Our new Centre!
A dream come true for Carers Trust Fylde Coast, thanks to Beaverbrooks Charitable Trust
See pages 6 & 7 for more details.

INSIDE THIS ISSUE

News Presenter Charlene White inspires young adult carers
See page 8

Cash Quest for Carers 2015
Who’s up for the challenge?
See pages 12

Carers Week
Events and Activities
See page 18

8-14 June 2015
‘Building Carer Friendly Communities’
Welcome…

to the Summer edition of Caring Times.

This year is going to be a busy one with the planning of Beaverbrooks House and you can read all about this on pages 6 and 7. Please look at the plans and let us have your feedback.

We are delighted to have been selected as the Mayoral charity for 2015-16. Hopefully this will provide the platform needed to raise awareness of unpaid carers’ issues and the importance of carers in our local community. I would also like to focus on how we can avoid the confusion between care workers and unpaid carers.

Carers Week is an important date for your diaries. There are many events planned, ending with a celebration at the Art Deco Café in Stanley Park, to be attended by Jimmy Armfield. Cash Quest for Carers begins on 11th June and teams are invited to contact Kay or Julie for entry forms.

Raffle tickets are on sale now and you can contact the office if you would like additional books to sell or buy!

Finally we welcome a new parent carer team funded by the Big Lottery Fund. If you know the parents of a child with a disability who would appreciate help, please ring Nicky for further information.

Best wishes,

Mike

Our Supporters and Awards

If you require further hard copies of this magazine, please contact Kay on 01253 393748.

If you have difficulty reading this magazine, please download the pdf version from our website www.carerstrustfyldecoast.org/downloads where you will be able to view it at a size suitable for you.

Caring Times magazine is funded by our supporters and partners.

All information included in this magazine is correct at time of going to press and does not necessarily reflect the views or recommendations of Carers Trust Fylde Coast Carers Centre.
Our Team

- Faye Atherton  
  Family Support Worker
- Duncan Campbell  
  Family Support Worker
- Lauren Codling  
  Business Development Officer
- Karen Cooke  
  Carers’ Hospital Project Worker
- Kerry Dalton  
  Carers’ Hospital Project Worker
- Cheryl Fairhurst  
  Learning Disability  
  Work Experience Co-ordinator
- Hannah Fletcher  
  Carers’ Hospital Project Lead
- Sophie Guest  
  Young Carers’ Champion
- Amy Gunniss  
  Young Carers’ Activity Co-ordinator
- Joanne Henderson  
  Volunteer Coordinator
- Louise Herd  
  Finance Officer
- Rebecca Holme  
  Memory Screener/Shops’ Manager
- Christopher Lear  
  GP Liaison Worker
- Dawn Maher  
  Adult Carers’ Lead
- James Martin  
  Memory Screener
- Nigel McMurdo  
  Operations Director
- Tom McMurdo  
  Resources Lead
- Pete Mercer  
  Layton Community House Manager
- Jacqui Morley  
  Public Relations Officer
- Vicky Robinson  
  Family Support Worker
- Kay Soper  
  Support Services Manager
- Michelle Smith  
  Chief Executive Officer
- Julie Swift  
  Charity Administrator
- Vicky Smith  
  Programme Administrator
- Carla Talbott  
  Adult Carers’ Support Worker
- Dee Talbott  
  Young Adult Carers’ Support Worker
- Tracy Taylor  
  Footcare Technician
- Trish Wilson  
  Shops’ Manager
- Anne Wright  
  Dementia Carers’ Support Worker
- Kay Soper  
  Support Services Manager
- Michelle Smith  
  Chief Executive Officer
- Julie Swift  
  Charity Administrator
- Vicky Smith  
  Programme Administrator
- Carla Talbott  
  Adult Carers’ Support Worker
- Dee Talbott  
  Young Adult Carers’ Support Worker
- Tracy Taylor  
  Footcare Technician
- Trish Wilson  
  Shops’ Manager
- Anne Wright  
  Dementia Carers’ Support Worker

More staff information can be found on our website  
www.carerstrustfyldecoast.org

Contact Us

Carers Trust Fylde Coast  
Carers Centre  
(formerly Blackpool Carers Centre)

Head office
Norman House, Robson Way, Blackpool, FY3 7PP  
Tel: 01253 393748 Text: 07961 586703 Fax: 01253 391616  
Email: kay.soper@carerstrustfyldecoast.org  
Opening times 9.00am-5.00pm Monday to Friday

Drop-in
165a Church Street, Blackpool FY1 3NX  
Tel: 01253 299969 Email: admin@carerstrustfyldecoast.org  
Opening times 10.00am-4.00pm Monday to Friday

Charity Shops
- 78 Victoria Road West, Cleveleys FY5 1AG. Tel: 01253 865552
- 111 Lord Street, Fleetwood FY7 6LB. Tel: 01253 875122
- 1a All Hallows Road, Bispham, Blackpool FY2 0AS  
  Tel: 01253 351530
- 7a Layton Road, Blackpool FY3 8EA. Tel: 01253 302953

You can also send us a message using the ‘Contact Us Form’  
on our website:
www.carerstrustfyldecoast.org/contact-us/contact-us-form

How to refer to our service

There are several ways you can refer to us:
- Call the Carers Centre direct on 01253 393748
- Contact us via Facebook/blackpoolcarers or Twitter @blackpoolcarers
- Send an email to: dawn.maher@carerstrustfyldecoast.org
- Ask your social worker or support worker to refer you
- Ask your GP to refer you
- Download an Adult or Young Carers’ referral form from our website:
  www.carerstrustfyldecoast.org/downloads

Many people don’t realise they are carers - please pass our details on to anyone who you think may need our support.
A huge thank you to Bury Carers’ Centre

On 18th February, our carers had an extra treat during the trip to Bury and the famous Market. Bury Carers’ Centre kindly invited us to visit their lovely Centre for tea and biscuits and the chance to meet and chat with staff and carers.

We would like to say thank you for being great hosts and making us feel so welcome. Hopefully we can return the favour when they come to visit Blackpool!

Bury was a great place to visit with all its shops and of course the huge market, which offered lots of opportunities not only to purchase the famous Black Puddings, but plenty of other foody treats and clothes. In fact, you’d find almost anything you were looking for at Bury Market and looking at the number of bags and parcels that came back on the coach, I think our carers enjoyed rather a lot of retail therapy.

Dementia Carers’ Peer Support

We held our first dementia carers’ peer support Group at Grenfell Avenue in Layton on Thursday 30th April 2015.

Carers, staff and friends very kindly baked lovely cakes for us and our carers enjoyed a little time away from their caring role to chat with each, other sharing stories and ideas.

