Carers Link Lancashire

IMPROVING LIFE FOR CARERS

carerstrust a Network Partner

October 2017 Edition









Registered Charity 1156275
Company Limited by Guarantee 08584591

Funded/ Supported by: Lancashire County Council, NHS East Lancashire, The Henry Smith Charity

part of Carers Lancashire Supporting carers locally

Affiliated to CARERS UK the voice of carers

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Peace of Mind Activations

To activate your Peace of Mind plan, call 0800 840 3166

Please try to have your reference number ready when you call

PQASSO QUALITY MARK level 1
Charities Evaluation Services Part of NCVO

SERVICES FOR CHARITIES
CHARITY COMMISSION ENDORSED
PQASSO Quality Mark 2014
Quality Assessment System

Carers Link Lancashire is proud to support Lesbian, Gay, Bisexual & Trans carers



Please note:

Carers Link Lancashire do not endorse any of the products or services displayed within this magazine and offer these articles for information purposes only.

Editor's Welcome

It's that time of year again when the nights draw in and we want to hibernate. However try not to let the season affect your mood...do something new and interesting instead!

This month we have a special feature, on the page opposite, about how volunteers support our service and the carers we support, how invaluable they are and how we are always looking for more people to help in their local community.

On the following pages you will find information about our go2 Carers Leisure Scheme which aims to get you active and healthy, the Carers Caravan which is open until January 2018 and the new Clitheroe Carers Cafe which has been brought back by request.

Thank you to everyone who has been busy fundraising for us over the past three months; there is a special article on pages 14 & 15 about their amazing efforts and also the upcoming Charity Ball in Clitheroe and Wine Tasting Evening in Barrowford.

Sadly we said a fond farewell to Shakil Salam, Carers Development Worker, who has left us for pastures new. He will be missed by us and I am sure by many of our carers.

Thank you to all our carers, volunteers and those professionals & organisations that support carers for completing this year's satisfaction survey. The results will be analysed shortly and shown in the January edition. Your feedback is always appreciated - which is why next year we will be holding a special event for you to come along and talk to senior staff, including our CEO about your views on the future of Carers Link Lancashire.

Finally I and the staff here would like to take this opportunity to wish you all a wonderful festive season and a happy and peaceful New Year.



Graham Walton
Senior Carers Development Worker

Befriending Volunteers Needed

Could you spare 2 hours a week, fortnight or even a month to help someone in your local community?



Carers Link Lancashire need volunteers to help give carers a much needed break by befriending the person they care for.

If you are keen to give something back to your local community and enjoy helping others, then please call our Volunteer Co-ordinator on 01254 387444

How I Became a Volunteer

I have been registered as a carer with Carers Link Lancashire for well over 10 years. I have benefited highly from the information and guidance which has been very beneficial. I have found the staff very friendly, focused and deliver a very high standard of service.

Seeing this excellent service, led me to become a volunteer for the Chat Line and then eventually become a Trustee of Carers Link Lancashire. These have been invaluable experiences for me not only in terms of personal development but also for finding out more and acknowledging the good work that's being done.

I have always been a strong advocate of Carers Link Lancashire and its good work. As a volunteer I feel happy and privileged to be part of this great organisation that caters for a much needed service in the community.

As a Trustee of Carers Link Lancashire, I urge our communities to actively and pro-actively take part and make a valuable contribution - whether it's fundraising, volunteering or becoming a trustee.

Mohammed Mustafa

Volunteer of the Year



Jan Carol was named Volunteer of the Year at our Annual General Meeting in September.

Jan first joined us as an unpaid carer for her father. As a carer Jan understood the challenges that carers face and wanted to give something back to the organisation through volunteering.

She started as a volunteer with the Sitting in Service providing respite to a carer and befriending the cared for. As well as this, Jan offered 1:1 support sessions for carers and former carers providing a listening ear for them to express their feelings and concerns. Her current volunteer role is providing Reiki treatments.

Jan is always eager to help out and has supported the charity at numerous events. She has also offered wellbeing sessions for staff due to the pressures of work, providing them with the opportunity to relax.

Jan is pictured above receiving her award with Volunteer Co-ordinator Suafina Aslam.

Carers Leisure

The go2 Carers Leisure scheme is supported by the 5 borough councils in East Lancashire and aims to give unpaid carers discounted access to leisure facilities. It is very easy to sign up through Carers Link Lancashire and carers can access any of the facilities in their own borough.

Leisure Facilities in East Lancashire

Burnley
- Padiham Leisure Centre
- St Peter's Leisure Centre

Hyndburn
- Hyndburn Leisure Centre
- Mercer Hall Leisure Centre
- Norden Sports Centre

Pendle
- Pendle Wavelengths
- Pendle Leisure Centre
- Seedhill Athletics & Fitness Centre
- West Craven Sports Centre

Ribble Valley
- Longridge Community Gym
- Ribblesdale Swimming Pool
- Roefield Leisure Centre

Rossendale
- Adrenaline Centre
- Marl Pits Leisure Centre

Available Activities

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
- Gym membership
- Kettlebells
- Pilates
- Running groups
- Spin
- Step
- Swimming pools - including classes
- Trampolining
- Tai Chi
- Weight Training classes
- Yoga
- Zumba

How to request a go2 Carers Leisure Letter

To take advantage of the discounted leisure scheme all you need to do is contact us and request a letter. Then take the letter with some form of ID with your address on, to a leisure centre. You will be asked to complete an application form by them and there may be a small fee charged. Once done... simply enjoy your discount!

