](mailto:melvaburton@beingonpurpose.org.uk) or speak to someone at Carers Link Lancashire to express an interest.**

Funded through the East Lancs Clinical Commissioning Group's Prescription for Wellbeing Programme.



## St Paddy's Day Charity Quiz



Did you know Saint Patrick's Day is celebrated in more countries than any other national festival?

This year you are invited to join the fundraising team to help celebrate everything green at our St Patrick's/Irish themed Quiz night. Put your knowledge of the Emerald Isle to the test and be in with the chance of winning prizes and being crowned the 2019 champions. The night includes a decorated room, licenced bar, hot Irish supper, live music and dancing.

*May the luck of the Irish be with you!*

**Saturday 16th March at Ighten Mount Bowling Club, Romford Street Burnley BB12 8AF**

**Tickets £12.50- maximum 8 people in a team**

**Arrive from 7pm. Quiz starts promptly at 7.30pm.**

## Free legal advice drop in



As one of Lancashire's leading law firms, Farnworth Rose is offering our carers FREE legal advice. They can provide you with sensitive advice on wills, probate and lasting powers of attorney.

Their trusted solicitors offer an affordable will writing service and are always on hand to provide the legal support that helps you protect your future, today.

They pride themselves on a personal touch with two local branches its not too far away from your doorstep.

**Wednesday 6th March 2019**

**Call us to book one of the following time slots:**

**10.00am, 10.45am, 11.30am, 1.00pm, 1.45pm & 2.30pm.**

**First Floor Finance House  
17 Kenyon Road  
Lomeshaye Estate  
Nelson, BB9 5SP**

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

**CALL NOW TO  
BOOK YOUR  
PLACE**

## 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

**March 2019**

11.00am to 2.00pm

## Former Carers Social Group\*

**Call Ann on 01254 694904 or Andrea on 01254 235031**

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

## Dementia Cafes\*

**GREAT HARWOOD** - Cafe Latte, 53-55 Queen St, Great Harwood, BB6 7QP. Every 2nd Tuesday of the month from 1:00-3:00pm. Contact Diane on 01282 675322.

**NELSON** - Age UK Day Centre, Leeds Road, Nelson, BB9 8RW , the last Wednesday of every month 2:00-4:00pm. Call 01282 447030.

**CLITHEROE** - Clitheroe Library - every 3rd Friday of the month, 10.00am - 12pm. Contact Diane Rimmer on 07908641025.

**BURNLEY** - Turf Moor, Burnley FC, Harry Potts Way, BB10 4BX. Every first Wednesday of the month from 13:00 – 15:00 Contact Naomi on 01282 704716.

**CLAYTON-LE-MOORS** - "Teacake Group", Clayton Baptist Church, 54 Sparth Rd, Clayton-le-Moors, Accrington BB5 5PZ. Every Wednesday 10.30am - 12.30pm Contact Action for Dementia on 07434 286131 for more information.

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

**WATERFOOT** - Old Library, Bacup Road, Waterfoot, BB4 7AW. 3rd Tuesday every month 2-4pm. Contact Diane on 01282 675322.

**OSWALDTWISTLE** - Forget me not Cafe, Holy Trinity Church, New Lane. Every last Saturday of the month 11.00 - 2.00pm. Activities and refreshments provided.

**ACCRINGTON** - Space 2 Make, the wonderful nostalgic tea room , 70-72 Blackburn Road, Accrington, BB5 1LE. 3rd Monday of every month call Shirley on 07719003799 for more info.

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



# Need a break? Why not book a holiday in one of our carers caravans?

Choose from one of the three holiday parks below. Take all the family, sleeps up to 8. Book 3/4 nights from £190.00. Secure now with a £50 deposit and pay the rest in easy instalments.







**DANGEROUS  
DADS**  
EAST LANCASHIRE

Monthly events starting April 2019, for Dads, Step-Dads, Grandads & male carers. All welcome to come with children (boys & girls aged 11 or under) to any of our Dangerous Dads events!

Activities such as den building, bushcraft, archery, camp cooking, tool work, nature crafts, learning to light a campfire, navigation and exploring our natural world will form the basis of our Get Togethers.

Contact Carers Link Lancashire on  
01254 387444 to book your free place



Dangerous Dads East Lancashire



@DDadsEastLancs



## Carers Chorus

We sing because we care

Take some time out and join us at our fabulous choir for fun laughter and friendship. No audition, no need to read music, no pressure to perform, just come and see us, have a coffee, relax and sing songs in harmony.



