

Magazine




**ONE
IN SIX**
adults are
now providing
unpaid care

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

Welcome

Welcome to the Autumn edition of the Lancashire Carers Service Magazine. We hope that this finds you safe and well and that you have been able to enjoy the summer months, hopefully you have been able to attend some of our groups or activities and also had the opportunity to meet up with friends and family.

We have included lots of information in the magazine for you which we hope you will find useful. We are continuing to offer our face to face groups, coffee and chats and activities whilst it is safe to do so, if you have access to the internet please keep an eye on our social media pages for any changes, you can follow us on facebook , twitter or visit our website.

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.

You can always keep up to date with our service offer and new opportunities by visiting our websites www.ncompass.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.

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

 enquiries@lancscarers.co.uk

 **0345 688 7113 option 2**

 carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 **0345 688 7113 option 1**

 ncompass.org

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

 [@CarersLinkLancs](https://www.facebook.com/CarersLinkLancs)

 [_CarersLinkLancs](https://twitter.com/_CarersLinkLancs)



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.

A stroke survivor and her Carer's story

Life stopped on Mothering Sunday in 2017 when mum had a stroke, no warning of what happened overnight, leaving her dependent for all her needs, she has been cared for at home by me her daughter for over four years. Stroke can affect people in many ways, everyone thought because mum was home from hospital all was fine. Mum is in her 90s and has made little improvement over the years. I was made redundant and had to give up my full-time job to care for her, my goal is to keep her comfortable and find ways to cheer her days, she loves flowers and watching the birds in the garden.



As well as keeping mum happy I needed to find ways to keep my mind active, so found ways to volunteer from home for the Stroke association and Alzheimer's society reviewing research proposals. Volunteering opportunities from home have increased over the last 18 months, I now chat to other stroke survivors and their carers for the Stroke Association "Here for You" service. Some positives have come out of the Covid pandemic.

How has The Lancashire Carers Service helped? Looking after mum for four years and adding lockdown into the mix I was starting to feel very worn-down and alone. I started to look for support networks for carers, thankfully by chance I found The Lancashire Carers Service, which is local to me, not that locality mattered when on the Zoom calls but talking to staff and other carers gave me an instant connection. I understand much of this online support has been set up during lockdown. This has been a great asset for me and will continue to be so. I was not able to get out to meet people, even before the pandemic. Now I can join in the zoom sessions or text coffee and chat sessions where I meet other people and I am getting to know a few regulars, there are relaxation classes which I have attended and when I can, I attend, the online quiz which was great fun, just a few of the many great opportunities available digitally. In addition, there are people to message online through the Carers Community Network, which has been a great source of support.

It has been great to talk with people who understand and listen to the stories of others, sadly so many carers have similar concerns and worries. I have also followed the links made available for online study with Nelson and Colne college and completed a course in "Emotional Resilience" which was interesting. Lancashire Carers Service have invited me to join the Carer forum group with Lancashire carers Service and Lancashire teaching hospitals which gives me an interest, and hopefully may help to improve outcomes for carers. I want to thank Lancashire Carers Service for helping me through the last few months, the staff are always so positive and cheerful, the service is providing so many opportunities to be involved and helping me to keep my mind active and feel connected to the outside world.

How do you adapt as you learn about Caring for a parent? The tables were turned as I came to terms with caring for my mum after her stroke. Even in my fifties my mum still looked out for me, she was always there as a friend for a cuppa and a natter to put the world to right. Suddenly that all changed, mum was in hospital for five and a half weeks after her stroke, we were given the impression she would not live for many more months. Mum already lived with us, so things were put in place to bring her home for her end-of-life care, the hospital bed, hoists, feeding pump etc were delivered and carers arranged for 4 visits a day. That was four years ago so I must be doing something right, I do all the caring with no outside help. She still cannot talk, eat, or move from her bed but on a good day she can raise a smile.

