

The FREE magazine for unpaid carers in East Lancashire

2019

WINNER

HYNDBURN
BUSINESS AWARDS

Information & Support Hub



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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

Editor's Welcome

I don't know about you, but my mood improves significantly when the weather starts heating up and I can spend more time outside. Our Community Garden in Accrington offers a space for relaxation to unwind and free time to recharge your batteries. We want you to take advantage of our calming haven and join us for a number of fun activities we have planned over the summer. The therapeutic qualities of spending time in the garden have long been known and over two thirds of carers say it is helping manage their stress levels.

Talking about the benefits of being outside with have teamed up with Pendle Hill Landscape Partnership to bring you two exciting free events to celebrate our much loved heritage including an Archaeology Day and Mystery Heritage tour, see our activities page to find out more.

It's at this time of year people go on holiday or take a short break. For many of you in caring roles this can often seem impossible without the support in place. We can help you with respite options, specialist holiday locations and advice. We also still have availability at our Carers Caravan holidays. With three night stays starting from just £190 for up to eight people, it's a great way to take a much needed short break.

It's amazing to think that just over 20 years ago a handful of people caring for their loved ones came together and decided to set up a regular support group for unpaid carers. Little did they know that this would evolve into the incredible organisation we see today. With the new partnership in place, our community facility open to everyone and a fantastic staff team we are ready to continue to deliver outstanding support across Lancashire.

I would like to wish you all a wonderful summer and I look forward to seeing some of you on our trips, courses and fun days out.

Emma Logan
Carers Support Worker



**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.

Introducing the new carers service for Lancashire...

Up until now Carers services commissioned by Lancashire County Council and Clinical Commissioning Groups have been delivered under the umbrella name Carers Lancashire and provided by Carers Link Lancashire and n-compass Northwest.

Following Monday 1st July 2019 Carers services are changing their name to **The Lancashire Carers Service** and Carers Link Lancashire and n-compass Northwest have teamed up to form a partnership to deliver an improved service through shared knowledge, experience and combined resources.



The new Lancashire Carers Service will continue to support Carers delivering:

- Carers Assessments
- Peace of Mind 4 Carers Plans
- Specialist 1-2-1 and group support
- Magazines twice a year detailing local groups, activities and courses
- Support to access community and Health and Wellbeing services
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Volunteer Befriending and Sitting-In services
- Support for former Carers
- Volunteering opportunities for Carers, including volunteering for the CHAT Line, Befriending and Sitting-In services
- Carers Awareness Briefings for professionals

Further information can be found on our website carerslinklancashire.co.uk or you can call us on 01254 387444 or email info@carerslinklancashire.co.uk

Understanding Dementia Course



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, services and changing relationships. You will have the opportunity to talk about your concerns and share your experiences with other carers. A free buffet lunch is provided.

Thursday 18th July - 10.00am - 3.30pm
Burnley Library, Grimshaw St, BB11 2BD

Cream Tea & Cinema Afternoon



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 Happy Prince is a biographical drama about Oscar Wilde, written by, directed by and starring Rupert Everett in his directorial debut. Also starring Colin Firth, Colin Morgan and Emily Watson.

Monday 2nd Sept- 2.00pm - 5.00pm - £5
Ace Centre, Cross Street, Nelson, BB9 7NH

Archaeology Day Pendle Hill Landscapes



Heritage Trip Pendle Hill Landscapes



Pendle Hill Landscape Partnership offers activities based around the heritage and landscape of Pendle Hill, led by the Forest of Bowland and supported by the Heritage Lottery Fund. We have organised two exciting free events to celebrate this distinctive landscape.

A trip to a local archaeology dig where experts will give us an interesting Show-and-Tell session in Pendle. **Tuesday 6th August - 10.00am - 2.00pm**
Transport pickup points, Accrington, Burnley & Clitheroe.

A heritage mystery tour on foot around breathtaking Pendle, celebrating this much loved and inspiring place.

Wednesday 11th September - 10am - 1pm. Meeting place TBC

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

Free Legal Advice Drop In



Free 30 minute advice sessions offering support with wills, trusts and planning for the future. You can choose from the following:

- Farleys - Accrington - 04/09/19**
- WHN Solicitors - Bacup - 11/09/2019**
- WHN Solicitors - Rawtenstall - 18/09/2019**



Call us to book your time slot.

Carers Grub Club



Our Grub Clubs meet up for lunch or dinner at interesting places across East Lancs. You pay for your own food so the choice is yours...it depends how hungry you are! Come and join us, invite family or friends for good food and even better company. We are very excited to this time invite you to our place for lunch!

