

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 from 10th -14th June. Please have a look at everything on offer - we have a lovely selection of events.

Please keep an eye on our social media pages for the most up to date information. You can follow us on Facebook, X (formerly Twitter), Instagram 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 and 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.

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

 ncompass.org

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

 carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 0345 688 7113 option 1

 [@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.

A Carers Story

Just when you think you have a handle on everything and its running smoothly.....I'm sure carers will recognise it doesn't stay like that for very long.

We are a couple in our 70s. We care for our daughter who has complex physical and mental health needs and learning difficulties. She is now in her 40s.

We have a very good relationship with our local GP practice, pharmacy and Mental Health team. It hasn't always been like this.

At times we have felt no-one was listening to us. Our daughter was often contacted directly even though we explained that she would probably not understand, think she had done something wrong and agree to anything! It was a great frustration to have to repeat our request to be copied into forms, letters, appointments. If our daughter received official letters she would tear them up and put them in the bin! We worked on it over a number of years and got there in the end! When everything is running smoothly, life is easy! We deal with the same individuals who understand our family situation. When something or someone changes then life becomes extremely challenging, that occurs all too frequently.

Recently our daughter was admitted to hospital very seriously ill. All our regular contacts were wonderful. The issues started when she was admitted - medically they were great and responded quickly and professionally. The hurdles seemed to be on the admin and pharmacy side. Our daughters needs are complex and the hospital won't accept her prepacked medication. She gets very alarmed when she doesn't understand why her medication looks different and she is being given it at all different times in the day. Some of the medication wasn't available and we had to take it in ourselves. It was difficult to find out what was happening. We wanted to devote our time and energy to our daughter not to all the paperwork! Home life was thrown into chaos! Hours and hours spent initially at the hospital, hours spent on the phone changing and postponing pre planned medical appointments, cancelling prescription deliveries, phoning all the medical support teams, reorganising her support workers, and hospital visiting twice a day.

The importance of looking after yourself

On top of all this, of course the personal impact on us of our daughter being seriously ill and dealing with both our and our daughters distress. The stress and strain is an enormous burden.

She is now home and recovering. She said to me “is it your carers meeting today? You should go, it will do you good”. She is right! We go to the Lancashire Carers Service Coffee & Chat session every month. It is wonderful to meet with others there. You can feel the support wrapped around you and it is meaningful because everyone there has issues of their own to deal with and are a mine of information too. Sometimes we help each other with issues that impact on us like forms we have to fill in and things like the increased power costs last winter and we share information about the help that was available to us. Other times we are just out for coffee and chat about holidays, tv, the weather usual stuff friends talk about. It gives us an hour or so break from our responsibilities.

Although it can be hard work caring for someone you love and can be testing but so very rewarding too. Carers also need care and support and it is so important to access and accept it. It helps you be a better carer.

Lancashire Carers Service offer opportunities for carers to have a mental break away from their responsibilities. We were lucky to be selected for a couple of Art and Craft events. One was a Christmas tree decoration workshop. We had lots of fun with the other carers and came home with a lovely decoration. We also attended a painting session led by a talented artist. We were assured that no previous experience was needed and that we would be guided through. Again, an enjoyable experience and we came home with a canvas which my daughter immediately wanted in her bedroom!



Both events allowed us to focus on something other than our caring responsibilities for an hour or two and we were truly thankful for the opportunity.

Anonymous

10th - 14th JUNE 2024



Carers Week 2024

'Putting Carers on the Map'

Card Making

Come along and try your hand at card making. Choose from a selection of different designs and materials to make a greetings card of your own!

£3 PER PERSON

**Monday 10th June,
10am - 12:30m,
Carers Link Community Facility,
Accrington**

Gratitude and Joy Workshop

Life can be uncertain, hard and complex at times. This session will discuss what gratitude is, how to practice it and how it can benefit our lives.

FREE, REFRESHMENTS PROVIDED

**Tuesday 11th June,
5.30pm - 7pm
Chai Centre, Hurtley Street, Burnley
BB10 1BY**

Citizens Advice Website Demo

This session will empower you to find the right information on the Citizens Advice website.

FREE, BUFFET PROVIDED

**Wednesday 12th June,
11am - 12:30pm,
Carers Link Community Facility,
Accrington**

Drumming for Wellbeing

Drumming can relieve stress and boost confidence! Try something new and join our friendly drumming circle.