I would like a go2 Carers Leisure Letter ☐ **I would like a go2 Carers Wellbeing Card** ☐

Name:.....Date of Birth:.....

Full Address including Postcode:.....

.....

Telephone Number:..... Email Address:.....

Send to: **FREEPOST RTHA-JJBC-LCSH, Carers Link Lancashire, Melbourne House, Eastgate, Accrington, BB5 6PW** *(please do not add a stamp as we still have to pay for the Freepost usage even if you add a stamp yourself)*

go2 Carers Wellbeing

The go2 Carers Wellbeing scheme is currently supported by thirteen private business across the 5 boroughs of East Lancashire.



These 'providers' aim to support unpaid carers and help improve their mental, physical and emotional wellbeing. Each business offers a different discount exclusively for our carers.

For more details about each discount and to request the go2 card for **FREE**, please call us on **01254 387444** or visit our website at **www.carerslinklancashire.co.uk** When using your card, simply present it upon payment along with another form of ID with your name on.



THE NATURAL THERAPY CENTRE

The Natural Therapy Centre in Colne has been working with Carers Link Lancashire since January 2017 offering therapies for our carers and have signed up to our go2 Carers Wellbeing scheme to offer discounts to our unpaid carers.

The discount available is 15% off all treatments which can be tailored to your individual needs. For more information call Claire on 07934 707944 or visit www.thentc.co.uk

Katie Lee Chiropody and Podiatry

Katie Lee Chiropody and Podiatry are new providers with the go2 Carers Wellbeing Scheme. She provides both routine foot care including toe nail cutting and filing but also biomechanic assessments; which is the assessment and treatment of pain in the foot, ankle and lower leg.

Based in Barrowford, a mobile service is also available by calling 07753 285595. The discount offered to our unpaid carers is 20% off a routine chiropody treatment £20 reduced from £25. Visit www.katieleechiropody.co.uk for more details.

Don't forget to specify your top 3 choices when booking

			Booked?
October 2017			
Tuesday 3rd	Hyndburn Care to Chat?	10.30am to 12.30am	
Thursday 5th	Burnley Care to Chat?	10.00am to 12.00pm	
Saturday 7th	Male Carers Heroes Project	9.30am to 12.30pm	
Monday 16th	**BOOKING DAY**	**FROM 9.00am**	
Wednesday 18th	Pendle Care to Chat?	1.00pm to 3.00pm	
Friday 20th	Backstep Boogie	1.30pm to 4.30pm	__
Tuesday 24th	Former Carers Group	12.00pm to 2.00pm	__
Wednesday 25th	Haunted Inns Tour	10.30am to 4.30pm	__
Thursday 26th	Energy Best Deal	10.00am to 12.00pm	__
November 2017			
Tuesday 7th	Hyndburn Care to Chat?	10.30am to 12.30am	
Thursday 9th	Burnley Care to Chat?	10.00am to 12.00pm	
Tuesday 14th	Clitheroe Care to Chat?	10.30am to 12.30pm	
Saturday 11th	Jekyll & Hyde Theatre Show	7.30pm to 10.00pm	__
Wednesday 22nd	Former Carers Group	12.00pm to 2.00pm	__
Friday 24th	Carers Rights Day		
December 2017			
Tuesday 5th	Hyndburn Care to Chat?	10.30am to 12.30am	
Thursday 7th	Burnley Care to Chat?	10.00am to 12.00pm	
Wednesday 6th	Lancaster Trip	ALL DAY	__
Saturday 9th	Backstep Boogie	6.00pm to 10.30pm	__
Thursday 14th	Asian Carers Forum	11.00am to 2.00pm	__
Friday 15th	Drumming Circle Open Day	1.30pm to 3.30pm	__
Thursday 21st	Former Carers Group	12.00pm to 2.00pm	__
Monday 25th	**OFFICE CLOSED**		
Tuesday 26th	**OFFICE CLOSED**		
January 2017			
Monday 1st	**OFFICE CLOSED**		

FREE Replacement Care

From April 2017, we reintroduced the replacement care scheme so that you, the carer, can access the trips, activities and events that Carers Link Lancashire organises.

We can arrange for care through many local domiciliary care providers, your own personal assistants, or child minders. In the case of children, please be aware that we can only pay for replacement care for the child you care for, not any others.

If you see an event or activity you would like to attend but are unable to arrange for someone else to look after the person you care for, please contact us and let us know. Wherever possible we will make arrangements with a care agency for a trained care worker to go in so that you are free to have a break.

This is for activities only and at least 2 weeks notice is often required to arrange.

For more information, please call Carers Link Lancashire on **01254 387444**. Remember to ask us first, don't just assume we will pay as we only have a limited budget for this service!

MALE CARERS ARE HEROES TOO!