**Carers Link Community Cafe,
54-56 Blackburn Rd, Accrington, BB5 1LE
Tuesday 30th July 12-2pm**

Benefits Support Drop in



Our Benefits & Welfare Worker is here to help you with the following:

- Attendance Allowance
- Bereavement Support Payment
- Carers Allowance
- Disability Living Allowance
- Personal Independence Payment

Just drop in between 10- 1pm to have a chat

**Tuesday 10th September
Carers Link Community Facility,
54-56 Blackburn Rd, Accrington, BB5 1LE**

Former Carer Meals



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.

**Tuesday 20th August 12-2pm
Carers Link Community Cafe,
54-56 Blackburn Rd, Accrington, BB5 1LE**

**Thursday 26th September 12 - 2pm
The Emporium,
Moor Ln, Clitheroe BB7 1BE**

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

CALL NOW TO BOOK YOUR PLACE

You Are Invited

ANNUAL GENERAL MEETING

18th September 2019 4pm

54-56 Blackburn Road, Accrington, BB5 1LE

Understanding Dementia Course 2019/20

Whether caring is a new part of your life or you've been caring for a long time, this 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.

Dates 2019/2020

Thursday 10th October 2019

Wednesday 8th January 2020

Monday 20th April 2020

Tuesday 21st July 2020

Thursday 15th October 2020

Meeting Place

Accrington Library

Clitheroe Library

Haslingden Library

Colne Library

Burnley Library



All course materials are provided including a **free 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.

Free one day course 10.00am - 3.30pm

For more info and to book your place call 01254 387444



Everyone is welcome to drop in for a cuppa
at one of our friendly Carers Cafes.
Take the load off, meet new friends and talk to our staff.

Accrington - 1st Tuesday of the month 10.30 - 12.30pm
Carers Link Cafe, 54 Blackburn Road, BB5 1LE
2nd July, 6th August & 3rd September

Clitheroe - 2nd Tuesday of the month 10.30 - 12.30pm
Colborne House, 15 Wellgate, Clitheroe BB7 2DP
9th July, 13th August & 10th September

Burnley - 1st Thursday of the month 10.00 - 12.00pm
Burnley Library, Grimshaw St, Lancashire, BB11 2BD
4th July, 1st August & 5th September

Colne - Wednesday 15th August 1.00 - 3.00pm
About Coffee, 26 Church St, Colne BB8 0LG

Just come along and say hello!

Call 01254 387444 for more information



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

TBC
11.00am to 2.00pm

Former Carers Social Group*

Call Ann on 01254 694904 or Christine on 01254 392382
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

Carers Drumming Circle

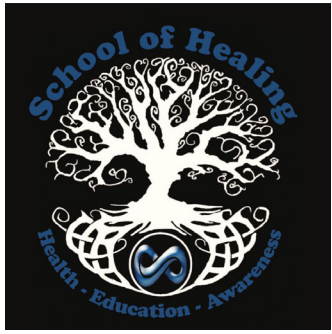
Call Carers Link Lancashire on 01254 387444
Freemasons Hall, Clayton-le-Moors

Every two weeks
1.00pm to 3.00pm

Mental Health Carers Group

Pendle House, Nelson

Accrington Sounds Baths



Join School of Healing with Liz and Chris of Chorley's Harmony Hub for an evening of relaxing sounds. Allow the sound and vibrations to wash over you bringing calmness, healing and insight. All sessions include drums, singing bowls and chimes guiding you into a meditation.
Venue: Hyndburn Community Centre, Cannon Street, Accrington, BB5 2ER
Sunday evenings 7pm - 8.30pm
: 21st July, 18th August, 22nd September.
Cost £10 - use your Go2 card to get a discount
To book a place call Tracey on 07706319330



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

go2 Carers Wellbeing

Name:

Date of Birth:

Address:

Exp date:

FOR DETAILS ABOUT PROVIDERS SEE OUR WEBSITE OR CALL US

You can now use your Go2 card to get a discount in our Community Cafe. We look forward to welcoming you.

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

Carers Therapeutic Gardening

*Do you care for someone living with Dementia or an older person?
Please get in touch to book your place if this is you! 01254 387444*

Monday 8th July - Sensory Flower Planting Workshop

Variety of plants and seeds for touch, taste, colour, smell and sound

Monday 22nd July - Culinary Herb Planting Workshop

Bring your own/donated quirky pots eg wellies, boots, t-pots, anything fun!

