

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 (Community First)
- ✓ 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

Welcome

Welcome to the Spring/Summer edition of the Lancashire Carers Service Magazine. We hope this finds you safe and well and that you are looking forward to some warmer weather, longer days, and a chance to enjoy some outdoor time with your loved ones.

We hope that the information we have included in this magazine is helpful and useful and, as always, we welcome you to come along to our groups and activities that will be taking place over the coming months. Please do remember that it is important that you book. If you have access to the internet, please do keep an eye on our social media pages.

You can keep up to date with developments that are taking place and we also utilise our social media to post useful information from time to time. So, if you can, please visit our websites.

www.carerslinklancashire.co.uk
www.ncompass.org.uk

And do remember that we are only a phone call away if there is anything we can support you with relating to your caring role. Please see contact details below.

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

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

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

 carerslinklancashire.co.uk

 info@carerslinklancashire.co.uk

 0345 688 7113 option 1

 [@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.

A Carers Story

Some people become carers overnight; some don't.

Georgie and I were married in 1970, she was Scottish, and I was essentially from the South West, although both my parents were from the North.



We met when we were living in separate bedsits in a house in the student area of South Manchester; apparently my main attraction was that I had a separate kitchenette with an oven and a chip pan!

In the mid 1970's my work took us to East Africa where we lived with our five-year-old son for a year. The experience of a different lifestyle was tremendous, but the longstanding impact was ... Georgie started to play golf out there. When we got back to the UK, she joined a local club and I was a golf widower for two years before eventually taking up the game. But she was always better than I was.

This may seem a long time ago, but it had a major effect on our lives from then on: golf at weekends, on holiday, competitions, trips around the UK, Europe and even America. Apart from my work it dominated our lives.

Then Georgie's health began to deteriorate, physically at first. She had suffered from bronchiectasis from childhood and had always needed physiotherapy to clear her chest. Then other ailments began to creep in; she struggled to walk and had to use her own electric buggy to continue golf – I would drop it off at her club and collect it after she had finished her round.

Then in 2017 it became clear her memory and logical thought was going. She had to give up golf and by the end of the year was formally diagnosed with vascular dementia. She is the youngest of four sisters and all four have had dementia ... but neither of her parents did!

Caring can creep up on you

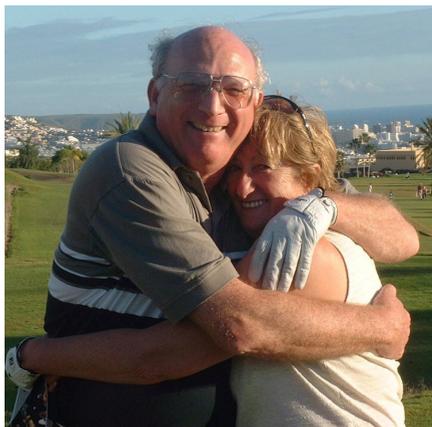
Through 2018 I was referred to a number of organisations, including Lancashire Carers Service, that could provide help and advice; so many that it was a bit confusing who did what. Anyway, in time we got sorted with fire/smoke and personal alarms connected to Telecare, home appliances (grab rails and toilet frames) Attendance Allowance, Council Tax reduction, a wheelchair and carer respite. By the end of 2019 it was clear she could no longer be left alone so golf was out of the window. I use my respite to allow me to go out for regular walks. It also serves another purpose in that it gives me a reason to encourage her to get up, otherwise she'd happily stay in bed.

2020 was pandemic year and Georgie's needs were now 24 hours a day, 7 days a week. We relied on a few friends to fetch "click and collect" food orders during lockdowns and later home deliveries. Vaccinations were a challenge because Georgie didn't want a needle anywhere near her. I attended the Understanding Dementia Course which gave me a useful background as to the science of dementia and a clearer understanding from Georgie's perspective.

It was during lockdown that I tried the Carers Link Lancashire Quiz on Zoom. I had avoided it at first not wishing to be shown up with low scores! However, it soon became clear that your score didn't really matter. What you get out of it is interaction with other people who had similar issues as yourself. I consider those who attend to be more like friends and without this I would never have known any of these people.