That first evening mum was home was a terrifying realisation that I was totally responsible for keeping her alive. It was like bringing home a new baby but one you could not lift or comfort. As the months turned into years, I have learnt to care for her and keep her comfortable. However, I must say I feel Mum, and I were abandoned by the system. I am not sure if this is because of mum's age she is now 92 or because I am taking care of her, I keep being told "you are doing such a good job taking of her"!! I have learnt that sitting back and expecting everything to drop into place is not how care in the community works. I get so frustrated when people just do not think or take the time to find out about mum's condition before doing a check-up visit. This may sound trivial but taking a call on my mobile when one of the professional asks "Hello is that Gladys?" {mum's name} after four years it is hard and having to repeat over and over mum's situation. I try to keep positive not always easy and try to remember the motto "You have to laugh, or you would cry!"

What does the future hold? I take each day one at a time to care for mum with her ups and downs, I suppose my life is on hold while caring for her, but I am thankful she is at home with us. Hopefully she is comfortable and feels loved. Over the last few years mum has met her first great granddaughters one in the UK the other via zoom in Australia, a third great grandson is on the way soon. I keep myself busy while mum sleeps trying to help others with my volunteering roles and continue to expand my knowledge by doing online learning courses, through Lancashire Carers Service and any other opportunities that I see, including the Carers Community Network, and of course the great anxiety soothers baking, gardening, crocheting and the joy of looking after my daughter's puppy while she is at work. I do not deny it is hard caring for mum, but I have much to be thankful for.



Carers Cafes & Lunch Club

Monthly / 11-1pm

Carers and the person you care for can 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 welcome. Carers pay for their own food & drink which could be soup and a sandwich or a homemade special...it just depends on 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



Do you support someone emotionally who lives with a mental health illness?



If you look after someone with a mental health illness you might be unsure about whether what you do 'counts' as caring or whether it's just part of day-to-day life. A lot of people associate caring with physical tasks but giving emotional support can also be a big part of caring.

"Caring for someone with a mental health condition is hard. The invisibility of the illness can make it feel like you're not a "real" carer. Trust me: you are. And you're making a huge difference to someone's life." Carer

We have specialist Mental Health Assessment and Support officers who can discuss 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.

www.carerslinklancashire.co.uk/register-as-a-carer

Carers Activities

Free City Days Out by Train

FREE



Community Rail Lancashire as part of their Women that Wander project have kindly funded two Carers shopping trips. A chance to join our staff and other carers for a fun day out! (Women only funded trip)

Wednesday 10th November - Accrington to Liverpool Limestone

Wednesday 24th November - Burnley to Manchester Victoria

The Haunting of Blaine Manor

£5



We have discounted tickets to see the horror masterpiece and classic ghost story 'The Haunting of Blaine Manor' on the eve of halloween at The Muni Theatre in Colne. We invite carers and the person they care for to enjoy a spooky night out!

Saturday 30th October

**Doors open 6.45pm Show starts: 7.30pm
Limited tickets just £5.00**

Guided Walk in the Ribble Valley

FREE



Another chance to join Pendle Hill Landscapes for a guided 3 miles walk taking in the summit and great views of the Ribble Valley, before heading to Whalley Abbey soaking up some history.

**Monday 11th October
10am - 1pm**

**Transport available contact us to book
Please bring a packed lunch**

Charity Fashion Show Burnley Football Club

£8



So 2 You will be hosting a fun night with 75% off major street brands offering quality fashion at great prices! Top raffle prizes and licenced bar. The event will raise vital funds for carers in East Lancashire.

**Tickets to be purchased in advance -
£8.00 including a hot supper.**

**Thursday 4th November
Doors open: 7pm Show Starts: 7.30pm**

For more info, for tickets or to book call: 01254 387444

Carers Courses

Understanding Dementia

FREE



This popular course will help you develop skills and confidence to support you in your caring role. Lunch provided.

1. CVS Centre, Burnley Monday 25th October 10am- 3.30pm
2. On Zoom on Monday 10th, 17th, & 24th January 6.30pm - 8.30pm
3. Bosom Friends, Barnoldswick Tuesday 8th March 10am - 3.30pm

First aid for Carers

FREE



This 2 hour course guides carers through exactly what you need to know when responding to the most common injuries you will come across. Delivered in a relaxed and fun atmosphere. A certificate will be given to all participants.

Monday 7th February 2022
1pm - 3pm
ABD Centre, Bacup OL13 8AB

Moving and handling training course

FREE

AMTD
alison meadows
training & development



As a carer you may have to spend some of your time moving and handling the person you are looking after. Join Alison Meadows a skilled trainer to learn techniques to do this correctly and safely. Such as chair transfers, bed moves, hoisting, and supporting wheelchair users. There will be a number of demonstrations, instruction and practice sessions on a range of specialist equipment. All participants will get a certificate on completion.

