



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 **20+** 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.



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. Call 07876 377321 / www.lighthouseataichi.com



Refresh UK - Massages and Reflexology

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

Accompanying friend/family member can receive discount

Mobile appointments within 10 miles. Call 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



The Meeting Room Counselling - Dorothy Frankland

£25 for a 1 hour session (30% discount)

Lodge House Cow Lane, Burnley, BB11 1NN

Kay 07758 647476 Dorothy 07711 495937 Joan 07979 103886

Relax with Nai - Ladies only

Discount: 5% off massage therapies

Based in Nelson but covers Pendle and Burnley. No travel fee for home visits under 5 miles from base. WhatsApp: 07555749358

The Oasis

Discount: 10% off counselling/massage services

6 Eton Close, Padiham, BB12 7DH / the-oasis@hotmail.com

www.the-oasis.co.uk



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

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

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 Wellbeing Mission CIC at Clitheroe Cryo



Discount: 15% off therapies with code LCARE15 online

Chatburn Rd, Clitheroe BB7 2AS. 01200 424475

The Healthfood Shop

Discount: 10% off all products in the shop

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

Pendle

Simba Cleaning Solutions

Discounted rate: £15 an hour for carers

Home cleaning. Covering: Colne, Nelson, Brierfield, Burnley, and Accrington.

info@simbacleaningsolutions.co.uk / 07935 281280



Danielle Kay Medical Herbalist

Discount: 10% off herbal medicines.

Various discounts on consultations

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

Infinity Fitness & Therapy

Discount: 20% on The Natural Lift Facial, massage and a hamstring and calves' massage

Marsden Hall, Nelson BB9 8BW. 07771 226107



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

At Carers Link, we offer our unpaid carers a leisure and wellbeing brochure full of discounts and special offers. We currently have over 20 local organisations and providers signed up!

Can you offer 20% off? A free session?

Call us, email us, or scan the QR code below 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.longridgecommunitygym.co.uk

Ribblesdale Swimming Pool

Edisford Road
Clitheroe, BB7 3LA
www.ribblevalley.gov.uk/ribblesdale-swimming-pool

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

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

Our brand new Carers Caravan

**Bookings
open now!**



Haven

We have a new caravan at Lakeland, Grange-over-Sands! We now offer one modern caravan for short breaks and respite, with all necessary facilities, and Lake Windermere is only a 10 mile drive away! There are water sports, bike hire, a golf course, aerial adventure course, and swimming pools all within a few minute 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 (up to 8 people on request).

To book your break today OR for more info visit:
<https://www.carerslinklancashire.co.uk/carers-caravan>
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
BB4 5QN**

**59 Market Street
Colne
BB8 0LL**

Contact us

www.carerslinklancashire.co.uk

**0345 688 7113
01254 387 444**

activities@carerslinklancashire.co.uk



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Carers Link
Lancashire
IMPROVING LIFE FOR CARERS