Welcome to the Carers’ Hub Lancashire Newsletter

The Carers’ Hub Lancashire works across the county as part of Carers Lancashire providing information and support services to Adult Carers (18+) and specialist support to Carers of adults (16+) with a mental health condition. These support services are designed to not only help a Carer continue in their caring role for as long as they choose but also to reduce the impact the caring role can have on their own health and wellbeing.

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210
Welcome to our Winter Newsletter.

We hope that you had a wonderful Christmas!

In this edition of the newsletter you will find details of the range of services that we offer and details of our planned activities over the next few months. You will also find information about groups that you may want to consider accessing for support and, as usual, details of our community based coffee and chat groups. I hope those of you who were able to attend our Christmas party had a great time, we have received very positive feedback from several Carers who attended. We are still really keen to continue to extend our offer of activities for Carers to access so, if you have any suggestions relating to activities or anything else for that matter, please do get in touch. You can do this by calling us on 0345 688 7113, emailing us; cadmin@ncompassnorthwest.co.uk or through the links on our website; www.ncompassnorthwest.co.uk

Carers Line
A team of knowledgeable and skilled Service Access Advisors are available:
Monday - Friday 8:00am - 6:00pm
to help with your enquiries, to transfer your call or to take a message for a Carers Support Worker.
To talk to a Service Access Advisor, please call 0345 688 7113.

Support from a dedicated Carers Support Worker
Discuss with a dedicated Carers Support Worker about how being a Carer affects you and highlight any support you may need.
A Carers Support Worker 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 Carers Support Workers in fields such as mental health, Dementia, ethnicity and health services.

Carers Assessment
This is an assessment for you with a Carers Support Worker 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 a Carers Assessment.
**Peace of Mind 4 Carers Plan**

With a Carers Support Worker and the person you care for we 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 to your plan.*

**Hospital Passport Scheme**

With the person you care for you can complete a passport for use during a hospital admission or any other occasion to explain the care and support needs of the person you care for. The passport template was created by Carers and health care professionals in Lancashire for use when people are not able to communicate all of their care and support needs. The passport could also be useful if you often have to repeat this information to others.

**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.*

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**Volunteer with us**

The Carers’ Hub Lancashire has several volunteer roles designed to support Carers to give back to their community.

Our Sitting in Service is a befriending and respite service. Volunteers spend time each week with a cared for person while their Carer gets a much needed break.

The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to Carers, 24 hours a day. It is manned entirely by Volunteers who work from the comfort of their home.

Volunteers also support our services in other ways. If you are interested to hear more, we’d love to hear from you!

Please call 0345 688 7113 or email volunteering@ncompassnorthwest.co.uk

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**Sitting-In Service**

The Sitting in Service engages Volunteers to offer Carers of adults (18+) a break from their caring role by providing support to the person they care for.

Volunteers can offer companionship in the familiar surroundings of the cared for person’s own home by taking part in activities such as; listening to music, watching television, playing board games and chatting. This is a free service which can be provided at a time to suit, subject to an appropriate Volunteer match.
Meet and chat with other Carers and former Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a FREE (non-alcoholic) drink.

If you have never been to a Coffee and Chat before don’t worry! Everyone has been a ‘first timer’.

A friendly Carers Support Worker will be there to greet you and offer a warm introduction. There is no need to book, please just come along and look out for a group of friendly Carers.

### West Lancashire Venues

**St Johns Baptist Church Café**

*School Lane, Burscough, L40 4AE*

10:00am - 11:30am

Thursday 14th February 2019
Thursday 14th March 2019
Thursday 11th April 2019

**Brookes Bistro**

*Brookside Living, Aughton Street, L39 3BH*

9:30am - 11:30am

Thursday 28th February 2019
Thursday 28th March 2019
Thursday 25th April 2019

### North Lancashire Venues

**Booths Café**

*Main Drive (off Heyhouses Lane), St Annes, FY8 3UT (We meet at the back of the Café near the tills)*

10:00am - 12:00 noon

Wednesday 20th February 2019
Wednesday 20th March 2019
Wednesday 17th April 2019

**Burnside Garden Centre**

*New Lane, Thornton Cleveleys, FY5 5NH (We meet at the back of the Café near the window)*

10:00am - 12:00 noon

Wednesday 13th February 2019
Wednesday 13th March 2019
Wednesday 10th April 2019

**Booths Café**

*Cherestanc Square, Garstang, PR3 1EF (We meet upstairs adjacent to the bay windows)*

