



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)**
 - **Parent Carer Forum** – Tuesday, 9th May, 9.30 – 3pm at First Steps Children's Centre, Eavesdale, Tanhouse, Skelmersdale, WN8 6AU
 - This event will include a **Sleep Awareness Workshop** – see below for details.
- **GROUP SITTING IN SERVICE at Wellbeing Centre, Moorgate, Ormskirk L39 4RY**
Next sessions – 2 to 4pm, Wednesday 12th April
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 and find out about their May session, please contact Ncompass on 0345 688 7113.

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

This support group meet regularly - men and partners/families welcome. Speakers are arranged for each meeting and tea/coffee/biscuits are provided. There is also a bar open for the purchase of alcoholic and soft beverages (at your own cost). There is a raffle at each meeting to help with costs of running the group. (This is an Affiliated Group)

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. No appointment necessary.

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

25th April 2017, 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

These regular meetings offer support to stroke survivors. For more information or to enquire about support from the Stroke Association in your local area, contact Karen Bellew on:

Karen.bellew@stroke.org.uk 0151 305 0015 or 07717 275 826

SPOTLIGHT ON....

Firm Roots Volunteer Service – Burscough

This is a trained volunteer group offering practical and emotional support to people affected by cancer in Burscough, Lathom, Rufford and Parbold. They offer home cooked meals delivered, cleaning, light housework, ironing, gardening and befriending.

For more details or to enquire about support, please contact:

Helen Jones on 01704 897920 or Linda Aspinall on 01704 821700

firmroots@stjohns-burscough.org | www.firmroots.org.uk



COURSES

FREE Digital Courses – Lancashire Adult Learning working in partnership with Citizens Advice Lancashire West.

- Prevent Identity theft taster - Thursday 4th May, 9am
- Make the most of your tablet - Monday 8th May, 9am (7 weeks)
- Computers for beginners Internet - Thursday 11th May, 9am (7 weeks)
- Functional Skills taster - Thursday 11th May, 1pm
- Introduction to Functional Skills - Thursday 11th May, 1pm (7 weeks)

These courses are open to anyone 18 and over.

Session will be held at the **Digital Health Hub (next to Citizens Advice), Unit 47, The Concourse Shopping Centre, Skelmersdale, Lancashire, WN8 6LN**

Please contact **01695 716923** to book a place or to find out more.

DATES FOR YOUR DIARY

Time 2 Sleep – FREE Sleep Awareness Workshop 9th May 2017, 9am – 3pm

(with refreshments & lunch provided)

First Steps Children's Centre, Eavesdale, Tanhouse, Skelmersdale, WN8 6AU

A workshop raising awareness, skills and understanding around sleep difficulties related to children and young people with additional support needs.

The workshop runs in school hours and is open to both parents and practitioners and is delivered by a qualified sleep practitioner.

To book a place contact: juliajohnson@scope.org.uk 07974 197894 OR susan.gaskell@lancashire.gov.uk 07584 217661



Brighter Future Mobility Open Day – 12th May 2017, 10am – 3pm

20 Greenhey Place, Skelmersdale, WN8 9SA (01695 724361)

With Free Prize Draws and an opportunity to try out their vast range of mobility equipment including mobility scooters, power chairs, electric beds, walking aids and many more.

Contact them on 01695 724361 for more details.



Macmillan Health & Wellbeing Event – Tuesday, 30th May 2017, 2 – 4pm

Lecture Theatre, West Lancs College, Skelmersdale

Chat to a Cancer Nurse Specialist and people from key organisations. Talks, exercise tasters and healthy living activities. **FREE but BOOKING ESSENTIAL** - Contact Caroline Flynn on 01695 656533 or caroline.flynn4@nhs.net

Carers Week – 12th to 18th June 2017

Look out for events and activities across West Lancashire to support family and informal carers.

We will be offering Drop-In sessions with **details of where and when in our next bulletin**. Get in touch if you would like further details or to find out more about information, help and support with your caring role.

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 (Twitter)

Carers Support West Lancashire (FB)

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