

# 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 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

# Lyn and Heather's Carers story

Lyn and Heather are long term same sex partners with Lyn being the birth mother to 4 wonderful children, two girls and two boys. Their eldest daughter is 20 and has ASD, their eldest son is 15 with no additional needs, their youngest daughter is 13 and has cerebral palsy and their youngest son has complex needs including autism, cerebral palsy and epilepsy.



Lyn has supported and cared for all her children from birth whilst also balancing her own medical challenges which include overcoming a stroke and battling fibromyalgia and arthritis. Heather is a step mum to all the children and has been part of their lives for the last 7 years. As well as providing support at home she works part time for Carers Link Lancashire. Together they juggle daily medications, personal cares, mental wellbeing and endless hospital appointments. They continually fight for the medical and educational support their children need. As one battle is won another presents itself. Life is never quiet!

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**How has The Lancashire Carers Service helped?** Before talking to Carers Link Lancashire we didn't recognise ourselves as "carers" Yes life was a little harder than most peoples, our kids a little more challenging, but this is what fate gave us so this was just our job as parents. After talking to Carers Link our eyes were opened, we started to recognise our role as carers, and were given information on the support that is available. There is a community of parent carers like ourselves out there, and even talking to others in the same boat, with the same challenges can sometimes help. Our eldest son also joined Young Carers. He has benefited massively from joining groups and activities, taking time away from our complex family unit to just be himself and have some fun.

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**Has being a same sex couple brought additional challenges?** We are a happy loving family unit but we have faced challenges due to our sexuality. We have been asked to "prove" parental responsibility, made to jump through hoops to get both mums acknowledged and accepted as equal when dealing with professionals across healthcare and education. But things do slowly seem to be getting better out there for same sex couples, there are more places that accept any family without prejudice.

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**What does the future hold?** A parent carer's responsibility doesn't end when children turn 18. As children grow older they don't always fly the nest and start their own lives in the traditional sense. A child with disabilities grows up to be an adult with disabilities who still needs help and support to live a safe and fulfilling life.

Recently, our eldest daughter moved into her own flat, this heralded a new phase for us: caring remotely. This is brand new territory for us all, we continue to support and care for her, but it is now our job to encourage her independence whilst ensuring she is fully supported, safe and happy. She now has her own front door now and we are so proud of how we have all adjusted to this change!

As our family grows we constantly face new challenges and must adapt to support our children through each phase of their development. There is no instruction manual for a parent carer, no guide book for each disability, no magic answers to find on google. We just do our best, we celebrate every milestone, every achievement, no matter how small! Then when life throws us a little too much to handle, we pull together to make it through the hard times and come out the other side and smile again.

# Welcome

Welcome to the Spring edition of the Lancashire Carers Service Magazine. We really hope that this finds you safe and well and that you have managed to battle through the most recent lockdown and are now looking forward to the summer months with hopefully more freedom to be out and about if you can. As usual, we have included a lot of information within this magazine which we hope is helpful to you. And we are now at a point where we feel we can start to re-introduce our community-based offer too, though in a controlled and safe way. Within the magazine you will find some opportunities for you to meet up with ourselves and other carers. If the COVID recovery plan keeps on track, we will be adding more opportunities for you as time progresses, please keep an eye on

our social media pages and our website for further information. In the meantime, if you wish to attend any of the options within this Magazine, we would ask that you book in advance so that we can be sure that the opportunities are safe and well controlled. We hope you find this Magazine interesting, please do let us know if you no longer wish to receive it and we will update our records.

You can always keep up to date with our service offer and new opportunities by visiting our websites [www.ncompass.org.uk](http://www.ncompass.org.uk) and [www.carerslinklancashire.co.uk](http://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.

**Stay safe and take care.**

## 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](http://www.n-compass.org.uk/our-services/carers)

 [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk)

 **0345 688 7113 option 2**

 [carerslinklancashire.co.uk](http://carerslinklancashire.co.uk)

 [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)

 **0345 688 7113 option 1**

 [ncompass.org](https://www.facebook.com/ncompass.org)

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



## 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



or friends. Once completed, a copy of your plan will be sent to you. Plans can be activated 24 hours a day, 7 days a week, 365 days a year. A plan can be completed over the telephone or face to face. To activate your plan please call **0800 840 3166**.