10:00am - 12:00 noon

Thursday 7th February 2019
Thursday 7th March 2019
Thursday 4th April 2019

**The Cornerstone**

*Sulyard Street, Lancaster, LA 1 1PX*

10:00am - 12:00 noon

Friday 8th February 2019
Friday 8th March 2019
Friday 12th April 2019

**Brew me Sunshine**

*12 Victoria Street, Morecambe, LA4 4AE*

1:00pm - 3:00pm

Tuesday 19th February 2019
Tuesday 19th March 2019
Tuesday 16th April 2019
<table>
<thead>
<tr>
<th>North Lancashire Venues cont.</th>
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<tbody>
<tr>
<td><strong>Bay View Garden Centre</strong></td>
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<tr>
<td><em>Mill Lane, Bolton-le-Sands, LA5 8ET</em></td>
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<tr>
<td><strong>9:30am - 11:00am</strong></td>
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<tr>
<td>Wednesday 27th February 2019</td>
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<td>Wednesday 27th March 2019</td>
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<td>Wednesday 24th April 2019</td>
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<tr>
<th>Central Lancashire Venues</th>
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<tbody>
<tr>
<td><strong>Café Ambio</strong></td>
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<tr>
<td><em>Astley Park, Chorley, PR7 1NP</em></td>
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<tr>
<td><strong>10:00am - 11:30am</strong></td>
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<tr>
<td>Friday 22nd February 2019</td>
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<tr>
<td>Friday 29th March 2019</td>
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<tr>
<td>Friday 26th April 2019</td>
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| **Avant Garden Centre**  |
| *Wigan Road, Leyland, PR25 5XW (tables by the window)*  |
| **10:00am - 12:00 noon**  |
| Tuesday 19th February 2019  |
| Tuesday 19th March 2019  |
| Tuesday 16th April 2019  |

| **Sticky Weeds**  |
| *328 Chapel Ln, New Longton, Preston, PR4 4AB*  |
| **10:30am - 12:00 noon**  |
| Thursday 21st February 2019  |
| Thursday 21st March 2019  |
| Thursday 18th April 2019  |

| **Bonds Café**  |
| *Preston Guild Hall, Lancaster Road, Preston, PR1 1HT (tables by the window)*  |
| **10:00am - 12:00 noon**  |
| Wednesday 6th February 2019  |
| Wednesday 6th March 2019  |
| Wednesday 3rd April 2019  |

<table>
<thead>
<tr>
<th>USEFUL TELEPHONE NUMBERS</th>
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<tbody>
<tr>
<td>The Carers’ Hub Lancashire <strong>0345 688 7113</strong></td>
</tr>
<tr>
<td>(Monday-Friday 8:00am-6:00pm)</td>
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<tr>
<td>Carers Help And Talk (CHAT) Line <strong>0333 103 9747</strong></td>
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<tr>
<td>Social Care (24 Hour Service) <strong>0300 123 6720</strong></td>
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<td>Care Navigators (Booking Respite) <strong>0300 123 6720</strong></td>
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<tr>
<td>n-compass Advocacy Services <strong>03450 138 208</strong></td>
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<tr>
<td>Lancashire Wellbeing Service <strong>03450 138 208</strong></td>
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<tr>
<td>Lancashire Care (NHS) Wellbeing and Mental Health Helpline <strong>0800 915 4640</strong></td>
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<tr>
<td>Samaritans <strong>116 123 (UK)</strong></td>
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<tr>
<td>Carers UK Advice Line - <a href="http://www.carersuk.org">www.carersuk.org</a> <strong>0808 808 7777</strong></td>
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<tr>
<td>Alzheimer’s Society National Dementia Helpline <strong>0300 222 11 22</strong></td>
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<tr>
<td>Age UK Lancashire <strong>0300 303 1234</strong></td>
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<tr>
<td>NHS 111 Service for non-emergencies <strong>111</strong></td>
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<tr>
<td>NHS Carers Direct Helpline <strong>0300 123 1053</strong></td>
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<tr>
<td>NoWcard Helpline <strong>0300 123 6737</strong></td>
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<tr>
<td>Job Centre Plus <strong>0800 055 6688</strong></td>
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<tr>
<td>Text phone <strong>0800 023 4888</strong></td>
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<tr>
<td>Welfare Rights <strong>0300 123 6739</strong></td>
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<tr>
<td>Attendance Allowance Helpline <strong>0800 731 0122</strong></td>
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<tr>
<td>Text phone <strong>0800 731 0317</strong></td>
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<tr>
<td>Blue Badge Applications <strong>0343 100 1000</strong></td>
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<tr>
<td>Carers Allowance Unit <strong>0800 731 0297</strong></td>
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<tr>
<td>Text phone <strong>0800 731 0317</strong></td>
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<tr>
<td>Disability Living Allowance (if you were born <strong>on or after</strong> 8th April 1948) Helpline <strong>0800 121 4600</strong></td>
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<tr>
<td>Text phone <strong>0800 121 4523</strong></td>
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<tr>
<td>Disability Living Allowance (if you were born <strong>before</strong> 8th April 1948) Helpline <strong>0800 731 0122</strong></td>
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<tr>
<td>Text phone <strong>0800 731 0317</strong></td>
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<tr>
<td>Personal Independence Payment Enquiries <strong>0800 917 2222</strong></td>
</tr>
<tr>
<td>Text phone <strong>0800 917 7777</strong></td>
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<tr>
<td>Citizen’s Advice Bureau Fylde <strong>0300 330 1166</strong></td>
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<tr>
<td>Citizen’s Advice Bureau Wyre <strong>0344 245 1294</strong></td>
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<tr>
<td>Citizen’s Advice Bureau Lancashire North <strong>0344 488 9622</strong></td>
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<tr>
<td>Citizen’s Advice Bureau Lancashire West <strong>0344 245 1294</strong></td>
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Dementia Hub Drop-Ins

