



## CARERS WEEK 12<sup>TH</sup> – 18<sup>TH</sup> JUNE 2017

### Building Carer Friendly Communities / Carers Health & Wellbeing

This year we are promoting carer friendly communities by raising awareness and supporting carers' health and wellbeing. To find out more about how to look after yourself when looking after someone else you can find us at:

<b>Tuesday</b> <b>13th June</b>	<b>9.30 - 12 noon</b>	<b>North Meols Medical Centre</b> , Church Road, Banks, PR9 8ET
	<b>1.30 - 3.00 pm</b>	<b>Tarleton Library</b> , Mark Square, Tarleton, PR4 6TU
<b>Wednesday</b> <b>14th June</b>	<b>10.00 - 12 noon</b>	<b>Brookes Bistro</b> Brookside, Aughton Street, Ormskirk, L39 3BS
	<b>12.30 - 2.00 pm</b>	<b>Ormskirk Library</b> , Burscough Street, Ormskirk, L39 2EN
<b>Thursday</b> <b>15th June</b>	<b>9.15 -10.15 am</b>	<b>Carers Drop-In at Hillside Health Centre</b> Tanhouse Rd, Skelmersdale, WN8 6DS
	<b>12.30 - 2.00 pm</b>	<b>Citizens Advice - Digital Health Hub</b> , Unit 47, The Concourse Shopping Centre, Skelmersdale, WN8 6LN
<b>Friday</b> <b>16th June</b>	<b>9.30 - 11.00 am</b>	<b>Booths – Burscough</b> , Ringtail Retail Park, Burscough, L40 8AD (For SATNAV use L40 7SS )

### LOCAL SUPPORT GROUPS FOR CARERS – for more information please contact 01695 733737

- **Ormskirk Support Group** – Brookes Bistro, Brookside, Aughton Street, Ormskirk, L39 3BH  
2<sup>nd</sup> Wednesday each month, 10 – 11.30am
- **Holmeswood Support Group** – Holmeswood School, Chapel Lane, L40 1UD  
3<sup>rd</sup> Tuesday each month, 1 – 3pm (subject to school holidays)
- **Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU  
3<sup>rd</sup> Wednesday each month, 1 – 2.30pm

### Parent Carers Meetings/Events (Sue Gaskell 07584 217661 or 01772 532509)

- **Forum 13<sup>th</sup> June, 9.30 – 11am** at The Grove Neighbourhood Centre, Station Approach, Burscough, L40 0RZ
- **Family Event (FREE Play, Chill & Chat) 15<sup>th</sup> June, 4 – 5.30pm** Jollies Barn, The Gravel, Mere Brow, Tarleton, PR4 6JX
- **Forum 11<sup>th</sup> July, 9.30 – 1pm** at Eavesdale Neighbourhood Centre (Formerly First Steps Children's Centre), Eavesdale, Tanhouse, Skelmersdale, WN8 6AU
- **GROUP SITTING IN SERVICE at Wellbeing Centre, Moorgate, Ormskirk L39 4RY**  
*Next sessions – 2 to 4pm, Wednesday 7<sup>th</sup> June and Wednesday 12<sup>th</sup> July 2017* To book a place and find out, please contact Ncompass on 0345 688 7113.
- **Regular Drop-Ins in Skelmersdale (with Carer Support West Lancs)**
  - **Twinkle House** – 2 Gorseley Place, East Gillibrands, Skelmersdale, WN8 9UP  
First week in the month (please contact CSWL on 01695 733737 for dates)
  - **Hillside Health Centre** – Tanhouse Road, Skelmersdale, WN8 6DS  
3<sup>rd</sup> Thursday in the month 9.15 – 10.15 am

### OTHER SUPPORT GROUPS

- **Prostate Cancer Support Group – Southport & West Lancs**  
**7 – 9pm on the first Thursday of the month** (except August) - **Hurlston Hall**, Southport Road, Scarisbrick, Lancs, L40 8HB. **Contact Bev Lean on 01704 807945 or [bevplean@hotmail.com](mailto:bevplean@hotmail.com)**



- **Macmillan Cancer Information & Support Drop-In**

**9.30 – 12 noon on the *first Wednesday* of the month.** Parbold Surgery, 4 The Green, Parbold, WN8 7DN. For more information please contact Caroline Flynn on 01695 656533 or [caroline.flynn4@nhs.net](mailto:caroline.flynn4@nhs.net)

- **Stroke Association – Peer Support Group**

**10.00 – 12.00 noon (held on the last Tuesday of the month)**

Function Room at Brookside Retirement Living, Aughton Street, Ormskirk, Lancs, L39 3BH  
0151 305 0015 or 07717 275 826 [Karen.bellew@stroke.org.uk](mailto:Karen.bellew@stroke.org.uk)

## **COURSES – Free for Carers**

### **Building Better Connections – Free to carers**

**Wednesday, 7th June 2017, 10am - 1pm, Digital Health Hub, (next to Citizens Advice Lancashire West), Concourse Shopping Centre, Skelmersdale, WN8 6LN**

This Asset-Based Community Development workshop offers you tools to help recognise your existing gifts and skills and create/build on your community connections: what you know, what you can do, who you know. We explore how to build on these individual resources to help you find and achieve personal goals such as changing jobs, starting a project or group, improving health or other aspirations. For bookings or enquiries about please contact **Helen Jones** on **01695 733737** or [helenj@wlcvs.org](mailto:helenj@wlcvs.org)

### **Health Champion “bite-size” taster – Free to carers**

**Wednesday, 14th June 2017, 10am – 12 noon, Digital Health Hub (next to Citizens Advice Lancashire West) Concourse Shopping Centre, Skelmersdale, WN8 6LN**

A Health Champion is someone local who has learned how to help others towards the right help and support to live well. While anyone in the community who is helping others to make health changes is a 'champion', there is a full (2-day) Royal Society for Public Health (RSPH) course to give you the knowledge and skills to do this effectively. For bookings or enquiries about please contact **Helen Jones** on **01695 733737** or [helenj@wlcvs.org](mailto:helenj@wlcvs.org)

### **FREE 2hr Workshop – Understanding the Law and the Rights of those you care for**

**16<sup>th</sup> June 2017, 9.45 – 11.45am at Chorley House, Lancashire Business Park, Centurion Way, Leyland, PR25 6TT**

The workshop covers the Mental Capacity Act, how Capacity is assessed, 'best interest' decisions, making a Lasting Power of Attorney, how to make an Advanced Decision to Refuse Treatment. Free parking, tea and coffee provided. For more information or to book a place call **01772 214376** – quote 'carer training' or email [safeguarding.training@chorleysouthribbleccg.nhs.uk](mailto:safeguarding.training@chorleysouthribbleccg.nhs.uk)

## **DATES FOR YOUR DIARY**

**Carers Week – 12<sup>th</sup> to 18<sup>th</sup> June 2017** – for Drop-In sessions, see our list on page 1

**Ormskirk Dance Festival – Sunday, 25<sup>th</sup> June 2017, 11am – 4pm** in Coronation Park, Ormskirk, L39 3BY

**Dementia Café (Ormskirk) 28<sup>th</sup> June 2017, 10am – 12noon** NEW LOCATION – Cottage Lane Mission, Cottage Lane, Ormskirk, L39 3NE

## **REMINDERS**

**Carers Assessments / Peace of Mind for Carers plans** – These can be reviewed with Ncompass every 12 months or sooner, if there has been a change in circumstances. Please contact **Ncompass** to arrange a review on **0345 688 7113 (option 2)**

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](mailto:carers@wlcvs.org) | 01695 733737 | @carerssupportWL

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