MARK McQUEEN FOUNDATION

IF YOU ARE A GUY AGED BETWEEN 18 AND 25 AND ARE CARING FOR A FRIEND, FAMILY MEMBER OR NEIGHBOUR, THEN THE "HERO" PROJECT IS JUST FOR YOU!

FROM 7TH OCTOBER 2017, FOR 6 WEEKS, WE ARE RUNNING SOME OUTDOOR ACTIVITIES & SURVIVAL SKILLS SESSIONS ON SATURDAY MORNINGS IN SIMONSTONE.

IF YOU ARE INTERESTED IN TAKING PART, MAKING NEW FRIENDS AND HELPING US PLAN FOR MORE SUPPORT THEN CALL US ON 01254 387444!

Carers Link Lancashire
IMPROVING LIFE FOR CARERS

Registered Charity No: 1156275
Company Limited by Guarantee No: 08584591

If you are an unpaid carer of someone 17 years or over, you are entitled to your own Carers Assessment. You can have an assessment even if the person you care for isn't receiving support from Lancashire County Council.

The assessment is intended to help you and is definitely not a test or exam on what you could do better, despite the name! Your physical, mental and emotional wellbeing will be at the heart of your assessment. It will also consider other important issues, such as whether you are willing and able to carry on caring, whether you work or want to work, and whether you want to do more socially.

It can take place face to face, by telephone or you can complete your own assessment through the post or online, whichever way you choose it will not take too long.

With the introduction of the Care Act from April 2015, Lancashire County Council must now provide personal budgets to carers who are eligible, following a Carers Assessment. To qualify for a budget you must be an adult caring for someone 18 or over.

Each year we will review your Carers Assessment and you may be eligible once again for a budget. If your needs have increased you may be entitled to more money. Similarly if your needs have decreased you may be entitled to less.

For more information about Carers Assessments and the Personal Budget, or to make an appointment, please call us on **01254 387444** or email **info@carerslinklancashire.co.uk**



The Peace of Mind for Carers service gives carers complete peace of mind in the event of an emergency which prevents them from carrying out their usual caring role.

A detailed plan is created, which outlines what daily support should be given to the person you care for, GP details, full details about illnesses and disabilities and contact details of people who can provide it.

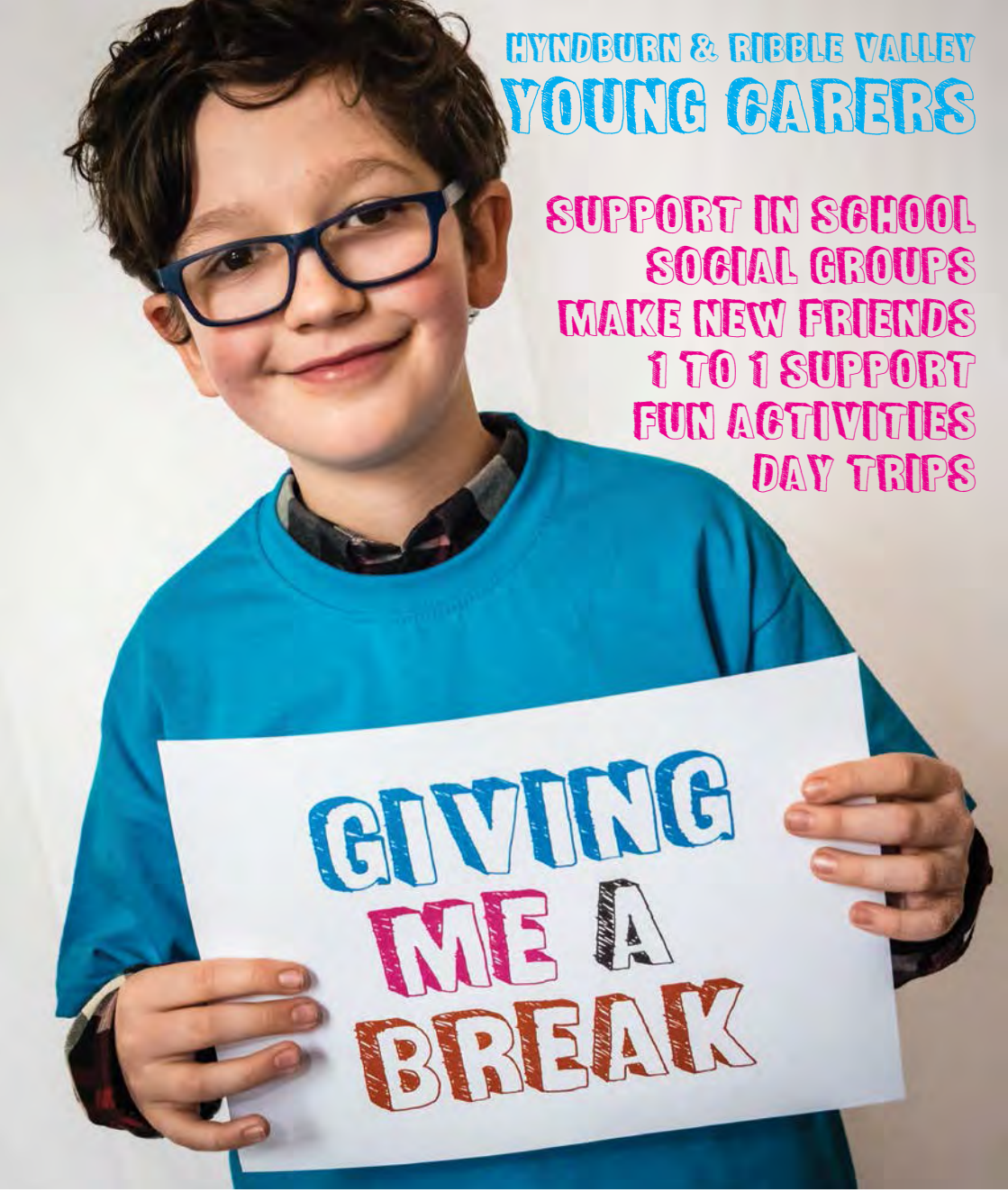
Once completed, a copy is sent to the carer along with a unique ID number that is linked to the plan and held by a 24 hour confidential telephone helpline.

