

Lancashire Adult Learning

Free Courses available delivered by Lancashire Adult Learning

The following courses are available to Carers, please note that places are limited so early booking is advised.

These Courses will be delivered at our New Preston Offices; Edward VII Quay, Navigation Way Ashton-on-Ribble, Preston, PR2 2YF.



First Aid Beginners
Thursday 8th February
9.30am - 11.30am



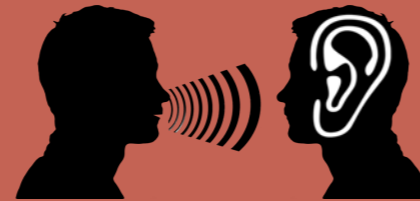
CV Writing Skills
Friday 9th February
10am - 1pm



Befriending
Wednesday 31st January
10am - 1pm



Listening & Feedback Skills
Thursday 22nd February
10am - 1pm



n|compass Carers' Services

Part of Carers Lancashire

Winter 2018

Registered Charity Number 1128809

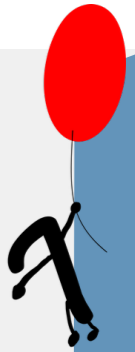


Happy New Year from us all at n-compass North West and welcome to our first Newsletter of 2018.

Over the course of the last few months, I have met with many of you to discuss ways in which we could enhance the support we offer through our Carers' service. Financial constraints mean that we cannot be overly ambitious but we are now working on providing a range of new opportunities for you to take a break from your caring role. More detailed information will be included in the next edition of the Newsletter.

We are also reviewing the way in which we distribute the Newsletter and, in future, will be sending these out to you by email where possible. Please complete and return the enclosed return form to advise us of your preference.

Kind regards
Steve Varley



Peace of Mind 4 Carers

Plans are free, provide 24 hour contingency and up to 72 hours (3 days) of replacement care that will be put into place when the plan is activated. Replacement care is available if a Carer is rushed into hospital, or for any other incident involving the Emergency Services, where no other support is available. Please note replacement care may not always be available. Remember to check your plan regularly and get in touch if there are any changes.

Carer's Assessments

Discuss with a Carers Support Worker about how being a Carer affects you and highlight any support you may need. You may also be eligible for a Carer's Personal Budget.

Sitting In Service

Volunteers provide Carers with a break from their caring role by providing support to the person they care for.

How To Contact Us

To request a Carer's Assessment or Peace of Mind 4 Carers Plan, to apply for the Sitting In Service, or for more information on any of our services please call 0345 688 7113 or email cadmin@ncompassnorthwest.co.uk

Our Services

Carers' Help and Talk (CHAT) Line

Are there times when you want to talk but feel there is no one to talk to?

Don't suffer in silence; call the CHAT line!

0333 103 9747

The CHAT line is available 24 hours a day, 7 days a week 365 days a year.



Activities

The following activities are also planned, again places are limited so early booking is advised:

Visit to Blackpool Tower Ballroom
Tuesday 30th January
1.15pm - 3.30pm

Take in the amazing atmosphere at this world famous venue and have a dance to the sound of the organ music

MFA Bowling
50 Greenbank Street, Preston
Monday 19th February
12.45pm - 2.00pm

Join us for bowling fun, all are welcome to come along and get involved



Lancaster Castle Tour
Lancaster Castle LA1 1YA
Thursday 29th March
10.30am - 12.00pm



Don't forget!

...you can engage with us online

Visit our new look website

www.ncompassnorthwest.co.uk/what-we-do/carers-support

Follow us on Twitter @ncompassNW

Like us on Facebook /ncompassnorthwest



आ न्यूजलेटरमांनी कोठे पण माहितीनुं त्पापांतर करवामां त्तमारे सहायनी ज़रूर होय तो कृपा करी
फ़रज़ानا आदम अथवा तस्नीम ज़ोगियातनो 0345 688 7113 नंबर पर सम्पर्क करो.

اگر اس اخبار کے کسی حصے کا آپ کی زبان میں ترجمہ چاہتے ہیں تو فرزانہ آدم یا تسنیم جوغیاتیات سے 0345 668 7113 پر رابطہ کریں

Please note that whilst n-compass Carers' Services do our best to print accurate information, times, dates and venues may be subject to change so you are advised to check on our website or call before attending. Activities, Carefree Days and Coffee and Chats can only be accessed by Carers or former Carers who are registered with us. To register call 0345 688 7113 or email cadmin@ncompassnorthwest.co.uk.