Anne, our dementia carers’ support worker and her team of volunteers were on hand to offer support and Becci from Empowerment joined us for a time to talk about what Blackpool’s Dementia Support Services can offer to people living with dementia.

The Carers Centre and Empowerment work in partnership to provide a comprehensive package of support and offer plenty of opportunities for carers and their loved ones to live well with dementia to try to reduce social isolation and loneliness.

Our next peer support group will be held on Tuesday 30th June 2015 between 11am and 4pm.

Any carers of people with dementia are welcome to join us, if you have not attended before please give us a ring on 01253 393748 to let us know you’re coming.

Services at the Centre

Services we offer

- Age specific support
- Advocacy
- Befriending
- Carers’ Awareness Training
- Citizens’ Advice Sessions
- Coffee Mornings
- Computer Skills
- Confidence Building Courses
- Consultation Groups
- Counselling
- Craft Groups
- Day Trips
- Dementia Awareness Training
- 1:1 Emotional Support
- Emergency Action Plans
- Evening Support Group
- Footcare Service
- Funding for Hobbies and Interests
- GP Liaison Worker
- Carers’ Relief and Break Fund
- Hospital Support
- Information and Signposting
- Memory Screening
- Mental Health and Substance Misuse
- Money Advice Service
- Out of Hours Service
- Pamper Sessions
- Parent Carer Project
- Practical Training
- Quarterly Magazine
- Schools’ Support
- Substance Misuse Project
- Training for Professionals
- Trips, Activities and Youth Clubs
- Volunteering
- Whole Family Support
- Work Experience Programme - Learning Disabilities

Dementia Carers’ Peer Support Group enjoying homemade cakes in the sunshine
New M-PACT training for the Family Focus project

It has been a busy few months for the Family Focus team as we continue to support families in the area, alongside attending a four day training course in London which will enable us to deliver a programme to parents and children around addiction.

The programme, called M-PACT, which stands for Moving Parents and Children Together, is part of the HeadStart Big Lottery funding pilot which Blackpool is part of and it aims to increase resilience in children.

The M-PACT programme will allow us to work intensively with parents and children to look at the issues relating to parental substance misuse on family relationships and children. The programme will be delivered to groups of families and will explore the understanding of addiction, beliefs and effects on family life. The programme will run over 8 weekly sessions and will also develop family skills in planning for good and bad times and improving communication within the home.

We are thrilled to be able to provide this additional support to families and hope that once they have experienced the programme they will feel more positive about their futures.

Our core work continues with our small groups of families. We have supported families to spend positive time together with some of them benefiting from trips to the cinema and enjoying after school activities.

These are important aspects of our support for families as it gives them time out to focus on each other and helps them to have new and achievable experiences that they can then plan for themselves in the future.

Many of the children we support enjoy attending our young carers’ youth clubs which allow them to make new friends and have the opportunity to socialise and play outside of home and school. This has helped many of them develop more confidence in their social skills and given them another strand of support.

For more information regarding the M-PACT programme please contact us on 01253 393748.

New positive outlook for Amy

Being a teenager in this day and age is no easy task, but being a teenager in this day and age whilst looking after people on a daily basis makes everything you do that little bit more intense.

Six or so months ago I was a college drop out. I was always stressed or unhappy and I put everyone else’s needs above my own. But this story isn’t a completely negative one, it is just how it begins. Having a parent who relies on you and trying to be an adult figure for young children isn’t how anyone pictures spending their teenage years, but it’s how I spent mine. As stressful as it is, I wouldn’t change the things I got to experience because it has helped me have a different and more open outlook on everyday life.

Before being contacted by Carers Trust Fylde Coast, I had no idea the service existed but I’m so glad they contacted me. Without the Centre I really do believe I would still be out of education, full of anxiety and putting everyone else’s needs above my own.

Now, I am doing a traineeship in business administration and hoping to eventually move on to an apprenticeship. I have learned to control my anxiety and stress levels, and have finally begun to take care of myself and my health a lot more. One of the most important things that the Centre has helped me with is realisation. They have shown me that I don’t have to go through anything alone and that I’m not the first carer and I won’t be the last. Everything they have done for me, no matter how big or small has made an impact.

Carers Trust Fylde Coast has truly changed the way I look at my caring role. I no longer think of it as an obligation, more of a lesson for my future.

Amy, young adult carer
Take a good long look at the building on this page – and on the front cover...

...it is ours and, more importantly, yours!

We are counting on your support to help us make a real difference to the quality of carers’ lives as we embark on the start of an exciting new challenge.

It will cost at least £750,000 to convert the property into a vibrant centre: for carers, families and the whole community.

The building formerly known as Blenheim House, the child development centre on Newton Drive, is to become Beaverbrooks House – and the new headquarters of Carers Trust Fylde Coast.

It’s all thanks to an extraordinary act of generosity by Beaverbrooks Charitable Trust – and there couldn’t be a better anniversary gift for the charity’s 10th birthday.

If ever a charity needed space to grow it’s this one. We help more than 3,500 local carers and are reaching more all the time, including through brand new services such as the Parent Carer project which won separate funding recently.

Beaverbrooks House is arguably the most significant development since the charity began a decade ago.

Already a landmark local building, it gives the charity space to grow and really develop services.

It was originally built between 1891 and 1895 as two semi-detached properties Ingle Dene (147) and Ivy Villa (145) for the wealthy of the day. Ivy Villa is still inscribed on the gateposts today.

It’s being handed over to Carers Trust Fylde Coast by Beaverbrooks Charitable Trust – for sole use as our headquarters for at least 20 years.

The potential is immense.

Blenheim House Child Development Centre relocated last summer to Whitegate Drive Health Centre – taking the historic name with it.

The spacious detached property has long been used for children’s support services and was put on the market on condition some form of social care should continue there.

Sadly, metal thieves moved in and did their worst before potential buyers got a chance to inspect the building.

Blackpool Teaching Hospitals NHS Foundation Trust, the previous owners, stepped up security after finding a mangled mess of metal, broken glass, smashed walls and ripped up floorboards.

A few rooms remain intact including, poignantly, a children’s room where murals may have masked one of the few surviving radiators.

The damage didn’t deter charity CEO Michelle Smith – or take the shine off what will become the jewel in the carers’ crown thanks to Beaverbrooks.
We want our local community to be involved!

How exciting, a new centre and all thanks to The Beaverbrooks Charitable Trust for their most generous show of support for unpaid carers on the Fylde Coast.

Our aim is to develop a vibrant centre and local community resource. In order to achieve this centre of excellence, we are asking for everyone’s help: funds, time, skills, experience, opinions.

Plans available during Carers Week

To ensure that as many people as possible are able to contribute to the development, plans will be available for the whole of Carers Week (8th to 14th June). They will be displayed at Norman House, Church Street Drop in, Grenfell Avenue and on our website.