We no longer prompt you to review your plan. Please call us on **0345 688 7113** if there are any changes.

### **Carers Help and Talk (CHAT) Line**

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence- call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call **0333 103 9747**. In the event that a Volunteer is not immediately available to answer your call, please do try again.



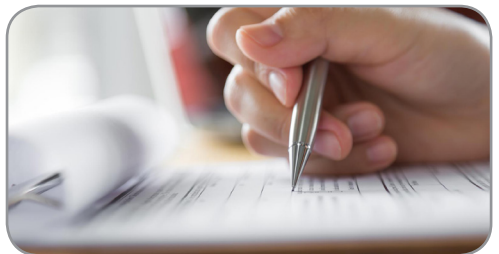
### **1st Monday Carers Book Club**



**Taking time to share a good book with others is just the tonic we need, We provide the books for review and the group meet up once a month in our community cafe to share thoughts and views on the novel and author. 'Reading is a conversation. All books talk. But a good book listens as well,'**

**Tuesday 7th June  
10.00am - 12.00pm**

### **2nd Tuesday Benefits Advice Clinic**



**Do you need to ask questions about Carers Allowance? Do you need help completing forms for a Blue Badge? Are you claiming the correct Attendance Allowance? Contact us and book an appointment in our support hub. You can bring your forms along so we can help you complete them.**  
**Tuesday 11th May  
10.00am- 1.00pm**

# Carers Activities

## Making a home for nature



Join Pendle Hill Landscapes to learn more about how we can help nature in our own gardens or local green spaces. Build bird boxes, insect hotels and even a hedgehog house all in the grounds of the Clarion House, Newchurch, Pendle.

All equipment, materials and lunch provided.

**Tuesday 27th July 11am - 2pm**

**Transport available contact us to book**

## Moorhouses Brewery Trip



An expert guide will show you how and where the Moorhouse's magic happens. If you like Moorhouse's beer, you'll love the brewery tour, complete with 4 samples of the famous ale and a hearty pie and pea supper. "Every pint is brewed to perfection, for you to enjoy."

**Friday 17th September at 7pm**

**Contact us to book your free place**

## Spring Woodland Walk



Join Pendle Hill Landscapes for a guided 3 miles walk around woodland taking in the summit and great views of the Ribble Valley, before heading to Whalley Abbey soaking up some history, stopping for lunch on the way.

**Monday 20th September  
10am - 1pm**

**Transport available contact us to book**

## Willow Weaving for beginners



Enjoy a willow weaving demonstration with Danielle from Prospects Foundation. We will show you how to make beautiful patterns with different varieties of willow and teach you essential willow weaving skills.

**Wednesday 29th September  
10am - 12.30pm**

**Community Garden, Accrington**

**Contact us on 01254 387444 to book**

# Carers Courses Online

## Understanding Dementia



This free course runs over three short sessions on Zoom. It will help you develop skills and confidence to support you in your caring role. We will address key topics of diagnosis, progression of symptoms and services.

**13th, 20th & 27th May / 10 - 12.30pm**

**ID - 873 2684 8634 / Pass - 643621**

**6th, 13th & 20th July / 6.30 - 8.30pm**

**ID - 854 8534 7676 / Pass - 300455**

## Pendle Crafters Clock Making



Our friends from Pendle Crafters will be guiding us through building our own clock and creating a nature inspired macrame wall hanging. Contact us to receive a materials kit in the post and you can craft along together.

**Thursday 13th May 2021**

**2.00 - 3.30pm**

**ID -868 2755 5233 / Pass -345847**

## Sleep Better Workshop



Not enough sleep can impact both physical and mental health. This workshop will teach you how to get a good night's sleep with techniques and healthy habits, plus shows you how to recover more quickly from a bad one.

**Thursday 3rd June**

**10am -11am**

**ID- 894 1583 0835 / Pass-252422**

## Cooking the Carribean Way



A guided cooking workshop with experienced chef Mama Shar either face-to-face or online. Learn about the history of Caribbean Cooking and how to use spices to create mouth watering meals. *"We take a few ingredients, whizz a little magic and a whole lotta love into them"*

**Tuesday 13th July**

**1.30pm - 4.30pm**

**ID -842 4125 0353 / Pass -703436**



# Carers Cafes & Lunch Club

Monthly / 11-1pm



All carers are welcome to join us for a cuppa and delicious lunch at one of our friendly Carers Cafes across East Lancashire.

