

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 | @carerssupportWL (Twitter)

PLEASE NOTE: If you have a **Peace of Mind for Carers Plan** (emergency care plan) and any circumstances have changed since you set it up, you need to contact Ncompass (0345 688 7113 – opt 2) as a matter of urgency. Any changes either to contact details, content of the plan or medication will not be adhered to unless they have been recorded in the plan that you have previously agreed.

LOCAL SUPPORT GROUPS FOR CARERS

- **Ormskirk Support Group** – Brookes Bistro, Brookside, Aughton Road, Ormskirk L39 3BH
2nd Wednesday each month, 10 – 11.30am
- **Holmeswood Support Group** – Holmeswood School, Chapel Lane, L40 1UD
3rd Tuesday each month, 1 – 3pm **PLEASE NOTE, NO MEETING IN AUGUST**
- **Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU
3rd Wednesday each month, 1 – 2.30pm
- **Parent Carers meeting**
 - **Tuesday, 13th September 2016**, 9.30-12 noon at First Steps Children's Centre, Eavesdale, Tanhouse, WN8 6AU– **Ncompass** will be attending
 - **Tuesday, 11th Oct 2016**, 4.30 – 6.30pm at Jollies Barn, The Gravel, Mere Brow, Tarleton PR4 6JX – **Family Event** with lots of information and providers available. *Booking Required – contact Sue Gaskell 07584 217661 or SEND office on 01772 532509*

NEW SUPPORT GROUP

We are hoping to develop another support group covering the Skelmersdale area. Anyone interested in attending a group, once a month, in or around the Concourse in Skelmersdale, please contact either Sarah or Yvonne on 01695 733737 to register your interest.

OUTREACH/DROP-INS

Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP
First week of the month during one of their Family Sessions (4-5pm). Please contact either Twinkle House on 01695 455625 or contact us at our office on 01695 733737 to confirm which day is booked for that month.

PULSE – Community Hub, Market Hall, The Concourse, Skelmersdale, WN8 6LN (Downstairs, opposite Farm Foods)

Wednesday, 3rd August 12.30 – 1.30pm and **Wednesday, 7th September 12.30 – 1.30pm**

Future Drop-ins are planned for a number of locations in West Lancs; we'll be confirming details in our next bulletin. In the meantime, if you have any queries regarding these sessions, please contact us on our office number.

MORE COURSES/SESSIONS

Place of Welcome – Skelmersdale Library 11am – 1pm every Wednesday
Free tea or coffee, Try a tasty sample of one of their 'something from nothing' recipes
Friendly face, conversation and information.

This session is run by Skelmersdale Community Food Initiative (SCFI) who offer courses around health and wellbeing. For more information, please contact 01695 720 555 or email enquiries.scfi@gmail.com



SPOTLIGHT ON LOCAL ORGANISATIONS & GROUPS

Breathe Easy (West Lancs & Southport) is a support group for those with a long term breathing problem, or for those who look after someone with breathing problems.

3rd Monday of the month, 11.15 – 12.30pm

Guide Head Quarters building, Green Lane, Ormskirk, L39 1ND

Free parking is available nearby.



For more information, please contact:

- **Irene Norman 01695 632591 (for West Lancs)**
- **Patricia Ireland 01704 808891 (Southport contact)**

If you, or someone you care for needs help, please contact the Respiratory Nurses on 01704 705162

Age UK (West Lancs)

There have been a few changes to their activities and clubs on offer. If you make use of their services and have not yet received information about their current provision, please contact 0300 303 1234 for details.

Dementia Community Links is a one-to-one service, offered by Age UK Lancashire, that can help people retain their independence if living with dementia. The service is available to anyone living in West Lancashire who has early to moderate stage dementia. They offer practical assistance, encouragement, emotional support, help with building and retaining links with the local community and information and advice to both the individual and their carer(s). This service is also available in the Chorley area. For more information, please visit the local Age UK office at the Wellbeing Centre, Moorgate, Ormskirk or on 0300 303 1234.

NEW GROUPS

PULSE – Community Hub/Café

This is a new location for people to meet in Skelmersdale and is supported by Thrive & Survive, West Lancs Fibromyalgia Support Group and Dream-makers Drama Society. Lots of activities and sessions are planned, with room bookings available. They are located in the market hall area, next to the Library entrance and open 10 – 2pm every week day. For more information contact them directly by emailing pulse-skem@hotmail.com

FORWARD PLANNING

World Photo Day 19th August, 2016

This is a worldwide celebration of photography, though in West Lancs we are interested in the way photographs can have a positive impact on all of us. **#TakeAMoment** is a campaign that West Lancs CVS are promoting. For more details, and how to get involved, contact nicci@wlcvs.org, call 01695 733737 or take a look at www.communitywestlancs.org website.

Getting out and about with your camera – Beacon Photographic Club meet once a fortnight on a *Thursday* and is great for beginners and for those who are more experienced. Lots of practical activities with helpful advice on hand if needed. They welcome new members and can be contacted on 07590 013663 or by email beaconphotographicclub@outlook.com

4th August	Fleetwood Sunset - shell & wrecks 7pm Skipple Creek. Bring Wellies.
18th August	Adrian Lines Competition Talk
1st September	Fairy Glen - 6pm
15th September	Southport Photo Walk / Painting with Light 7pm
Friday 30th September	Southport Fireworks 7pm / Carousel meeting
13th October	General Meeting 7:30pm
27th October	Competition Night 7:30pm