Thursday 13th January 2022
Morning course - 10am - 12.30pm or Afternoon course - 1pm - 3.30pm
Saturn Centre, Blackburn, BB1 5QB

Email to book: info@carerslinklancashire.co.uk

Christmas activities

Wreath Making Workshop

£5



Make your own traditional christmas door wreath with expert tuition will be provided. All foliage and decorations will be provided but you may wish to bring along some of your own to make the wreath personal to you.

Wednesday 1st December
10am - 12pm

Carers Link Lancashire, Accrington

Glass Fusing Christmas Decoration Workshop

£5



Join Stuart from Glassmonkey Studio to learn how to cut glass and how glass reacts in the kiln. You will create three colourful glass christmas decorations to take home to hang on the tree or give someone as a lovely gift.

Tuesday 7th December
10am - 12pm

Carers Link Lancashire, Accrington

Santa's Grotto & Late Night Shopping

£2



A visit to Santa's Grotto is an annual tradition for many families and, now more than ever, we need a little magic in our lives. The experience allows your little one to say hello to our wonderful Santa and tell their Christmas wishes before receiving a special gift.

Enjoy some festive fun with friends and family, grab a bargain from our charity shop and a delicious mug of hot chocolate or mince pie and cream from our cafe!

From 4pm on Thursdays December 2021

All children welcome £2 only with all proceeds going to help unpaid Carers in East Lancashire.

Email to book: info@carerslinklancashire.co.uk



54-56 Cafe

The secret ingredient is always love

Winter Warmers Specials Menu

Bacon, Cranberry & Brie Panini - £2.80

Chicken & Stuffing Sandwich - £2.80

Rustic Soup & roll - £2.50

Homemade Pie & Gravy - £3.00

Hot Mince Pie with Cream - £2.50

Hot chocolate & Marshmallows - £2.50

Spiced Ginger Latte - £2.80

Monthly Support Groups

DEMENTIA SUPPORT GROUP



Are you caring for someone living with dementia? If yes you are both welcome to join us once a month at our friendly cafe for a chat over a cuppa or delicious lunch.

Our staff will be available to offer support, advice & answer any questions. It is also an opportunity to share experiences and support one another.

Come and connect to people that understand and enjoy something new each session.

"Too many people face Dementia alone"

First meeting 5th October
1st Tuesday of every month
11am - 1pm

FORMER CARER SUPPORT GROUP



A former carer is someone whose caring role has changed primarily due to bereavement or who feels that their caring role has substantially reduced because the person they care for has entered full time residential care,

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."

First meeting 20th October 2021
3rd Wednesday of every month
11am - 1pm

All support groups meet at our Community Cafe,
54-56 Blackburn Road, Accrington, BB5 1LE

PARENT CARER SUPPORT GROUP

**4TH TUESDAY OF EVERY MONTH
11AM – 1PM**

**A SAFE SPACE TO SHARE STORIES WITH OTHERS
BUILD NEW FRIENDSHIPS
CHAT OVER A CUPPA OR STAY FOR LUNCH
MAX CARD AND GRANTS
BE A VOICE FOR CARERS
A RELAXED INFORMAL GROUP
GUEST SPEAKERS**



**Meal Deal
£5.00
including a drink**

This group will run in term time only. First Meeting 26th October

Our carers meal deal is Jacket potato or Panini with a variety of fillings, salad and a hot drink for just £5

Connecting Carers

A summer rebuilding our community

With funding from Hyndburn Community Champions we were able to reconnect carers by running a number of fun events and regular activities. Many of you enjoyed singalongs with afternoon tea in the community garden, our Celebration of Culture Day, Mindful Mondays, Feelgood Fridays, making homes for butterflies to name a few, and of course delicious food from our cafe. The feedback has been so positive and we have successfully kick started the journey to rebuild our caring community after COVID. We wanted to share some of the lovely memories we created together over the summer, celebrating new times ahead and recognising all the hard work carers do everyday.



All our events and activities were kindly funded by
We would like to say a huge THANK YOU from us all.

