Spring / Summer Edition 2025

Magazine















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 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 2025 edition of the Lancashire Carers Service Magazine. Packed full of the latest news, advice, training courses, top tips for carers and much more.

There's a lot going on over the coming months, including Carers Week in June, trips, a Cheese & Wine Fundraiser and more! We have a lovely selection of events. 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.

Please keep an eye on our social media pages for the most up to date information. You can follow us on Facebook, Bluesky, LinkedIn, Instagram or visit our website. You can always keep up to date with our service offer and new opportunities by visiting our websites www.n-compass.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.



Carers Link Lancashire is proud to support LGBTQ+ carers

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
- \bigoplus carerslinklancashire.co.uk
- 🖂 info@carerslinklancashire.co.uk
- C 0345 688 7113 option 1



@CarersLinkLancs@CarersLinkLancs

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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.

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.

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.

9th - 15th JUNE 2025



'Caring About Equality'

'It's in the bag' -Make Your Own Tote Bag

Make a statement with your own designer bag. You can shop til you drop but you won't be dropping anything with your own handy bag to keep things safe.

£5 PER PERSON

Monday 9th June, 12.30pm - 3pm Clitheroe

Service User Carer Council

Find out about how LSCFT Service User Carer Council operate and influence NHS services. Information will also be available from a variety of services to improve your emotional and physical wellbeing.

FREE TO ATTEND

Wednesday 11th June, 11am - 3pm The Chai Centre, Burnley

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 13th June, 11.30pm - 2pm Carers Link Community Facility, Accrington

Basic First Aid Course

Learn a range of skills designed for members of the public to help in a first aid emergency, including how to perform suitable basic first aid techniques based on a minor injury or illness.

£3 PER PERSON

Tuesday 10th June, 1.30pm - 3.30pm Haslingden

Fun at the Farm

Have a day of fun at the farm, with the animals and wildlife in the beautiful Colne countryside. Be prepared for a surprise or two along the way, combining art, music, and nature! Bring a packed lunch.

£3 PER PERSON TRANSPORT PROVIDED

Thursday 12th June, 10am - 3pm Carers Link Colne Shop



Carers Activities

Bowling

Join us for a fun afternoon at a Bowling alley! Whether you are a pro or a beginner, come along for a fun afternoon and meet new people. Regular bowling can also have many health benefits, so if you haven't tried it before - now is the time!



Thursday 15th May 1- 3pm, Burnley

Bus Ride to Blackpool

There's nothing quite like a day at the seaside, so why not join us for a day out in Blackpool? Blackpool boasts three fabulous piers, arcades and many shops, so don't forget to pay these a visit as part of your day at the beach!



Monday 7th July, Pick up from Burnley & Accrington

Six The Musical (Teen Version)

Join us to see Six - a musical comedy in the style of a pop concert, retelling of the lives of the six wives of Henry VIII, presented in the form of a modern singing competition.



£5

£5

Saturday 19th July matinee, Clitheroe

Minibus trip to The Trafford Centre

Join us for a trip in our minibus to The Trafford Centre - filled with over 200 shops including must-have brands, entertainment such as an arcade and cinema, Lego Discovery Centre and Sea Life Centre, and food from around the world.



Tuesday 9th September, Pick up from Accrington & Colne

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.

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AROUND THE WORLD CHEESE & WINE NIGHT

FRIDAY 16TH MAY 6.30PM

£25 per person, booking essential

You are cordially invited to our 'Cheese & Wine From Around The World' fundraiser night for unpaid carers across East Lancashire!

Join us for what promises to be a wonderful night of delicious pairings, entertainment THES and a raffle where you can win a £50 HOLIDAY VOUCHER, courtesy of The Departure Hub, Oswaldtwistle!



Call us on 01254 387444 or email info@carerslinklancashire.co.uk to book your place!

KINDLY SPONSORED BY **Focus On Testing COMMERCIAL HEALTH &** SAFETY COMPLIANCE **TESTING SERVICES**



54-56 BLACKBURN RD. **ACCRINGTON, BB5 1LE**

NEW BACUP FACILITY



Could you spare a few hours a week to volunteer in our new shop? Contact us!

We are pleased to announce that we have acquired a new property on Yorkshire Street in Bacup!

This will become our 4th charity shop/Information & Support hub!

Once renovated the property will house a two floor charity shop with an information and support hub and also a community meeting room space. Here, carers and the wider communities from Rossendale will be able to drop in and receive much needed services and support. The facility will be open to all, with the meeting space being used for training, support groups and also for the community to use.