If you are reluctant to reach out for support, you might think you don't need it at first, but there may come a time when you do. I urge you, don't leave it too late. I can highly recommend the quiz night ... just an hour and a half of entertainment.

If you (the reader) would like to try it, please email activities@carerslinklancashire.co.uk



5 - 11th JUNE 2023



Carers Week 2023

'Recognising and supporting carers in the community'

Cake Decorating

If you are interested in taking your cake baking skills to the next level and learning how to make cakes that not only taste great, but also look great, then this session is perfect for you!
Only £5 per person.

**Monday 5th June,
10am - 1pm,
Carers Link Community Facility,
Accrington**

Confidence and Resilience Course

This course is for anyone who wants to understand how they can improve their own emotional intelligence and resilience in order to gain more self-confidence. It teaches broad life skills and positive patterns of thinking.

**Tuesday 6th June,
1pm - 4pm,
Northlight, Brierfield, BB9 5NH**

Knit and Natter

Why not relax and explore a new hobby? Whether you're an expert or a beginner, feel free to join our session where you can learn how to knit or crochet, and meet new people. All materials will be provided.

**Wednesday 7th June,
11am - 1pm,
Carers Link Community Facility,
Accrington**

Dealing with Stress Course

This course examines the causes and impact of activities that may be stressful for you. You will be able to understand your own reaction to stress and how to use practical coping strategies to manage it more positively and proactively.

**Thursday 8th June,
1pm - 4pm,
Northlight, Brierfield, BB9 5NH**

Afternoon Tea and Singalong

Join us at our Community Facility for afternoon tea, followed by a singalong by Inspire for only £5 per person! To book please contact us at:
activities@carerslinklancashire.co.uk

**Friday 9th June,
11am - 1pm,
Carers Link Community Facility,
Accrington**



WHAT IS ADVOCACY?

Advocacy is all about people having more control over their own lives. We help people to make their own decisions, speak about what they want and need, and achieve their own goals. Our work includes supporting people to feel more in control of the social care and health processes they are involved in. Advocates will work alongside you at your pace, they are not there to tell you what to do or to make decisions for you. Advocates will never do anything about you, without you!

Carers Count is a service provided by Cloverleaf Advocacy, an independent charity that provides advocacy and carers information, advice and support services. WE have been commissioned by Lancashire County Council to provide an independent Carers Advocacy Service within Lancashire.

WHO CAN ACCESS? AND HOW?

If you are an adult (over 18) and caring for another adult who lives in the Lancashire area we can support you.

You can self refer or a professional can on your behalf by emailing or calling using the contact details below.

How can an advocate help me?

- Help you to find out information and understand more about how social care and health processes work.
- Support you to understand and uphold your rights as a carer.
- Help you to access other services you might need.
- Support you through assessments.
- Listen to what is important to you.
- Discuss your options and choices.
- Support you at meetings.
- Help you to speak out and have your voice heard.
- Work with you to challenge any decisions made about you.

Carers Activities

Outdoor Light Making Workshop

£3

Come along and get your creative juices flowing by making your own designer outdoor lighting with the Pendle Crafters Team, here at our Community Facility in Accrington. A gorgeous piece for your garden, just in time for those warm summer nights!



Thursday 11th May 10am - 12:30pm / Carers Link Community Facility

Train Ride to Blackpool

FREE



There's nothing quite like a day at the seaside, so why not join us for a day out in Blackpool? Blackpool boasts three fabulous piers, so don't forget to pay these a visit as part of your day at the beach! Or why not try your luck in one of the many arcades? Or perhaps you fancy a shopping trip? If so join us in June for this exciting trip to Blackpool.

22nd June, 9:45am Accrington Train Station / 9:30am Burnley Manchester Road

Cooking with Kindness

FREE

PENNINE LANCASHIRE
COMMUNITY FARM



The aim of the project is to use fresh produce to create meals and recipes for those who may not always have the means or money to cook fresh. The 3rd and final session will be a celebration where you will be able to invite your family to eat the food you have created a menu for and practiced cooking. Please note all sessions must be attended.