Reconnecting through Mindfulness

A carer who attended the six week Mindful Monday course with Renata from Wren coaching explained her caring role can be very challenging at times. "It can be an unrelenting task. It's very difficult watching someone you love suffer" She particularly struggled during lockdown when her family and friends support network wasn't available. 'I was feeling very low and a little bit down because of the isolation during Covid. I had been out to do some walking but I was desperately missing someone to talk to and doing something socially'

'I am so glad I bit the bullet and booked myself onto the Mindful Monday activity. When I first got to the group everyone was so friendly. We got to sit out in the community garden which was wonderful and it also helped with the social distancing worries. Renata picked a different mindful topic each week and taught us new techniques. She asked us questions and got the group talking. We have really bonded because of this. Renata is fantastic!'

'It's really helped me look at myself differently in a much more positive way. I am not always looking down on myself. I don't feel as low as I did before and I am definitely not feeling as lonely. The techniques I have learnt from Renata have really helped me. She is lovely and very positive. I really like the relaxation at the end of each session. I have a much more positive outlook. I think attending a small group that was structured has helped me socialise again through taking small steps. It was quite scary really coming back out into the world after Covid. Having free coffee and food with the session was wonderful. It was so lovely to be treated. As a carer you often feel bottom of the pile and you are doing everything for someone else. Coming to the activity I felt the focus was on me and that I was being looked after. I didn't have to think about organising anything it was all done for you. It has encouraged me to try something new that I wouldn't normally.'



ARE YOU MISSING OUT?

We are here to HELP Carers complete benefits forms and claim what YOU are entitled.



- Attendance Allowance
- Carers Allowance
- PIP
- DLA
- Blue Badge
- Bereavement Support

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

Attendance Allowance
for people of State Pension age
or over

Department
for Work &
Pensions

Please fill in this claim form and send it back to us as soon as you can. We can only consider paying you benefit from the day we get your claim form.

1 Before you fill in this form, read page 3 of the notes booklet that came with this form.

About you
Please tell us your personal details. If you are filling in this form for someone else, tell us about them, not you.

1 Surname or family name

All other names in full

Title
For example, Mr, Mrs, Miss, Ms

Letters Numbers Letter

2 National Insurance number

3 Date of birth (day/month/year)

4 Sex
Male Female

5 The full address where you live

Postcode

6 Daytime phone number
Please include the dialling code.

Mobile phone number, if different

If you have speech or hearing difficulties and want us to contact you by textphone, please tick this box.

Textphone number

7 Tick a box to show nationality?

To make an appointment please call
01254 387444 or contact us at
www.carerslinklancashire.co.uk

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



Bramwell
ESTATE PLANNING
Get Your Affairs in Order

Call Stephen
on:
01772 367900

www.bramwellep.co.uk

Do you qualify for a council tax reduction?

If you live with dementia, a disability, a mental health condition, or the effects of a stroke- or you care for someone who does - you could be entitled to a council tax reduction.

Discounts can be backdated if you could have qualified earlier.



To find out more contact your local council.

Carer Complementary Therapy Vouchers

As a carer it is so important that you take care of yourself first and foremost and allow yourself some 'me' time. Having a regular massage for example can make all the difference, helping you to reduce stress levels, relax, sleep better and improve your overall wellbeing.

The Carers Discount Card scheme is currently supported by 31 private businesses across East Lancashire and beyond. These 'providers' aim to support carers and help improve their mental, physical and emotional wellbeing. Each business offers a different discount exclusively for our carers.



Free
£10
Gift Voucher

We have purchased vouchers from three of the go2 providers, Pamperology, Natural Touch Therapy, and Banyan Wellness Centre. To claim your free voucher worth £10 please go to our website to find out more: * Please note that vouchers are limited therefore anyone expressing an interest will be selected at random.