Our aim as a charity is to create self sustaining charity shops / facilities in each of the boroughs we support in East Lancashire! This is very exciting news, not just for our charity and carers but also in supporting the regeneration work that is well underway in Bacup after being awarded Level Up Funding to improve the market.



We are pleased to announce that the Morrisons Foundation have kindly committed to supporting the charity in developing the information and support hub and also community space at the facility. A massive thank you to the foundation for this support.

We look forward to this facility opening its doors later this year! Keep your eyes peeled on our social media platforms for exciting updates!

Mental Health Support

Dementia Support

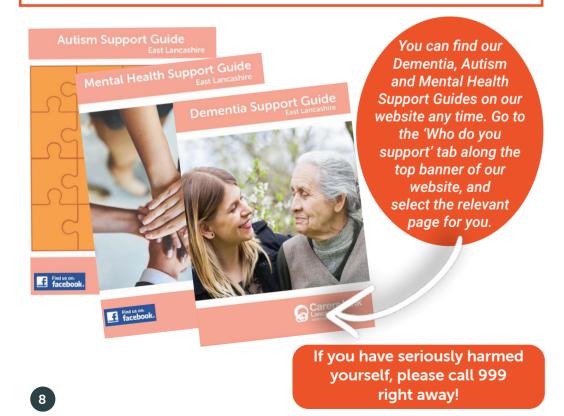
Are you looking after someone who lives with a mental health illness?

"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."



You can find many services, local organisations and groups for both adults and young people, including free counselling services, on our website:

www.carerslinklancashire.co.uk/mental-health-support





Understanding Dementia Courses

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. Friday 23rd May, Bacup, 10am - 3pm Course 2. Tuesday 8th July, Carers Link Accrington, 10am - 3pm Course 3. Tuesday 1st, 8th and 15th September, Microsoft Teams, 6.30pm - 8.30pm

Free Counselling for Dementia Carers with 'Dementia Carers Count'



Dr Gemima Fitzgerald Clinical Psychologist "I help carers understand why they feel how they are feeling.

Together, we consider what they can do to feel calmer and less overwhelmed."



'Dementia Carers Count' can offer carers up to six free remote counselling sessions. Initial appointment usually arranged within a couple of weeks. Counselling sessions are organised around what works best for the carer and follow up support is available if needed.

For more information, head to: www.dementiacarers.org.uk/what-we-do/dementia-carer-support-services/

If you or someone you know could benefit from counselling, call the Dementia Carers Count: Carer Support Line free on 0800 652 1102 9am - 5pm Monday to Friday

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.



Carers Support Groups

Cancer Carers Support Group

Every month, a Macmillan Cancer Information and Support Team hosts a monthly cafe group session to provide advice and information for you. You can also find out how Carers Link Lancashire can support you. Join us for a brew and a chat. No booking required.



DEMENTIA CARERS

SUPPORT CAFE

Carers Link Lancashire Community Facility Centre

54/56 Blackburn Road, Accrington

The first

Tuesday

of every

month!

First Wednesday of every month 10am - 12noon Carers Link Facility, Accrington, BB5 1LE

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 and 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

Male Carers Support Group

42% of unpaid carers are men. But did you know that 4 out of 10 male carers never get a break from their caring role?

Our monthly group sessions and activities specifically for male carers are a chance to change this. No need to book, just drop in for a brew!

Last Thursday of every month 10.30am - 12.30pm The Chai Centre, Burnley, BB10 1BY

WoMEn TIME Carers Support Group

The 2021 Census found that in England and Wales, 59% of unpaid carers are female. Our monthly 'Women Time' group is specifically for female carers to meet fellow carers and staff for a cuppa and advice. No need to book, just drop in.

FIRST MEET - 13TH MAY

Second Tuesday of every month 11am-1pm Brierfield Family Hub, Brierfield, BB9 5GZ





FREE Cygnet Autism Training

The Cygnet programme was developed by Barnardo's with the support of parents and/or care givers, for parents and care givers!

The course, for carers of those living with Autism under the age of 18, aims to create a supportive environment for carers who may be experiencing similar challenges, and to present information on Autism that provides opprtunities for you to consider and adapt and/or reinforce the way you support your child's needs.

We ask that if you wish to undertake the course, you try to attend all sessions, are open to participating in activities, and remember confidentiality of those sharing within the groups. This will make the course more enjoyable and effective for all!

Having successfully ran the course in Accrington and Burnley to date, our upcoming course dates are as follows:

Clitheroe (April - May 2025) fully booked, call us to be added to the waiting list.

