



Carers Support – West Lancashire Bulletin – Oct/Nov 2016

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
- **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)**
 - **Family Event** - Tuesday, 11th October 2016, 4.30-6.30pm at Jollie's Barn, The Gravel, Mere Brow, Tarleton PR4 6LX
 - **Parent Carers Forum** – Tuesday, 8th November 2016, 9.30 – 12 noon at The Grove, Station Approach, Burscough L40 0RZ (no need to book, just turn up)

Holmeswood Support Group have new members and are planning to have even more activities at their meetings in the run up to Christmas with **Divine Days**. (I think Joe has missed his vocation!)



CARERS RIGHTS DAY - Friday 25th November 2016

If you have a query or would like to know more about your rights as a carer, drop-in to see us at:

10 – 11am	Tarleton Library , Mark Square, Tarleton PR4 6TU
11.30 – 12.30pm	North Meols Medical Centre , Church Road, Banks PR9 8ET
11 – 12noon	Skelmersdale Library , Southway, Skelmersdale WN8 6NL
2 – 3 pm	Brookes Bistro , Aughton Street, Ormskirk L39 3BP
4 – 5 pm	Twinkle House , 2 Gorsey Place, Skelmersdale WN8 9UP

Group Sitting in Service at Wellbeing Centre, Moorgate, Ormskirk L39 4RY

Next session – 2 to 4pm, Wednesday 12th October 2016

Bring the person you care for and leave them with a trained volunteer while you have a well-deserved break. Ncompass will ensure they are safe and well, though they cannot carry out any personal care or administer medication. **Please note, these are not drop-in sessions. To book a place please contact Ncompass on 0345 688 7113.**

SPOTLIGHT ON LOCAL ORGANISATIONS & GROUPS

WEST LANCS PEER SUPPORT

This organisation offers help with Personal Health budgets, Direct Payments and those needing a Personal Assistant. They are commissioned by NHS England to give information and advice about Personal Health budgets and also offer personal fund management services and a payroll service. Based in Skelmersdale, they operate across West Lancashire and the North West.



More information about their service can be found online at www.ukpar.org, or please contact them directly on 01695 556 554 or email support@peersupport.info

SCFI (SKELMERSDALE COMMUNITY FOOD INITIATIVE)

If you are thinking about improving your health, getting more active or learning new skills, SCFI are running FREE workshops, courses and sessions in their **STEP IN** programme.



- 3 Steps to Wellness
- Cookery Workshops (Eat Well 2 Lose Weight / Eat Well 2 Prevent Diabetes)
- Get Active Workshops & Courses (12 Week Challenge, Move 4 Health, Walking Away from Diabetes)

Workshops and courses are held in different venues in the local community. For more information or to book a place, please call **01695 720 555** or email enquiries.scfi@gmail.com



Book Club, Skelmersdale Library – 1st Thursday in the month

This club meets to discuss audio books as well as paperback and hardback books. New members welcome. For more information, contact Wen Williams 01695 624180

NEW GROUPS/SERVICES

Benefits Assessment Advocacy is a Lancashire wide service offering support to people at their ESA/PIP medical assessments. They can offer:

- Pre Assessment Support
- Help preparing for your Assessment
- Attending the Assessment Centre with you.



This service is available to residents who live in Lancashire and who are aged 16 and over. ICANN is a volunteer based service; if you are interested in being part of their volunteering team, please contact them directly using the details below.

For further information or to self-refer, please contact ICANN (Independent Community Advocacy Network North) on 01772 900 253, email to admin@i-cann.org.uk or online at www.i-cann.org.uk

ROOM AVAILABLE FOR MEETINGS & SUPPORT GROUPS

During the summer months, Holmeswood Methodist School has had a lovely bright and airy extension added to the back of the school. The room can take up to a maximum of 12 people comfortably and has a conference table and chairs. If you are looking for a location for a meeting or a place for a group to meet, whether for activities or support, this may be ideal.

Anyone interested in finding out more, please contact the school directly on **01704 821360**



FORWARD PLANNING

Changing Seasons – getting ready for Autumn and Winter.

As the nights draw in and the heating comes on, keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. NHS Choices has a wide range of information and advice about staying warm; find out more at www.nhs.uk and follow the links to **Living Well** or **Care and support**.

If you haven't yet had your free Flu Vaccination and would like one, please contact your GP surgery. Make sure you are clear that you are a carer and are entitled to a free vaccination.

Home Fire Safety Checks – Lancashire Fire and Rescue Service offer a free checking service. Make sure you check your smoke alarms are tested regularly. If you have alarms that are not functioning properly and need replacing, Lancashire Fire and Rescue have a list of recommended partners who supply a range of safety alarms. Contact them directly for more information by visiting www.lancsfireandrescue.org.uk or call 0800 169 1125.

Peace of Mind for Carers plans – These plans can be activated whenever there is an emergency and you are unable to return home to continue in your caring role. It does not need to be a medical emergency. We recommend these plans are reviewed 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 (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

