

Welcome to our first update on local news for carers. We cannot guarantee publishing updates will happen regularly, but we will endeavour to be in touch at least each quarter.

If you know of anyone who is an informal carer, who lives in West Lancashire and who would be interested in using our service, please share our contact details carers@wlcvs.org | 01695 733737

Carers Support – West Lancashire

As a reminder of our service; we offer support to informal, unpaid carers with accessing services and help with their own health and wellbeing. This may include:

- Liaising with services you have already had contact with or making referrals for new services
- Sharing your carer status with your GP to ensure you access annual Flu vaccinations and regular Health Checks
- Providing information about local activities that can help tackle loneliness and isolation

If you have a concern and would like support, please don't hesitate to contact us on:

01695 733737 | carers@wlcvs.org | yvonne@wlcvs.org | sarah@wlcvs.org

Local Support Groups for Carers

As you may be aware, there are three existing, established carers support groups in West Lancashire. All groups have agreed to being promoted with other carers who may be looking for informal opportunities to meet up with other carers for support, activities and conversation.

- **Ormskirk Support Group** – Brookes Bistro, Brookside, Aughton Road, Ormskirk L39 3BH 2nd Wednesday each month, 9.30 – 11.30am
- **Holmeswood Support Group** – Holmeswood School, Chapel Lane, L40 1UD 3rd Tuesday each month, 1 – 3pm
- **Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU 3rd Wednesday each month, 1 – 2.30pm

We are looking into setting up two more groups in West Lancashire. More details will follow in future bulletins.

Small Group Fund - If you have received a Small Group Fund from nCompass in the last 12 months, please make sure that you keep your receipts. These will need to be submitted for checking by nCompass at least once a year, or more frequently if you wish. At the end of the 12 month period, if nCompass have checked your receipts, they will send out another application form for the next 12 months.

If you have not received the next application form and you wish to apply again, please contact them directly on 0345 688 7113 (opt 2)



Rally Round – an electronic, online ‘To Do’ list helping you organise care and support for you or someone you care for.

We are pleased to announce that we are piloting this free service in West Lancashire with carers. This online tool enables carers to share anything that needs doing with trusted family and friends who can then volunteer to complete jobs listed. Text and email notifications keep everyone updated so that friends and family who want to help feel included.

If you would like more information about this service, please visit www.rallyroundme.com/wlcvs

To take a look at how it works, please contact Sarah on 01695 733737/ sarah@wlcvs.org to arrange a demonstration.

Benefits queries?

Here are some local organisation giving may be of interest:

- **DAWL (Disability Advice West Lancs) 01695 51819 or 0800 220676**
Welfare Benefits/Tribunal Representation/ Community Care/Housing options/Mobility (including Blue Badge information)/Equipment are just some of the areas they cover.
- **Welfare Rights Service** – 0300 123 6739 (*Calls to 03 numbers cost no more than a national rate call to an 01 or 02 number and must count towards any inclusive minutes in the same way as 01 and 02 calls*)
This service offers free, confidential advice and help with benefit problems for Lancashire residents.
- **Citizens Advice Bureaux (CAB) - Lancashire West**
0344 245 1294 (from a landline)
0300 330 0650 (from a mobile)
Also at a number of local venues throughout the week.
 - **The Grove Community Association**, Station Approach, Burscough, L40 0RZ
01704 896424
 - **Greenhill Community Hub**, Beech Close, Skelmersdale WN8 8DL
01695 558869
 - **Hanover Housing Association**, Thanet, Berry Street, Skelmersdale, WN8 8RA
01695 722329
 - **Quarry Bank Community Association**, 364 Ormskirk Road, Skelmersdale, WN8 9AL
01695 50446

Please contact the venue directly for opening times.

Support Groups

Myeloma UK – this organisation is looking to set up a new Myeloma Support Group in the West Lancs and Sefton area. The group is likely to meet in Southport every one or two months. If you are interested in attending or would like to learn more about the organisation, please contact them on 01874 731202

Stroke Association

Helpline: 0303 3033 100 | www.stroke.org.uk

Julie Glaister - Life After Stroke Coordinator - Central and West Lancs Mobile: 07515597259

Julie can provide help and support for those affected by Stroke. Details of local support groups can be obtained from her directly.