Please let us have your views

• Would you like to get involved?
• Would you like to run a fundraising event?
• Do you have time and skills that you are willing to share?

My contact details are below, please ring or email me and help us to make the vision a reality. Thank you.

Michelle
Tel. 07870 148305
michelle.smith@carerstrustfyldecoast.org

We are encouraged to support time giving initiatives and tax efficient salary sacrifice schemes that benefit good causes. This year each employee will receive £100 to give to charity after discussing choices with colleagues.

Michelle explains: “We saw past the damage to the potential. It still has everything going for us. This beautiful landmark building has done an awful lot of good work and will do so again – under our custodianship.

“It gives us space to grow, parking, it’s on a bus route, it’s between the town centre and the hospital, there are gardens, trees, beautiful grounds - so much to offer carers of all ages.

“Our current building has become an administrative base. We need a vibrant centre where carers and their families can have their own space.

“We couldn’t have had a better anniversary gift. Beaverbrooks Charitable Trust has taken my breath away.”

The third generation family-run St Annes based jewellery retailer has a separate charitable trust – which gives 20 per cent of post-tax profits away each year to charity. It has given in excess of £8m since 2000. Nearly 900 colleagues are encouraged to support time giving initiatives and tax efficient salary sacrifice schemes that benefit good causes. This year each employee will receive £100 to give to charity after discussing choices with colleagues.

Mark Adlestone, Chairman, recently named Best Leader in the Sunday Times Best Companies List, explained: “We’re doing this because it’s the right thing to do. We give because we’ve a heart to. We measure our worth not by what we own but what we give.”

Beaverbrooks Property Manager, Steve Cassidy, vice chair with Carers Trust Fylde Coast, asked for an interest-free loan to help the charity out.

Mark and director Andrew Brown, who has received an MBE for services to charity, returned with an offer to buy the property outright. Steve admits: “I expected support because I’ve worked with Beaverbrooks 20 years and know what Andrew and Mark are like – but not the level of support we’ve got.

“I was flabbergasted. Our core purpose as a company is enriching lives – and this will do just that for carers.”

Steve joined the charity under Beaverbrooks time giving initiative four years ago. He will chair the working group looking at feasibility and architectural reports ahead of a capital funding quest.

It will cost at least £750,000 to convert the property – and it may be 12 months to two years before staff and carers move in.

By Jacqui Morley
News presenter, Charlene White inspires young adult carers

On April 8th, one of our young adult carers, Hazel Hall, went to London to participate in media training with Carers Trust. This included sessions on how to reach your goals even with a caring role, how to speak to the media, how to catch an audience’s attention and how to promote carers.

This training will be used to promote carers with Carers Trust and Carers Trust Fylde Coast, on a local and national scale.

During the day the media panel were also visited by Charlene White, ITV news presenter and journalist who also had caring responsibilities throughout her life.

She gave the carers a talk about her achievements and the struggles she faced. “It was amazing how down to earth Charlene was and how she got where she is today. It gave me a lot to think about for the future” Hazel explained.

Carers Trust Fylde Coast and Whitworth Pharmacy Pilot Project

A three month joint project between Carers Trust Fylde Coast and 5 Whitworth pharmacies in Blackpool, to uncover hidden carers, has been really successful.

Over forty otherwise hidden carers were identified by pharmacy staff and referred to the Centre. Pharmacy staff were trained by the Carers Centre to identify potential hidden carers by asking one simple question, ‘Are you looking after someone?’, rather than ‘Are you a carer?’.

Alan Chappell, Project Officer for Carers Trust said "I've been really excited to be a part of this national pilot, to see how pharmacies have been able to use their unique positions at the heart of communities to identify carers, give them access to pharmacy services and also signpost them to their local carers’ service and GP for specialist support. It’s really shown what can be done through a very quick conversation that starts with the simple question, ‘Are you looking after someone?’; Blackpool was one of nine areas chosen nationally to take part in the pilot scheme, the results of which are now being collated by the University of Leeds and will be published during the summer.

Chris Lear, GP Liaison Worker for Carers Trust Fylde Coast said “this pilot project has been a great success, given the size of Blackpool in relative terms to the other pilot areas, over forty carers of all ages being found and referred to us is fantastic”.

The Carers Centre would like to extend a big thank you to all the pharmacy staff who have been involved in this project for their commitment and hard work in making the pilot such a success.

Shop ‘til you drop!

Conveniently located in Layton, Bispham, Cleveleys and Fleetwood, our charity shops are an important part of providing valuable support to the running of the Carers Centre.

Inside each of our shops, you will find a wide range of products at great prices! If you are looking for a new outfit or something different for your home, why not visit our shops in Layton, Cleveleys or Fleetwood? For furniture, our shop in Bispham offers everything from tables to bed frames, with a large selection of couches and chairs also available.

If you would like to help raise funds for the Carers Centre by donating goods, you can either drop them into any of our shops, or for larger items we can arrange for collection.

If you are a UK tax payer and currently pay tax, you can raise additional funds for the organisation, at no cost to yourself by electing to Gift Aid your items when you donate them. All you have to do is fill in a form when you donate your items and we will receive an extra 25% from HMRC.

Remember that as well as stock, we are also on the lookout for new volunteers. There are lots of roles in the shops such as window dressing, merchandising and cashiers. If you have a skill you think may help us in our shops or you want to learn new skills yourself, why not give it a try?

For more information contact the office on 01253 393748.
Okay! I have been inspired!
A day in a life of a student social worker (and carer)

Two years ago life was very different for my family. My husband was a security guard working every hour on a very low wage, whilst I was a full-time mum to our 1 year old daughter, also helping care for my husband’s mum who suffers from Multiple Sclerosis.

Financially we were barely managing and visiting the job centre with a pram and a baby in tow, was far from pleasant. I was worrying that we wouldn’t be able to afford to put food on the table that month, whilst feeling low and lost with my own personal achievements.

After following this same routine for over a year I decided I needed to do something with my life that would not only provide for my family but fulfil my need to contribute to the community.

I was accepted onto the University of Central Lancashire’s Masters Course for social workers last April and entered study in the October, preparing for my first placement this March. The course was extremely difficult, especially having a small child at home and managing a part-time caring role, but I managed it. I also passed my driving test after 12 years of trying too.

At the beginning of March I entered my first social work placement with Carers Trust Fylde Coast and I have been inspired!

During my time at the Centre, I have been lucky enough to work with some very talented and knowledgeable colleagues, working with both the adult and young carers’ team as well as the Hospital Support Project at Victoria Hospital.