Please note that this is for emergencies only and cannot be used for scheduled appointments.

For more information about the Peace of Mind emergency plans, or to make an appointment, please call us on **01254 387444** or email **info@carerslinklancashire.co.uk**

!!!PLEASE NOTE!!!

As from April 2016 we no longer prompt you to review your emergency plan. Please check it on an annual basis and call us on 01254 387444 if there are any changes.



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 issues. If this is you, please contact us as we may be able to help.

01254 387666

Supported by BBC Children in Need

© BBC 2007. Reg. charity England & Wales no. 802052 and Scotland no. SC039557

Did you know that Carers Link Lancashire have two caravans at Haven Holidays parks in England? And that you could save over 65% by booking them through us?

The eight berth caravans help those carers registered with Carers Link Lancashire to enjoy a much deserved break - and now they are open from March 2017 until January 2018.

Our TWO Carers Caravans are based in Haven Holiday Parks at:

- Marton Mere Caravan Park, Blackpool
- Lakeland Leisure Caravan Park, Grange-over-Sands

Each holiday park has its own unique facilities for guests so we recommend visiting their website, www.haven.com to find out more. You will receive access to members only areas and further discounts on the holiday parks by booking through us.

Availability and Subsidised Contributions

The caravan at Lakeland is open until the beginning of January 2018. Depending on the dates booked, the site facilities will vary, so please call us first. It could be the ideal base for a visit to the Lake District over Christmas or New Year!

How to Book your Holiday

- Visit our website to download a booking form at www.carerslinklancashire.co.uk or
- Call us on 01254 387444

If you would like any further information about the Carers Caravan, please call 01254 387444 and a member of staff will be able to assist you.

Last minute cancellations, short notice availability and holiday competitions are regularly posted on our Facebook page





Haven

Britain's Favourite Seaside Holiday

CALL NOW NO NEED TO WAIT



Lasting Powers of Attorney (LPA)

An LPA is an extremely helpful document! It allows you to appoint someone you trust as an 'Attorney' to make decisions on your behalf.

Give someone you trust:



THE POWER TO CARE



Stephen is an LPA Advisor with a low cost solution.

For more details call Stephen on:

01772 367900

Bramwell
ESTATE PLANNING

www.bramwellep.co.uk

A Personal Service With Convenient Home Visits

Whitworth Water Ski Event









The Family Fun Day and Water Ski Event at Whitworth Water Ski Academy was a huge success, despite the drizzle!

With 90 people attending, including carers and their families, the feedback from the day was very positive. Many people said they would never have tried water skiing if it wasn't for our event and they loved it. All the pictures can be found on our facebook page (you don't need an account to view them just search for Carers Link Lancashire).

There are so many people and organisations to acknowledge but special mentions go to:

- Rossendale Borough Council for funding the event through their Living Well Living Better scheme
- Joshua Law Butchers and Bakers in Whitworth
- Ye Olde Hillbilly Bakery, Bacup
- The Mayor of Rossendale and Mayor & Mayoress of Whitworth for their attendance and support along with Cllr Peter Steen
- Cordey's Bakery in Waterfoot
- The Water Ski Academy, Whitworth

If you are interested in trying something new or continuing your love of water-skiing then please call the Water Ski Academy at Whitworth on **01706 825151** and take advantage of a discounted rate for carers registered with our service

Flu jab service.

Well Pharmacy Branches in East Lancashire

- Blackburn Road, Accrington (2 branches)
- Pickup Street, Accrington
- Audley Range, Blackburn
- Manchester Road, Haslingden
- Cowpe Road, Waterfoot
- Browhead Road, Burnley
- Colne Road, Brierfield
- Preston Road, Longridge