A one stop shop providing support and information from a wide range of local services designed to help those affected by Dementia. It’s a friendly environment and provides access to all kinds of support for people who have been diagnosed with dementia and their Carers.

It might also be of interest to people who have concerns about their memory but have not been diagnosed. There is no need to book, please just come along.

<table>
<thead>
<tr>
<th>North Lancashire Venues</th>
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<tbody>
<tr>
<td><strong>The Fylde Coast Dementia Hub</strong></td>
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<tr>
<td>Venues are rotated around Fylde and Wyre to give Carers living in different areas opportunity to attend.</td>
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<tr>
<td><strong>Trinity Hospice</strong></td>
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<tr>
<td>Low Moor Road, Bispham, Blackpool, FY2 0BG</td>
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<tr>
<td>1:00 - 3:00pm</td>
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<tr>
<td>Friday 25th January 2019</td>
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<td>Friday 24th February 2019</td>
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<tr>
<td><strong>Poulton Methodist Church</strong></td>
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<tr>
<td>Queensway, Poulton le Fylde, FY6 7ST</td>
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<tr>
<td>1:00 - 3:00pm</td>
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<tr>
<td>Friday 29th March 2019</td>
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<tr>
<td><strong>The Grange City Learning Centre</strong></td>
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<tr>
<td>Bathurst Avenue, Blackpool FY3 7RW</td>
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<td>1:00 - 3:00pm</td>
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<td>Friday 26th April 2019</td>
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<tr>
<th>Central Lancashire Venue</th>
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<tr>
<td><strong>Charnley Fold House Café Reception Area</strong></td>
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<tr>
<td>Cottage Lane, Bamber Bridge, Preston, PR5 6YA</td>
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<tr>
<td>10:00am - 12:30pm</td>
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<td>Friday 15th February 2019</td>
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<td>Tuesday 5th February 2019</td>
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<tr>
<th>The Bay Dementia Hub</th>
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<tr>
<td><strong>Lancaster Library</strong></td>
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<tr>
<td>Market Square, Lancaster, LA1 1HY</td>
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<tr>
<td>1:30pm - 3:30pm</td>
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<tr>
<td>Friday 1st February 2019</td>
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<td>Friday 5th April 2019</td>
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<tr>
<td><strong>Trimpell Sports Club</strong></td>
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<tr>
<td>Out Moss Lane, Morecambe, LA4 4UP</td>
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<td>1:30pm - 3:30pm</td>
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<td>Friday 4th January 2019</td>
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<tr>
<th>Leyland Dementia Hub Update</th>
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<tr>
<td>As part of the Social Isolation project, South Ribble Borough Council are now running an information stall at Leyland Market once a month. The project has a particular focus on supporting people living with Dementia and their Carers. Here you can find out about support services that are available in the South Ribble Area. In addition, there will be lots of information about social activities happening in the area as well as advice on how to stay safe and secure in the home. The information stall we be there from 9.30am to 3.30pm on the following dates:</td>
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<tr>
<td>Friday 15th February 2019</td>
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<td>Tuesday 12th March 2019</td>
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<td>Friday 12th April 2019</td>
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All Carers and Former Carers are welcome to these Coffee and Chats which are hosted by specialist BME Carers Support Workers. Support will usually be available in English, Gujarati and Urdu.

Raffles Coffee & House
St George's Shopping Centre, Friargate, Preston, PR1 2NQ
10:00am - 12:00 noon
Thursday 7th February 2019
Thursday 7th March 2019
Thursday 4th April 2019

Central Lancashire Venue

Mental Health BME

All Carers and Former Carers are welcome to these Coffee and Chats which are hosted by specialist BME Mental Health Carers Support Workers. Support will usually be available in English, Gujarati and Urdu.