30th August, 6th & 13th September 12:00pm - 2:30pm/ Eco Community Hub, BB12 0DU

Escape Room

£5

Are you looking for something different to do? Lucardo is your answer. An adventure, which requires strategic thinking and involves working as a team to solve a mixture of puzzles and riddles. Prepare to immerse yourself in this real life action escape game. Will you make it out before time runs out?



8th September, 10am - 1pm / Kay Street, Rawtenstall, BB4 7LS

Carers Courses

First Aid for Parents

FREE



Learning first aid will give you the confidence to help the person you care for should you need to. The course will cover safety, recovery position, choking, CPR, wounds and assessing for breathing with hands on experience.

3rd May, 10:00am - 12:30pm / Carers Link Community Facility

Sleep Like a Bear

FREE

Caring for someone can have a huge impact on the length and quality of your sleep – and therefore, your own health and wellbeing. Want to learn how to sleep like a bear? We'll be sharing some important tips and relaxation techniques to help you look after you.

Buffet provided.



10th July, 12:30pm - 3:30pm / Colne Library

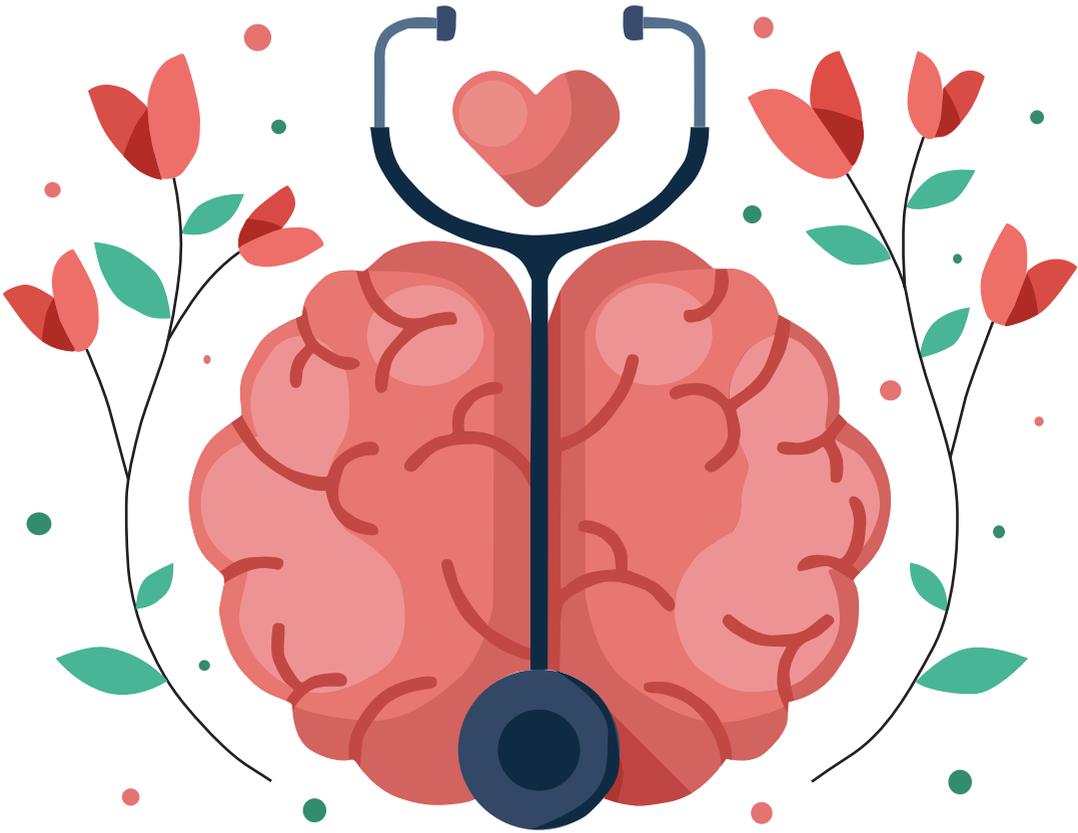
Understanding Dementia Courses



This course is designed to help you develop the skills and confidence to support you in your caring role. We will address key topics of diagnosis and progression of symptoms, treatment, services, and changing relationships. All course materials are provided including a free buffet lunch.