[www.carerslinklancashire.co.uk/
go2-wellbeing-providers](http://www.carerslinklancashire.co.uk/go2-wellbeing-providers)

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

go2

Carers Discount Card

go2

Carer %
Discount Card

Valuing Carers across Lancashire

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.**

Pamperology Massage & Reflexology



Based in Pendle Nicola is fully qualified with over 10 years experience. Choose from massage, reflexology, beauty treatments, Aromatherapy and more.
Carer Discount Card = Various 30 minute treatments for just £15.
Contact: nicola@pamperology.co.uk / 07584 317137

Banyan Wellness Centre



Based in Burnley the staff are professional, accredited, therapeutic bodycare specialists. Have you tried Hijama Cupping Therapy or Thermal Auricular Therapy?
Carer Discount Card = 20% off selected treatments and therapies
Contact: contactus@thebanyanwellnesscenter.com / 01282 620935

Natural Touch Therapy & Training



Based in Great Harwood Jo-Anna Haworth Coxall rejuvenates the mind, body and soul. Choose from Hot Stone Massage, Swedish Massage and much more.
Carer Discount Card = Discount: 10% discount or £20 per treatment (1 hour)
Contact: info@naturaltouchtherapy.co.uk 07742 430144

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

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



Meet Sam the newest member of the Young Carer Team



My name is Sam Briggs and I am the newest member of the Young Carers team! I will be meeting a lot of you during my time here, whether that be on activities, 121s or just monthly groups.

I first heard about Carers Link Lancashire and Young Carers over 12 years ago when I was actually identified as a Young Carer myself. At age 18, I decided that I would love to volunteer for the service as I enjoyed what was provided and wanted to help give back to a charity that helped me so much throughout the years.

Young Carers massively helped in boosting my confidence and really brought me out of my shell as a young individual in an ever changing world and I am over the moon that I can now say that I am part of the team

Our Young Carers have been busy over summer! They have been doing Mindful Crafts, Just Imagine activity days, evening meals and a 2 day residential! It is great to be back out and about doing things face to face and the Young Carers have really benefitted from it.



Volunteering Opportunities

Volunteers Return!

Now that restrictions have been lifted, our volunteers are back again helping Carers Link Lancashire be the best it can.

Our cafe, kitchen and shop volunteers in Accrington continue to be welcoming, hard working and always keen to have others join in.

We are also currently looking into opening another shop in the coming months in the Ribble Valley (if you are interested in helping out let us know!!!)

Please contact our Volunteer Co-ordinator, on 01254 387444 to chat about any of our volunteer opportunities.

Cafe and Kitchen



Our fantastic community cafe and kitchen are looking for volunteers to help prepare delicious meals and snacks to the people of Accrington.

You don't have to be the next Jamie or Delia, just a keenness to help out, an ability to prepare food and a few hours spare each week to join a great team.

Befriending



Carers Link Lancashire is keen to restart the befriending service after over 18 months away. This is a very popular scheme so if you have a couple of hours to spare each week to sit with the carers loved one and chat, play games, or simply watch TV together, then please let us know as we have lots of carers wishing to access the scheme again.

Charity Shop



The Accrington charity shop on Blackburn Road is going from strength to strength and we are always happy to have new volunteers assisting with sorting clothes, checking stock in the shop and serving customers. Could you spare a few hours each week to help out our amazing team?! If so, let us know!

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 love working
in the kitchen
and its great
experience”

James,
Cafe Volunteer

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



Secure your 2022 carers caravan holiday today with a £30 deposit!



GRANGE-OVER-SANDS
Haven Lakeland Leisure

BLACKPOOL
Haven Marton Mere

HEYSHAM
Parkdean Ocean Edge

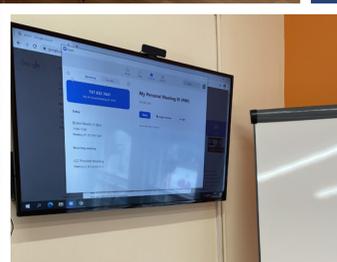
**Start planning next
years get away!**

Prices start from £190 for a 3 night stay with an option to pay in instalments. Holiday season is April 2022 to October 2022.

For more info visit: www.carerslinklancashire.co.uk/carers-caravan
Call 01254 387444 to check availability and pay your deposit.

