



Carers Support – West Lancashire Bulletin – Feb/Mar 2017

LOCAL SUPPORT GROUPS FOR CARERS

- **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, 14th March, 9.30 – 12 noon at First Steps Childrens Centre, Eavesdale, Tanhouse, Skelmersdale, WN8 6AU
- **Group Sitting in Service at Wellbeing Centre, Moorgate, Ormskirk L39 4RY**
Next sessions – 2 to 4pm, Wednesday 8th February and 8th March 2017
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....

Active West Lancs – giving everyone the opportunity to embrace a healthier lifestyle.

Building on existing projects, this fully inclusive service includes health walks and community events, school activities, family workshops and after-school clubs, community gardening, a revamped 'activity referral' scheme, weight management courses, taster and physical activity sessions. We run a wide range of activities across various settings such as leisure centres, community centres, parks and outdoor facilities, schools and community allotments in a bid to get our community more active.

Lots more information at www.activewestlancs.org

Current activities include:

West Lancs Health Walks: Grab some comfortable walking shoes and join them for short, sociable walks. Suitable for beginners and those returning to exercise.

- **Tuesdays** 10am-11am: Meet at Richmond Park Bowling Pavilion, off Junction Lane, **Burscough**, L40 2XY
- **Tuesdays** 10.30-11.30am: Meet outside Skelmersdale Library, Southway, **Skelmersdale**, WN8 6NL
- **Wednesdays** 1pm-2pm Meet at Coronation Park, Ormskirk, L39 3BY
- **Thursdays** 10am-11am: Meet at Banks Leisure Centre, Greaves Hall Ave, **Banks**, Lancashire PR9 8BL

A well earned 'cuppa' awaits you at the end of the walks! No need to book in advance.

For more info, phone the Activity Referral Officer on 01695-585145 or the events section of www.westlancsbuzz.org

Move 4 Health: Move for Health is a weekly low impact exercise session which can be chair-based or standing. It improves your health, fitness and mobility through low intensity and low impact exercise. It can also help increase your sense of wellbeing, and help you feel more mobile.

The Move 4 Health Class runs every **Tuesday** morning at **Greenhill Community Centre** from 11am till 12 noon. To book, contact SCFI on phone: 01695-720555 or email: enquiries.scfi@gmail.com



NEW GROUPS/SERVICES

The Action Walkers

Based at Aughton Village Hall, this group organise leisurely paced five-mile circular weekend walks around West Lancs and the surrounding areas through February and March. Walks are Easy – Moderate and routes depend on weather and condition of footpaths.

Walks start from Aughton Village Hall in Winfred lane at 1pm and return there for refreshments at the end of the walk. The walk and refreshments are free but a small donation for Queenscourt Hospice is appreciated. No need to book, just turn up.

Their next walks are :

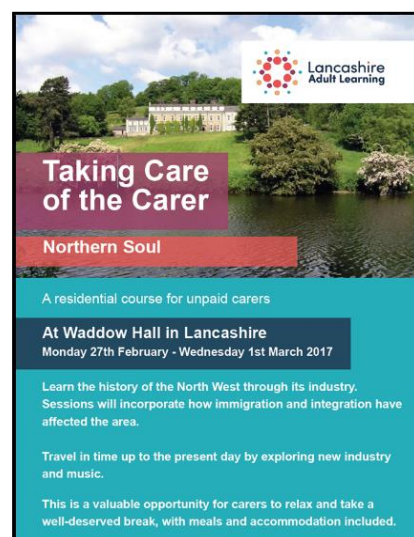
- Saturday 11th February – Clieve's Hill
- Sunday 26th February – Downholland
- Saturday 11th March – Lydiate

For more details about the walks please contact the group leaders Mark and Julia at actionwalkers@gmail.com

DATES FOR YOUR DIARY

Taking Care of the Carer Residential - Lancashire Adult Learning

- Residential Course for unpaid carers who are resident in Lancashire.
- **Monday 27th February - Wednesday 1st March 2017** at **Waddow Hall**, Waddington Road, Clitheroe, BB7 3LD
- Cost of £54.50 includes accommodation, meals, tuition and course materials.
- Further courses are planned for:
 - 13th to 15th March 2017
 - 22nd to 24th May 2017
 - 14th to 16th June 2017
- Please contact **0333 003 1717** for further information and enrolment forms.



REMINDERS

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.

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