I have found that no day is ever the same, as each carer or family have such varied needs. I have performed one to one work with children, helping them adapt to their life as a young carer, worked with families who need support with their caring roles and aided carers in hospital with a comfortable discharge and recovery.

I have also worked alongside social services acting as an advocate for the carer, helped arrange funerals, searched for local funding for families in need of help, supervised youth clubs and been there if a carer just needed someone to talk to.

I will be sad to leave this role as I have gained so much knowledge from not only the support workers, but also the carers and plan to use this in my future roles.

I thought I would share my story with you, not only to highlight the amazing job that the support workers do, but to hopefully inspire any carers out there, to follow your dreams for the future as it can be achieved. Good Luck!

Sarah Holdsworth, Social Work Student

Help to create a 'Better Life for Carers' by making a Donation!

Your generosity is much appreciated and every penny you donate goes to fund services, trips and activities for carers.

Your name ............................................................................................................................................................................
Address ................................................................................................................................................................................
Tel .....................................................................................Email ........................................................................................

I would like to make a Donation to Carers Trust Fylde Coast Carers Centre of £.................................................................................................................................................................................................................................................
(Please tick whichever applies)
• I have enclosed a cheque made payable to ‘Blackpool Carers Centre’
• Via BACS to Blackpool Carers Centre (Account No. 81422111 Sort Code 40-17-31) Ref
• I have made a donation via www.justgiving.com/blackpoolcarers: As a regular monthly donation As a one-off donation
• I would like to know more about Carers Trust Fylde Coast Carers Centre, by:

Please return this slip with your donation to: FREEPOST PLUS, RRUT-YJLG-SXAU, Blackpool Carers Centre, Norman House, Robson Way, Blackpool FY3 7PP - YOU DON'T NEED A STAMP!

Please tick this box and make your donation go even further with Gift Aid - It won't cost you a penny!
I am a UK taxpayer and would like Carers Trust Fylde Coast Carers Centre to treat all donations I have made in the last four years and all donations I make in the future as Gift Aid donations. I understand that I must have paid an amount of income tax or capital gains tax at least equal to the tax you reclaim in my donation. Date ..................................................

facebook.com/blackpoolcarers or /youngcarersblackpool  @BlackpoolCarers
John and Sue Riley were referred to the Hospital Support project over a year ago when John was very poorly after suffering an allergic reaction to chemotherapy. John also suffered a stroke during a tracheotomy. Sue was shocked and upset, especially as John had previously been Sue’s carer as she suffered from anxiety.

“We have been so well supported by Hospital Project staff over the last 12 months, while John was receiving radio therapy; they have made a really big difference to how we have managed to cope”.

John got a lot stronger after the therapy and recovered his confidence from the stroke. Unfortunately, Sue’s health was not good as her anxiety was making her quite poorly. John was now back to being her carer. After discussion with John and Sue it was agreed that a carers’ break would make a huge difference as this could enable them to get away for a few days and have a holiday, which they had not had for over 2 years.

Their application was successful and they were given funding for a 5 day break in Southport. They went to the Scarisbrick Hotel on Lord Street and enjoyed half board with evening entertainment.

John said “We had a wonderful time, the hotel was lovely and the food was all great, we met some lovely people and Sue even went dancing! We both feel much better after this break and feel more able to carry on. We spent quality time together that wasn’t just about our health and visiting the hospital, we went for walks, explored Southport and the weather was ok too.”

“We can’t thank the Carers Centre enough for what they have done for us. We now feel more confident to get out, meet people and make some new friends. We are looking forward to attending some of the activities and trips in the future.”
Hello from the Volunteer Project!

We have had another 3 great months of time given by our very generous volunteers, who have been doing an amazing job of supporting and enhancing our organisation through their various roles. I once again thank all of them for their time and commitment.

New Bereaved Carers Group

We are currently looking to start a support group with a difference for bereaved carers.

We have a volunteer who has an HND in Sports Science and is himself, bereaved. From his own experience, he did not feel that a traditional “talking group” was beneficial to him and so set about thinking of an alternative. He came up with the idea of using a simple sport that anybody can participate in, regardless of skill or ability and using this as a way for bereaved people to meet with others in similar circumstances, in a more relaxed atmosphere.

Short or soft tennis as it is known, is an indoor activity that can be played by anybody. The emphasis of the group is about using an approach that is focussed on peer support, even if people do not feel that they want to take part in the activity, they can still come along. After the activity, there will be an opportunity for the participants to go for a brew and a chat, retaining an informal feel.

We have just successfully completed the first round of the AQA training for our volunteers and will be hosting another round of training in July. We will also be running induction training for new volunteers, so we will be contacting those who have still to complete it.

We are always looking for people who are interested in volunteering with us on our many projects.

For more details on the new Bereaved Carers’ Group or for any questions you may have around volunteering, please contact me, Jo Henderson on 01253 393748.

Young Adult Carer project update

Our friends at NIACE (National Institute of Adults Continuing Education) invited us to spend the day with them, and other young adult carers (YACs) from across the country, at the Sky Academy Careers Lab in Isleworth, London. 2 YACs had the chance to take part in workplace challenges, and learn about careers in business, media and technology. The Sky staff were amazing and really looked after us, giving YACs an insight into what working for a large organisation is like, as well as speaking to them about career opportunities. The YACs attending had a great time, and found the sessions really interesting and worthwhile.

In March, we were back in London with some of our YACs to celebrate their participation in our Take Action and Support project, which was part of the About Time programme, managed by Carers Trust and funded by the Cooperative. Over six months, YACs took part in activities such as customer service training, CV writing and confidence building, in order to broaden their horizons when thinking about education and work. We met up with YACs from other projects and listened to motivational talks from Gail, a YAC who had balanced caring for her mum with going to uni, and Emmanuel Anthony, from Push Your Passion; A youth organisation specialising in coaching and mentoring young people.

Staff from Carers Trust also organised a trip round University College London, and kept us fuelled with lots of yummy food. It was great to see so many young people together, celebrating their hard work and commitment... to themselves!

Our YAC groups continue to run every other Wednesday from our drop in centre on Church Street. This group is a perfect opportunity to have a break from your caring role, meet other YACs and take part in different activities. Recently we did an art session where we decorated plant pots that went to our dementia training base in Layton, they certainly brightened up the garden! We also marked the 6 month anniversary of our YAC group and went down to MFA Bowling. We are currently planning sessions for the next few months using feedback from YACs. Remember anyone aged 14-25 is welcome, check out the What’s on! (page 18) for more details.
Cash Quest for Carers?

Come on, who’s up for joining Cash Quest for Carers this year?

Once again Carers Trust Fylde Coast is looking for local businesses, enterprises, community groups, health and fitness centres and others to help them raise money to employ a Young Carers’ Champion – someone to make a very real difference to the quality of life for young carers in the resort and raise awareness of the challenges they face in daily life.