Take the load off, meet new friends and enjoy a good old chat. If you haven't been to a Carers Cafe before don't worry a staff member will be there to greet you with a warm introduction. Carers pay for their own food & drink which could be soup and a sandwich or homemade Special...it just depends how hungry you are! **Contact us to book your place.**

**Hyndburn - 4th Monday**  
**Carers Link Community Facility**  
**54-56 Blackburn Road, Accrington, BB5 1LE**



**Rossendale - 1st Thursday**  
**StubbyLee Café**  
**Stubbylee Lane, Bacup, OL13 0DD**



**Pendle - 3rd Friday**  
**Lakeside Cafe,**  
**Ball Grove Drive, Colne, BB8 7HY**



**Burnley - 4th Wednesday**  
**Little Barista**  
**7 Howe Walk, Burnley, BB11 1QB**



**Ribble Valley - 3rd Tuesday**  
**Maxwells**  
**54-56 King St, Clitheroe BB7 2EU**



# Monthly Support Groups



## 4th Tuesday Parent Carer Group



Chat to other parent carer members experiencing similar issues with a chance to socialise and make friends. Listen to our guest speakers offering information and guidance. We signpost, support and empower families to obtain the best possible care and services.

**Starts Tuesday 22nd June 11-1pm**

## 3rd Wednesday Former Carer Group



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.

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

**Starts 19th May 11-1pm**

## 1st Tuesday Dementia Support Group



'Too many people face dementia alone' Are you caring for someone living with Dementia? If yes you are both welcome to join us for a delicious lunch at our cafe. As well as friendship & support there will be lots of information and guest speakers. Spend time doing something fun together.

**Starts Tuesday 1st June 11-1pm**

## 2nd Wednesday Gardening Group



Join us and the experts from 'Prospects' in our beautiful community garden to help relieve the stresses and strains of everyday life. Discover what butterflies live in Accrington and plant seeds that are easy to grow at home. Support us to provide a peaceful haven for all carers to enjoy together.

**Starts Wednesday 12th May 10 - 12pm**

Free lunch & hot drink funded by Hyndburn Community Champions  
May/June/July/August 2021



# Connecting Carers

## Rebuilding our community after Covid-19

### Mindful Mondays - May/June/July/August (2-4pm)

Join Renata from Wren Coaching for a Just Relax wellbeing and mindfulness class. • Take time out just for yourself without interruption • Learn relaxation and mindfulness techniques • Be in a space where you can "be" rather than "do" • Treat yourself to some inner calm and feel the stress melt away • Contact us to book your place.



### Feel Good Fridays - May/June/July/August (2-4pm)

Learn a new skill, meet people from your caring community and enjoy a delicious FREE lunch together. There are lots of exciting activities planned including Willow Weaving, Reflexology, Arts & Crafts, Afternoon Tea with guest speakers, make you own bird boxes and planters, introduction to Reiki and lots more. Contact us to ask for a full program of events and book your place.

Free  
Lunch  
with course  
or event



All events are funded by Hyndburn Community Champions for registered carers living in Hyndburn.

# Kirstys Poptastic Piano Singalong

Collect your lyric book at the door and sing your heart out as Kirsty leads us on her piano through a fun-filled LIVE singalong!

Wednesday 19th May / 23rd June / 21st July - at 2pm

## Wednesday 25th August & FREE SUMMER BBQ!

For all registered carers in our community garden from

**2 - 4pm**. Lets celebrate new times ahead and all the amazing work carers have carried out during lockdown. You truly are our

## COMMUNITY CHAMPIONS!

*"This gave us a break and something to be involved in just for fun. Extremely uplifting. Kirsty has a beautiful voice"* Carer



**OPEN TO ALL  
REGISTERED  
CARERS!**

Carers Link Lancashire Community Facility,  
54-56 Blackburn Road, Accrington, BB5 1LE  
01254 387444 / [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)

 **Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS

# Your Carers Community Facility



Our vision is that the community facility will bring carers and the wider community together providing an array of services, community events, drop in sessions, workshops, support groups, luncheon clubs, affordable home cooked food, a beautiful garden to enjoy, quality second hand items in our shop, carers resource library and the list goes on and on....!