- Course 1. Thursday 18th May, Carers Link Community Facility, 10:00am - 3:30pm**
- Course 2. Monday 10th, 17th, 24th July, Online Microsoft Teams, 6:30pm - 8:30pm**
- Course 3. Monday 18th September, Trinity Hub in Clitheroe, 10:00am - 3:30pm**

Are you looking after someone who lives with a mental health illness?



“Caring for your relative or friends with a mental health condition is hard. The invisibility of the illness can make it feel like you are not a “real” carer. Trust me you are and you are making a huge difference to someone’s life” Carer

Register as a carer below to get the help and support you both need:

www.carerslinklancashire.co.uk

Coping with Mental Health Course



Monday 15th May,
Carers Link Lancashire
Community Facility,
12:30pm - 3:30pm.

Karma Minds Training and Personal Development will deliver this valuable course over two morning sessions.

The course will provide information, guidance and mutual support. It is also an opportunity to develop practical skills in terms of managing your own resilience and mental health wellbeing.

"I learnt how to manage stressful situations and build better boundaries, lovely friendly staff"

"made me realize I can cope"

To find out more contact us
Info@carerslinklancashire.co.uk



www.karma-minds.co.uk



Free Monthly Support Group



Meetings are held once a month
on a Friday morning
11:30am - 12:30pm.

A free support network for Carers living with people who experience mental health problems.

Free advice, support and refreshments.

Meetings are held once a month on a Friday morning 11:30am - 12:30pm.

Visit Friends of Rhyddings Park Facebook Page for dates and times of next meeting.

Drop in, no booking required.



Carers Link
Lancashire
IMPROVING LIFE FOR CARERS



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.

54-56 Blackburn Rd, Accrington
1st Tuesday of every month
11am - 1pm

Local Dementia Cafes & Support Groups

BARNOLDSWICK - "Butterflies Cafe." Barnoldswick Library. Every other Thursday, 1.30pm - 3pm. Contact James on 01282 433740.

BURNLEY - Burnley FC in the Community at Burnley Cricket Club, Belverdere Road, BB10 4BN. Every Wednesday from 13:00 – 15:00.
Contact M.Colquhoun@burnleyfc.com or call 01282 704716

COLNE - "Butterflies Cafe." Colne Library - Market St, Colne BB8 0AP. Every 1st and 3rd Thursday. Contact James on 01282 433740.

CLITHEROE - Clitheroe Borough Council Office opposite the library - every 4th Thursday of the month, 10.00am - 12pm. Contact Diane on 07908 641025.

HASLINGDEN - Community Link, Bury Road, Haslingden, Rossendale BB4 5PG. Every Friday 10.30am - 12.30pm Contact Carole Watchorn on 07891 176063.

NELSON - Christ Church, Carr Road, Nelson, BB9 7LE. "Friendship Group" - For those living with dementia and carers, family and friends. Every 2nd Tuesday at 2pm.

RAWTENSTALL - Whittaker Museum, The Coach House, Haslingden Road, Rawtenstall, BB4 6RE. On the 3rd Friday of the month, 3pm-4pm contact Rachel - Rachel@madeinhaslingden.org or 07704 859056.

WATERFOOT - Old Library, Bacup Road, Waterfoot, BB4 7AW. On the 3rd Tuesday of every month: 2-4pm.

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."

3rd Wednesday of every month / 11 am - 1pm
Carers Link Lancashire, 54 -56 Blackburn Road, Accrington, BB5 1LE

Grief and Loss Course



This 3-week course will help people with issues of grief and give people skills to support others facing issues of grief. While also helping to support people dealing with the loss of relationships, jobs, and finances.