Monday 12th August - Willow Weaving Taster

Lets get started making simple 2D shapes such as fish, stars & wreaths

Thursday 15th August - Southport Flowershow

Enjoy a free day out at this wonderful event. Renowned for its spectacular show gardens and grand floral marquee, it also features the largest amateur growers and floral art competitions. There an abundance of entertainment such as themed arena displays, music, celebrity presentations and so much more. Tickets and transport included.

Monday 19th August - Willow Weaving Taster

Putting our skills in practice to make simple platters

Monday 23rd September - Winter Planting Workshop

Wrap up warm to plant containers for Autumn/Winter

Community Garden
54-56 Blackburn
Road, Accrington,
BB5 1LE

Accrington Library
St James' St,
Accrington
BB5 1NQ

10.00am - 12.00pm

" I like gardening - it is a place to find myself when I need to lose myself"

**Please note funding has been received to specifically support carers of someone living with dementia or an older person.*

WE NEED YOUR HELP

Can you spare 2 hours a week?
We are looking for volunteers to help out in
our charity shop and Community Cafe.



Make new friends
Gain retail experience
Support your local community
Choose a time that suits you
Gain an NVQ in Retail & Customer Service

City & 
Guilds

CALL US TODAY TO FIND OUT MORE: 01254 387444

COMMUNITY CAFE MENU

OPEN
8:00AM
4:00PM
01254 387444

54-56
BLACKBURN
ROAD
ACCRINGTON
BB5 1LE

PANINIS, TOASTIES & SANDWICHES

HAM & CHEESE	2.80
CHEDDAR & TOMATO	2.80
CHEDDAR & ONION	2.80
TUNA MELT	2.80
MOZZARELLA, TOMATO & PESTO	3.00

Add a side salad for 50p

JACKET SPUDS

CHEDDAR	3.00
CHEDDAR & COLESAW	3.50
CHEDDAR & BEANS	3.50
TUNA MAYO	3.00
TUNA MAYO & CHEDDAR	3.00

Add a side salad for 50p



MILKSHAKES & ICE COLD FRAPPUCCINOS

CHOOSE YOUR FLAVOUR:

VANILLA/STRAWBERRY/CHOCO/CARAMEL

2.20

FRESH SALADS

CHEDDAR	3.50
TUNA MAYO	3.50
MOZZARELLA & PESTO	3.80

HOT DRINKS

AWARD WINNING COFFEE 100% ARABICA

LATTE	2.50
CAPPACCINO	2.50
AMERICANO	2.20
FLAT WHITE	2.20
ESPRESSO	2.20



*ADD AN EXTRA SHOT 1.00 *SYRUP 40P

HOT CHOCOLATE	2.20
+ MARSHMELLOWS & CREAM	2.50
TEA	1.80
FRUIT TEA	1.80

BRUNCH

TOAST & JAM	1.40
GRUMPETS	1.50
TOASTED CURRANT TEACAKE	1.70
TOASTED BAGELS	1.90

Plain, Cinnamon & Rasin and Cream Cheese

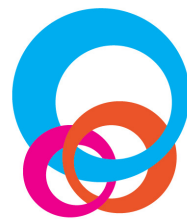
AND SOMETIMES
YOU JUST
NEED CAKE



EAT LOCAL - EAT FRESH - EAT WELL

CARERS COMMUNITY FACILITY

54 - 56 Blackburn Road, Accrington, BB5 1LE



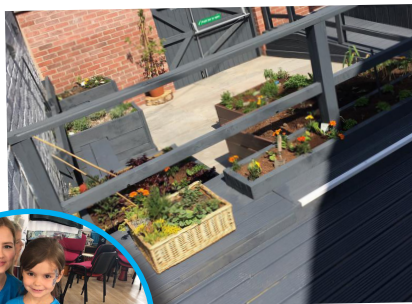
INFORMATION & SUPPORT



COMMUNITY CAFE



COMMUNITY GARDEN



10%

OFF YOUR FIRST ORDER
WITH THIS FLYER

A PLACE FOR THE WHOLE COMMUNITY

- WELLBEING EVENTS
- LIVE MUSIC NIGHTS
- CHEESE & WINE TASTING
- CHARITY FASHION SHOWS
- CREATIVE CRAFTS

AND MUCH MORE....

TO FIND OUT ABOUT WHATS
HAPPENING CHECK OUR
FACEBOOK, WEBSITE OR POP
IN TO SEE US!



