



go2 wellbeing brochure

Welcome to the **go2 Carers Wellbeing** brochure.

Carers Link Lancashire supports unpaid adult carers across East Lancashire, which includes the boroughs of Burnley, Hyndburn, Pendle, the Ribble Valley and Rossendale.

One of our goals is to ensure that the carers we support are healthy and able, both physically and mentally, to continue their very important role caring for someone with an illness or disability.

The go2 scheme has several aspects. The first being the **Wellbeing** scheme.

Simply call us on **01254 387444** and request your go2 ID card from Carers Link Lancashire, which lasts for 12 months, you can take advantage of discounts from the **22** private businesses that have signed up to this fantastic scheme.

It is important to note that you can access **ANY** of these discounts available as they are not limited to the borough you live in.

go2

Carers Wellbeing

Name:

Date of Birth:

Address:

Exp date:

FOR DETAILS ABOUT PROVIDERS SEE OUR WEBSITE OR CALL US

key



Call provider for venue/
more details



Home visits/mobile
appointments available

* Please note, Carers Link Lancashire shall not be held liable or responsible for any losses, injuries or damages arising from the use of these providers *

Rossendale

In Mind Therapies

Discount: Six half price sessions at Waterfoot

600 - 602 Bacup Road, Waterfoot, Rossendale, BB4 7AW

07885 766268

www.inmindtherapies.com



Sunnyside Clinic

Discount: 25% off physiotherapy & acupuncture

542 Burnley Road, Crawshawbooth, Rossendale, BB4 8NE

01706 210585

www.sunnyside-clinic.co.uk

The Reiki Room

Discount: 50% off first session, then £5 off subsequent sessions

Station 22 Gym, 5 Lench Road, Waterfoot, Rossendale, BB4 7JH

07875584383 / hello@brooks-fitness.co.uk

Tracey's Beauty & Holistic Treatments

Discount: 20% off treatments

07877341969

traceysbeautyandholistic@gmail.com



Yoga with Vanessa

Discount: 25% off group classes or 1:1 sessions

394 Whalley Road, Ramsbottom, BL0 0EG - base office

Offers 1:1 sessions across Rawtenstall and Rossendale, as well as virtual classes.

07958411741



Burnley

Banyan Wellness Center

Discount: 20% off selected treatments & therapies

81 Manchester Road, Burnley, BB11 1JY

01282 620935

www.thebanyanwellnesscenterltd.com

Lighthouse Tai Chi



Discount: 1st class free in Burnley and Accrington

Burnley Tuesdays 10am, Accrington Thursdays 10.30am

Booking essential - to book, call 07876 377321

More information: www.lighthouseataichi.com

Refresh UK - Massages and Reflexology



Discount: £25 per treatment (max 1 hour),

Accompanying friend/family member can receive discount

Mobile appointments available up to 10 miles from Burnley

07719 927123

Solace Foot Health & Reflexology



Discount: 10% off all treatments

Churchill House, 60 Bank Parade, Burnley, BB11 1TS

0333 358 3838 / www.solacefoothealth.co.uk

Home visits available across East Lancashire

The Meeting Room Counselling Services

Discount: £25 for a 1 hour session session with Dorothy Frankland (30% discount)

Lodge House Cow Lane, Burnley, BB11 1NN

Kay 07758 647476 Dorothy 07711 495937 Joan 07979 103886

Hyndburn

Natural Touch Therapy



Discount: 20% off selected treatments

Suite 11, The Chambers, Town Hall Sq., Great Harwood, BB6 7DD
07742 430144 / www.naturaltouchtherapy.co.uk

ONE Planet Fairtrade and Ethical Shop

Discount: 10% off all products in shop

43 Abbey Street, Accrington, BB5 1EE
01254 383604 / www.oneplanet.coop

Julie's Healing Therapies

Discount: 20% discount on therapies

58 Lord Street, Rishton, BB1 4DU
07982499157

Qi to Wellbeing

Discount: 20% discount on all treatments

10 Cliff Street, Rishton, BB1 4EF / 07557101170

The School of Healing

Discount: £25 initial one hour treatment, 20% off next treatment, then 10% thereafter

Warner Street Practice, 27 Warner Street, Accrington, BB5 1HN
07706 319330

Red Rose Counselling

Discount: £15 for 30 mins telephone support, £10 off 50 min phone/online/face to face talking therapy

Chatterton Drive, Baxenden, Accrington, BB5 2DT
W: redrosecounselling.uk / Email: emma@redrosecounselling.uk