Lighthouse Café
245 Marine Road Central, Morecambe, LA4 4BJ
1:00pm - 3:00pm
Tuesday 23rd January 2019
Tuesday 27th March 2019

East Lancashire Venue

Pendle House
Leeds Road, Nelson, BB9 9TG
10:30am - 12:30
Tuesday 19th February 2019
Tuesday 19th March 2019
Tuesday 16th April 2019

North Lancashire Venue

Mental Health

All Carers and Former Carers are welcome to these Coffee and Chats which are hosted by specialist Mental Health Carers Support Workers.

Bonds
Preston Guild Hall, Lancaster Road, Preston, PR1 1HT
10:00am - 12:00 noon
Wednesday 20th February 2019
Wednesday 27th March 2019
Wednesday 24th April 2019

Central Lancashire Venue

Asda Skelmersdale
Ingram Road, Skelmersdale, WN8 6LU
10:00am - 12:00 noon
Wednesday 16th January 2019
Wednesday 27th March 2019

West Lancashire Venue
Group Cognitive Behavioural Therapy Courses

Cognitive Behavioural Therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

**FREE** courses will be delivered by a qualified and experienced CBT Therapist and Counsellor who is an accredited registered member of the BACP. The aim of the courses is to improve the emotional health and wellbeing of Carers and former Carers.

Courses will run for 8 weekly sessions and there are spaces for 8 Carers or former Carers to attend each course. In the first session the Therapist will support the group to identify and agree common subjects for the course such as guilt, resentment, loss, conflict, anxiety, isolation which are often common among Carers and Former Carers. These subjects will focus the following 6 sessions which will be delivered flexibly to ensure the sessions are beneficial for the whole group. In the final session the Therapist will support the group to reflect and celebrate collectively and individually the overall journey and achievements of the course.

We have run successful courses already and the Carers and former Carers who attended reported that the course meets its aim and some report of friendships being formed which have continued beyond the 8 sessions.

For more information about CBT, please contact our Therapist – Chris Berry on the number below.

**To register your interest in attending this course, you will need to complete a registration form.** To request a registration form please ask a Carer Support Worker at one of our Coffee and Chats, email cadm@ncompassnorthwest or call us on 0345 688 7113.

FREE Courses

Following feedback from a number of Carers, we have arranged for Lancashire Adult Learning to deliver the following free course. If you are interested in attending, please complete and return the booking form at the back of the Newsletter.

Please note that this course will be delivered at our Head Office here in Preston and it is important that you attend all of the sessions.

**Practical Mindfulness for Beginners**

from Thursday 28th February to
Thursday 4th April from 10am – 12.30pm (6 weeks)

Through mindfulness, we learn how to better relate to ourselves, to others and to our past, and to recognise how each of these impact on our life in the present as well as how we envision the future. We learn through changed attitudes and curiosity, how to make choices and take actions that better work for us, helping us to lead more fulfilling and content lives.

Through both theoretical and practical exercises, learners will explore how people learn to perceive their worlds and develop ideas of belief and identity.

Learners will investigate how learned self-beliefs impact on how people relate to themselves; relate to others and relate to their past, and how this affects well-being.

The course involves commitment to practice/complete tasks between sessions as well as reflecting on the impact of individual learning and practice.

This course aims to further build on the concepts introduced in the ‘Introduction to Mindfulness’ session but is open to anyone.

**Foundation Budgeting Skills and Top Tips for managing your finances**

10am to 1pm, Monday 4th March
n-compass Head Office, Edward V11 Quay, Navigation Way, Preston, PR2 2YF

**Worried about your finances?**

We have arranged for a financial inclusion officer from Preston City Council to deliver a workshop to Carers. Topics covered will include; Managing budgets, online applications for benefits, reducing your expenditure, bank accounts and savings, how to manage debt.

Places are limited so please book early.
The following activities are available FREE of charge thanks to n-compass Volunteers who have kindly donated their Lancashire Time Credits earned for their hours of Volunteering. These venues have signed up to accept Lancashire Time Credits as payment for entrance.

There are limited places available for Carers or former Carers to attend each activity. Places will be reserved on a first come first served basis taking into consideration fairness for all Carers and former Carers. Transport cannot be provided and booking is essential.

To book please complete the booking form enclosed with this newsletter or call 0345 688 7113.

**MFA Bowling**
Greenbank Street, Preston PR1 7PH
1pm, Tuesday 12th February 2019
MFA bowling provides the best bowling experience in Preston. We will reserve 2 lanes for a maximum of 12 Carers to attend. Food and drink are available to purchase.

**Lancaster Castle**
Castle Parade, Lancaster
1.45pm meet for the 2pm tour
Thursday 21st March 2019
Lancaster Castle is one of the UK’s most significant historic monuments. Its origins date back to Roman times and it has been a centre of justice, incarceration and penal reform for almost 1,000 years.