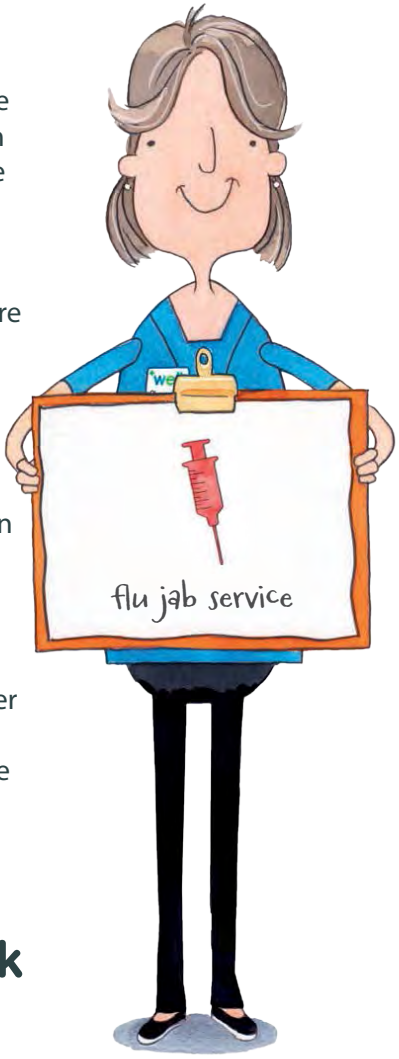
The easy way to protect yourself against flu.

Flu is a highly contagious disease that is transmitted through the air and infects people of all ages. It can lead to serious illnesses, such as pneumonia, with the young and vulnerable particularly at risk.

As carers it is always important to look after you own health and that of the person you care for...you certainly won't want to pass it on!

Well Pharmacies offer flu vaccinations and are keen to support our unpaid carers and their families. They have nine pharmacies in East Lancashire and all are open to carers to drop in and have their flu jab.

If you would like to take advantage of a **FREE** flu vaccinations then please call us on **01254 387444** and we can send you a voucher to take into the pharmacy. Further details of the services offered by Well Pharmacies can be found on their website at **www.well.co.uk** or from our office.



well

Carers Link Lancashire
IMPROVING LIFE FOR CARERS

Fundraising

Fundraising is vital for us to support unpaid carers. Although our core services are supported by income from contracts and grants, this money is not guaranteed and does not meet the cost of all the support, services and activities we offer our carers.

We rely on the generosity of our supporters to be able to support as many carers as we do.

But we want to do more.

Carers help to keep those they care for out of hospitals and carers save the economy £132 billion every year!



fundraising makes a huge difference to carers' lives

£5 means a carer can take a break and attend an activity

£10 gives the carer the chance to relax with a complementary therapy

£20 pays for a carer to attend a therapy session

£25 supports a carer with 2 hours of replacement care for their loved one

£75 will fund a course of relaxation therapies

£100 lets us take a group of 12 carers on a day trip

£250 can pay for us to take a large group of young carers on an activity day

friends of carers link lancashire

help us make a difference

We need volunteers to help us raise funds. With your help we are able to raise much more money which goes directly to supporting unpaid carers. Even if you can only spare a little time on an ad-hoc basis, your time will be greatly appreciated.

We are also looking for those with a bit more time to be an ambassador and organise regular fundraising events in their area.

There's so much you can do - it doesn't have to be hard work. Take a look at the A to Z of fundraising on our new website for ideas!



The Giving Machine

If you shop online, then The Giving Machine is an easy, free way to raise extra money to support our work. Just go to **www.thegivingmachine.co.uk/causes/carers-link-lancashire** for more information and to sign up.

Please consider supporting our work by making a regular donation of just £2 a month, or leaving a gift in your will. Please contact us for more information.



Invites you to our inaugural

Charity Ball

Friday 17th November 2017

6.30pm to late

Join us at Holmes Mill, Clitheroe for a three course black tie dinner to raise funds for unpaid carers in East Lancashire.

With fantastic live entertainment from talented singer/songwriter Ella Shaw and Dance Floor Couture, resident DJ at Cloud 23 Manchester.

Tickets cost £45 and can be purchased by calling 01254 387444 or email fundraising@carerslinklancashire.co.uk

Wine Tasting Evening

We would like to invite you to join us for an evening of fine wines, nibbles and excellent conversation. We will also be joined by a cake demonstrator to inspire your Christmas baking exploits.

Tickets cost £15 with proceeds going directly to supporting unpaid carers. Call us now on 01254 387444 to avoid disappointment and book your ticket.

Friday 1st December 2017 from 7.30pm to 9.30pm at Booths Supermarket, Barrowford









Thank you to our recent fundraisers for all their hard work!

Andy, Carl, Patrick, Sam, Joseph, Jamie and Chris all completed Tough Mudders and raised over £1700 collectively! Thanks guys!

Jamie raised more than £200 completing the Great North Run.

Thanks to all those who ran in the Manchester Colour Run in July Becky, Mya, Carolyn, Shakil, Sara, Xanthia, Georgia, Lou, Caoimhe, Jade, Zachary, Sue, Sofia & John collectively raised over £800.

We are thrilled to announce that we have successfully been accredited with the new Lancashire LGBT Quality Mark!

This quality mark demonstrates to all our carers, staff and volunteers that Carers Link Lancashire has taken steps to improve our services for LGBT people. We have openly supportede those from the LGBT community for several years in our magazine and on social media, but this quality mark will help to reduce the barriers which LGBT people often experience when accessing services.

If you require support as a carer and are from the LGBT community then please do not hesitate to contact us on **01254 387444** or email **info@carerslinklancashire.co.uk**

Are you a creative person?