For more information call KATRINA 0795292655 /OLWYN 07891471404

**The only thing better than singing is more singing**

# Little MONSTERS FUNtime



THANKS to FUNDING FROM the amazing people at **Tesco**,  
**Carers LINK Lancashire** invite you and your LITTLE  
MONSTERS to enjoy SOME CHILD FRIENDLY adventures!

Each funtime is open to the child  
you care for AND their brothers  
and sisters (up to the age of 12).

Food and cold drinks are provided  
for every child and parent, plus  
there is a special treat for every  
little monster that attends.



## FUNtime SESSIONS

Adventure City, Accrington

**Thursday 21st February**

4.00pm to 6.00pm

Leaping Lizards, Clitheroe

**Thursday 21st March**

6.00pm to 8.00pm

(Private party)

## AND there's More!

The money we have received from  
Tesco also allows us to provide:

- FREE cinema tickets
- FREE complementary therapy  
gift vouchers with a go2  
provider
- FREE carers drumming circle  
for parent carers (see page 4)

Call us for more details or to  
request your cinema or therapy  
vouchers.

Call **01254 387444** to  
book your places or for  
more information

**TESCO**



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

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 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

# OUT & ABOUT



## CHRISTMAS WREATHS

Churchfield House  
Great Harwood



Our Christmas wreath making workshop was a perfect way to get in the Christmas spirit. Everyone had a wonderful time being creative and making something beautifully unique to take home to proudly hang on their door.



## FASHION SHOW

Rosegrove Unity, Burnley



A massive thank you to everyone that came along to our Autumn/Winter fashion event including our models pictured above and making the night such a success. Diane's secret mulled cider recipe was a big hit and we had lots of happy winners on our amazing raffle. Thank you also to the boutiques that joined us on the night Wish Boutique, Burnley & Style Boutique, Clitheroe and all our volunteers who helped on the night we couldn't do it without you.



# TAKE A BREAK ITS GOOD FOR **YOU**



## BIG BIKE DAY

Thompsons Park  
Burnley



We had such a fantastic turn out at our Big Bike Day at Thompsons Park in Burnley. The Penny Farthing proved to be the major attraction of the day with lots of brave people having a go! As well as the bikes everyone enjoyed the spooky treasure hunt and pumpkin carving. A massive thank you to all involved in creating such a fun packed day!



**CURANTIS**  
Healthcare



## CHRISTMAS GIVING

Curantis Healthcare  
Burnley



Curantis Healthcare in Burnley made one of our young carers Henry Kenyon age 8 very happy this festive season. He was delighted to receive a signed Burnley football and other gifts! A huge thanks to Lubna Khan and the team.

If you think you're alone in your caring role...you are not! Come and join other carers, make friends and take a load off over a friendly cuppa.

If you have never been before because you don't know anyone...don't worry! Everyone has been a first-timer and our friendly staff will be there to greet and introduce you to everyone. No need to book, just drop in and say hello.

Full information is below but contact us on [01254 387444](tel:01254387444) for any other queries.

This quarter we are pleased to be working with mobile phone provider O2 who will be attending three sessions to help carers with their phone and tablet queries. Dates are in orange below.

## Cafe Times

### 1st Tuesday of the month

10.30am to 12.30pm

- No January Cafe
- **5th February**
- 5th March

Chapter One, 70/72 Blackburn Road, Accrington

### 1st Thursday of the month

10.00am to 12.00pm

- 3rd January
- 7th February
- **7th March**

Burnley Central Library,  
Grimshaw Street, Burnley

### Wednesday 13th February

1.00pm to 3.00pm

About Coffee, 26 Church Street,  
Colne

### 2nd Tuesday of the month

10.30am to 12.30pm

- **8th January**
- 12th February
- 12th March

Colbourne Cafe, 15 Wellgate,  
Clitheroe



Care to  
Chat?