Tour guides will take you through tales of witchcraft, religious persecution, crime and punishment, rehabilitation and release throughout the ages. You may even get to stand in the dock, raise your left hand to be sworn in, and uncover the true meaning of being ‘sent down’.

You can try out one of our medieval cells for size and marvel at one of Europe’s most extensive collections of heraldic shields.

**Houghton Tower**
Houghton Lane PR5 0SH
10.45am meet for 11.00am tour
Wednesday 10th April 2019
Steeped in history and commanding breath-taking views across Lancashire, Houghton Tower offers a tour of its stately grounds and an insight into its impressive history. This has proved to be one of our most popular activities so early booking is strongly advised.

**Dewley Cheese Shop**
Garstang By-Pass Rd, Garstang, Preston PR3 0PR
10am to 11.30am Tuesday 12th February 2019
For those who love cheese, or want to discover more about us and how our cheese is made, we have a purpose-built viewing gallery overlooking our cheese dairy. You can come and see cheese being made and maybe even spot your favourite cheese coming out of our presses.

**Blackpool Football Club**
Bloomfield Road, Blackpool, FY1 6JJ
11.30am – 1.00pm Tuesday 5th March 2019
Come along to a behind the scenes guided tour of Blackpool Football Club. Then after the tour you can browse in the Blackpool FC shop. Tickets are limited so please book early.

**Blackpool Football Club**
Bloomfield Road, Blackpool, FY1 6JJ
3.00pm – 5.00pm Saturday 9th March 2019
Come along to watch Blackpool football team play Southend United on 9th March 2019. Should be a fun afternoon out. Then after the match have a browse in the Blackpool FC shop. Kick off is at 3pm so you should aim to arrive by 2.30pm. Tickets are limited so please book early.

**The British Commercial Vehicle Museum**
King Street, Leyland, PR25 2LE
11am to 12.30pm Thursday 28th February 2019
Admire horse-drawn vehicles from the 1880s and learn how they gave way first to steam driven, then petrol & diesel powered motor lorries & buses. Perhaps remember times when garages might have just a single fuel pump, and someone would come out to serve you petrol at less than 4 shillings a gallon!
COMMUNITY BASED SUPPORT GROUPS

There are many services to support Carers and the people they care for across Lancashire, here are details of some. Look out on our Twitter @ncompassNW and Facebook /ncompassnorthwest pages for more useful services.

The Sherwood Carers Group
The Sherwood Pub, Sherwood Way, Fulwood, Preston, PR2 9GA
Meets the 4th Tuesday of every month at 7.30pm
There is no need to book, please just go along
For more information please call Pamela on 07703 576 472

Peer Talk Facing Depression Together
The Intact Centre, 49 Whitby Avenue, Ingol, Preston, PR2 3YP
Every Thursday 10:45am-12:15pm
Central Methodist Church, Lune Street, Preston, PR1 2NL
Every Thursday 7:30pm-9:00pm
For more information please call 07719 562 617 or visit http://www.peertalk.org.uk/

‘Just Good Friends’
Fylde and Wyre
‘Just Good Friends’ aim is to combat loneliness, isolation and bring people together in friendship and make sure that no-one is ever on their own again. They meet on Tuesdays, Wednesdays, Fridays, Saturdays and Sundays. They also hold lots of community events throughout the year.

You can find out more about the upcoming events, read the latest newsletter, and contact the group by accessing the website https://justgoodfriends.org.uk/about-us/ or call 0755707340233

Lancaster & Morecambe Neuro Drop-In Centre
If you or someone you know is affected by acquired brain injury, Cerebral Palsy, Dementia, Epilepsy, Huntington's Disease, ME, MG, Motor Neurones Disease, MSA, Multiple Sclerosis, Parkinson's, Stroke or any other Neurological condition.

Just drop in at The Neuro Drop in Centre, Stone Row Head, Lancaster Farms Estate, Lancaster, LA1 3QZ.
Open weekly Monday, Tuesday and Thursday 10:30am-2:30pm. Please visit https://neurodropin.org.uk/ or call 01524 840762.