FREE

**Thursday 13th June,
1.30pm-3.30pm,
Carers Link Colne Shop,
59 Market Street, BB8 0LL**

Afternoon Tea and Singalong

Join us at our Community Facility for afternoon tea, followed by a singalong. To book please contact us at: activities@carerslinklancashire.co.uk

£5 PER PERSON

**Friday 14th June, 12noon - 2:30pm,
Carers Link Community Facility,
Accrington**



**Carers Link
Lancashire**
IMPROVING LIFE FOR CARERS



Who can help me?

Exploring the experiences of carers for people living with dementia and other neurological disorders



Scan the QR code to have your say

Carers Count Lancashire



WHAT IS ADVOCACY?

How can an advocate help me?

- Help you to find out information and understand more about how social care and health processes work.
- Support you to understand and uphold your rights as a carer.
- Help you to access other services you might need.
- Support you through assessments.
- Listen to what is important to you.
- Discuss your options and choices.
- Support you at meetings.
- Help you to speak out and have your voice heard.
- Work with you to challenge any decisions made about you.

WHO CAN ACCESS? AND HOW?

If you are an adult (over 18) and caring for another adult who lives in the Lancashire area we can support you.

You can self refer or a professional can on your behalf by emailing or calling using the contact details below.

Carers Activities

Soup and a Stroll

FREE

Join our trained staff for an organised leisurely walk around Haslingden taking in the beautiful surrounding area, then a FREE hot lunch at Haslingden Community Link.



Tues 23rd April 11am-1pm / Meet at Carers Link Haslingden Shop

Dementia In Mind Art Workshop

£3

Join Joanne of 'Dementia In Mind' to create your own small framed floral painting. Free tea and biscuits and all materials provided.

For carers caring for those with dementia only.

Mon 13th May 12.30-2.30pm/ Carers Link Community Facility

Bus Ride to Southport

£5

Join us for a day out in Southport! Go shopping on Lord Street, or why not try your luck in one of the many arcades? Or simply a stroll and ice cream!

9.30am - Burnley Bus Station (under the clock)

10am - Accrington Tesco

(Please note, priority for this trip will be given to carers who have not been on a trip with us before)



Weds 11th Sept 9:30am-6pm approx.

Embroidery session

£5

Come along and get your creative juices flowing with an embroidery session. You will have the chance to make a variety of designs suitable for all levels, with Craft Queen Lynn.



Thurs 19th Sept 12:30-2:30pm / Carers Link Community Facility

Please email activities@carerslinklancashire.co.uk to register your interest in any of our activities and we will add you to our waiting list. You will receive confirmation of your place on any of our activities a week before, when we may ask for payment if required.

Carers Workshops

Move For Your Health

£5

Come and join us for our fun and friendly movement sessions for those who think they can no longer exercise. These sessions by 'Inspire, Motivate, Transform' will show you how you can still be active.

Let's learn something new, let's be creative, all to support our wellbeing.

All ages and abilities welcome.

Please register/book.



£5pp. Carers and the person you care for both welcome, or bring a friend.

Dates: 11am – 12pm. June 7th, 14th, 21st. July 5th and 12th.

Bacup Methodist Church



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. Tuesday 14th May, Carers Link Community Facility, 10:00am - 3:30pm

Course 2. Monday 8th, 15th, 22nd July, Online Microsoft Teams, 6:30pm - 8:30pm

Course 3. Monday 16th September, Colne Library, 10am – 3.30pm

FEEL GOOD FASHION SHOW

Join us for a night of live music, fashion and fun as we host our Feel Good Fashion Show Fundraiser!

We will have live music, a 'fashion through the decades' catwalk showcasing vintage items from our charity shops and other local clothing boutiques, a buffet from our very own Carers Link Community Cafe, and various stallholders providing wellbeing services!



Soft, hot and alcoholic drinks also available at the bar.

Just £10 a ticket (plus booking fee when bought online).
All funds raised will go directly back into helping unpaid carers!

Thursday 16th May 2024 7pm - 10:30pm

Colne Town Hall
Albert Road, Colne, BB8 0AQ

Call us on
01254 387444
or
scan to book
online:



Carers Support Groups

Former Carers Support Group

We run a former carer and bereavement support group for those who are no longer carers and/or have lost the person they once cared for. Meet our staff members and other former carers, have a chat and get the support you need.

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

Third Wednesday of every month 11am - 1pm
Carers Link Facility, Accrington, BB5 1LE

FORMER CARERS/ BEREAVEMENT SUPPORT GROUP

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington

The third
Wednesday
of every
month!



