



Merry Christmas
from Yvonne and Sarah
at Carers Support West Lancs



LOCAL SUPPORT GROUPS FOR CARERS

Please note – December meetings may be Christmas lunches taking place at other locations – call us on 01695 733737 for December dates.

- **Ormskirk Support Group** – Brookes Bistro, Brookside, Aughton Street, 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
- **Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU
3rd Wednesday each month, 1 – 2.30pm
- **Parent Carers Meetings/Events (Sue Gaskell 07584 217661 or 01772 532509)**
 - **Parent Carers Forum** – Tuesday, 13th December 2016, 9.30 -11.30am at Park Children’s Centre, Barnes Road, Skelmersdale WN8 8HN.
This Forum is being held in partnership with the Face 2 Face drop in session
 - **Parent Carers Forum** – Tuesday, 10th January 2017, 9.30 – 11.30 am at First Steps Children’s Centre, Eavesdale, Tanhouse, Skelmersdale WN8 6AU. **This is a drop-in session.**

DROP-INS – CARER SUPPORT

Hillside Health Centre, Tanhouse Road, Tanhouse, Skelmersdale WN8 6DS
3rd Thursday in the month 9.15 – 10.15 am

If you are a patient at either Manor Primary Care or Beacon Primary Care and need information about support for informal carers, we’re at Hillside Health Centre in the waiting room.

Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale WN8 9UP
1st Week on the month during Family Sessions 4 – 5 pm

Please contact us for specific dates as we try to ensure regular groups who book in to use their facilities have chance to see us across the week days.

CARERS RIGHTS DAY 2016



We were out and about across West Lancs on Friday 25th November sharing information about Carers Rights and the importance of having a Carers Assessment. These should be reviewed every 12 months and could enable you to apply to a carers Personal Budget of up to £300.

If you haven’t had one or would like a review because its over 12 months since the last one OR your caring role has changed, contact nCompass directly on 0345 688 7113, option 2.

CHRISTMAS ACTIVITIES

Christmas Lunch, Sunday 25th December 2016, 1 – 5pm at Hesketh Bank Christian Centre, Moss Lane, Hesketh Bank, PR4 6AA.

For anyone over 50, on their own or as a couple, £5 deposit refunded after the meal. Transport can be provided. Please contact Dave (07825768184) or Pam (07703562132), email nickson70@gmail.com before 12 December to reserve a place.



Christmas Celebration Concert

Songbirds Choir is holding their Christmas Celebration Concert on Thursday 15 December 2016 at 7pm at Burscough Stanley Club, 1 Liverpool Road, Burscough, L40 5TN.

Free admission for friends and family of Songbirds Choir. Raffle, drinks and nibbles.



NEW SERVICES

GREATER ACCESS TO HEALTH SERVICES IN WEST LANCs

Launched on 5th November 2016, the new Extended Hours Service allows all patients in West Lancashire to see a GP, a practice nurse and to attend phlebotomy appointments on Saturdays from 10am to 4pm at the Sandy Lane Health Centre, Skelmersdale, WN8 8LA

Appointments for this service can be made through your own GP practice – just ask for Saturday appointments.

From Monday 2nd January 2017 the Extended Hours Service will have additional GP appointments available Thursday and Friday evenings from 6.30 – 8 pm at the Walk-In Centre at Ormskirk and District General Hospital, Wigan Road, Ormskirk L39 2AZ

Midweek evening appointments will be exclusively for GP appointments (no nurse practitioner, practice nurse or phlebotomy appointments available).

BE PREPARED FOR WINTER

Common illnesses and minor ailments – Advice from West Lancs Clinical Commissioning Group

- Keep a well-stocked medicine cupboard at home
- Think about contacting NHS 111 or seeing your local pharmacist for advice
- Plan for repeat prescriptions – don't leave it until the last minute to order repeat prescriptions from your surgery. Think about getting connected to Patient Access to make a prescription request. For more information about using Patient Access on the website or using the App, contact your GP surgery.
- Don't forget, as a carer you can have a free Flu vaccination – contact your surgery

In cold weather – Advice from Age UK

- Keep your bedroom at 65°F (18°C)
- Keep bedroom windows closed at night and think about adding layers to your bedding
- Keep your living room at 70°F (21°C). A room thermometer might help you monitor room temperatures
- Remember Food is Fuel; hot drinks and meals to help keep you warm, try to include a variety and aim for five portions of fruit and vegetables per day
- Age UK has a handy recipe booklet called Recipes for a Warmer Winter – its available from Age UK website or phone them on 0800 169 8080

ACCESS TO TREATMENT – CHANGES TO OPENING HOURS FROM 5TH DECEMBER 2016

<p>West Lancs Health Centre, Ormskirk Hospital, Wigan Road, Ormskirk L39 2AZ 01695 588800</p> <p>8am – 7.30pm Monday to Sunday</p>	<p>Skelmersdale Walk-In Centre, The Concourse, Skelmersdale WN8 6 LJ 01695 588640</p> <p>8am – 7.30 pm Monday to Friday 9am – 5pm Saturday & Sunday</p>
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Please note - the closing time (7.30pm) is the last booking time to see a nurse.

**If you are struggling to continue caring for someone, please contact
Lancashire County Council – Social Care line 0300 123 6720
If it's out of office hours, the Emergency Duty Team is on 0300 123 6722**

Please share our contact details with other informal family carers living in West Lancs
carers@wlcvs.org | 01695 733737 | @carerssupportWL (Twitter)

Carers Support West Lancashire (FB)

**If you are a carer or a professional wishing to receive this bulletin bi-monthly,
please get in touch**