The aim is to turn a £50 starter fund (which is needed back!) into as much money as is legally and ethically possible within 3 months, from 11th June until 11th September.

The sky’s the limit with the challenge; the charity wants you to really think about what fundraising initiatives will bring the most money in and encourage as much innovation and creativity as possible. Businesses of any size can take it on – and have more than one team.

Nor does it have to be limited to businesses in the corporate sense. GP practices, health centres, community groups, even schools can take part.

This year, the charity is appealing for past carers and volunteers to get involved if they have time to spare.

Or for carers to nominate those who may already give them a helping hand – such as a supportive employer, or a helpful taxi company which always goes the extra mile, a shop where service to carers is second to none or a pharmacy which dispenses ‘smiles’ of good service too.

It’s all about making serious money – but having fun along the way.

What our teams did

Who could forget Blackpool master butcher Nigel Wilkinson’s award winning ‘carers’ bangers’ – which won the award as most innovative fundraiser?

Or Lytham accountancy firm Danbro chiefs Helen and Damian Broughton’s tea trolley dash – which saw them raise (with other events) the second highest amount for the charity £1,286 … and win an award for rivalry “down to a ‘Tea’”.

Or Jonathan and Carmel Adshead’s of Adshead Car and Van Solutions paella party?

Or Blackpool’s Goal-den Girls, including the charity’s own CEO Michelle Smith, taking to the stage of Funny Girls – to go Gangnam style?

Or the overall winners Sandcastle Waterpark’s superheroes making a splash to raise the outstanding sum of £6,136.28 cash for CQ4C – to help fund Young Carers’ Champion Lauren Codling?

Or the charity’s own staff hosting pub quizzes, busking, walking, running, even playing football to raise funds? And so much more.

Ah, it seems like only yesterday. But it isn’t. And the good news is … it’s time for another.

The very first Cash Quest for Carers was so successful it’s back for a second year.

The inaugural event raised so much money and so many laughs along the way, Blackpool’s frontline carers charity just had to repeat it.

What your money means

Of course, there’s a serious theme to all that fun because the aim is to fund a Young Carers’ Champion, a proper employment opportunity for a caring young person.

It enables the charity to recruit, train or retain first class candidates with firsthand experience of caring for others – so who know just what’s involved and how it can impact upon all areas of their lives and how crucial support is.

And those Young Carers’ Champions go out and lobby on behalf of others who might otherwise struggle to make themselves heard.

Lauren, a talented young singer and musician, has inspired and influenced all who have met her in her role. She has lobbied politicians, health chiefs and senior welfare policy makers and shapers at the highest level.

As well as representing the young carers and also helping with many of their activities such as the workshop with visiting poet Terry Caffrey - she’s made presentations to VIP visitors and...
It’s just champion!

assisted in getting the message across time and again.

Lauren stood in for Carers’ CEO Michelle Smith at the highlight of the charity’s social calendar – the annual charity ball – earlier this year. “She made such a positive impression I felt tempted to give her the job full time,” Michelle admits.

Lauren joined Michelle to meet Radio Lancashire veteran broadcaster John Gillmore when Carers Trust Fylde Coast became the radio station’s charity of the week. Radio Lancashire has been immensely supportive of the charity in terms of publicity raising awareness – from a week long series of broadcasts for the last Carers Week through to interviews with our award winners at this year’s charity ball.

However, Radio Wave’s Hayley Kay is an ambassador for the charity, hosting the charity ball and doing her bit to spread the word.

But there could be no better public relations workers than the charity’s young carers and their champions, past and present, who have made a real difference to young people’s lives locally.

They face even tougher changes and challenges this year – given the reforms of the Care Act and the impact of one of the most difficult General Elections in decades where some of the most pitched battles were fought over the National Health Service.

One thing is certain: carers are not going to go away. They can’t. Society owes them a massive debt of gratitude – and not just in monetary terms but quality of life lost to them and gained by others.

It’s the ultimate voluntary work. Unpaid carers save the state untold millions in terms of savings to the social care budget. They are the hidden army of social care providers. And that’s why Carers Trust Fylde Coast has decided to launch Cash Quest for Carers (CQ4C) 2015 to coincide with National Carers Week (June 8-14).

The quest lasts 3 months and there’s still time to sign on the dotted line and support it.

Last year’s highlights

Last year’s stand out moments included Blackpool Tower lit blue for carers’ week proved a bit hit on social media. And who needs Rocky Balboa when you’ve got Rocco the carers’ donkey mascot rocking it up for the carers’ charity?

For the record the Blackpool-based distribution centre of Warburtons handed out some delicious breakfast treats for Young Carers to mark Britain’s Best Breakfast – the national carers’ consciousness-raising campaign. Kind words may butter no parsnips – but they certainly butter the carers’ crumpets!

The local charity also won national praise for quirky pictures of some of the CQ4C fundraisers – such as the Blackpool Tower top ‘breakfast’ summit featuring charity staff, trustees and Rocco; Nigel’s bangers, the charity’s own family-a-fair fun footie challenge, Goal-den Girls Gangnam, the Sandcastle Superheroes taking the charity’s shops by storm and other highlights.

Remember every penny counts – that’s why we included the 28p on the sum raised by the Sandcastle!

By Jacqui Morley

For more information or to enter a team please contact Kay on 01253 393748 or visit www.carerstrustfyldecoast.org or follow us on Twitter: @BlackpoolCarers @Cashquest4carer @CarersRocco or www.facebook.com/blackpoolcarers
Why not hold a charity event for us?

If you are part of a social group or organisation who would like to give something back to the local community, why not hold an event to raise money for carers? You can even choose what you would like your donation to pay for, maybe a young carers’ trip, dementia group activity - it’s up to you!

We will promote your events as much as we can on our website, via Twitter, Facebook and through press releases. We can even help you with posters and promotional material if you need them.

If you would like to fundraise for us and need more information, please contact Julie on 01253 393748, email: julie.swift@carerstrustfyldecoast.org or message us via Facebook.com/blackpoolcarers or Twitter @BlackpoolCarers.

Another successful year at the Blackpool Easter Hockey Festival

Every Easter weekend Blackpool Hockey Club holds an annual Hockey Festival which is now the largest hockey festival in the UK.

This year’s festival ran from 3-6 April 2015 and was attended by over 25 hockey clubs including the Isle of Man, Scotland, Ireland, London and many more.

Once again this year, Carers Trust Fylde Coast were the chosen charity, to receive money raised during the festival, to support the services we provide. Over the weekend staff and volunteers attended the event to raise as much money as possible.