The courses are held regularly at Elmfield Hall from 9:30am til 12:30pm. To find out more you can contact Community Solutions: 01254 460080 or email: info@csnw.co.uk

The Get About Club

Ann and Christine both former Carers, run an independent social group which organises regular meetings, trips and activities just for former carers. It's a great way of meeting new friends and people that really understand the importance of having support when your caring role comes to an end. The idea of the group is to find people you could socialise with and perhaps go to a show, a film, on a shopping trip or just meet up for a chat.

For more information please contact: Ann on 01254 694904 / Christine 01254 392382

Male Carer Support Group

42% of unpaid Carers are men. But did you know that 4 out of 10 male Carers never get a break from their caring role?

LET'S TALK ABOUT IT

Last Thursday of each month,
10:30am - 12:30pm,
Burnley Cricket Club, Belvedere Road,
Burnley, BB10 4BN



CARERS MEETUPS

MONTHLY / 11-1PM

Carers and the person you care for can join us for a cuppa and delicious lunch at one of our Carers Cafes across East Lancashire. If you haven't been to a Carers Cafe before don't worry as a staff member will be there to greet you with a warm welcome.

4th MONDAY

HYNDBURN

Carers Link Facility,
54-56 Blackburn Road,
Accrington, BB5 1LE

4th WEDNESDAY

BURNLEY

Little Barista,
7 Howe Walk, Burnley,
BB11 1QB

3rd TUESDAY

RIBBLE VALLEY

Colborne House Cafe,
15 Wellgate, Clitheroe,
BB7 2DP

3rd FRIDAY

PENDLE

Lakeside Cafe,
Ball Grove Drive,
Colne,
BB8 7HY

1st THURSDAY

ROSSENDALE

Haslingden
Community Link,
Bury Rd, Haslingden,
Rossendale, BB4 5PG

For more information please
contact us at:

01254 387444

or

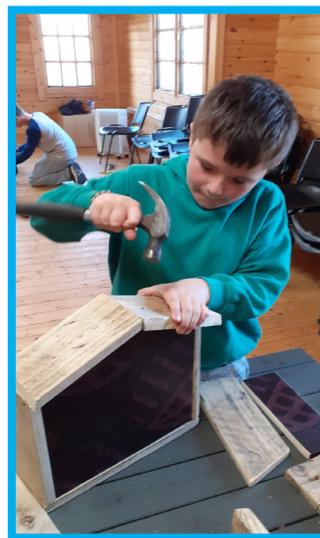
activities@carerslinklancashire.co.uk

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



Supporting Young Carers in Hyndburn and Ribble Valley

Young Carers Residential

The Young Carers have been having lots of fun since Christmas. The younger children have been learning how to create art with nature in their monthly group sessions. Our older group made the collective decision that they wanted to go to the Acorn in Accrington for an evening meal and to socialise with their friends.

Some of our young carers also tried out a yoga session with Bernie during half term.

Over the February Half-Term we also took some Young Carers on a residential for one night where they made a bug hotel out of wood, played pool and table football, then enjoyed a movie night after an exhausting day, finishing off the trip at the Jump Works Trampoline Park.



To find out more visit www.carerslinklancashire.co.uk

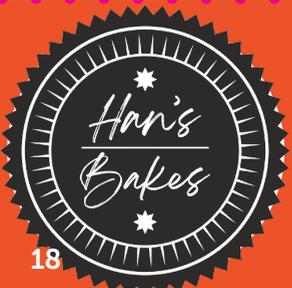
A place for the whole community to enjoy..54-56

Blackburn Road, Accrington, BB5 1LE



@54/56carerslink

BUSINESS HOURS:	
Mon.	9: 00 to 4: 00
Tues.	9: 00 to 4: 00
Wed.	9: 00 to 4: 00
Thur.	9: 00 to 4: 00
Fri.	9: 00 to 4: 00
Sat.	CLOSED to
Sun.	CLOSED to



Our Community Cafe is fully stocked with delicious cakes from local bakers Hans Bakes. We have Bakewell Tart, Chocolate Flap Jacks, Double Chocolate Brownies and Lemon Drizzle! Enjoy with a cup of tea or latte for just £3.50

Our Charity Shop & Information Support Hub in Haslingden is OPEN!