WWW.CARERSLINKLANCASHIRE.CO.UK

01254 387444

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

 Find us on
Facebook

@CARERSLINKLANCS

OUT & ABOUT



OFFICIAL OPENING

Community Facility 54-56
Blackburn Rd Accrington



We marked the official opening of our exciting new community facility with a very special evening! A huge thank you to everyone that joined us to celebrate including Graham Jones MP, Julie Higgins and Michelle Pilling from NHS East Lancashire Clinical Commissioning Group, BBC Radio Lancashire, Logan & Manley for the wonderful music, Carers, volunteers, staff and supporters.



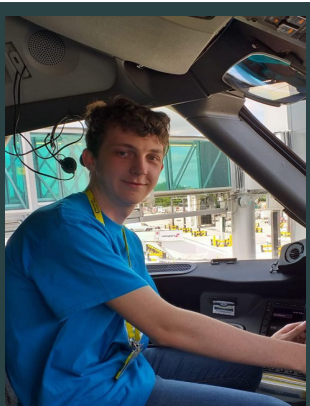
COMMUNITY GARDEN

Community Facility 54-56
Blackburn Rd Accrington



Our community garden offers a place for people to relax and engage with nature together. Carers can pick delicious fresh fruit, herbs and vegetables to take home or sample in our cafe. Volunteer Ian is pictured with our first juicy garlic bulb and our little helper dug up some wonderful salad potatoes as well as watering the garden for us. Its well worth a visit!

TAKE A BREAK ITS GOOD FOR **YOU**



YOUNG CARERS

Work Experience
Manchester Airport



Celebrating Carers Week one of our Young Carers Jordan was lucky enough to have the opportunity to spend the day with the TUI staff at Manchester Airport as part of his work experience. His dream is to work as cabin crew so this was really a special day for him.



CHEESE & WINE TASTING

Community Facility 54-56
Blackburn Rd Accrington



A fantastic night was had by everyone who attended our first Cheese and Wine Tasting fundraiser. Each wine was paired with a carefully chosen and equally tasty cheese, picked perfectly to complement the wine on offer. We would like to say a huge thank you to Roger and Carol Pollard who did an amazing job of hosting the night for us and to Logan & Manley who provided the live music and soulful singalongs!

CARERS CARAVANS SUMMER HOLIDAY

3 night break
from £190
Secure today
£50 deposit!

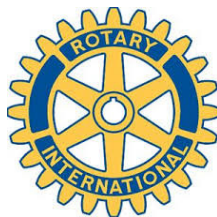


3 holiday parks to choose from:
Marton Mere, Lakeland & Ocean Edge.
Take all the family - sleeps up to eight.
Our privilege card gives carers further
discounts with up to 50% off activities
and 15% off food and drink!

Parkdean
Resorts
Creating Amazing Memories

Haven

A Big Thank You to Accrington Rotary



This year the Chair Russell, along with support from Jackie and Michelle, has provided great support for our Young Carers Service.

Accrington Rotary have provided funding for our young carers to go to Blue Planet Aquarium and a little gift each to take home. They also supported our Christmas Party, even providing a visit from Father Christmas himself!



At Easter they took a group of our older young carers' ice skating and finished the day off with a visit to Nandos. In July we will finish the year off with a fantastic summer party where Accrington Rotary will again be providing the young carers with a brilliant event, this time a disco with games, party food, refreshments and lots of fun.

This support makes such a difference to the lives of young carers!

Thank You Very Much!

Charity Fashion Show

Autumn/Winter Collections

10th October 2019

7pm - 10.30pm

Come along and enjoy an evening of this seasons must have clothing from local boutiques, generous discounts on the night,

a free glass of fizz, canapes, live music, entry into our prize draw and much more while raising funds for a fabulous cause!