Grief and Loss Course by Community Solutions

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.
Contact Community Solutions: 01254 460080 or email info@csnw.co.uk

Dementia Carers Support Group

Are you caring for someone living with dementia? You are both welcome to join us once a month at our friendly cafe for a chat over a nice hot drink. Our staff will be available to offer support, advice & to answer any questions. It is also an opportunity to share your experiences with other carers, similar to yourself and support one another.

First Tuesday of every month 11am - 1pm
Carers Link Facility, Accrington, BB5 1LE

DEMENTIA CARERS SUPPORT CAFE

Carers Link Lancashire Community Facility Centre
54/56 Blackburn Road, Accrington



The first
Tuesday
of every
month!

Local Dementia Support Groups (more on our website)

Barnoldswick and Colne: ‘Butterflies Cafe’ - Barnoldswick Library - every other Thursday 1:30pm - 3pm / Colne Library - every 1st and 3rd Thursday of the month. Contact James on 01282 433740.

Longridge: ‘Laughter and Lunch Carers Group’ - Wednesdays 11am-12.30pm. Longridge Civic Hall. Contact Jean on 07814 149126.

Brierfield: ‘Forget Me Not’ - Mondays 1.30-2.30pm. Brierfield Library. Contact Amy on 07486 077088.

Whitworth: ‘Stronger Together’ - Mondays 11am-2pm. The Ashcroft, Market St, OL12 8DP. Contact Angela - 07827 292951

CARERS MEETUPS

MONTHLY / 11AM-1PM

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


4th MONDAY

HYNDBURN

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

4th WEDNESDAY

BURNLEY

Down Town, 
Charter Walk
Shopping Centre
Burnley, BB11 1AE

3rd TUESDAY

RIBBLE VALLEY

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

3rd FRIDAY

PENDLE

Lakeside Cafe,
Ball Grove Drive,
Colne,
BB8 7HY

1st THURSDAY

ROSSENDALE

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

LAST THURSDAY

MALE CARERS

10:30am - 12:30pm
The Chai Centre
Hurtley St, Burnley
 BB10 1BY

Legacy of Hope: Action for ASD's Final Gift Empowers Four Charities to Continue Autism Support Mission in Lancashire

After over two decades of dedicated service to individuals and families affected by autism, Action for ASD, a cherished charity based in Burnley, has closed its doors. In June 2023, the trustees, facing operational and organisational challenges, made the difficult decision to cease operations.

However, in a final act of community support, Action for ASD has left a lasting legacy by allocating its remaining reserves of £164,347.20 to four deserving charities in Lancashire.

The beneficiaries of this generous donation are Spring North, Carers Link Lancashire, Blackburn with Darwen Carers Service, and Understanding Autism North West, each chosen for their commitment to supporting the autism community.

Rebecca Hodgson, CEO of Carers Link Lancashire, shared her gratitude, "This funding is a game-changer for us. We're now able to establish vital support for carers of individuals with ASD, launching a two-year pilot project to employ a dedicated worker. Their role will encompass supporting children, young people, and adults who care for people with ASD across East Lancashire."

With this funding, we will be running Cygnet and Riding the Rapids courses for parents and carers of autistic children or children with significant learning disabilities. There will be more information regarding these courses coming soon. Please contact us on

activities@carerslinklancashire.co.uk or 01254 387444 with any queries.



thank you!

Mental Health Support

Free Monthly Support Group



Every month, Friends of Rhyddings Park host a free support network for carers living with people who experience mental health problems. Come for free advice, tips and support. Refreshments provided.

Meetings are held once a month on a Friday morning 11.30am - 12.30pm. Visit Friends of Rhyddings Facebook page for dates and times of the next meeting.

No booking required - just drop in.



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

"Caring for a 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."



Register as a carer with us today! Scan the QR code to the right, or visit www.carerslinklancashire.co.uk and register as a carer with us to get the help and support you both need.



Mental Health Services

Helplines, Services and Online Resources


 **Samaritans**
A safe place for anyone struggling to cope.
Call 116 123 Available 24/7
or visit www.samaritans.org

 **NHS Lancashire & South Cumbria**
Lancashire & South Cumbria Helpline supporting everybody's mental health.
Call 0800 915 4640 Available 24/7
or visit www.lscft.nhs.uk

 **The Wellbeing and Mental Health Texting Service (NHS)**
Confidential and anonymous texting service supporting people's wellbeing.
Text HELLO to 07860 022846
or visit www.lscft.nhs.uk

 **The Calm Zone**
Support just for men.
Call 0800 585858
Available 5pm-Midnight every day
or visit www.thecalmzone.net

 **Age UK**
Helping older people who are at home and need a little extra support with their wellbeing. Call 0800678 1602 Available 8am-7pm daily or visit www.ageuk.org.uk