## Charity Shop



Grab a bargain from our charity shop to raise funds for unpaid carers across East Lancashire. Our charity shop sells a fantastic range of good quality second hand items. We have a wide range of products from clothing, shoes and accessories to books, music, toys and homewares. Browse our designer rails to find something extra special.

## Community Garden



Our colourful garden provides a peaceful haven for you to take time out to sit, enjoy a coffee, snack or a delicious homemade lunch in beautiful, friendly surroundings.

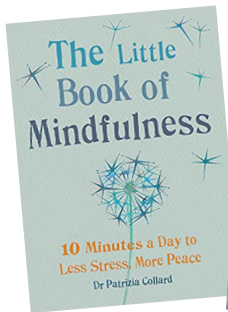
Join our Gardening Group on 2nd Wednesday of each month to learn how to encourage bees, butterflies and other pollinators into your garden, make a birdfeeder and much more.

## Community Cafe



You can be sure of a warm welcome, as well as home cooked lunch specials, wonderful baked cakes, a childrens menu with milkshakes and much more. We've had some fantastic feedback from our customers, especially about our award winning coffee and our delicious lunch time paninis. Get 10% discount with your go2 wellbeing card.

## Information & Support Hub



Having the right information at the right time can make a huge difference. Visit our hub talk to an experienced staff member, pick up a leaflet or use our carers resource library. Our wide range of specialist support is designed to help Carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on their own health and wellbeing.

## Address & Opening Hours



Find us next door to Nationwide Bank in the centre of Accrington. We are only a few hundred yards from both the bus station and train station and you can find free parking for up to two hours just outside.

Monday	9:00am - 4.00pm
Tuesday	9:00am - 4.00pm
Wednesday	9:00am - 4.00pm
Thursday	9:00am - 4.00pm
Friday	9:00am - 4.00pm
Saturday	CLOSED
Sunday	CLOSED

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



# CARERS WEEK 2021

7th-13th June

Making Caring Visable & Valued

Carers Week

## Monday 7th / Free Legal Advice Clinic - 2pm

Join solicitors Zoe & Katy from Marsden Rawsthorn for free legal advice specifically tailored for carers, covering topics such as 'The importance of Making a Will' and Lasting Power of Attorney. With a Q & A session to finish.

**ZOOM Meeting ID: 889 4758 6121 / Passcode: 303014**

## Tuesday 8th / 'Know Your Rights' - 10am

Hosted by Lyndsay from Carers Count learn more about your rights as a carer, know where to get help and support when you need it. Having the right information at the right time can make all the difference.

**ZOOM Meeting ID: 846 0985 0819 / Passcode: 242357**

## Wednesday 9th / Planting for Pollinators - 10.30am

Meet Gareth from Prospects in our community garden in the centre of Accrington to learn how to encourage bees, butterflies and other pollinators into your garden.

**Contact us to book your place.**

## Thursday 10th / Fun, Family Bingo! - 7pm

Eyes Down! Look in! Join us for a fun night of virtual family bingo with lots of top prizes to be won on the night! TOP PRIZE 3 NIGHT HAVEN CARAVAN BREAK!!

**Contact us for to book your place and receive your bingo book in the post.**

## Friday 11th / Kirsty's Poptastic Piano Singalong - 2pm

Lets celebrate all the amazing things that carers do every day and sing our hearts out to songs from the Beatles, Bill Withers, musicals and more. All local choirs welcome.

**ZOOM Meeting ID: 873 4288 2932 / Passcode: 172664**

## Saturday 12th / Virtual Sherlock Holmes Murder Mystery - 7pm

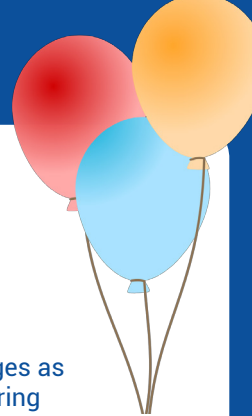
Join us on zoom for an interactive 'whodunnit?' with Just Imagine UK. You will receive a pack in the post to make notes on the night to make your case! The one closest to solving the case wins a prize! Classic evening entertainment that will keep you guessing right to the end.