The weekend began with our mascot, Rocco accepting last year’s cheque on stage with volunteer co-ordinator, Joanne Henderson, Young Carers’ Champion, Lauren Codling and the chair of Blackpool Hockey Festival, Dave Gee.

The hockey players also displayed their flexibility on the limbo and trapped their team players in the stocks while throwing wet sponges at them.

On the Friday night they held a Lionel Vinyl Disco event where Carers Trust Fylde Coast sold wigs to the hockey players to add extra volume to the evening.

Saturday’s social event was a ‘fresher’s special’ with all new teams having to purchase and wear arm bands.

The event was a great success and raised £1,357 for the Carers Centre. We would like to thank everyone involved for their support and very generous donations.

Thank you!

We would like to thank all the individuals and organisations who have made kind and generous donations to the Carers Centre over the past 3 months including:

• Nathan Atherton
• Mr Barnes
• Blackpool Police
• Andy Brown
• Burton’s Biscuits
• Robert Brownlee
• Karen Cardwell
• Charles Chipperfield Circus
• Vivien Cragg
• Gill Dummigan
• Leon Fletcher
• Alison Gilmore
• Scott Hall
• Chris Heyworth
• Lesley Knight
• Pauline Levin
• LSA Lions
• Dorothy Mathieson
• Helen McDonald
• Gail Neville
• Elizabeth Relyea
• Onward Lodge
• Charlie Sanderson
• In memory of Graham Smith
• Pauline Smith
• Parklands Forum
• Payback Time Trust
• Radio Wave
• Rock FM
• Santander
• Susan Todd & Family
• Talbot, Brunswick and Claremont Area Forum
• Mrs A Woodward

Your support makes a difference!
We are happy to offer a Free Will Service for the provision of a simple Will!

We are participating Solicitors for the Cancer Research UK Free Will Service.

Please quote REF: FWS/CARING at the time of your initial contact.

We can help with:
- Wills and Tax Planning
- Administration of Estates
- Inadequate or No provision made under a Will or in an Intestacy
- Lasting Powers of Attorney
- Care of the Elderly & Court of Protection
- Disputes and Estates
- Personal Injury
- Conveyancing

Berrys Solicitors is a professional yet innovative law firm with a client base that covers the length and breadth of the country.

Our lawyers pride themselves on being approachable and responsive. We concentrate on finding solutions rather than dwelling on problems.

Whatever legal support you need we are here to give you honest, straightforward and effective advice in a language you will understand.

For a free no obligations chat please contact Chris Berry at Berrys Solicitors 247 Church Street Blackpool for an initial appointment.

Telephone: 01253 620022 Email: berrys.mail@btconnect.com
www.berrys-solicitors.co.uk

Supporting people to live well with dementia using stimulating activities.

Suitable for use within the home and in care settings.

Memory Lane Dementia Products and Services
- Printed life story photo books
- Memory boxes
- Themed memorabilia
- A range of activity products
- Coming in 2015 - Activity training courses for care staff

For more information, please contact us on:
Freephone 0800 772 3401 or email: info@memorylane-dementia.co.uk
www.memorylane-dementia.co.uk

Do you provide support to a loved one who experiences mental ill health?

If you do, then Carers Trust Fylde Coast would like to hear from you as your views and opinions matter to us!

Providing support to a loved one who experiences mental ill health can be upsetting and you might feel unsure where to turn to.

However, you are not alone and it is very important that you look after your own health and don’t try to do everything yourself or feel responsible for how your friend or relative is feeling.

We would like you to tell us what support you would like to see provided in your local community and also at The Harbour, Lancashire’s 154 bedded mental health hospital, which provides care and treatment for adults who cannot be safely treated at home.

When caring for a loved one experiencing mental ill health, what support would benefit you most?

If you have experienced The Harbour, please tell us about your experiences supporting your loved ones whilst they are an inpatient, as well as at home.

Please send your comments to Vicky Robinson or Carla Talbott (contact details on page 3).

Your feedback can help us create the best service for you and your loved ones.

If the person you care for is experiencing mental ill health and you need more support, please don’t hesitate to contact the Carers Centre on 01253 393748 for more information.

Has your caring role changed?

If you are a former carer, you are still welcome to access support from us, receive the quarterly magazine and join our trips, activities and groups. Also, please tell us if your caring role or circumstances change so we can update our records.

If you are a former carer, you are still welcome to access support from us, receive the quarterly magazine and join our trips, activities and groups. Also, please tell us if your caring role or circumstances change so we can update our records.
From skydive to Grand Canyon descent – two local adventurers are about to take on very different challenges for one great charity - ours!

Some would shake in their boots at the thought of doing a Grand Canyon Challenge but not local adventurer Jodie Trembles.

Jodie set off to America on 9 May for one of the greatest adventures of a lifetime – the chance to explore one of the natural wonders of the world.

Jodie and sister Rachael Buckler will descend over 3,100ft into the Grand Canyon to follow an ancient native American trail that leads to the Havasupai Indian Reservation where they will camp for the duration of the trek before hiking back up out of the Canyon.

They will embark on a series of day hikes to explore the breathtaking scenery of the Grand Canyon – hiking 45 miles in five days on terrain which is rocky and uneven and in extremes of temperature.

The Grand Canyon Trek is run by Global Adventure Challenges which has organised worldwide charity challenges for almost 15 years – raising well over £12m for charities in the UK and overseas involving tens of thousands of adventurers.

Jodie admits: “The temperature might prove a challenge too as most of our recent training has been in the cold and wet north of England weather.

“In preparation for the challenge I joined Fylde Coast Ramblers and have been getting out with the club and on my own at every opportunity and in all weather – together with general healthier eating and exercise.

Jodie’s sister Rachael lives near Leeds and is fundraising for Leeds Children’s Charity.

Jodie, who lives in north Fylde, explains: “We wanted to do something different and looked online for ideas and eventually decided on the Grand Canyon Challenge – somewhere I’ve wanted to go for quite a few years.

“Jodie and I have never done anything like this before – we must be mad!”

The pair will join an acclimatisation trek through Sedona, Arizona, known as Red Rock Country because of its spectacular rock formations, and home of some of the earliest native Americans.

Charlie explains: “I wanted to give something back to show how grateful I am for the support I was given.

“I’m absolutely terrified to be doing a skydive, but it will be an accomplishment to raise as much money as possible.

“I was a young carer for my great-nana who lived way into her 80s and it was one of the hardest things I’ve ever done.

“The Carers Centre supported me. I was able to talk to people who could understand in a way nobody else could and it gave me confidence to carry on, without feeling frustrated when I felt I was useless. It really helped me cope.

“When I was a young carer I felt on call all the time and worried when I was at school in case the worst had happened.

“When I went on trips I was a child for the day – without feeling guilty for not being responsible.