 **Home Start**
Emotional support for families in East Lancashire
Visit www.homestarteastlancs.org


 **MIND**
Helping you understand and look after your mental health.
Visit www.lancashiremind.org.uk
or www.mindinfurness.org

Services for Children and Young Adults


 **Childline**
ONLINE, ON THE PHONE, ANYTIME
Confidential service where children can talk about any thing.
Call 0800 1111 or visit www.childline.org.uk Available 24/7

 **MindEd**
clearing to support healthy minds
Educational source for adults on children's mental health.
Visit www.minded.org.uk
Available 24/7 Online only

 **Papyrus**
PREVENTION OF YOUNG SUICIDE
For young people dealing with suicide and depression.
Call 0800 068 4141 or text 07786 209697 Available weekdays 10am-

 **Young Minds**
Advice for parents/carers on the mental health of children.
Call 0808 802 5544 Available weekdays 12-10pm 24/7 for crisis messenger text YM to 85258
or visit www.youngminds.org.uk

 **Kooth**
Safe, anonymous online counselling and support. Visit www.kooth.com Available weekdays 12pm-10pm weekends 6pm-10pm

 **Healthy Young Minds**
Online self-help materials, resources and guidance.
Available 24/7 Visit www.healthyyoungmindsisc.co.uk

If you have seriously harmed yourself, please call 999 right away!

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



Do you live in the Ribble Valley? Is there a child under the age of 18 in your family caring for another family member? We can help!

There are 700,000 young carers in the UK, which equates to **one in twelve secondary school aged pupils**. There are likely to be young carers in every school and college.

We are looking to identify and support more young carers in the Ribble Valley.

If you work in a school or health organisation and think you may know a young carer, or you know a young carer within your family, chat to our Young Carers Team by heading to our website.



DRIVERS - WE WANT YOU

Our Young Carers Team are seeking volunteers to join us on an ad hoc basis.

Do you have a full driving license?

Do you have the D1 category on your license (either through passing a D1 driving test or if you passed your test before 1st January 1997)?

If you can answer yes to either of these questions, we want to hear from you!

Email info@carerslinklancashire.co.uk or call our Volunteer Coordinator on

01254 387444 for more information or to register your interest.



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

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.

Infinity Fitness & Therapy



INFINITY
Fitness & Therapy

Personal training, small group exercise and massage therapy treatments from my small PT studio and treatment room in the beautiful setting of Marsden Park, Nelson.

Carer discount: 20% on The Natural Lift Facial massage and a hamstring and calves' massage. For more information, please contact Infinity Fitness & Therapy via Facebook, Instagram, or telephone -

07771 226107

Banyan Wellness Center



Facial treatments, waxing treatments, massage, swedish massage, aromatherapy and more in Burnley.

Carer discount: 20% off selected treatments. For more information, please contact Banyan Wellness Centre at contactus@thebanyanwellnesscenterltd.com or

01282 620935

Could **YOU** offer carers a discount?

If **YES** get in touch on 01254 387444 or email activities@carerslinklancashire.co.uk

**THE
CINEMA
SOCIETY.**

JOIN THE CARERS DISCOUNTED CINEMA CLUB

Did you know that as a registered carer you are entitled to discounted cinema tickets when you join The Cinema Society?



Up to
35% off!

There is nothing quite like going to the pictures. That's why we have joined forces with The Cinema Society to bring discounted tickets to our carers. With The Cinema Society, you have access to purchase voucher codes which are redeemable against cinema tickets on any day of the week, for any movie.

Discount vouchers are available for Cineworld, Odeon, Showcase and Vue cinemas, along with 12 other outlets covering the UK.

Call Angela B on **01254 387444** or email **info@carerslinklancashire.co.uk** and ask for your unique access code. Then you will be able to use this code to register by visiting **www.cinemasocietyclub.com**

vue

★cineworld

**SHOWCASE
CINEMAS**

ODEON



CINEMASOCIETYCLUB.COM

NEW CHARITY SHOP AND BOUTIQUE NOW OPEN IN COLNE TOWN CENTRE

You can drop in to speak to our staff for guidance and information, have a browse around our shop downstairs, or head upstairs to our bridal and occasion wear boutique! We have affordable prom dresses, bridesmaids dresses, suits, mother of the bride/groom outfits, and wedding dresses that have been kindly donated by the community, other organisations, and bridal shops across East Lancs!