**Contact us for to book your place.**

Carers Week



# About Carers Week



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year, carers across the country are continuing to face new challenges as a result of the COVID-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. So during Carers Week, we're coming together to help Make Caring Visible and Valued.

There are 6.5 million people in the UK who are carers. They are looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring impacts on all aspects of life from relationships and health to finances and work can be significant, and carers are facing even more difficult circumstances this year. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

## How can you help?

1. Join us at one or all six of the events we are running throughout Carers Week!
2. Talk to family, friends and neighbours about being a carer and encourage them to register with our service via our website.
3. Like us on Facebook, Instagram and Twitter to share our social media posts .
4. If you are an employer or run a local group or charity please get in touch to book our Carer Awareness Training via Zoom.





# Free **BENEFITS** Support & Advice

Every year, over  
**£740 million**  
of carers' benefits  
are unclaimed!

The benefit system can be complicated and finding out what you are entitled to can be difficult, however, help is available. Carers Link Lancashire has a dedicated **Benefits & Welfare Worker** who can help run a benefits check to see if you are claiming all the benefits you are entitled too and assist you with completing the benefit forms.

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

# Lasting Powers of Attorney (LPA)



Home Visits  
for your  
convenience



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.



*Bramwell*  
ESTATE PLANNING  
Get Your Affairs in Order

Call Stephen  
on:

**01772 367900**

[www.bramwellep.co.uk](http://www.bramwellep.co.uk)

## Give Carers A Break

**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.

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.

For more information, please call Carers  
Link Lancashire on **01254 387444**.



# COMMUNITY CELEBRATION OF CULTURE

SAVE THE DATE

**AUGUST  
11TH  
2021**

**12PM - 6PM**

**FREE  
ENTRY**

**FOOD  
COURT**

**JOIN US FOR  
THE EVENT OF  
THE SUMMER**

**FASHION  
SHOWS**

**SHOPPING**

**STALLS**



**54-56 Blackburn Rd, Accrington BB5 1LE**

ASIAN WEDDING  
**SHAADIGA**  
PLANNING

 **Carers Link**  
**Lancashire**  
IMPROVING LIFE FOR CARERS

  
**SABRUL DESIGNS**



# Discounted Carers Caravan Holidays

May - October 2021

**Haven**  
Exclusive member benefits

**Parkdean  
Resorts**  
Creating Amazing Memories

Free Haven  
Privilege Card  
15% off all food  
& drink

Free Haven  
Activities Pass  
worth £50



**BLACKPOOL - Haven Marton Mere**  
**GRANGE-OVER-SANDS - Haven Lakeland Leisure**  
**HEYSHAM - Parkdean Resort Ocean Edge**



From just  
**£190**  
with option to  
pay installments

See online booking form: [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)  
Call 01254 387444 to check  
availability and secure your  
holiday today with a £30 deposit!

**Carers Link  
Lancashire**  
IMPROVING LIFE FOR CARERS



# 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



## Free Easter Eggs for our Young Carers

We would like to say a big thank you to Amazing Accrington and Studio for kindly donating free Easter Eggs to our Young Carers. The chocolate surprises were all gratefully received.



# Young Carers Action Day 2021

Being a young carer can be tough. You have extra chores, worries and responsibilities and can struggle to keep up at school, often missing out on a social life, and feeling isolated and stressed.



However, caring can also have a positive side, with young carers developing especially deep bonds with the person they care for, and great pride in the support they give. The caring role can also lead to them developing new skills, and a maturity, that can help them as they move on to further education and the workplace. The theme for Young Carers Action Day was 'Protect Young Carers' Futures', highlighting the skills learned through being a Young Carer, like time-management, resilience and empathy. These skills are important not only for young people moving into higher education, but also for entering the workplace – they are highly valued by employers.

Thank you to everyone including Sara Britcliffe our MP, that helped raise awareness on the day by sharing our messages on social media - our Young Carers really appreciated the recognition and all your support.



Sienna one of our Young Carers wrote about the valuable skills she has learnt through her caring role.

"Being a young carer can be tough but I feel I have learnt so many things and gained lots of skills. I now understand about Mental Health and how it can affect not just the person with the illness but all the family. When this affected my family I found I needed help and I was able to get support this has made me stronger and my confidence increased, I became interested in raising awareness about mental health and even did a presentation for my teachers in school something I didn't ever think I would be able to do before.

