



**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

**Parbold Support Group** – Coffee Etc., Station Road, Parbold, WN8 7NU  
3<sup>rd</sup> Wednesday each month, 1 – 2.30pm

**Carers Support Regular Drop-Ins in Skelmersdale**

- **Twinkle House** – 2 Gorsey 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

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

- **14<sup>th</sup> September 2017, Meeting with guest speaker from Advocacy Focus**  
9.30 – 12noon at Eavesdale Neighbourhood Centre (formerly First Steps Children's Centre)  
Tanhouse, Skelmersdale WN8 6AU
- For subsequent meetings, please contact Sue Gaskell on 01772 532509

**Ncompass Coffee & Chat sessions in West Lancashire** – Please contact them for their current newsletter and dates/locations of their drop-ins on 0345 688 7113 option2.

**OTHER SUPPORT GROUPS**

- **Prostate Cancer Support Group – Southport & West Lancs**  
Hurlston Hall, Southport Road, Scarisbrick, Lancs, L40 8HB.  
7 – 9pm on the *first Thursday* of the month (except August). Contact Bev Lean on 01704 807945 or [bevplean@hotmail.com](mailto:bevplean@hotmail.com)
- **Macmillan Cancer Information & Support Drop-In** - For more information please contact Caroline Flynn on 01695 656533 or [caroline.flynn4@nhs.net](mailto:caroline.flynn4@nhs.net)
  - ✓ Parbold Surgery, 4 The Green, Parbold, WN8 7DN  
9.30 – 12 noon on the *first Wednesday* of the month.
  - ✓ Tarleton Health Centre, Gorse Lane, Tarleton, PR4 6UJ  
9.30 – 11.30 am on the *last Friday* of the month.
  - ✓ North Meols Medical Centre, Church Road, Banks, PR9 8ET  
9.30 – 11.30 am on the *2<sup>nd</sup> Wednesday* of the month
  - ✓ The Concourse Shopping Centre, Skelmersdale WN8 6LN  
1 – 4.30 pm *Monday to Friday*
- **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)
- **Skelmersdale Veterans Association** - Every 2<sup>nd</sup> Sunday in the month at 2pm  
The Hare & Hounds, 242 Ormskirk Road, Skelmersdale WN8 9AA  
For more details call 0753 5514309 or search for them online and on Facebook.

**STOPLIGHT ON.....New Digital Health Centre!**

Open Monday to Friday - next door to Citizens Advice, The Concourse Shopping Centre, Skelmersdale, WN8 6LN

- 9.30 – 12 noon – **IT Drop-In support available from BuzzIT project**
- 1pm – 4.30 pm – **Macmillan Information and Support service**

**BuzzIT** is a new project being launched to help people get to grips with using digital technology in their daily lives and to encourage the sharing of IT knowledge and skills within local communities in West Lancs. The Buzz-IT project offers a range of digital learning courses and IT workshops and is also looking for volunteers to work as Digital Champions. For more information call Sarah on 01695 733737 or Citizens Advice Lancashire West on 0344 245 1294. Carer enquiries also taken during morning sessions.



## **Promoting Independence – Age Concern 01772 552867**

This service offers low level preventative support to older people with the aim of helping them to remain independent in West Lancashire. It has been designed to support people who may be at risk of a crisis, eg. a recent hospital discharge, a fall or at risk of falling, suffered a bereavement, struggling to cope with everyday tasks and those feeling lonely or socially isolated.

To find out if this would help you, or the person you care for, please contact Age Concern on 01772 552867

## **DATES FOR YOUR DIARY**

### **Beacon Photographic Club 3<sup>rd</sup> Annual Exhibition – Free entry, 8<sup>th</sup> – 26<sup>th</sup> August 2017 Art House Gallery, 65 Eastbank Street, Southport PR8 1EJ – 0754 1156119**

Beacon Photographic Club of Skelmersdale are holding their 3<sup>rd</sup> Annual Exhibition at the Art House in Southport again this year. The exhibition is a collection of images from club members, who want to show case their work and show the variety of images captured.

### **ACTion WALKERS –**

- Circular walks from Aughton Village Hall, Winifred Lane, L39 6SG
- Walks start at 2.00pm
- Easy / moderate terrain, leisurely pace, about 5-6 miles long. Route will depend on weather and condition of footpaths. Walkers are rewarded with a cup of tea at the end
- Walks and refreshments are free but a small donation for Queenscourt Hospice would be appreciated
- No need to book, just turn up. The Leaders, Mark & Julia, can be contacted on: [actionwalkers@gmail.com](mailto:actionwalkers@gmail.com)

Saturday, 12<sup>th</sup> August, 2017                      Lydiate Peacocks Circular

Saturday, 26<sup>th</sup> August, 2017                      Edge Hill Campus Circular

Saturday, 9<sup>th</sup> September, 2017                      Clieve's Hill Circular

Saturday, 23<sup>rd</sup> September, 2017                      Lydiate Racecourse Circular

**Dementia Café (Ormskirk) 10am – 12noon** NEW LOCATION – Cottage Lane Mission, Cottage Lane, Ormskirk, L39 3NE – Next café 30<sup>th</sup> August 2017

**Macmillan Health & Wellbeing Event on Tuesday, 12<sup>th</sup> September 2 – 4pm**  
Briars Hall, Briars Lane, Lathom, Ormskirk L40 5TH

### **Dementia Friendly Communities – West Lancs Launch Event**

Thursday, 21<sup>st</sup> September 2017 during market day in Ormskirk

An opportunity to share your views about our local community becoming more dementia friendly. Contact 01772 788700 for more information.

### **Parent Carers - Family Information Event**

Tuesday, 14<sup>th</sup> November 2017, 4.30pm – 6.30pm at Jollies Barn, The Gravel, Mere Brow, Tarleton, Lancashire. PR46JX

## **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**