“My great-nana meant the world to me. She won’t be here to see me take part in a charity tandem skydive – but I know she will be proud of me.

To donate or learn more visit www.justgiving.com/blackpoolcarers/donate and follow the links to both appeals.

“Rachael and I have never done anything like this before – we must be mad!”

Former young carer Charlie Sanderson, 16, who attends Blackpool Sixth Form, is doing a tandem sky dive on 6 June at Cockerham in aid of the Carers Centre.

“Rachael and I have never done anything like this before – we must be mad!”

“Rachael and I have never done anything like this before – we must be mad!”

“Rachael and I have never done anything like this before – we must be mad!”
Leaving a Will is the only way you can be certain that your property and possessions will pass to those who you want to benefit.

Gifts in Wills (or ‘legacies’) are an important part of our charity's income and will allow you to help Carers Trust Fylde Coast Carers Centre continue to help local carers.

When you decide to make your Will, it is advisable to go to a solicitor who will offer to help word your Will in a clear and unambiguous way. There are different types of gifts that can be included in your Will to remember the Carers Centre and help us continue to support carers of all ages.

You, or your solicitor can contact Michelle Smith on 01253 393748, in strictest confidence, if you wish to discuss any aspect of leaving a legacy to the Centre.

In Memoriam

When a loved one dies, families may choose to ask for donations for the Carers Centre in lieu of floral tributes. We are able to provide you, or an appointed solicitor or undertaker, with specially printed envelopes in which people can make donations ‘In Memory’ of your loved one. We are also able to provide letters of thanks that you can send to thank those who make donations.

Thank you for supporting Carers Trust Fylde Coast.

Young Carers’ update

Sewing, card making, painting, baking, sports and games are just some of the fun activities that have taken place over the last few months at our primary aged youth clubs!

Thanks to funding from Carers Trust, we have been able to source a local graffiti artist to come in and run art sessions with our 11+ group. The group are now creating a piece of canvas graffiti art to be displayed at our office.

Trips over the last few months have included laser tag, roller skating, jump nation, Knowsley Safari Park and Sandcastle Waterpark. We also visited The Childrens Adventure Farm for a residential break away. The group favourites were grooming the 2 dinky donkeys Pollyanna and Candy and the gigantic bouncy castle!

Our Young Carers also faced their fears during a ‘thrilling’ Easter half term residential trip to Alton Towers!

We Need You!

We would like to hold a regular consultation event with our Young Carers aged 5-18. We want to find out trips and activities you would like us to provide. Come along and have your say! Please contact Amy on 01253 393748 if you are interested in this opportunity. The more the merrier!

Lasting Powers of Attorney (LPA)

Give someone you trust the authority to make Financial & Medical decisions on your behalf.

Stephen is a local LPA adviser with a low cost solution. (Also registration is FREE for qualifying benefits)

For further details call Stephen on: 01772 367900

www.bramwellep.co.uk

Young carers grooming the dinky donkeys

Ready for the next ride at Alton Towers
Carers are welcome to bring the person they care for on all our trips, unless otherwise stated.

For up-to-date information on trips, events and activities for all age groups, please regularly visit our website: www.carerstrustfyldecoast.org/whats-on

**What’s On!**

Your guide to events, groups & activities

**Monday 1 June**

**Evening Support Group**
6.30-8.30pm, Squirrel Pub, Bispham
Join us for a coffee or meal if you wish, a chat and chance to meet new friends. All welcome.

**Wednesday 3 June**

‘HUGS’ Support Group for Mental Health Carers
10.00am-12.00noon, Centre for Independent Living, Whitegate Drive

**Tuesday 9 June**

Adult Carers’ Coffee Morning
10.00am-12.00noon, Parks Cafe, Stanley Park. Join us for a friendly chat and refreshments.

**Tuesday 9 June**

Mental Health & Wellbeing Clinic
10.00am-1.00pm, Church Street Drop-in (Ring Carla to make an appointment)

**Wednesday 10 June**

Carers Week
**Tea and Tunes Afternoon**
12.00noon-3.00pm, Grosvenor G Casino, South Shore
FREE for carers registered with the Centre and the person they care for! • Guests £5
A wonderful afternoon of entertainment with a fabulous swing singer, a spot of dancing and afternoon lunch including sandwiches, cakes, tea, coffee and soft drinks. Prize raffle with a star prize including meal and wine. (Ring Julie to book your place. Places are limited. Booking essential)

**Thursday 11 June**

Cash Quest for Carers 2015 Launch Event
3.00-5.00pm, Village Herons’ Reach
A launch event for all the teams participating in the Cash Quest for Carers £50 Challenge 2015. For more information or to register a team, please contact Kay on 01253 393748.

**Friday 12 June**

Carers Week Celebration Event at the Sandcastle Waterpark
5.00-8.00pm • FREE event for carers and their families. A fun night at this great attraction. A limited number of spaces are available and booking is essential. (Ring Julie to book your place)

**Saturday 13 June**

Carers Week Party at The Parks with special guest Jimmy Armfield
11.00am-3.00pm, outside The Parks Café, Stanley Park, West Park Drive • FREE event

**Sunday 14 June**

Carers Week Awareness Raising
10.00am-3.00pm, Sainsbury’s Bispham
Staff and volunteers bag packing to raise awareness. Pop down and say hello!

**Friday 19 June**

Boundary Mill Trip
Depart Red Lion 9.00am / Wickes 9.30am
Arrive back in Blackpool approx. 5.00pm £6pp. Enjoy the Boundary Mill shopping experience with an extra 10% discount voucher for every shopper! (Ring Julie to book your place)

**Wednesday 24 June**

14-25 Young Adult Carer (YAC) Group Meeting
5.00-7.00pm, Church Street Drop-in (You don’t need to book, just pop down)

**Wednesday 1 July**

‘HUGS’ Support Group for Mental Health Carers
10.00am-12.00noon, Centre for Independent Living, Whitegate Drive

**Thursday 2 July**

Carers’ Tea Dance
2.00-5.00pm, Imperial Hotel, Promenade
Tickets £10pp or £3pp for carers and the person they care for, who are registered with us and live in the Brunswick, Talbot and Claremont Wards of Blackpool.

Join us for a wonderful afternoon of dancing to the Bill Barrow Quartet, followed by a selection of delicious sandwiches, cakes and unlimited tea and coffee. Ticket price includes 1 free raffle ticket per guest. (Places are limited. Ring Julie to book. Payment on booking essential)

**Monday 6 July**

**Evening Support Group**
6.30-8.30pm, Squirrel Pub, Bispham
Join us for a coffee or meal if you wish, a chat and chance to meet new friends. All welcome.