FREE* CONFERENCE ROOM HIRE

BRAND NEW FACILITY



Use our modern conference room at Carers Link Lancashire for absolutely 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

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

TICKETS £8 (Purchase In Advance)

FUN (d) raising



Registered Charity number:1156275

FASHION

brought to you by

So2You

Hot
Buffet
included

PLUS CHARITY RAFFLE & LICENSED BAR

Fundraising Fashion Shows & Pop Up Shops

75% Off Major High Street Brands

Quality Fashion At Great Prices

An Alternative To High Street Shopping

A Sociable Fun Event

Brings Fashion To The Community

Supports Valuable Charities & Fundraising Events

DATE: Thursday 4th November 2021

VENUE: 1882 Lounge, Burnley Football Club, Turf

Moor Harry Potts Way, Burnley BB10 4BX

DOORS OPEN: 7:00pm SHOW BEGINS: 7:30pm

FOR TICKETS

CONTACT: Angela McKeefery & Angela Austin

PHONE: 01254387444

**EMAIL: angelamekeefery@carerslinklancashire.co.uk or
angela@carerslinklancashire.co.uk**

✉ info@so2you.co.uk

☎ Chrissy: 07757709381

🌐 www.so2you.co.uk

We Accept Cash & Credit Cards (Subject To Mobile Signal)

EVERY THURSDAY 7pm - 8.30pm
CARERS VIRTUAL

QUIZ NIGHT

Need need to book just Zoom in and say hello
Zoom ID 84470946155/ Passcode 509844

Our volunteer host Ian will be there to welcome you to our enjoyable and friendly quiz night. He has set us some taster questions with a local theme just for fun!

1. In which year did Accrington Stanley win the EFL2 title?
2. Which Salford born artist was famous of his matchstick men and matchstalk cats and dogs?
3. Name the locally born actress who for many years played Hayley Cropper in Coronation Street?
4. Identify the former sportsman who played cricket for Accrington, Lancashire and England and once scored a double test century against India. He is now a Sky Sports commentator?
5. Which ground-breaking police drama from the 1980's, and originally broadcast on a Saturday night was filmed locally?
6. What was the semi-autobiographical novel by Jeanette Winterson about her life growing up in Accrington?
7. Whereabouts in the Ribble Valley was Sherlock Holmes creator Sir Arthur Conan Doyle educated between 1870 -1875?
8. Which Ribble Valley village is often cited as the geographic centre of Great Britain?

Answers:
1. 2018; 2. L.S. Lowry; 3. Julie Hesmondhalgh; 4. David Lloyd;
5. Juliet Bravo; 6. Oranges Are Not The Only Fruit; 7. Stonyhurst College;
8. Dunsop Bridge

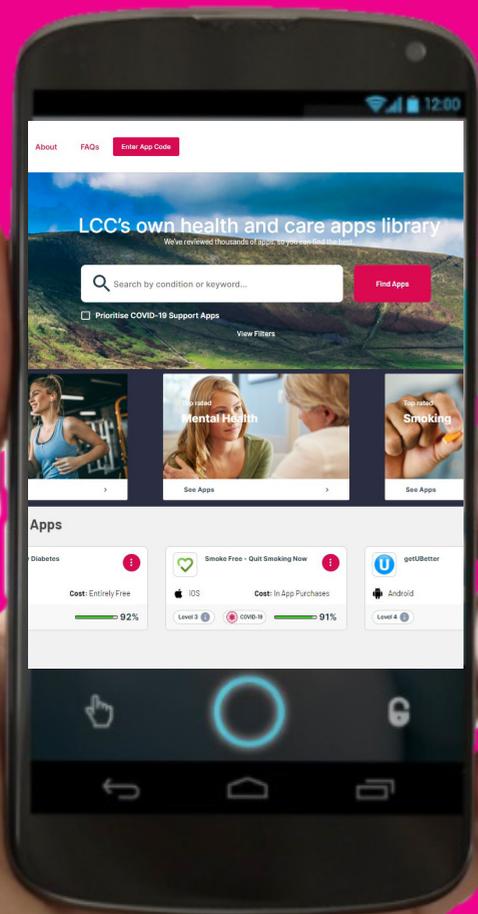
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As we continue to get used to new ways of living and working, digital health is becoming more and more valuable as we look after ourselves. Because there are so many digital health tools out there - over 350,000 currently available - we might need a bit of help finding those that are the best and the safest for us to use.

So with this in mind Lancashire County Council has commissioned a library of independently reviewed apps just for YOU. This is a library of apps that have been independently reviewed for Clinical/Professional Assurance, Data & Privacy and Usability & Accessibility.

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