Lancaster Baptist Church
Friendship Centre, Robert Street, Lancaster.
The Friendship Centre is a social centre for over 55’s and is open 3 mornings a week, Monday, Wednesday and a Friday. They provide a wide range of activities and classes, as well as the opportunity to meet people and benefit from peer support and company.
Admission is £1 including fair-trade tea and coffee. There is also an annual membership fee of £10. For further details see www.thefriendshipcentre.co.uk or call 07821328342 or email contact@thefriendship.co.uk

West Lancashire Digital Help Centre
Unit 49, The Concourse, Skelmersdale
Open Monday to Friday 9am – 1pm.
No appointment necessary just drop in. Help to support people with form-filling, using a computer, blue badge applications or renewals, bus pass applications, digital skills training sessions. For more information see www.westlancsbuzz.org/11564-2
Macmillan Cancer Support
Locations as shown below. Free confidential drop-in services for anyone affected by cancer. There are three drop in centres:

• Macmillan Information Centre, Rosemere Cancer Centre, Royal Preston Hospital (Monday – Friday 9:00am-4:00pm), please call 01772 523709 or email cancerinfocentre@lthtr.nhs.uk
• Macmillan Pod, Main Outpatients entrance, Royal Preston Hospital (information only)
• Macmillan Pod, Assessment & Treatment Centre Entrance, Chorley District Hospital, please call 01257 247067

Lancashire-wide Services

The Herbert Protocol
Lancashire Police have launched a new initiative to keep people with dementia safe. The Herbert Protocol can help reassure family and friends that if their loved one goes missing, they can get support quickly. For more information please visit https://lancashire.police.uk/news/2018/may/a-new-initiative-has-been-launched-to-help-safeguard-people-with-dementia/

FREE OPEN UNIVERSITY COURSE FOR CARERS

‘Caring For Adults’ is an introductory course for unpaid Carers or those considering a paid care role in a variety of settings. It addresses a number of key questions on topics including: good communication, mental health awareness, palliative and end-of-life care, positive risk-taking and looking after yourself. This course is one of six free online courses that are produced in collaboration with the Social Partnerships Network. For more information please visit www.open.edu/openlearn/health-sports-psychology/caring-adults?in_menu=368967

DEMENTIA ADVENTURE
Offer small group, supported holidays for people with Dementia and their partners, family, friends or Care Workers to enjoy together.

For more information please visit https://dementiaadventure.co.uk/what-we-do/our-holidays/

Mental Health-MindsMatter
Talking therapies provided by Lancashire Care – you can self-refer into this services by completing an online form at https://www.lancashirecare.nhs.uk/Mindsmatter-How-To-Access or call the service for your area:
Fylde and Wyre 01253 955943
Lancaster and Morecambe 01524 550552
Chorley and South Ribble 01772 643168
Preston 01772 773437
West Lancashire 01695 684177

FIND Newsletter
Where Parent Carers can find information, activities and services for disabled children and young people up to age 25 in Lancashire.

To register to receive the newsletter please visit www.lancashire.gov.uk/SEND, email FIND@lancashire.gov.uk or call 01772 532509.

These groups are for people of working age. A relaxed social get together for people with the early onset of Dementia, Parkinson’s and other neurological conditions. Go along for a chat, Peer Support and information about the services that are available. Meetings take place monthly;

The Tramway, 167 Victoria Road, Cleveleys FY5 3LB – 6pm to 8pm first Tuesday of every month
The Dukes, Moor Lane, Lancaster LA1 1QE – 4pm to 6.30pm last Wednesday of every month
Fresh Café, 28 St Annes Road West, St Annes FY8 1RF – 6pm to 9pm third Tuesday of every month

For more information, please contact Peter on 07856933003
Places to Visit

Ever fancy a trip out but not sure where to go? Here are a few ideas for you...

Carnforth Station Heritage Centre

The Heritage Centre, Carnforth Station, Warton Road, Carnforth, Lancashire LA 5 9TR
The award-winning Heritage Centre opened in October 2003 after an extensive restoration programme, and is located within a busy working railway station. The Visitor Centre is housed in the beautifully-restored historic buildings, and offers the visitor a wealth of attractions, facilities and a fascinating range of exhibitions. The “Brief Encounter” exhibition is dedicated to the classic 1945 David Lean film, the actors and the film’s famous connection with Carnforth Station. We encourage our younger visitors to come play in our new Thomas the Tank Engine Playroom.

www.carnforthstation.co.uk

Heysham Heritage Centre

Main Street, Heysham, Morecambe, Lancashire LA 3 2RW
The 17th-Century long house (cottage and barn) is an unusual example of surviving 17th-Century village architecture.

In the 20th Century, the long house was converted into a cottage and two lock-up shops, No. 22, 24, 26 Main Street. The Heritage Trust for the North West acquired the two lock-up shops in 1999, and converted them, with grant aid from many organisations and individuals, to form a small Heritage Centre for Heysham Village.

The Arts and Crafts Centre, Ormskirk

The Arts Centre, Edge Hill University, St Helens Road, Ormskirk, L39 4QP
Why not explore what’s going on at the Arts Centre, everything from Dance to Drama to Art Exhibitions on your doorstep in West Lancashire. Call 01695 584480 for more information.