Creative Carers is a group for those carers who love to be inspired through paints, drawing, textiles, arts and much more.

The group meets on the 3rd Tuesday of every month at Greenfield Gardens, in Haslingden from 10.30am to 12.30pm and is open to all carers and former carers.

For more information please call Vera Skidmore on 07523 165968.

Tell your GP that you are a Carer

Caring for someone who relies on you can sometimes cause physical and emotional problems that can have an impact on your health and wellbeing.

By telling your GP that you are a carer, you will receive access to free seasonal flu vaccinations and further support from us and your GP. You can let your GP know in several ways:

- Tell them direct next time you visit them
- Call us and we will take your details and let them know
- Pick up a leaflet in the GP Reception area

Each GP surgery in East Lancashire displays our leaflets and posters. If you cannot see them on your next visit please let us know by calling **01254 387444**.





My name is Zac and I am 21 years old. I have cerebral palsy which affects the use of all four limbs and speech. I am tube fed and use a touch screen speech machine to communicate and an electric wheelchair to get around. I cannot use a normal toilet, so when I need to get changed my Care Workers or assistants need to hoist me onto a bed.

A few weeks ago, I went to Swansea with my mum and stepdad to visit his family. It was a longer drive than usual because of the holiday traffic so we needed to stop on the way for a break. We called at three motorway service stations but none of them had an accessible changing room where I could get changed. By the time we arrived in Swansea I was angry because, as a wheelchair user, I was unable to find suitable facilities for my needs. I think that this is very unfair, and that's why I decided to start my campaign.

When there are no suitable facilities, my parents have had to lift me on to the floor in a disabled toilet or in a baby changing room. The floors are usually wet and dirty, so we now carry a roll mat and anti-bacterial wipes with us whenever we go out. This has been the case for me all my life and I have had to get used to it.

Although it is not pleasant to talk about, I think it is important that the voices of disabled people are heard. There are over a quarter of a million disabled people in the UK, but unless you are disabled or care for someone with disability then you often don't appreciate how difficult it is for us.

I am campaigning to get accessible changing room facilities installed at all UK motorway service stations. There are many disabled children and adults who, like me are wheelchair users and require suitable spaces and the assistance of a carer when needing toilet and changing facilities during long journeys.

For more information please visit **https://www.change.org/p/have-accessible-changing-facilities-at-every-uk-motorway-service-station**

Pavilion Cafe
Victoria Park, Nelson.

TIME-OUT CAFE

Every Tuesday 12.00pm to 3.00pm
From 17th October to 30th January

Are you spending or have you spent a lot of your own time looking after someone close to you?

Would you like a little bit of TIME-OUT for yourself?

If so, why not sign up to our new TIME-OUT café project at the lovely Pavilion Cafe in Nelson and take the opportunity to meet others like yourself. You can enjoy a light lunch, build good friendships and get involved in a range of activities from simply chatting to having a walk in the park.

The most amazing thing of all...IT'S FREE!!!

Call Sue Roscow on **07787 581316** or Chris Finney on **07709 172416**

Haunted Inn Tour



The Ribble Valley is an area of outstanding beauty and has some of the UK's most picturesque villages.

For many centuries the village pub has been at the heart of the community. This tour of haunted inns tells stores of heroes, villains and ghosts.

Starting in Clitheroe and visiting Downham, Bashall Eaves and Slaidburn amongst others, you will enjoy the storytelling of Simon Entwistle and learn the sometimes macabre stories behind these community landmarks.

Tickets cost **£5.00** and a light lunch is included. Transport is from Clitheroe and you must make your own way to the pick up point.

Join us on **Wednesday 25th October** from **10.30am to 4.30pm** for a coach trip like no other.

Energy Best Deals

ENERGY BEST DEAL

The cost of your gas and electricity is increasing all the time! And with winter on the way, now is the perfect time to think about saving some money on your gas and electricity.

Citizens Advice Rossendale will be delivering a 2 hour workshop on how to reduce your energy bills by shopping around. If you bring your quarterly/yearly statement with you they could even help you switch there and then.

We know it can be hard work but with their top tips, we hope they can save you money in the long run.

The **FREE** workshop will be held in **Accrington** on **Thursday 26th October** from **10.00am to 12.00pm**.

The Energy Best Deal scheme will help you shop around for the right tariff, choose the right payment option and find out about discount & grant schemes.

Jekyll & Hyde: The Musical



Victorian London: foggy, smelly and something dangerous is lurking in the shadows.

Join The Burnley Light Opera Society in their telling of Robert Louis Stevenson's classic 'Dr Jekyll and Mr Hyde'...with a musical makeover!

Dr Jekyll is a respectable medical doctor, but who is the foul, murderous Mr Hyde? What possible connection could the two have and how will they manage with a song and dance number?

We have a limited number of tickets, costing **£5.00**, for carers at these ever popular shows on **Saturday 11th November** in **Burnley** from **7.30pm to 10.00pm**.

Please be aware that supper is not included in the cost of the ticket.

Beware the monster!