By buying from us, all sales go back into supporting unpaid carers, and you are supporting the environment by purchasing unworn samples and pre-loved items from us!



59 Market Street
Colne
BB8 0LL
(Next to
Farmfoods)



DONATE YOUR WEDDING/ PROM DRESS



Is your Wedding dress in storage, attic or wardrobe?

Why not give your dress a second life and at the same time help raise vital funds for a local charity.

We're appealing for donations of new and pre-loved wedding dresses for our specialist bridal boutique charity shop in Colne, East Lancashire.

If you have a wedding dress, bridesmaid dress, suit, veil or shoes, or anything in between, we'd love to take them off your hands.

To donate:

- Pop in during our opening hours
- Call us on 01254 387444 to arrange a collection if you are physically unable to get to our shops
- Head to our website:

<https://www.carerslinklancashire.co.uk/donateyourweddingdress>

Open:

Monday 9:30am - 4pm

Tuesday: CLOSED

Wednesday 9:30am - 4pm

Thursday 9:30am - 4pm

Friday 9:30am - 4pm

Saturday 9:30am - 4pm

54 - 56 COMMUNITY CAFE, Accrington

Our café at our community facility is the perfect place to arrange a friendly catch-up or to make new friends.

54-56
Blackburn Rd
Accrington
BB5 1LE

Grab one of our meal deals starting from just £3.00!

Hot drink + panini
or jacket potato

£5

Coffee + cake/
brownie

£3.50 / £3

Pot of tea for 2 +
2 slices of cake

£4.50

Open Monday - Friday 9:30am - 3pm

Present your card at our
community cafe and get 10% off.



PROFESSIONAL CLEANING COMPANY FOR ALL YOU CLEANING NEEDS!

Let our experienced cleaners from Simba Cleaning Solutions LTD give your house a pristine freshness whilst you put your feet up.



SIMBA CLEANING SOLUTIONS LTD

Rest easy knowing our cleaners are DBS checked with at least 2 years experience in cleaning residential properties.

Call or text us now on 07935 281280

Discounted rate of £15.00 per hour for carers



Does your work bring you into contact with unpaid carers?
If so, Carers Link Lancashire offer

Carer Awareness Training

This FREE session can be delivered at your workplace or by video call and varies between 20 minutes to a full hour.

The training will:

- Help you understand the needs and rights of carers
- Highlight how you can best support them
- Increase your awareness in identifying and engaging carers
- Understand how important a carers health and wellbeing is

For more information, or to book a training session, contact

Carers Link Lancashire on 01254 387444 or
info@carerslinklancashire.co.uk

JOIN OUR VOLUNTEER TEAM

Volunteering has many benefits, and our volunteers play a key role in supporting unpaid carers. Are you...

Looking to get back into work?

Looking for work experience?

Wanting to give back to the community?

Wanting to gain skills and meet new people?



We have a range of roles:

Administration

Retail

Cafe Support

Minibus Driver

Community Outreach

Event Support

Counselling

Trustees

If you have a couple of hours free a week, a fortnight or even a month, you could be a volunteer in one of our charity shops. Make new friends, have lots of fun and be a part of your caring community.



**Haslingden
Charity Shop**

Deardengate,
BB4 5QN

**Colne
Charity Shop**

59 Market Street,
BB8 0LL

**Accrington
Charity Shop**

Blackburn Rd,
BB5 1LE

Simply register your interest
via our website

carerslinklancashire.co.uk
or call us on 01254 387444

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS



Fundraise for us!

- £5** will pay for a carer to attend an activity to give them a break and the chance to be themselves
- £10** will pay for 2 subsidised complementary therapies with a qualified therapist
- £20** can provide a carer in need with an emergency plan so someone is there to care if the carer is in an emergency
- £50** will pay for a support group for a week including a guest speaker and refreshments
- £75** will pay for a First Aid course for 10 carers which could save a life

Email info@carerslinklancashire.co.uk or visit www.carerslinklancashire.co.uk/fundraise

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



Call Stephen
on:
01772 367900

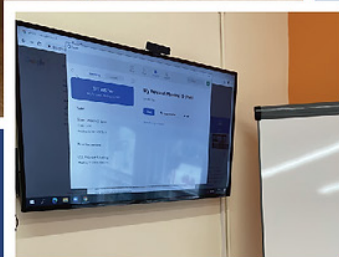
Bramwell
ESTATE PLANNING

Get Your Affairs in Order www.bramwellep.co.uk

FREE* CONFERENCE ROOM HIRE

27

BRAND NEW FACILITY



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