Local Organisations and Services

[Alzheimer's Society - 01772 788 700](#)

- Getting a diagnosis for your memory concern.
- Information on all forms of dementia.
- Informal opportunities and meaningful activities for you to meet with other people in a similar situation.
- Finding appropriate services in your local community.
- Practical and emotional support and a point of contact for the person living with dementia and for carers.
- Information and signposting on financial issues such as benefit entitlements paying for care and Lasting Power of Attorney (LPA).
- Information to support all aspects of living with dementia.

CrISP – Carer Information and Support Programme (L1) – please contact 01772 788700 for course enquiries.

[Dementia Cafés in West Lancs](#) – open meetings for people living with dementia and those who care for them. This is an opportunity to meet with other people in a similar situation, with a range of meaningful activities and guest speakers on offer. Local office 01772 788700

Ormskirk – held at Age UK wellbeing Centre, Moorgate, Ormskirk, L39 4RY

10am – 12 noon

The *LAST* Wednesday in each month (April – September 2016)

Parbold – held at Parbold WI building, The Common, Parbold, WN8 7HA

10am – 12 noon

The 2nd Friday in each month (April – September 2016)

Skelmersdale – held in Meeting Room 2, Skelmersdale Library, Southway, WN8 6NL

10am – 12 noon

The 1st Friday in each month (April – September 2016)

[nCompass 0345 688 7113 \(option 2\) Outreach/Drop Ins](#)

Their next newsletter is due out in April 2016.

They will list Drop Ins and Outreach sessions for April, May and June as well as any courses/residentials and events available during this time.

[Falls Prevention Team – West Lancashire](#)

For information or help and support to draw up a falls prevention plan – 01695 588193

[Health Hub – Drop In \(SCFI – Skelmersdale Community Food Initiative\)](#) – 01695 720 555

Drop in for a friendly chat and see what information they can offer about your personal wellbeing.

Meeting Every Friday, 10 – 12.30pm at The Lions Den, The Concourse, Skelmersdale, WN8 6LN

[Fibromyalgia Group – West Lancs](#)

This group continues to meet. Please contact Angela/Linda/Kelly on 0844 8872585 for details.

Forward Planning

Taking Care of the Carer – residential course for unpaid carers

Waddow Hall, Lancashire, BB7 3LD – 19th April – 21st April 2016

- Drawing Made Easy
- Introduction to Print making
- Experimental Drawing – drawing for therapy
- Mindfulness & Relax De-Stress

Cost: £54.50 – includes accommodation, meals, tuition and course materials

Contact Mark Roberts for more information 01257 516401

Likely future residentials in 2016 (contact Mark Roberts for more details)

- Tuesday 3 to Thursday 6 May
- Tuesday 31 May to Thursday 2 June
- Tuesday 19 to Thursday 21 July

Carers Week 6 – 12th June 2016

Details of events and activities being organised by nCompass will be listed in their next newsletter.

Health Walks in West Lancashire

West Lancashire Borough Council are running local Health Walks in Banks, Burscough and Ormskirk.

No need to book, just turn up and enjoy the fresh air and exercise.

Banks: meeting at Banks Leisure Centre, Greaves Hall Avenue, Banks, PR9 8BL
Every Thursday – 10am to 11am

Burscough: meeting at Richmond Park Bowling Green Pavilion, off Junction Lane, Burscough, L40 2XY
Every Tuesday – 10am to 11am

Ormskirk: meeting at Coronation Park Bowling Pavilion, Ormskirk, L39 3BY
Every Wednesday – 1pm to 2pm

More advanced walks (4 and 6 miles in length) are run by the Rangers. No booking is required. For more information, contact their Countryside Office 01695 622 794

Please feel free to contact us if you need more information about any of the above details or if you would like help from Carers Support – West Lancashire.