Colne (September - October 2025): Wednesdays 10.30am - 1.30pm Colne Library, 47-55 Market Street, Colne, BB8 0AP

Refreshments and resources provided 10th September 2025 17th September 2025 24th September 2025 1st October 2025 8th October 2025 15th October 2025 22nd October 2025

Booking essential! Call us to book!

Rossendale dates coming soon!

Do you care for someone with Neurodiversity?

Our services include: • Free Autism Training for carers • Targeted peer support groups, activities, workshops • Information and guidance to help you in your caring role

Peer Support Groups: 1st Thursday of the month Carers Link Accrington, BB5 1LE 10am - 12noon

1st Friday of the month Downtown Burnley, BB11 1PY 10am - 12 noon Our amazing ASD Support Officer is here to help!



01254 387444



info@carerslinklancashire.co.uk



www.carerslinklancashire.co.uk





SCAN ME





Stay at our beautiful Haven Lake District Carers Caravan



We have a stunning caravan at Lakeland, Grange-over-Sands! We offer our modern caravan for short breaks and respite, with all necessary facilities, and Lake Windermere is only a short drive away! There are water sports, bike hire, a golf course, aerial adventure course, and swimming pools all within a few minutes walk of the caravan pitch.

"Just had a lovely much needed weekend in the carers caravan at Lakeland Cumbria. The caravan was lovely and the site was fab. The privilege passes are an extra bonus, 15% off everything you buy, even in the shop and 50% off activities."

At the caravan we can offer you:

- Free access to the owners lounge.
- Privilege Card giving you 15% off bars, restaurants and shops.
- Exclusive Owner-only events and activities throughout the season.
 - 50% off sports and leisure activities throughout the season.
 - The van sleeps 6 people.
 - No pets allowed.

2025 dates on sale NOW. Prices from £275 for 3 night weekend stays. £50 downpayment and £50 refundable damages deposit required. Date reservations are not accepted, it is first come first served. For more information visit www.carerslinklancashire.co.uk/carers-caravan



59 Market Street Colne, BB8 0LL T: 01282 476249

Looking for ethical, affordable, great quality occassionwear?

At our charity bridal boutique, we sell pre-loved occasionwear, and sample occasionwear donated by amazing local bridal boutiques including Ava Rose Hamilton (as seen on Say Yes to the Dress UK)!

OPEN MONDAY -SATURDAY 10AM - 5PM excl. Tues

Fitting room and payment plans available!

F AFFORDABLE PROM DRESSES BRIDESMAID DRESSES WEDDING DRESSES ACCESSORIES AND SUITS

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 and disabilities
- someone to talk to

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- · signposting to other services
- · free magazine every 3 months

Could you fundraise for our Young Carers team?

Email fundraising@carerslink lancashire.co.uk





Do you live in Hyndburn or 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 and Hyndburn.

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



Receive our magazine electronically - Go Green!

Our bi-annual Carers Magazine is an essential part of our services and being able to you inform you, the carer, of events, respite activities, news and other information relevant to you that may help you in your caring role.

However, in a move towards becoming a more environmentally friendly organisation, we are encouraging carers where possible to receive their magazine by email rather than as a physical posted copy.

Why move to digital magazines?

By moving from print versions of our bi-annual magazine to digital, you could help Carers Link Lancashire save and put towards practical support for unpaid carers...

OVER £10,000 each year!

This includes the price of envelopes, stamps, franking, and printing.

To help us move towards a greener economy, change your preferences by filling in a short form on our website at the link below, or call us on 01254 387444.

www.carerslinklancashire.co.uk/magazine-preferences





Carers Count Lancashire

Carers Count	
THE LANCASHIRE	County
SERVICE	Council

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 Count lancashireteam@carerscount.org.uk 0300 012 0231 6 @carerscountlancs



35% OFF CINEMA TICKETS WITH THE CINEMA SOCIETY!



With The Cinema Society, and as a registered carer with us, you are entitled to access voucher codes which are redeemable against cinema tickets on any day of the week, for any movie for Cineworld, Odeon, Showcase and Vue Cinemas.

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 on, and login anytime to, www.cinemasocietyclub.com.

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- 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
- **£15** will pay for a carer looking after a loved one with Dementia to attend our Understanding Dementia Course to help them in their caring role
- £50 will pay for our staff to provide Carer Awareness Training to professionals and businesses to help identify and support carers
- will pay for our carers to spend a subsidised night in our modern caravan at Lakeland Haven in the Lake District, for a well deserved break from their caring role

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



Give as you Live Online is a free service that lets you support your favourite charity with your online purchases. With every purchase made through their website or app, they will donate a percentage of your total to our charity at no extra charge to you!