Things are getting better for my family now and I have learnt to cook I know about medication, I find I am good at listening to other people and think more about what others might be going through. Young Carers have lots to offer"

# Volunteer for US Volunteer for YOU

If you are starting your career, looking for a change or returning to work, volunteering can help build your confidence, skills and experience.

"I've gained  
work experience  
& made new  
friends"

Jonathan,  
Cafe Volunteer

You can call us on:  
**01254 387444**  
for an informal chat  
about volunteering  
in our shop, cafe  
and office.





# Loving Later Life - Day Clubs



Age UK Lancashire's Loving Later Life provides an opportunity for those in later life to socialise, learn or relearn skills and take part in fun activities. The service is delivered in a Covid-compliant small group environment at a local centre equipped with appropriate facilities and resources or on a one to one (outreach) basis in the client's own home or out in the community.

We offer a range of activities which build confidence, promote independence, maintain cognitive functioning and most importantly, are meaningful and engaging.

**Loving Later Life provides much-needed respite to families caring for individuals and important social interaction and stimulation for older people who are isolated.**

## **Padiham**

Knight Hill House, Blackburn Road, Padiham, BB12 8JZ

Contact us to reserve your place: 0300 303 1234

## **Nelson**

Walton Lane Community Centre, Leeds Road,  
Nelson, BB9 8RW

Contact: 01282 447030 or 01282 477554



# Home Help Service

Age UK Lancashire offer a reliable, high-quality, competitively priced service tailored to meet your needs and help with: Cleaning & laundry, Shopping and Specific chores or errands. The service is charged per hour and delivered at a frequency that best suits your needs.

Contact 01282 677952 to book a visit or to find out more.

## Discounts for Unpaid Carers

## Access your local Leisure Centre at reduced rates!



**CARERS  
GET  
ACTIVE**



**Swimming  
Gym**

**Exercise classes**

**Athletics**

**Spa Facilities**

**Dance classes**

**Treatments &  
therapies**

Prices and availability at leisure facilities vary and some exclusions apply. Contact local facilities direct for full details

**AVAILABLE FOR  
ALL UNPAID  
CARERS ACROSS  
EAST LANCASHIRE  
REGISTERED WITH  
CARERS LINK  
LANCASHIRE. CALL  
01254 387444 FOR  
MORE INFO**



# go2 Carers Discount Card

go2

Carers Wellbeing

Name:

Date of Birth:

Address:

Exp date:

FOR DETAILS ABOUT PROVIDERS SEE OUR MAGAZINE OR WEBSITE

Request your go2 card for **FREE** and enjoy carer discounts at local restaurants, hairdressers, herbalists, chiropodists, therapists, shops and more.

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

## The Wellsprings Restaurant



Local restaurant Wellsprings have signed up to our go2 scheme offering 10% off your bill when you present your card. With a delicious Spanish & Mexican inspired menu they are nestled under the famous Pendle Hill with beautiful panoramic views that look over the Ribble Valley. They have a stunning sun terrace where you can sit with a drink and enjoy the view. We also wanted to say a huge thank you to Rebecca their manager for providing and delivering free pizza kits to our Young Carers during lockdown. It was a really special surprise and lifted the spirits of lots of local families.

## Rishton Physiotherapy & Sports Injury Clinic



Chartered and State Registered Physiotherapist with over 25 years experience. Services include:

- Injury prevention
- Sports injuries
- Neck and back dysfunction/pain
- Upper and lower limb pain
- Post-operative/general rehabilitation
- Sports massage and treatments\*

For 10% off contact: Sean Riley on 07793844354 or [sean.riley4@hotmail.co.uk](mailto:sean.riley4@hotmail.co.uk)

**Could YOU offer carers a discount?**  
If YES get in touch to be added to the go2 scheme

# FREE PPE FOR CARERS WHO DO NOT LIVE WITH THE PERSON THEY CARE FOR



The Lancashire Carers Service is helping Carers protect themselves and the people they support from COVID-19 by providing free PPE such as face masks, gloves and aprons, if they need it.