Every care has been taken in the compilation and publication of the content of this newsletter. However, n-compass Carers' Services will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in the newsletter is for general information only and does not constitute advice on personal health or any other matter. Comments, Complaints and Compliments To help us improve our service, if you have any comments, good or bad, please bring them to our attention. Our complaints procedure is available on request.

n-compass offers confidential and secure services n-compass is registered in England and Wales as a Registered Charity No.1128809 and as a company limited by guarantee no.06845210. n-compass is committed to safeguarding and promoting the welfare of children, young people and adults.



n|compass Carers' Services
Part of Carers Lancashire



Newsletter

Coffee and Chats

Meet and chat with other Carers, speak to an n-compass Carers' Support Worker and take a well-earned break from your caring role while enjoying a FREE (non-alcoholic) drink. If you have never been before because you don't know anyone; don't worry! Everyone has been a 'first timer' and a friendly worker will be there to greet and introduce you to everyone.

Central & West Lancashire Venues

Avant Garden Centre

Wigan Road, Leyland, PR25 5XW
10:00am-12:00noon
Tuesday 20th February 2018
Tuesday 20th March 2018
Tuesday 24th April 2018

Café Ambio

Astley Park, Chorley, PR7 1NP
10:00am-11:30am
Friday 26th January 2018
Friday 23rd February 2018
Friday 6th April 2018

Roccoco Coffee Lounge

41-45 Chapel Brow, Leyland, PR25 3NH
10:30am-12:30pm
Tuesday 30th January 2018
Tuesday 27th February 2018
Tuesday 27th March 2018

Bonds

(previously Leaf or Bean Coffee Shop)
Preston Guildhall, Lancaster Road,
Preston, PR1 1HT
10:00am-12:00noon
Wednesday 7th February 2018
Wednesday 7th March 2018
Wednesday 4th April 2018

St Johns Baptist Church Café

School Lane, Burscough, L40 4AE
10:00am-11:30am
Thursday 8th February 2018
Thursday 8th March 2018
Thursday 12th April 2018

Brookes Bistro

Brookside Living, Aughton St,
Ormskirk, L39 3BH
9:30am-11:30am
Thursday 25th January 2018
Thursday 22nd February 2018
Thursday 22nd March

No need to book
please just come along



North Lancashire Venues

The Cornerstone

Sulyard Street, Lancaster, LA1 1PX
10:00am-12:00noon
Friday 9th February 2018
Friday 9th March 2018
Friday 13th April 2018

Bay View Garden Centre

Mill Lane, Bolton-le-Sands, LA5 8ET
9:30am-11:00am
Wednesday 31st January 2018
Wednesday 28th February 2018
Wednesday 28th March 2018

The Rainbow Centre

Clarence Street, Morecambe, LA4 5EX
1:00pm-3:00pm
Tuesday 20th February 2018
Tuesday 20th March 2018
Tuesday 17th April 2018

Burnside Garden Centre

New Lane, Thornton-Cleveleys, FY5 5NH
10:00am-12:00noon
Wednesday 14th February 2018
Wednesday 14th March 2018
Wednesday 11th April 2018

Booths Café

St Annes Main Drive (off Heyhouses Lane),
St Annes, FY8 3UT
10:00am-12:00noon
Wednesday 21st February 2018
Wednesday 21st March 2018
Wednesday 18th April 2018

Booths Café

Cherestanc Square, Garstang, PR3 1EF
10:00am-12:00 noon
Thursday 1st February 2018
Thursday 1st March 2018
Thursday 5th April 2018

Please note that the Leyland Dementia Hub has now moved to a new location. For further information, please contact Alison Hardman at South Ribble Borough Council (01772-625327).

If you have any questions, or for more information, please contact Ian Scott or Suzanne Hanson, Dementia Carers Support Workers, on 0345 688 7113.

Dementia Awareness Week 21st May to 27th May

Our Support Workers will be out and about during this week.

For further details please visit www.facebook.com/ncompassnorthwest

Dementia Drop-Ins

Come and meet a Carers Support Worker, access support and find out more about caring for someone with Dementia.