Choose from over 6,000 stores such as Odeon Cinemas, boohoo.com, The Works, Hotel Chocolat, Booking.com, WHSmith, Asda and more!

To set up an account and start shopping and donating, head to

www.giveasyoulive.com/charity/carers-link-lancs





Yorkshire Three Peaks Challenge

Our staff are taking on the Yorkshire Three Peaks Challenge in summer in aid of Carers Link Lancashire!

DONATE ONLINE:

The first group, our staff team 'The Red Hot Chilli Steppers' June challenge: www.gofundme.com/f/carers-link-lancashire-take-on-yorkshire-three-peaks

The incredible solo challenge by staff member Matt in August: www.justgiving.com/page/matthew-allen-1724442562832

Could you fundraise for us? Head to www.carerslinklancashire.co.uk/fundraise to find out more, or get inspiration for a challenge of your own!



JOIN OUR VOLUNTEER TEAM



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

Looking to get into/back into work? Wanting to gain skills and meet new people?

Wanting to give back to the community?

Administration; Driving; Retail; Cafe; Outreach; Fundraising; Trustees

Drop into any of our shops or call our Volunteer Coordinator on 01254 387444! Cares Lingues

Haslingden Charity Shop Deardengate, BB4 5QN Colne Charity Shop 59 Market Street, BB8 0LL Accrington Charity Shop Blackburn Rd, BB5 1LE



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







COMPASSION COMPASSION COMPASSION COMPASSION

Connecting Communities is a service that brings local people together. This is a free service that engages volunteers to offer 2 hours or more per week for regular support to a cared-for 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.



This service can be used for anything that gives you a break from your caring role. This can range from an appointment or simply having some time to yourself. The service is flexible, it is primarily available for up to 2 hours per session.

If you require the service regularly you can choose a specific day and time each week that fits in with your matched volunteer. "I wish I could just pop out for a coffee for a couple of hours. I think my wife will be fine but I would worry leaving her at home alone."

All volunteers go through the organisational recruitment process. References are taken up along with a Criminal Records check (DBS). Specific training is delivered to all volunteers within this service. Volunteers are then matched with the person you care for to make sure they have something in common.

What you will be doing

Watch TV together Read the newspaper/a book together Play a board game/card game/ electronic game A cuppa and a chat



"I have a bit of spare time on my hands of a weekday and would love a useful way to spend it, like volunteering. Perhaps with some company, someone to do a crossword and watch daytime tv with."



What you will not be doing

Personal care

Moving and handling

Administering medication

Carers, for more information or to request a referral to this scheme, you can call us on 01254 387444 or email info@carerslinklancashire.co.uk

Could you spare just a couple of hours a week to provide someone with companionship?

Email our Volunteer Coordinator via info@carerslinklancashire.co.uk, stating which area you live in, and which days you may be able to volunteer for. 25

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Carers Link Lancashire have launched Carers Voice designed for us to hear your feedback and receive your input on our services and upcoming plans. Just drop in! **Refreshments provided.**

Next session: Thursday 8th May, **Haslingden Community Link** 10.30am - 11.30am

"I would love to go on trips and activities of a weekend"

Saturday day trip to Lancaster Castle & Saturday evening theatre trip to see **Bradley Wiggins**

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

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

THE POWER

TO

CARE



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Use our modern conference room at Carers Link Lancashire for FREE * when you also use our catering service!

Available for Business Meetings, Training Days, Conferences, workshops and much more

Town Centre Location 🧹 Catering from £3.95 pp



Seats up to 20 people 🏾 🎷 Digital conference screen

54-56 Blackburn Road, Accrington, BB5 1LE www.carerslinklancashire.co.uk/room-hire

BOOK NOW ON 01254 387444



rs Link

BOOK NOW! Lake District Carers Caravan



"Just had a lovely much needed weekend in the carers caravan at Lakeland Cumbria. The caravan was lovely and the site was fab. The privilege passes are an extra bonus, 15% off everything you buy, even in the shop and 50% off activities."

"It was very easy to book, the caravan was lovely and clean everything you need, a lovely site lots to do, lovely pool to swim in."

"The booking was straighforward and the payment scheme was helpful. The caravan was lovely and was clean on arrival. Had a lovely time, thank you."

"Lovely caravan, high quality and very comfortable. Booking the caravan was very easy and straightforward. Well organised."

For more information visit www.carerslinklancashire.co.uk/carers-caravan