None of this would have been possible without the support

and generosity of some wonderful people and organisations including our staff, trustees and volunteers. Thank you all so much for believing in our cause. Together we really can do great things!

A huge THANK YOU to RODO Ltd & Billie our Community Champion at Tesco Burnley for donating paint brushes, rollers and equipment.

Thank You to PaintWell Padiham branch for donating a supply of paint to support us in redecorating our new charity shop. Such a generous gift!

Milliken kindly donated all our luxury flooring and carpet tiles! We appreciate your help so much.

13, Deardengate,
Haslingden,
BB4 5QN



Volunteering Opportunities



Want to gain valuable skills? Not sure where to start?

Judith, who is a volunteer in our community café, has passed her Food Safety and Hygiene for Catering Level 2 via a course provided by us. Since passing the course she has come on leaps and bounds and has built her confidence working in the Community Café. She has dedicated her time and is a big credit to our volunteer team.

If you have any spare time and would like to be a part of an incredible team, give us a ring on 01254 387444 or pop into our Community Facility for an application form.

Are you a student and would like to gain valuable experience volunteering for a charity?

"I finished my A levels last summer and have been working part-time since then. I was looking for a valuable way to spend my spare time and this has been an amazing opportunity for me to gain some extra admin and office experience. I am currently volunteering only one day of my week here at Carers Link but it's a lovely and enjoyable experience."





JOIN OUR VOLUNTEER TEAM

- If you have a couple of hours free a week, a fortnight or even a month, you could be a volunteer in one of our charity shops. Make new friends, have lots of fun and be a part of your caring community.



**Accrington
Charity Shop**
Blackburn Rd,
BB5 1LE

**Haslingden
Charity Shop**
Deardengate,
BB4 5QN

Simply register your interest
via our website
carerslinklancashire.co.uk
or call us on 01254 387444

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

**Do you have a Peace of Mind 4 Carers
Plan for an Adult you care for?**



**If you have we are currently reviewing
these plans.**

**We will contact YOU during 2023 to
review your plan.**

Carers Link Grub Club



Restarting due to popular demand!

LOCATIONS:

- New Waggoners Burnley on Friday 12th May at 12pm
- The Firepit Rawtenstall on Wednesday 31st May at 12:30pm
- Craven Heifer Kelbrook Pendle on Sunday 24th September at 12:30pm

For more information please contact: activities@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

LANCASHIRE BME NETWORK

Leading change through empowerment



Lancashire BME Network is a member-led infrastructure charity that supports and promotes the development of BAME VCS groups throughout Lancashire.

Lancashire BME Network (LBN) was formed from the merging of Lancashire Womens Network (LWN) and Lancashire BME Pact in 2014.

To advance the education of the public, primarily but not exclusively minority ethnic and deprived communities in Lancashire by whatever charitable means the Board of Management think fit with the object of improving the life conditions of the said beneficiaries.

We also provide recreational facilities in the interests of social welfare for those who have need by reason of their youth, age, disability, ethnicity, social or economic circumstances so as to improve their conditions of life.

OUR SERVICES

- ✓ Energy Advice
- ✓ Grant-making
- ✓ Capacity Building
- ✓ Advocacy, Advice & Information
- ✓ EDI - Equality, Diversity & Inclusion
- ✓ ESOL - English for speakers of other languages
- ✓ IREP - Independent Race & Equality Partnership for Lancashire
- ✓ Wellbeing & Bereavement counselling service with 1 to 1 Support, bilingual, free & confidential

Our Mission: Enabling communities in accessing opportunities.

Our Vision: Diverse communities to achieve equality.

Our Values: Collaboration, respect, integrity, inclusivity and empathy.