*Dear Lynne, I am a carer for my mother who is in receipt of Attendance Allowance. I care for her for over 35 hours per week and my only income is state retirement pension. Why have I been told I cannot get Carers Allowance? Susan (69)*

*Dear Susan, unfortunately not every carer can get this benefit. You cannot usually be paid Carer's Allowance if you receive one or more of the following benefits:*

- State Pension
- contributory Employment and Support Allowance
- Incapacity Benefit
- Maternity Allowance
- Bereavement or widow's benefits
- Severe Disablement Allowance
- Contribution-based Jobseeker's Allowance

*This is because of the 'overlapping benefits' rules.*

*This means that if you are getting more than the amount of Carer's Allowance from one of the above benefits, you cannot be paid Carer's Allowance: however you can still claim an 'underlying entitlement' to Carer's Allowance.*

*However, if any of the benefits listed above are paid at less than the amount of Carer's Allowance, you could be paid a small amount of Carer's Allowance on top of the other benefit you get.*

*If you require any further information please contact me.*

Call Lynne on 01254 387444

Telefónica

# Need help with your tech?



Whether it's top tips or advice on the latest apps, our O<sub>2</sub> Guru is here to help

It's completely free, whatever network you're on

Come and join us at Care to Chat meetings on  
8 January 2019 at Colbourne Café, Clitheroe  
5 February at Chapter One, Accrington  
7 March at Burnley Central Library





## Christmas Fair

A huge thank you to all our wonderful Carers Link volunteers who have helped the fundraising team this year. 2019 promises to be busier than ever so keep your eyes peeled on our newsletters and social media to find out how you can get involved.

Erin and Olive were two young supporters at our charity stall at Foxfield's Christmas Fair in Billington. Meeting Santa was an extra special surprise!



## Talent Show

Pupils from all 6 High Schools in Hyndburn have been busy fundraising for our Young Carers. The CHARM awards event at Oswaldtwistle Theatre on the 7th February 2019 will celebrate the talents and achievements of the young people in Hyndburn. A huge well done so far!



## Ultimate Christmas Hamper

Congratulations to Mr Gleeson on winning our Ultimate Christmas Hamper Raffle worth over £300. We were so lucky to be supported by so many local businesses and kind donations from our supporters.



## Rotary Club Bonfire

A Huge thank you to Accrington Rotary who chose Carers Link as one of the beneficiaries of the Grand Bonfire on the 3rd October. A great display and lots of fun was had. Thanks also to our band of trusty volunteers who braved the cold and wind!



# Are you thinking of giving something up or starting something new this January?

Whatever it is we want to hear and see what you are doing!

By buying one of our I CAN JAN T-shirts you will be supporting Carers Link Lancashire and hopefully feeling motivated and good about yourselves.



Why not do something with your family, friends or work colleagues? Our quality cool T shirts are priced at £10 +pp and we will be sharing the best photos every Friday in January on our social media. So what are you waiting for ring 01254387444 and order today

... YOU CAN JAN!!

## CORPORATE CHALLENGE TEAM #10 - ROUND UP YOUR WORK MATES!

COULD YOUR TEAM BE CROWNED OUR FUNDRAISING CHAMPIONS OF 2019? WALK, RUN, SKYDIVE, BAKE, WE BOOK AND PAY FOR THE CHALLENGE YOU JUST BRING THE TEAM!

- #10 BUSINESSES TO NOMINATE
- #10 MEMBERS OF STAFF
- #10 FUNDRAISING ACTIVITIES
- #10 HAPPY WORK MATES!



## NEW SOCIAL WORK STUDENT

Humairaa Okooji is a social work student from UCLAN and has been on her placement with the Young Carers Service since September 2018 and has been supporting Carole in delivering young carer's services and has also come along to some of the young carer activities and trips. Welcome Humairaa!!



## DO OUR YOUNG CARERS HAVE WHAT IT TAKES?!

Simon Kay, the young carers sports worker, is planning to complete a 5K run with some of our young carers, with the group meeting regularly after the event to improve their times and fitness.

### Benefits of running:

- Helps to build stronger bones
- Strengthens muscles
- Improves cardiovascular fitness
- Helps to maintain a healthy weight

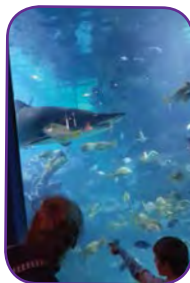
If your child is registered with us and you think they would like the challenge of running 5K give us a call on 01254 387666.



## BLUE PLANET AQUARIUM VISIT



The young carers had a fantastic visit to Blue Planet Aquarium in Cheshire, which has the largest collection of sharks in Europe. The young carers had great fun seeing them, the rays and all the other fish!



## WHY NOT VOLUNTEER WITH YOUNG CARERS?

Our Young Carer project covers Hyndburn, Ribble Valley and Preston and we are always looking for more volunteers to help out with group meetings and other activities.

