



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

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

Carers Café – Sutton Grange Care Home, Greaves Hall Avenue, Banks PR9 8BL
1st Thursday of the month, 2 - 4pm - for more information contact Christina 01704 215500
Free refreshments, both carers and loved ones welcome.

Carers Support Regular Drop-Ins in Skelmersdale

- **Twinkle House** – 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP
First week in the month, 4-5pm (please contact CSWL on 01695 733737 for dates)
- **Hillside Health Centre** – Tanhouse Road, Skelmersdale, WN8 6DS
3rd Thursday in the month, 9.15 – 10.15am

Caring for Carers - Macmillan Carers Support Group – Macmillan Information & Support Centre, The Concourse, Skelmersdale WN8 6NL (next door to CAB)
3rd Tuesday in the month, 1 – 2pm

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

- 10th October 2017, 1 – 3pm Forum meeting at The Grove Neighbourhood Centre, Station Approach, Burscough L40 0RZ
- 14th November 2017, 4.30 – 6.30pm – FREE Family Event at Jollies Barn, The Gravel, Mere Brow, Tarleton PR4 6JX Contact Sue Gaskell on 01772 532509 for booking and further information.

Parent Carer Group – St Anne’s Parish Centre, Prescott Road, Ormskirk L39 4TG

For parents and carers of children and young people with additional needs.

2nd Thursday in the month, 9.30 – 11.30am. **Next meetings: 12th October and 9th November 2017**
For more information please contact Joan Bill 07484 131652 or joanmbill@gmail.com

Parent Carers – The Lighthouse, Hesketh Bank Christian Centre, Moss Lane, Hesketh Bank, PR4 6AA. This group supports parents of children with additional needs. For more information please contact Jan Christie on 01772 816727

2nd Friday in the month, 10am – **Next Meeting: 13th October 2017**

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.

1st Thursday in the month, 7 – 9pm. Contact Bev Lean on 01704 807945 or bevplean@hotmail.com

• **Macmillan Cancer Information & Support Drop-In** - For more information please contact Caroline Flynn on 01695 656533 or caroline.flynn4@nhs.net

- ✓ Parbold Surgery, 4 The Green, Parbold, WN8 7DN
9.30 – 12noon on the first Wednesday of the month.
- ✓ Tarleton Health Centre, Gorse Lane, Tarleton, PR4 6UJ
9.30 – 11.30am on the last Friday of the month.
- ✓ North Meols Medical Centre, Church Road, Banks, PR9 8ET
9.30 – 11.30am on the 2nd Wednesday of the month
- ✓ The Concourse Shopping Centre, Skelmersdale WN8 6LN
1 – 4.30pm Monday to Friday

There are Information Points also available in Tarleton, Ormskirk and Skelmersdale Libraries. Leaflets and information available to anyone interested in or affected by cancer.



- **Myeloma Support Group – West Lancs & Merseyside**

Training Room (upstairs), Parenting2000, The Lodge, Mornington Road, Southport PR9 0TS
1st Tuesday in the month, 2 - 3.30pm - Contact David Ainsdale 07515 668762

This group is for carers as well as patients affected by myeloma, or indeed anyone who feels that they might benefit from finding out more. **Next meeting: Tuesday 3rd October 2017**

- **Breathe Easy Support Group**

For anyone with lung complaints or breathing difficulties and those caring for them.

3rd Thursday in the month, 11.15am – 12.30pm at Guide Head Quarters, Green Lane, Ormskirk L39 1ND - Free parking

- **Stroke Association – Peer Support Group**

Last Tuesday in the month, 10.00 – 12.00noon in the Function Room at Brookside Retirement Living, Aughton Street, Ormskirk, Lancs, L39 3BH - 0151 305 0015 or 07717 275 826

Karen.bellew@stroke.org.uk

- **Skelmersdale Veterans Association - 2nd Sunday** in the month, 2pm

The Hare & Hounds, 242 Ormskirk Road, Skelmersdale WN8 9AA

For more details call 0753 5514309 or search for them online and on Facebook.

- **Self-Advocacy Network Meetings – 1st Tuesday** in the month 1.30 – 3.30pm

A service user network for those needing support with advocating for themselves. Meetings at West Lancs Link, New Church House, Church Street, Ormskirk L39 3RD. Contact James Hughes on 07821 056821 or jameshughes@caritascare.org.uk **Next meeting: 13th October 2017**

STOPLIGHT ON.....

Shui Gong at Twinkle House 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

This is a therapy-pool exercise class that uses movements from the major styles of Tai Chi, Qigong (chee kung) plus health principles of Traditional Chinese Medicine. The class content explores how the energy of each season affects body, mind and spirit, which helps to balance the flow of energy throughout the body.

Benefits: Regular practice of Shui Gong will help to:

- Reduce stress, calm the body, mind and breathing
- Improve circulation, balance, posture and joint mobility
- Alleviate pain, increase body awareness and reduce falls risks
- Increase feelings of wellbeing

This class is open to carers and non-carers. **Next session commences: 23rd October 2017**

To be added to the waiting list or for more information please contact Helen at Twinkle House on 01695 455625

DATES FOR YOUR DIARY

Its Flu Season again! If you are a carer and haven't been offered a free Flu Vaccination by your GP and would like one, please contact us or your surgery for more information.

19th October 2017, 2-4pm – Silver Jubilee Celebration Sutton Grange

Help Sutton Grange celebrate their Silver Jubilee in the Community Café. Singing, vintage songs and a raffle with free tea and cake. No booking necessary, all welcome. For more details contact Christina on 01704 215500 - Sutton Grange, Greaves Hall Avenue, Banks PR9 8BL

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 circumstance. 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