ODEON Silver Cinema

A series of film screenings for over-55’s. Tickets are from £3.00 each and include tea, coffee and biscuits before your film. For more information please visit https://www.odeon.co.uk/silvercinema/

Fleetwood Museum

Queens Terrace, Fleetwood FY7 6BT
Open Tuesday to Saturday from 10.30am to 4.00pm.
Come and discover more about Fleetwood in its heyday as a Victorian seaside resort, its cargo trade, ferry services, its lifeboats and brave lifeboat men and all about the docks.

BME Carers Forum

An opportunity for Carers whose first language is not English to come together to support each other, access information, express their needs and raise awareness of the issues and concerns facing BME Carers. Information is translated into Gujarati. Guest speakers are arranged and light refreshments are provided.

Booking is essential. To book please call 0345 688 7113 or for further information please ask to speak to specialist BME Carers Support Workers Farzana Adam or Tasneem Jogiyyat.

The next BME Forum will be held at:

Curious Minds

23-27 Preston Guild Hall, Preston, PR1 1HR
10:00am - 1:00pm
Thursday 14th March 2019
Speakers: Lisa Gray – Financial Inclusion Officer, Preston Borough Council and Melanie Close from Disability Equality North West/Lancashire Independent Living Service
Good News Stories
written by Carers Support Workers

Good News Story 1

We supported a Carer who cares for his partner who suffers from severe anxiety and suicidal thoughts. The Carer provides support 24 hours a day and undertakes all the household tasks in addition to his full-time caring role. He struggles to cope and desperately needed advice on how he can move forward. His life is extremely chaotic and emotional.

A Carers Assessment was completed which resulted in the award of a Carers budget which he used to purchase a Camera so that he could re-engage with his photography hobby. He was also supported to access Cognitive Behavioural Therapy training which he found very useful as it gave him a range of coping mechanisms and strategies. The Carer was also keen to seek Peer Support from other Carers who are in a similar caring role and he agreed to attend the local Coffee and Chat group.

We also arranged for him to access the Sitting in Service so that he could take a break from his caring role.

Quote from Carer:

“Your support worker has given me full support and insight into how I can better cope in my caring role. I also now feel that I have time for myself and do not feel as overwhelmed. I also now feel there is someone listening and understanding my difficulties. It has made such a difference for me”

Good News Story 2

We supported a carer who is the main parent Carer for two adults, both of whom have physical disabilities and learning difficulties. She provides care continually and finds the role quite overwhelming. She was unaware of our services and was pleased to find there was someone who could help. During her Carers Assessment, it was identified that she had a brother who had disengaged with the family and she was keen to make contact with him and see if he could provide support from time to time so that she could have a break from her Caring role. The Carer Support worker arranged for them to meet. She also identified that the Carer was eligible for a Personal budget and was also able to connect the Carer with a number of professionals and community groups that could offer much needed support. The brother agreed to provide care at weekends when his sister felt the need for a break. She utilised her Personal Budget to have a weekend break away from home.

Quote from Carer:

“I wish I had known about this service years ago. It has made such a difference to me. Whilst I am still heavily engaged in caring for my family, at least I can now take a break when I feel I need to and the Carer Support worker has connected me with others who can help too. It’s made a real difference, I feel I have time for me now!”
Community Groups and Interests

There are many Community Groups and Interests across Lancashire, here are the details of some.

Look out on our Twitter @ncompassNW and Facebook /ncompassnorthwest pages for more community groups and interests. There is no need to book these opportunities through ourselves, please contact directly.

Central and West Lancashire Venues

The Sunday Walking Group, Preston
The Sunday Walking Group was originally created by two young ladies in 2004. The aim at that time was to get out into the local countryside at the weekend and enjoy a good walk and meet other like-minded people.

This great idea blossomed quickly and now the Sunday Walking Group boasts many members of various ages, who meet up each weekend.

For more information, please contact Derek on 0772 5 09 9 502 or email: sundaywalking@btinternet.com

U3A Chorley Craft Group, Chorley
St George’s Church Hall, Chorley PR7 2HJ
10am to 12 noon on the 4th Friday of the month.
Weekly on a Thursday
All welcome even if you are not a crafter and would like to have a go. Suggestions for projects are by all the group members. Contact Lily Maltman on 01257 270311 for further details.

U3A Photography Group, Leyland
Meetings held at the Roccoco Coffee Lounge, Chapel Brow, Leyland, PR25 3NH
Did you know that you really don’t need an expensive camera to take good photographs?
If you have a mobile phone or iPad/tablet you can get some really good quality shots. Why not come along and have a look at the photography group where you will be able to link up with like minded people and learn new skills or share your own skills and experience.

Contact Alan Horrobin on 01772 624871 for further details.