Lancashire BME Network partners & funders:



Accreditation:



Registered Member 00276384
Organisational Member

Contact us

© 01254 392974 www.lancashirebmenetwork.org.uk office@lancashirebmenetwork.org.uk

Lancashire BME Network, Suite 405, Daisyfield Business Centre, Appleby Street, Blackburn, BB1 3BL



Social Prescribing

The Social Prescribing Team supports people experiencing social isolation, mental health issues, poor physical health, chaotic/problematic lifestyles, and more.

We support people to attend community groups and voluntary organisations with the proven aim of improving health and wellbeing through community engagement rather than traditional clinical treatment.



To refer to BPRCVS (Burnley/Pendle/Rossendale) email socialprescribing@bprcvs.co.uk, to refer to HRVCVS (Hyndburn/Ribble Valley) email connector@hrv-cvs.org.net

Communicars

A volunteer driver community transport scheme for Burnley, Pendle and Rossendale residents who struggle to access public transport.

It's only 45p per mile!

Passengers must register prior to using Communicars and bookings are taken a few days before the journey – call 01282 412096.



communicars

A Burnley, Pendle & Rossendale CVS Service

Passengers must register prior to using Communicars and bookings are taken a few days before the journey – call 01282 412096.

Bowel screening aims to find cancer early or to find changes in your bowel that could lead to cancer

NHS Bowel Cancer Screening is **available to anyone between the age of 60 and 74** and is offered every 2 years.

NHS England will gradually reduce the age range for bowel screening, which will be phased over the next four years to include people aged 50–59.

You do not have to do anything; a free kit will **automatically be sent when it is your turn to receive one.**



Do your kit when it arrives This little kit could save your life



For more information, or to request a kit if you are 75 or over,
call us free on 0800 707 60 60

go2

Carer %
Discount Card

Valuing Carers across Lancashire

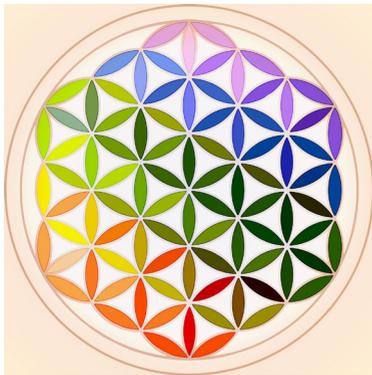
Request your go2 card for **FREE** and enjoy carer discounts at local restaurants, hairdressers, herbalists, chiropodists, therapists, shops and more.

Elderberry Healing - Reiki Sessions

1-1 sessions in the centre of Longridge. Take a Level 1 course and practice Reiki on your friends and family.

Reiki is an ancient healing technique that allows your body, mind and soul experience universal life force healing energy.

Carer 10% discount - 1 hour Reiki session for £30, block of 3 sessions for £80. For more information, please contact: elderberryhealing@outlook.com



Rishton Physio and Sports Injury Clinic

High-quality physiotherapy care and treatment services for people of all ages and conditions. Offer diagnosis, treatment and advice for all injuries including, injury prevention, neck and back dysfunction and pain, upper and lower limb pain, post-operative and general rehabilitation, work-related disorders and specialist sports injuries and sports massage.

10% off all treatments, call **07793 844 354** or email seanrileyphysiotherapy@outlook.com



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

Carers Caravans



All of our caravans have been kindly donated to the charity, for unpaid carers to take a well deserved break. They are not new or deluxe vans however they are comfortable, clean and well equipped for your stay. The two vans are located at Blackpool and Grange-over-Sands.

"Just had a lovely much needed weekend in the carers caravan at Lakeland Cumbria. The caravan was lovely and the site was fab. The privilege passes are an extra bonus, 15% off everything you buy, even in the shop and 50% off activities."

At both caravans we can offer you:

- Free access to the owners lounge.
- Privilege Card giving you 15% off bars, restaurants and shops.
- Exclusive Owner-only events and activities throughout the season
- 50% off sports and leisure activities throughout the season.
 - Both vans sleep 8 people.

To book your break today OR for more info visit:
<https://www.carerslinklancashire.co.uk/carers-caravan>
Call 01254 387444