



CARERS WEEK 12TH – 18TH 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:

Tuesday 13th June	9.30 - 12 noon	North Meols Medical Centre , Church Road, Banks, PR9 8ET
	1.30 - 3.00 pm	Tarleton Library , Mark Square, Tarleton, PR4 6TU
Wednesday 14th June	10.00 - 12 noon	Brookes Bistro Brookside, Aughton Street, Ormskirk, L39 3BS
	12.30 - 2.00 pm	Ormskirk Library , Burscough Street, Ormskirk, L39 2EN
Thursday 15th June	9.15 -10.15 am	Carers Drop-In at Hillside Health Centre Tanhouse Rd, Skelmersdale, WN8 6DS
	12.30 - 2.00 pm	Citizens Advice - Digital Health Hub , Unit 47, The Concourse Shopping Centre, Skelmersdale, WN8 6LN
Friday 16th June	9.30 - 11.00 am	Booths – Burscough , 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
2nd Wednesday each month, 10 – 11.30am
- **Holmeswood Support Group** – Holmeswood School, Chapel Lane, L40 1UD
3rd Tuesday each month, 1 – 3pm (subject to school holidays)
- **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)

- **Forum 13th June, 9.30 – 11am** at The Grove Neighbourhood Centre, Station Approach, Burscough, L40 0RZ
- **Family Event (FREE Play, Chill & Chat) 15th June, 4 – 5.30pm** Jollies Barn, The Gravel, Mere Brow, Tarleton, PR4 6JX
- **Forum 11th 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 7th June and Wednesday 12th 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
3rd 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**



- **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

- **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

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

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

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

16th 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

DATES FOR YOUR DIARY

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

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

Dementia Café (Ormskirk) 28th 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 | 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**