

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)

LOCAL SUPPORT GROUPS FOR CARERS

Please note a correction to the start time for the Ormskirk group.

- **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
- **Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU
3rd Wednesday each month, 1 – 2.30pm

Holmeswood Support Group had their April meeting at Sooty's Plants garden centre, Southport Road for afternoon tea. Great company, lovely food, fabulous company.

If you have money remaining in your Group Fund and you are coming up to the end of the current 12 months fund, you may want to think about treating yourselves.



Reminder: if you want to apply for your next 12 months of the Group Fund, you will need to submit your receipts to Ncompass and request a new application for 2016-2017. Contact Ncompass directly for further information on 0345 688 7113.

CARERS WEEK – 6th to 12th JUNE 2016

- **6th June – Carers Support West Lancs Drop-In** at Tarleton Library 10 – 12noon
Come along to talk to us about your caring role
- **6 - 12th June – Ncompass** – workers will be out and about in GP surgeries promoting Carer Friendly Communities.
- **8th June – Carers Support West Lancs Drop-In** at Skelmersdale Library 10 -12noon
- **8th June – Discover (Drug and Alcohol Recovery Service) Carers Event** at 75-79 Westgate, Skelmersdale WN8 8LP. 10 – 11 tea/coffee and meet local agencies, 11 – 11-30am a Free Mindfulness taster session. No booking necessary. For queries please contact Discover directly on 01695 50740
- **8th June – Care Free Day at Tanhouse Community Centre** – contact Ncompass 0345 6887113 for more details
- **9th June - Williamson Square, Liverpool – 12noon – 6pm Local Solutions – Carers Week event**
 - Pamper sessions, demonstrations, Free Health Checks, Information and Advice, Fun Activities
 - Carers and their families from across **West Lancs, Sefton and Liverpool** are welcome to join in the activities.
 - For more information contact: Rebecca Kimmance 0151 705 2425
rkimmance@localsolutions.org.uk or visit
www.localsolutions.org.uk/media/news/carersweek_event_2016

MORE COURSES/SESSIONS FOR CARERS

- **24th June - Lifting & Handling for carers, 1 – 3pm**
At Tanhouse Community Centre, Ennerdale, Skelmersdale, WN8 6AN
 - Identify key lifting & handling issues relating to the home
 - Recognise some common themes and actions to improve manual handling at home
 - Promote good manual handling with friends and family
- To book on this course, please contact Sarah on 01695 733737 or sarah@wlcvs.org

SPOTLIGHT ON LOCAL ORGANISATIONS & GROUPS

Galloways Society for the Blind

Problems with your sight and need information about support when registered blind? Galloways offer a wide service ranging from information about different eye conditions, support after a sight loss diagnosis, local activities and events, as well as an Eye Health Directory. Contact them on **01704 534555** for more information.

West Lancs Rangers (Parks & Countryside), West Lancs Borough Council

11th June – Step out for Stroke event at Coronation Park, Ormskirk 11am – 3pm
For details and booking, please contact the Countryside Office 01695 622794
(Please note, booking is essential for this event)

18th/19th June – Kite Flying Weekend at Beacon Country Park, Upholland 11am – 4pm
This is a free, family event run by West Lancs Borough Council. For more details, please contact the Countryside Office 01695 622794

NEW GROUPS

Patchwork Buddies - a new course for the over 55s at The Sewing Rooms, Gladden House, 17 Gladden Place, West Gillibrands, Skelmersdale, WN8 9SX

This is a free, ten week course for women over the age of 55 who are at risk of isolation. The course brings the women together to create new communities of talent, friendship, resilience, connections and wellbeing.

Courses are running throughout 2016, with start dates of **9 May, 5 September and 7 November**.
To book, please email Paula on paula@the-sewing-rooms.co.uk or call 07501726586.

FORWARD PLANNING

2nd July – Ormskirk Dance Festival at Coronation Park, Ormskirk 12noon -4pm

Divine Day Community Arts CIC are working with WLBC Ranger Service for this year's Summer Dance Festival at Coronation Park. The day promises to be excellent fun for all the family with a fun fair, bouncy castle and face painting.

Along with a variety of stalls from craft and community to food and drink. There will also be music and entertainment from around our region celebrating our community and its diversity. We have a wide variety of dance groups that meet across West Lancs and visitors will be able to enjoy showcases from a number of local dance groups.

For more information, or to book a stall for your organisation, please contact **Anne Faulkner** Park Ranger on 01695 570258 or anne.faulkner@westlancs.gov.uk