Tickets
£10

Holmes Mill

Greenacre Street,

Clitheroe

BB7 1EB

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

This event has been kindly sponsored by

Bramwell
ESTATE PLANNING

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:**



**Stephen is an LPA Advisor
with a low cost solution.**

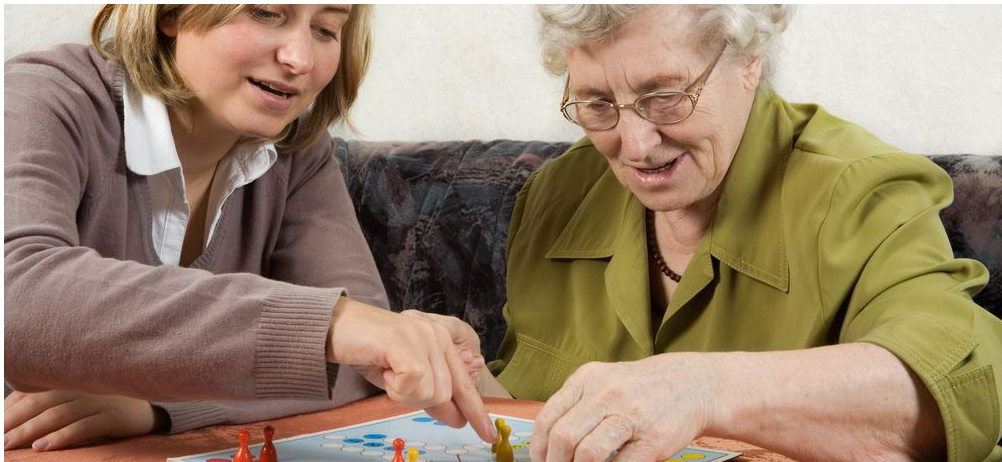


For more details call Stephen on:
01772 367900

Bramwell
ESTATE PLANNING

www.bramwellep.co.uk

**A
Personal Service
With Convenient
Home Visits**



The 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. If you would like to request a Sitting in Service volunteer, please call our Volunteer Co-ordinator on **01254 387444**.



New Parent Carer Support Group

Meet on the 1st Thursday of the month at Autisan Cafe, Whalley Abbey | The Sands, Whalley, Clitheroe BB7 9SS
Call Lesley Homes on 01282 773043 for more information.

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.



**EMERGENCY
PLAN**

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.

Call us on 01254 387444 to book your place!

July 2019

Tuesday 30th Carers Grub Club 12.0pm - 2.00pm

August 2019

Tuesday 6th Archaeology Day 10.00am - 2.00pm
 Tuesday 20th Former Carer Meal 12.00pm - 2.00pm

September 2019

Monday 2nd Cream Tea & Cinema 2.00pm - 5.00pm
 Tuesday 10th Benefit Support Drop in 10.00am - 1.00pm
 Wednesday 11th Pendle Heritage Tour 10.00am - 1.00pm
 Thursday 26th Former Carer Meal 12.00pm - 2.00pm

July 2019

Thursday 10th Charity Fashion Show 7.00pm - 10.30pm

Get up & active in October half-term for free!



The wonderful people at Up & Active have organised some free taster sessions for our Carers who have children. The idea is whilst you enjoy trying out some light exercise your children can have fun for a few hours in the supervised play area.

To find out more or book your place please call us on 01254 387444

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!

• Carers Staff Team

Chief Executive Officer

Rebecca Hodgson

Services Manager

Audra Higgin

Team Managers

Emma Logan

Rebecca Ormerod

Assessment & Support Officers

Georgia-Mae Riley

Jill Laing

Kathryn Immins

Noreen Akhtar

Yasmin Akhtar

MH Assessment & Support Officer

Emma Lawson

MH Carer Support Officers

Jamila Rauf

Rukhsana Hussain

Review & Support Officers

Angela Austin

Diane Flynn

Simon Kay

Lynne Lewis

Finance Officers

Carolyn Teed

Lou Boulton

Volunteer Co-ordinator

Suaafina Aslam

Lead Project Support Officer

Rhosyn Howells

Project Support Officers

Ann Mobey

Rachael Campbell

Retail Development Manager

Sarah Duckworth

Community Cafe Managers

Christine Green

Charlotte Wright

• Young Carers Staff Team

Young Carers Development Worker

Carole Moulton

Momtaz Islam

Sessional Worker

Amy Blundell

Paul Fairweather

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

Social Services

Customer Services Centre

24 Hour Service

0300 123 6720



Mental Health Crisis

01282 657222

Care Navigators

(Booking respite)

0300 123 6720

Welfare Rights

0300 123 6739

Carers UK

www.carersuk.org

0808 808 7777

CARERS UK
the voice of carers

Carers Trust

www.carers.org

0208 498 7900



Lancashire Wellbeing Service

0303 333 1111

Alzheimer's Society

www.alzheimers.org.uk

0333 150 3456



Carers Link Lancashire

54-56 Blackburn Road

ACCRINGTON, BB5 1LE

info@carerslinklancashire.co.uk

Office Opening Times:

Monday - Friday 9.00am - 5.00pm

01254 387444 / 0345 688 7113

An exciting new place to visit in **Accrington**..



Delicious food
Grab a bargain
Enjoy the garden
Wellbeing Events
Support & info
Much more...

**54 - 56 Blackburn Road
ACCRINGTON, BB5 1LE**

01254 387444

www.carerslinklancashire.co.uk

10%

**OFF YOUR FIRST ORDER
WITH THIS FLYER**



**Carers Link
Lancashire**
www.carerslinklancashire.co.uk