Ribble Valley

The Healthfood Shop

Discount: 10% off all products in the shop

76 Berry Lane, Longridge, Preston, PR3 3WH
01772 780562

Pendle

Danielle Kay Medical Herbalist

Discount: 10% off herbal medicines. Various discounts on consultations - call for details

Pendle Herbal Practice, The Old Grammar School, School Lane, Earby, BB18 6QF

07909 953666 www.daniellekay.co.uk

Moves for Minds - Seated Exercise

Discount: 25% off a one hour 1:1 session, initial consultation is free, additional mileage cost may apply
07525 941199

Timeless Beauty Massage Therapy

Discount: £5 off massage treatments

1 Wanless Villas, Salterforth Lane, Salterforth, BB18 5SR
07817596876 / 01282850544

www.timelessbeautyholisticmassage.com



Appetite for Wellbeing

Discount: 15% off first month of class membership, treatments and counselling

Pendle Business Centre, Nelson, BB9 9BT
www.appetiteforwellbeing.co.uk

Could your business feature in our go2 wellbeing brochure

Can you offer 20% off? A free session?

**Call or email us to discuss what you can provide for
our unpaid carers.**

01254 387444

activities@carerslinklancashire.co.uk



The go2 scheme also includes the **Leisure** scheme.

By requesting a letter from Carers Link Lancashire you can then visit your local participating leisure facility (shown opposite) along with some ID, and receive a discount when using their facilities. Each facility and each activity will be at a different reduced cost so please ask them for further details.

It is important to note that you can **ONLY** access the facilities in the borough you live in.

Simply call us on **01254 387444** and request your go2 leisure letter which lasts for 12 months.



Each borough and each leisure facility offers a different variety of activities.

These are wide ranging and aimed at all ages and all abilities.

Some of the activities that may be available in your area are:

- Aerobics - including water based
- Badminton & Squash
- Bootcamp
- Boxing
- Climbing Wall
- Gym
- Kettlebells
- Pilates
- Running groups
- Spin
- Step
- Swimming pools - including classes
- Trampolining
- Tai Chi
- Weight Training classes
- Yoga
- Zumba

Please note that there may be a small fee charged by the leisure facility to join and may be renewable each year.

Burnley

Padiham Leisure Centre

Park Road
Padiham, BB12 8ED

St Peter's Leisure Centre

Church Street
Burnley, BB11 2DL

www.burnleyleisure.co.uk

Ribble Valley

Longridge Community Gym

Calder Avenue
Longridge, PR3 3HJ
www.longridgegym.com

Ribblesdale Swimming Pool

Edisford Road
Clitheroe, BB7 3LA
www.ribblevalley.co.uk

Roefield Leisure Centre

Edisford Road
Clitheroe, BB7 3LA
www.roefield.com

Rossendale

Adrenaline Centre

Helmshore Road
Haslingden, BB4 4DN

Marl Pitts Leisure Centre

Newchurch Road
Rawtenstall, BB4 7SN

www.rltrust.co.uk

Hyndburn

Hyndburn Leisure Centre

Henry Street
Church
Accrington, BB5 4EP

Mercer Hall Leisure Centre

Queen Street
Great Harwood, BB6 7AL

Norden Sports Centre

Stourton Street
Rishton, BB1 4ED

www.hyndburnleisure.co.uk

Pendle

Pendle Wavelengths

60 Leeds Road
Nelson, BB9 9TD

Pendle Leisure Centre

Crown Way
Colne, BB8 9NP

Seedhill Athletics & Fitness Centre

Surrey Road
Nelson, BB9 7TY

West Craven Sports Centre

Kelbrook Road
Barnoldswick, BB18 5TB

www.pendleleisuretrust.co.uk

Carers Caravans



Did you know that Carers Link Lancashire have two caravans, at holidays parks in the North West and that you could make some significant savings by booking them through us?

The six to eight berth caravans help those carers registered with the carers services in Lancashire enjoy a much deserved break.



The Carers Caravans are based in Haven Holiday Parks at:

- Marton Mere Caravan Park, Blackpool
- Lakeland Leisure Caravan Park, Grange-over-Sands

Each holiday park has its own unique facilities for guests so we recommend visiting their websites to find out more. At the Haven sites you will receive access to members only areas and further discounts on the holiday parks by booking through us.



For more information, including costs and availability, please call **01254 387444**.

Where we are

Community Facility, Cafe and Charity Shop:

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

Charity Shops and Information Hubs:

**13 Deardengate
Haslingden**

**59 Market Street
Colne
BB8 0LL**

Contact us

www.carerslinklancashire.co.uk

0345 688 7113

01254 387 444

activities@carerslinklancashire.co.uk





Carers Link
Lancashire
IMPROVING LIFE FOR CARERS