Charnley Fold Drop-In

Café Reception area, Charnley Fold,
Cottage Lane, Bamber Bridge,
Preston, PR5 6YA
10:00am-12:30pm
Tuesday 6th February 2018
Tuesday 6th March 2018
Tuesday 3rd April 2018

The Bay Dementia Hub

Venues as shown:
1:30pm-3:30pm

Friday 2nd February 2018
Lancaster Library, Market Square,
Lancaster, LA1 1HY

Friday 2nd March 2018
Trimpell Sports Club, Out Moss Lane,
Morecambe, LA4 4UP

Friday 6th April 2018
Lancaster Library, Market Square,
Lancaster, LA1 1HY

BME Carers Coffee and Chats

All Carers are welcome to these coffee and chats which will be hosted by our BME Carers Support Workers. Support will usually be available in English, Gujarati and Urdu.

Raffles Coffee House

St Georges Shopping Centre, Friargate,
Preston, PR1 2NQ
10:00am-12:00noon
Thursday 1st February 2018
Thursday 1st March 2018
Thursday 5th April 2018

Pendle House

85 Leeds Road, Nelson, BB9 9TG
10:00am-12:00noon
Wednesday 14th March 2018
Wednesday 9th May 2018



n-compass Asian Carers' Forum

Curious Minds

23-27 Guild Hall, Preston, PR1 1HR
9:30am-1:00pm
Thursday 8th February 2018
Speakers to be confirmed

Refreshments and light lunch provided.

Please note:
booking is essential.

Contact Farzana Adam
or Tasneem Jogiyat on
0345 688 7113
to confirm attendance.

کافی پر گپ شب کے دوران گجراتی بولنے والی کیئررز سپورٹ ورکر دستیاب ہو گی
आ कॉफी ऑन्स चॅट्स भाते अक गुजराती बोलनार केरर्स सपोर्ट वकर उपलब्ध छे.



Mental Health Carers Coffee and Chats

Mental Health Carers Support Workers will be available at each Coffee and Chat, where Carers can put forward their views, raise any concerns and access specialist and peer support.



The Sanctuary

12-14 Heysham Road, Morecambe, LA3 1DG
1:00pm-3:00pm
Wednesday 17th January 2018
Wednesday 21st March 2018
Wednesday 16th May 2018

Bonds

(previously Leaf or Bean Coffee Shop)
Preston Guild Hall, Lancaster Rd, Preston, PR1 1HT
10:00am-12:00noon
Wednesday 21st February 2018
Wednesday 21st March 2018
Wednesday 18th April 2018

Warbreck Café

Warbreck Garden Centre, Lyelake Lane,
Ormskirk, L40 6JW
2:00pm-4:00pm
Wednesday 21st March 2018
Wednesday 16th May 2018

Pendle House

85 Leeds Road, Nelson, BB9 8HE
10:00am-12:00noon
Tuesday 27th March 2018
Tuesday 29th May 2018



Interest Form

Newsletter

TICK

I would like to continue to receive the Newsletter by post

I would like to receive the Newsletter by email (please provide email here:

I do not want to receive the Newsletter in future

Getting Involved

TICK

I would like to find out more about the Sitting in Service

I would like to find out more about how I can support n-compass through Volunteering

I would like to find out more about how I can support the development of n-compass Carers Services

Please tick the appropriate box(s) and return this form to: **FREEPOST: N-COMPASS NORTH WEST**



n|compass Carers' Services

Registered Charity Number 1128809

ACTIVITY BOOKINGS

If you wish to attend any of the activities below please tick the appropriate box and return this form to:

FREEPOST: N-COMPASS NORTH WEST

TICK TO BOOK PLACE

- Visit to Blackpool Tower Ballroom
- Befriending
- First Aid For Beginners
- CV Writing Skills
- MFA Bowling
- Listening and Feedback Skills
- Lancaster Castle Tour

DATE & TIME

- | | |
|-----------------------------|-----------------|
| Tuesday 30th January 2018 | 1.15pm-3.30pm |
| Wednesday 31st January 2018 | 10.00am-1.00pm |
| Thursday 8th February 2018 | 9.30am-11.30am |
| Friday 9th February 2018 | 10.00am-1.00pm |
| Monday 19th February 2018 | 12.45pm-2.00pm |
| Thursday 22nd February 2018 | 10.00am-1.00pm |
| Tuesday 20th March 2018 | 10.30am-12.00pm |

Your Name _____ Contact Telephone Number _____



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