BOOKINGS TAKEN FROM 16 OCTOBER

CARERS CAN SECURE THEIR PLACE ON THESE ACTIVITIES WITH THE CONTRIBUTION STATED

If you would like to reserve a place on these activities, please call us on **01254 387444.** Payment **MUST** be made within 10 working days of confirmation of your place. We accept cash/card/cheque (payable to Carers Link Lancashire).

Carers Link Lancashire

IMPROVING LIFE FOR CARERS

If you think you are alone in your caring role...you aren't! Come and join other carers, make friends and take a load off over a friendly cuppa.

If you have never been before because you don't know anyone...don't worry! Everyone has been a first-timer and our friendly staff will be there to greet and introduce you to everyone. No need to book, just drop in and say hello.

Full information is below but contact us on 01254 387444 for any other queries.



Cafe Times

1st Tuesday of the month
10.30am to 12.30pm
- **3rd October**
- **7th November**
- **5th December**

Chapter One, 70/72 Blackburn Road, Accrington

1st Thursday of the month
10.00am to 12.00pm
- **5th October**
- **2nd November**
- **7th December**

Burnley Central Library, Grimshaw Street, Burnley

Wednesday 18th October
1.00pm to 3.00pm
About Coffee, 26 Church Street, Colne

Tuesday 14th November
10.30am to 12.30pm
Colbourne Cafe, 15 Wellgate, Clitheroe

NEW CAFE

Due to low attendance, the Rossendale Carers Cafe has regrettably finished.

Backstep Boogie Tea Dances



Friday 20th October 2017
1.30pm to 4.30pm
Nelson
Afternoon Tea Included

Saturday 9th DECEMBER 2017
6.00pm to 10.30pm
Burnley
Hot Buffet Supper Included

The Backstep Boogie Club and Carers Link Lancashire invite you to attend our Tea Dances and encourage you to take a two step with us.

Both sessions cost only £7.50 and are open to carers, friends & family. Dance tutors will teach you the moves and encourage you to take part, or you can simply enjoy the atmosphere.

Music, entertainment, food and refreshments are all included in the price!

f&f

Lancaster Trip



Lancaster's past comes to life through its castle and museums, where you can explore the history of the city; from its grim but fascinating stories of witches and murderers to its rich industrial and cultural history. A particular treat is a tour around the Judges Lodgings and the dungeons of the Castle.

Stroll through the pedestrianised city centre, browsing in boutique shops and high street stores, perhaps stop off for a cuppa and cake at one of the popular coffee shops or out-of-the-way cafés. This is a fantastic place with something for everyone to enjoy but beware of cobbles & hills!

Why not take a break and recharge your batteries on **Wednesday 6th December**. Places cost **£5** for carers, **£7** for friends and family (aged 18+).

f&f

BOOKINGS TAKEN FROM 16 OCTOBER

CARERS CAN SECURE THEIR PLACE ON THESE ACTIVITIES WITH THE CONTRIBUTION STATED

If you would like to reserve a place on these activities, please call us on **01254 387444.** Payment **MUST** be made within 10 working days of confirmation of your place. We accept cash/card/cheque (payable to Carers Link Lancashire).

Our volunteer female therapists are without doubt a huge asset to Carers Link Lancashire and the feedback we receive from carers about the treatments is always positive. We deliver a variety of treatments in our therapy room at Melbourne House in Accrington and on occasion use facilities in the other boroughs of East Lancashire .

At a subsidised contribution of only **£3.00** per session they are a great way of relaxing and taking some time for yourself. When you request a place you will automatically be added to a waiting list and when spaces become available we will contact you.



Reiki

Wednesdays - every 2 weeks
10.00am to 3.00pm
Appointments are for 40 minutes
Held at Melbourne House, Accrington



Nails

Fridays - every 2 weeks
12.00pm to 2.15pm
Appointments are for 40 minutes
Held at Melbourne House, Accrington



Massage & Reflexology

Various days
Various times
Appointments are for 30 minutes
Held at Melbourne House, Accrington

CALL NOW NO NEED TO WAIT

These treatments are open to men and women. Please ensure you arrive 5 minutes before your appointment as you may be required to complete a short medical form beforehand.

To book your treatment call Carers Link Lancashire on **01254 387444**.

What is Reiki?

Reiki is a healing technique that helps to restore your physical and emotional wellbeing. This therapy was first used in Japan in the 19th Century and is now widely used across the world.

- It supports the body's natural ability to heal itself
- Helps combat anxiety, depression and stress
- Can have both a calming and re-energising effect
- Often recognised as being a valuable complement to traditional medicine

What a carer said about Reiki

"I wasn't sure what to expect, as the therapist doesn't actually put her hands on you. But after 30 minutes of peace and quiet I felt so calm. You can feel the heat coming off her own hands as they hover over you and it just allowed me to totally forget my worries. Wonderful!"

Former Carers Group

We understand that often the most difficult part of your caring role can be when the person you care for passes away or moves into residential care.

Many carers feel empty after losing a person they have loved and cared for over many years.

Come along and join our group of like minded people who get together to share experiences and provide first hand support over lunch.