Crafts and Gifts group
Community Centre, Buckshaw Village, Chorley, PR7 7HZ
The last Sunday of every month from 1:45pm-5:30pm
For more information please email craftandgiftfairs@gmail.co.uk

In the City Activities
“In the City” is a community engagement hub situated in a shop unit at St Georges Shopping Centre in Preston’s city centre.

“In the City” is one of the University’s flagship public engagement projects and is delivered by the Engagement and Access team. They deliver a range of activities that are open and accessible to the public.

For more information please visit https://www.uclan.ac.uk/news/in-the-city.php

Lets GROW Preston
Lets Grow Preston is a community environmental charity based in Preston.
They are all about helping local communities brighten up their areas and neighbourhoods with a wide range of planting.

They are a community run organisation with members from all parts of Preston including South Ribble.

If you would like to get involved with the activities undertaken by the group then please have a look at the further information on their website: www.letsgrowpreston.org

Their Hub is based at Ashton Community Garden, Ashton Park, Pedders Lane, Preston PR2 1HL
Morning Craft Group - Fleetwood Library

It doesn’t matter whether you’re new to crafting or a ‘dab’ hand, everyone is welcome - friendly atmosphere guaranteed
North Albert Street, Fleetwood, FY7 6AJ
10:00am-12:00 noon Weekly on a Thursday
There is no need to book, please just go along
For more information please call Fleetwood Library on 0300 123 6703

Freckleton Village Singers

Freckleton Methodist Church Hall,
123 Kirkham Road, Preston PR4 1HS
Weekly on a Thursday
(£50 per year membership)
To try for free or to become a member please call Jenny Leeson on 01253 737946 or email jennyleeson@outlook.com
For more information please visit http://freckletonvillagesingers.org.uk/

AFC Fylde Football Club – Football Fans in Training (FFIT)

Mill Farm Sports Village, Coronation Way, Wesham, Preston, PR4 3JZ
Over 50’s fitness and exercise sessions incorporating walking football, stadium based activities and coffee mornings.
Weekly on Tuesday 9:30am-11:30am and weekly on Friday 1:30pm-3:30pm
For more information please call Nathan Davies on 07702 563 191 or email nathan.davies@afcwyld.co.uk

Y-active Health Walks St Annes

St. Annes Swimming Pool & Gym,
South Promenade, Lytham St. Annes FY8 1SW
Fridays at 11am.
Fylde Coast YMCA provide FREE Healthy Walks in different areas of the Fylde Coast. If you find it difficult to get active, why not start walking? It’s really easy to get started, you don’t need any special equipment and best of all it counts towards your recommended amount of physical activity.

Fleetwood Town Community Trust - Walking Football

Butts Road, Thornton Lancashire, FY5 4HX
Monday (7-8pm) / Wednesday (12:30-2pm) / Friday (5-6pm) £3.00 Per session
Contact Philip Bowker 01253 208440
Walking Football is focused upon enabling men and women over 50 (also a female only session for over 30’s) to get involved in sport and physical activity. The Community Trust delivers five sessions on a weekly basis giving the opportunity for more men and women to keep active with us.

Carers Awareness Briefings

Does your work bring you into contact with unpaid Carers? If so, The Carers’ Hub Lancashire offers Carer Awareness Briefings. This FREE session can be delivered at your workplace and varies between 20 minutes to a full hour. The training will:
• Help you to identify unpaid Carers
• Help you understand the needs and rights of Carers
• Understand how important a Carers health and wellbeing is
• Increase your knowledge of what support is available for Carers
• Inform how you can refer Carers to The Carers’ Hub Lancashire

For more information, or to book a briefing session, please call 0345 688 7113 or email cadm@ncompassnorthwest.co.uk
Need a break? Why not book a holiday in one of the carers caravans?

Choose from one of the three holiday parks shown on the right. Take all the family - each caravan sleeps up to 8. Book 3/4 nights from £250.00. Secure now with a £50 deposit and pay the rest in easy instalments.

Call Carers Link Lancashire on 01254 387444

**Note:** If you would like to read any part of this newsletter in large print please call **0345 688 7113** to make your request.

**How to get in touch**

Address: **FREEPOST: N-COMPASS NORTHWEST**  
Email: carersadmin@ncompassnorthwest.co.uk  
Website: [www.ncompassnorthwest.co.uk](http://www.ncompassnorthwest.co.uk)  
Telephone: **0345 688 7113**  
Opening times: **Monday - Friday 8:00am - 6:00pm**

**Disclaimer:** Please note that whilst The Carers’ Hub Lancashire does our best to print accurate information; times, dates and venues may be subject to change and you are advised to check on our Twitter page, Facebook page or call before attending. Every care has been taken in the publication of this newsletter. However, The Carers’ Hub Lancashire will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.