To learn more or apply for PPE  
call 0345 688 7113 option 1 or  
send an email to [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)

# Veterans Rail Card

## 1/3 off most rail fares!

The new Veterans Railcard is now on sale supporting UK Veterans and their families with savings on rail travel.

If you have served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or have been a Merchant Mariner who has seen duty on legally defined military operations, you may be eligible.

The Veterans Railcard is £30 per year or a 3-year Railcard is also available for £70

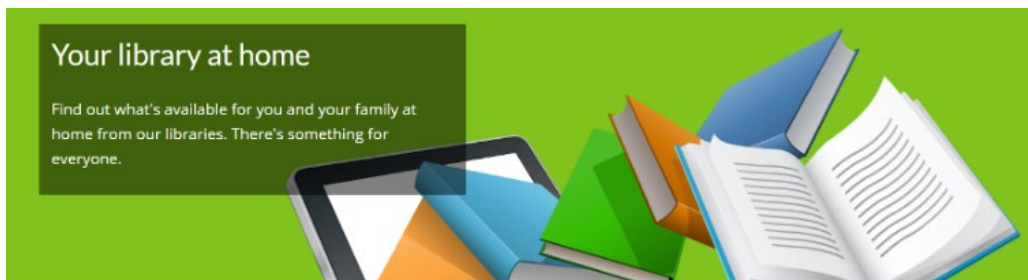
Like our other Railcards, the Veterans Railcard offers savings of 1/3 on rail travel, whether you are visiting family and friends or simply enjoying a day out. You can also nominate a companion to get 1/3 off when travelling with you and up to 4 children travelling with you get 60% off.

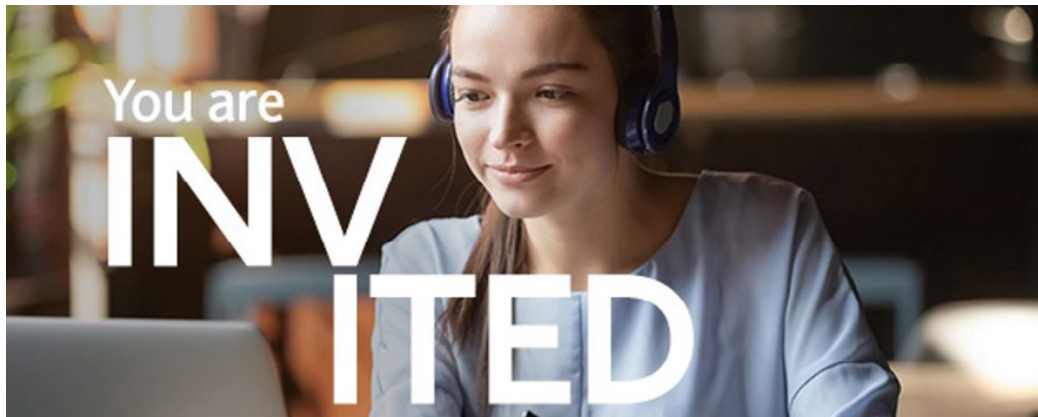
To find out more visit: [www.veterans-railcard.co.uk](http://www.veterans-railcard.co.uk)



## Lancashire Libraries

There are a wide range of online resources available from the digital library, including eBooks, audiobooks, and magazines. There are also online educational resources for parents and children. Find out about Lancashire libraries at: [www.lancashire.gov.uk/libraries-and-archives/libraries/](http://www.lancashire.gov.uk/libraries-and-archives/libraries/) can be accessed by registering an email address.





## Health & Social Care

Supporting the Health and Social Care Sector with digital skills training, please click on the link below, to access our calendar of events that you can register for.

### Sessions Overview

Monday – Bite size

Tuesday – Entertainment

Wednesday – Digital Safety

Thursday – Platforms and communication

### Location

<https://events.uk.barclays/externalevents/search/virtual-events/>

**Make Digital work for you!**

## Fuel Advice

Trained Energy Advisers are able to help with: Running out of credit on prepayment meters Understanding energy bills - Ways to reduce the cost of energy - Smart meters - benefits and installation - Energy Debt.

To find out more about the Energy Advice Service and to make a self-referral, visit:

[www.citizensadvice.lancashirewest.org.uk](http://www.citizensadvice.lancashirewest.org.uk)