Meeting Diary

Tuesday 24th October
Kingfisher Cafe, Reedley Marina, Burnley
12.00pm to 2.00pm

Wednesday 22nd November
Dearden Tea Rooms, Deardengate, Haslingden
12.00pm to 2.00pm

Thursday 21st December
Roots Restaurant, Accrington & Rossendale College
Cost is £14.95
12.00pm to 2.00pm

Call us on **01254 387444** to reserve your place.

Each session costs £3

CARERS DRUMMING CIRCLE

MUSIC TO MAKE YOU FEEL GOOD

From the beating of the heart to the changing of the seasons, we all experience rhythms in our everyday lives. Join our friendly, welcoming drumming circle and find out how drumming can make you feel good, increase your confidence and help improve co-ordination.

Our drumming facilitator Filomena brings her energy, creativity and warmth to lead this group. You don't need any musical experience, everyone in the group has been a beginner. All you need is the desire to have a go.

You can drop in on as many sessions as you like as each session brings something new.

The Carers Drumming Circle meets every 2 weeks from 1.30pm to 3.30pm at:
Clayton-le-Moors Freemasons' Hall
Corn Mill Yard
Off Whalley Road
Clayton-le-Moors
Accrington, BB5 5HX

OPEN DAY

On **Friday 15th December** we are holding another open day for carers, friends & family to take part in the drumming circle and enjoy the experience.

This will be a Jacob's Join so please feel free to bring along your favourite dish for all to enjoy.

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

Asian Carers Forum

Call Carers Link Lancashire on 01254 387444
The next meeting will be held at Old Colne Road Library, Burnley. Call for more details

Thursday 14th December
11.00am to 2.00pm

Former Carers Social Group*

Call Ann on 01254 694904 or Andrea on 01254 235031
Chapter One Cafe, 70-72 Blackburn Road, Accrington

Last Wednesday of the month
10.30am to 12.30pm

Carers Chorus*

Call Katrina on 07952 926554 or Olwyn on 07891 471404
Lupin Road Community Centre, Accrington

Meets every Thursday
1.15pm to 3.30pm

Parent Carer Forums*

Call Lauren Till on 07557 030839

Burnley - Holly Grove School, Burnley
2nd October, 13th November, 4th December
1.15pm to 2.45pm

Hyndburn - White Ash School, Oswaldtwistle
20th October, 17th November, 8th December
9.45am to 11.45am

Pendle - Pendle View Primary School, Colne
26th October, 30th November
1.30pm to 3.00pm

Ribble Valley - Clitheroe Fire Station
5th October, 9th November, 7th December
1.00pm to 3.00pm

Rossendale - Maden Centre, Bacup
16th October, 20th November, 11th December
1.00pm to 3.00pm

Rethink Mental Illness* is a charity that believes a better life is possible for millions of people affected by severe mental illness. Following a request from carers registered with Carers Link Lancashire and Blackburn with Darwen Carers Service, a new carers group has been established by Rethink Mental Illness to support carers in East Lancashire.

If you would like more information please call the local Rethink Mental Illness representative, Valerie Minns, on **07534 369889**.
Meets on the 2nd Wednesday of every month
6.00pm to 8.00pm

Elmfield Hall, Gatty Park, Accrington, BB5 4AA

Upcoming Dates:
- Wednesday 11th October
- Wednesday 8th November
- Wednesday 13th December

Please note that those marked with an asterisk (*) are independent groups and we do not hold any responsibility for the content of these groups.

• Adult Carers Staff Team

Chief Executive Officer
Rebecca Hodgson

Service Manager
Carol Pollard

Senior Carers Development Workers
Audra Higgin
Graham Walton

Carers Development Workers
Emma Lawson
Jennifer Winnard
Jill Laing
Kathryn Immins
Noreen Akhtar
Yasmin Akhtar

Young Adult Carers Development Worker
Georgia Mae Riley

Carers Support Workers
Angela Austin
Diane Flynn
Emma Logan
Sandra Marcy

Finance Officers
Carolyn Teed
Lou Boult

Fundraising Officers
Carolyn Teed
Joseph Hildred
Laura Livesey

Volunteer Co-ordinator
Suafina Aslam

Office Manager
Rebecca Ormerod

Senior Administration Workers
Ann Mobey
Rachael Campbell

Administration Workers
Emma Lawson
Georgia Mae Riley
Sonia Spencer

• Young Carers Staff Team

Young Carers Development Worker
Carole Moulton

Sessional Workers
Michelle McClure
Sara Duckworth

Office Opening Times:
Monday - Friday 9.00am - 5.30pm
01254 387444 / 0345 688 7113

If you would like to read any part of this magazine in large print please let us know

Useful Numbers

Carers Help and Talk Line
Open 24 hours, 7 days a week
0333 103 9747

Social Services
Customer Services Centre
24 Hour Service
0300 123 6720

Mental Health Crisis
01282 657222

Care Navigators
(Booking respite)
0300 123 6720

Welfare Rights
0300 123 6739

Carers UK
www.carersuk.org
0808 808 7777

Carers Trust
www.carers.org
0208 498 7900

Lancashire Wellbeing Service
0303 333 1111

Alzheimer's Society
www.alzheimers.org.uk
01282 421233

Carers Link Lancashire
Melbourne House
Eastgate
ACCRINGTON
BB5 6PW

info@carerslinklancashire.co.uk