**Can you spare some time to help support young carers?**

Volunteering is a great way to meet new people and gain experience. There are opportunities for training and travel expense are refunded.

If you are interested in getting involved please contact:

**Suafina Aslam**  
(Volunteer Co-ordinator)  
**01254 387444**

## ACCESSING OUR YOUNG CARERS SERVICE

To refer a young person to the service please call:

**Hyndburn and Ribble Valley - 01254 387666**

**Preston - 07702 865258**

Referrals can be made by family members or professionals and are accepted over the phone or by completing a referral form. For further information about the service please call: **01254 387666**.

# 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**

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## ...because every carer needs a break

**T**he 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**.

# CROSS ROADS CARE

## A Proper Break

**Are you caring for someone recently diagnosed with dementia? Could you benefit from 2 hours free respite support per week?**

This support can be provided by Crossroads Care East Lancashire's trained staff and is funded by East Lancashire Clinical Commissioning Group. Call Crossroads Care East Lancashire now on 01282 832548 or email us at [enquiries@crossroadseastlancs.org.uk](mailto:enquiries@crossroadseastlancs.org.uk)



## **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**

## January 2019

|                |                                   |                   |
|----------------|-----------------------------------|-------------------|
| Wednesday 10th | Former Carer Meal                 | 12.00pm - 2.00pm  |
| Tuesday 8th    | Help with your Tech (Carers Cafe) | 10.30am - 12.30pm |
| Wednesday 23rd | Former Carer Meal                 | 12.00pm - 2.00pm  |
| Friday 25th    | Understanding Dementia Course     | 10.00am - 3.30pm  |
| Friday 28th    | Parent Carer Drumming             | 11.00am - 1.00pm  |

## February 2019

|               |                                   |                   |
|---------------|-----------------------------------|-------------------|
| Sunday 3rd    | Sound Bath Meditation             | 7.00pm - 9.00pm   |
| Tuesday 5th   | Help with your Tech (Carers Cafe) | 10.30am - 12.30pm |
| Friday 8th    | Parent Carer Drumming             | 11.00am - 1.00pm  |
| Thursday 21st | Adventure City                    | 4.00pm - 6.00pm   |
| Friday 22nd   | Parent Carer Drumming             | 11.00am - 1.00pm  |

## March 2019

|               |                                   |                   |
|---------------|-----------------------------------|-------------------|
| Monday 4th    | Cream Tea & Cinema                | 2.00pm - 5.00pm   |
| Tuesday 5th   | Former Carer Meal                 | 12.00pm - 2.00pm  |
| Wednesday 6th | Free Legal advice drop in         | 10.00am - 2.30pm  |
| Tuesday 7th   | Help with your Tech (Carers Cafe) | 10.30am - 12.30pm |
| Friday 8th    | Parent Carer Drumming             | 11.00am - 1.00pm  |
| Saturday 16th | St Paddy's Day Charity Quiz       | 7.00pm            |
| Thursday 21st | Leaping Lizards                   | 6.00pm - 8.00pm   |
| Friday 22nd   | Parent Carer Drumming             | 12.00 - 2.00pm    |
| Thursday 28th | Stanhill Heritage Tour            | 10.30am - 12.30pm |

# 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

### Services Manager

Carol Pollard

### Interim Services Manager

Audra Higgin

### Retail Development Manager

Larissa Hewitt

### Senior Carers Development Workers

Audra Higgin

Graham Walton

### Carers Development Workers

Emma Lawson

Emma Logan

Georgia-Mae Riley

Jill Laing

Kathryn Immins

Noreen Akhtar

Yasmin Akhtar

### Carers Support Workers

Angela Austin

Diane Flynn

Emma Logan

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

Sonia Spencer

## • Young Carers Staff Team

### Young Carers Development Worker

Carole Moulton

Montaz Islam

### Sessional Worker

Paul Fairweather

Simon Kay

**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](http://www.carersuk.org)

0808 808 7777

**CARERS UK**  
the voice of carers

### Carers Trust

[www.carers.org](http://www.carers.org)

0208 498 7900

**carerstrust**  
action · help · advice

### Lancashire Wellbeing Service

0303 333 1111

### Alzheimer's Society

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

0333 150 3456

**Alzheimer's**  
Society

### Carers Link Lancashire

54-56 Blackburn Road

ACCRINGTON, BB5 1LE

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

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



**Charter House**

Resource Centre & Sensory Room