**Wednesday 8 July**

14-25 Young Adult Carer (YAC) Group Meeting
5.00-7.00pm, Church Street Drop-in (You don’t need to book, just pop down)

**Monday 13 July**

Magazine Consultation Group
10.30-11.30pm, Carers Centre
Everyone welcome to contribute articles and discuss topics for the next magazine over tea and biscuits. (Call Kay to book a place)

**Tuesday 14 July**

Adult Carers’ Coffee Morning
10.00am-12.00noon, Parks Cafe, Stanley Park. Join us for a friendly chat and refreshments.

**Tuesday 14 July**

Mental Health & Wellbeing Clinic
10.00am-1.00pm, Church Street Drop-in (Ring Carla to make an appointment)

**Wednesday 15 July**

Barton Grange Trip
Depart Red Lion 9.00am / Wickes 9.30am
Arrive back in Blackpool approx. 4.00pm £5pp
A truly wonderful day out for all! Enjoy the farm shop, cook shop and fabulous food, surrounded by lovely Lancashire countryside. Also, enjoy a short gardening demonstration where you’ll learn something new and have the opportunity to ask lots of questions. (Ring Julie to book your place)

8-14 June 2015
To book your place on any of our trips and activities call 01253 393748
Hospital Project Carers Week Activities

Awareness Raising displays stands will be situated throughout Victoria Hospital during Carers Week and a special Health Event will be held at Spiral Health CIC, Ryscar Way, Bispham on Thursday 11th June with the Wellness Centre, Healthy Eating Trainers, Memory Assessors and BMI checks.

Weekly Group

Wednesday 22 July

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*

Monday 3 August

**Evening Support Group**
6.30-8.30pm, Squirrel Pub, Bispham
Join us for a coffee or meal if you wish, a chat and chance to meet new friends. All welcome.

Wednesday 5 August

**‘HUGS’ Support Group for Mental Health Carers**
10.00am-12.00noon, Centre for Independent Living, Whitegate Drive

Tuesday 11 August

**Adult Carers’ Coffee Morning**
10.00am-12.00noon, Parks Cafe, Stanley Park. Join us for a friendly chat and refreshments.

Tuesday 11 August

**Mental Health & Wellbeing Clinic**
10.00am-1.00pm, Church Street Drop-in
*(Ring Carla to make an appointment)*

Wednesday 19 August

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*

Saturday 22 August

**Southport Flower Show Trip**
Depart Red Lion 9.00am / Wickes 9.30am
Arrive back in Blackpool approx. 5.30pm
£10pp
Located in Victoria Park and within easy walking distance of the town centre, Southport Flower Show attracts around 70,000 visitors and features stunning show gardens, the finest flower and vegetable displays, specialist foods and books, celebrity guests and much more.
*(Ring Julie to book your place)*

Wednesday 2 September

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*

**Craft and Chat Group**

You don’t have to be an expert at crafts to join this group! You may wish to do more ‘chat’ than ‘craft’!

Every Wednesday afternoon
2.00-4.00pm at
5 Grenfell Avenue
Layton FY3 7BP

No need to book, just show up!

*This is a FREE activity, but donations for refreshments would be much appreciated.*

**New group for male carers**

A new volunteer led group for male carers is being held at the Wainwright Club on Hornby Road. The group is open to all male carers regardless of age, caring role or level of snooker or darts playing skills!

The group was created following consultation with male carers who felt that no such group existed in Blackpool.

Day trips are also being planned, such as a trip to the Imperial War Museum in Manchester and an afternoon’s Crown Green Bowling (the British summer allowing). However, suggestions of places to visit are more than welcome. We have a minibus, so let’s use it!

We are also looking to recruit players for a walking football team and someone to wash the kit!

Drinks can be purchased.

Please ring Dave on 01253 299969 for details.

Young Adult Carer Group

If you are aged 14-25 pop down to our Young Adult Carer group, held fortnightly on a Wednesday at our Drop-in, 165a Church Street, Blackpool, FY1 3NX. Various activities, snacks and drinks provided.

*No need to book, just pop down!*

See opposite page for dates.

Young Carers’ Youth Groups

**Young Carers aged 11+:**

Held Fortnightly on a Friday night. Snacks and drinks provided. Please call Amy on 01253 393748 for times, dates and venues.

**Young Carers aged 14+:**

Held Fortnightly at our Drop-in, 165a Church Street, Blackpool. 5.00-7.00pm. Snacks and drinks provided. Please call Dee on 01253 393748 for more details.

Follow us on Facebook /blackpoolyoungcarers for lots more information.

*Please note that our Youth Clubs are strictly for Young Carers ONLY.*

Trip

**Wednesday 22 July**

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*

**Monday 3 August**

**Evening Support Group**
6.30-8.30pm, Squirrel Pub, Bispham
Join us for a coffee or meal if you wish, a chat and chance to meet new friends. All welcome.

**Wednesday 5 August**

**‘HUGS’ Support Group for Mental Health Carers**
10.00am-12.00noon, Centre for Independent Living, Whitegate Drive

**Tuesday 11 August**

**Adult Carers’ Coffee Morning**
10.00am-12.00noon, Parks Cafe, Stanley Park. Join us for a friendly chat and refreshments.

**Tuesday 11 August**

**Mental Health & Wellbeing Clinic**
10.00am-1.00pm, Church Street Drop-in
*(Ring Carla to make an appointment)*

**Wednesday 19 August**

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*

**Saturday 22 August**

**Southport Flower Show Trip**
Depart Red Lion 9.00am / Wickes 9.30am
Arrive back in Blackpool approx. 5.30pm
£10pp
Located in Victoria Park and within easy walking distance of the town centre, Southport Flower Show attracts around 70,000 visitors and features stunning show gardens, the finest flower and vegetable displays, specialist foods and books, celebrity guests and much more.
*(Ring Julie to book your place)*

**Wednesday 2 September**

**14-25 Young Adult Carer (YAC) Group Meeting**
5.00-7.00pm, Church Street Drop-in
*(You don’t need to book, just pop down)*
Quality support services for adults with learning disabilities around the Fylde

Would you like to learn valuable skills, make new friends and get active in the community?

We are a local charity providing trained, experienced and capable staff to support individuals with rewarding activities.

You can use your personal budget or Direct Payment to purchase a place within our activities – often using shared support, so receiving value for money e.g. 7 hours of support for 3.5 hours funding.

Build your own Support/Activities package on the ‘costs’ tab at www.fyldecommunitylink.co.uk

Recycling
Group
Gardening
Computers
Arts and Crafts
Woodwork
Drama
Cookery
Photography

Please phone Karen Armstrong on 01253 795648, call in at 19 Church Rd, Lytham FY8 5LH or email: info@fyldecommunitylink.co.uk