

Blackburn with Darwen Carers Service



Your local charity supporting family and friends who are carers for a loved one



WHATS ON AT THE CARERS SERVICE SEPTEMBER 2021

There when you need us on
01254 688440

email: office@bwdcarers.org.uk



www.bwdcarers.org.uk



[/BlackburnCarers](https://www.instagram.com/BlackburnCarers)

Find us on
YouTube



A Network Partner of
CARERS TRUST

Charity Number: 1120110

Welcome

We have decided to combine our posters and activity list in to one publication to make it easier for you to keep track of the events we organise at the Carers Service

Our aim is to give our Carers information to help them in their caring role and to also provide some social engagement to have some “me time” away from their caring role.

We try to source funds to provide these activities at a cost many can afford, we also use monies raised by donations or our Dream Draw (see back page) and we welcome your support if you are able to helps us, from just £1 a month. this will help us do so much more. All monies raised go to supporting our registered Carers

This Activities Brochure and all the arranging off our events and designing of our flyers is done by our team members Isma and Kulsum, with help from our Chair of Trustees Alan Pickup who provides his time free of charge designing all our brochures and posters, so we hope you enjoy it.

To book on any event please ring **01254 688440**

email: office@bwdcarers.org.uk

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Every Monday 11am – 12pm

A decorative banner with a light pink background and intricate floral patterns. The text "Asian Carers Group" is written in a large, purple, serif font across the center.

Asian Carers Group

Asian Carers will be meeting at Witton Park or other outdoor venues, please check with Kulsum or Isma.

This will allow you to meet others in a safe outdoor space.

Monday 6.30pm – 7.30pm
6th & 20th September, 4th & 18th October
1st & 15th November

Meditation hour using Reiki Techniques

Energise your 7 chakras in your body to empower and help you through the week.

<https://zoom.us/j/6490275541>

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Blackburn with Darwen Carers Service Whats on September 2021

Every Tuesday 11am

30-minute Health Walk along Shorey Bank, Darwen

An easy walk along mainly level terrain. This walk is ideal for people who want to get active again. Bring the person you care for, if they can manage to walk the short distance of about one mile. The walk is basically 15 minutes in one direction, then a return walk to the starting point.



Meet near the footbridge next to the 'Darwen Resource Centre', Edward Street, Darwen at 11am.

If travelling into Darwen from the Blackburn direction, on the bus, get off at the 'Heys Lane' bus stop, just after the British Queen pub and proceed towards the town Centre and turn left in to Charles Street



If travelling through Darwen towards Blackburn get off the bus at 'Vale Street' bus stop. Cross over to the opposite side of the road. There is a Zebra crossing nearby.

Those coming by car can park on Edward Street car park, opposite Darwen Resource Centre. You turn down Charles Street or Peabody Street, from the main road, to reach it.



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Every Tuesday 1pm – 2pm

TALK – Group Online or app.

**Needing to talk and connect
Connect online for a chat, bring a cuppa, meet
other carers, a time to off load or just to listen
and offer/get peer support
contact kulsum.chishti@bwdcarers.org.uk to
register or telephone as below**

Every Thursday 11am – 1pm

Walk in the Park {weather permitting}

**Contact Kulsum.chishti@bwdcarers.org.uk for
an update each week as the walk is taken place
in different locations**

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**Thursday 2nd September 10am – 12pm
(Arrive 9:30am)**

**Ladies Only - cost £10 + returnable deposit
(see below)**

**Leeds Rd, Nelson, BB9 9TD. Make your own way to the
venue**

Relaxing at Inside Spa Nelson



Time to put your feet up the spa days and pamper days are back, however for safety only a limited numbers will be allowed in the spa room so please book as soon as possible.

Bring a bathing costume and you will also need £1 for the locker and £5 for towel and Robe deposit, which will be refunded when you hand back your towel and robe

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Blackburn with Darwen Carers Service Whats on September 2021

6 Week Course Starting

Monday 6th September 2021 10:00am - 12noon

Life after Caring

**A SIX WEEK COURSE TO HELP FORMER CARERS
MOVE FORWARD AND RE-ESTABLISH A LIFE OF
THEIR OWN AFTER CARING**



WHO IS THE COURSE FOR? The course is for anyone who has left their caring role for any reason

- parent whose son or daughter has gone onto independent living
- A smaller child who has started full time education
- Bereavement
- Person going into full-time residential care.
- Separation or divorce from the cared for person perhaps due to mental health or substance misuse.

WHAT IS THE COURSE? A six week course looking at practical and emotional issues around the ending of a caring role. Relaxation, practical work, volunteering, finances and benefits plus much more.

HOW WILL THE COURSE HELP? Engaging carers to open up about the difficulties associated with the ending of a caring role and looking collectively. To find strategies to help the carer to move forward and establish a life of their own.

The next 6 week course is due to start on

**Monday 6th September 2021 from 10:00am – 12pm at the
Carers Service Kingsway**

It is important that you are available for all 6 sessions

To book on any event please ring 01254 688440

email: office@bwdcarers.org.uk

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Tuesday 14th September
1pm – 3pm for 4 weeks

The Greenhouse Project

This is an opportunity to get involved in a project that is growing from grassroots to serve the community of Blackburn.

The Wild Life Trust have taken over the derelict greenhouses at Witton Park and are transforming this into a space to grow vegetables, plants and flowers to improve the environment and the health and wellbeing of participants.

This project will be indoors in the greenhouse, learning about nature and the environment, you will be hands on helping bring the greenhouses to life and create a fantastic space.



There are also some lovely walks that if you wish you will be able to take part in.

So why not try something new and meet some lovely people, take time out and make new friends, giving something back to the community.

Please register for this activity with
office@bwdcarers.org.uk

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Tuesday 14th September
1pm – 3pm Join us at Kingsway

*Design your own
Memory /
Mindfulness
Jar*



We will be sharing good coffee, home baked biscuits, a chance for you to share thoughts and feelings, and a fantastic activity to help you with your caring role.

A memory jar is where you can keep happy memories in a safe place. The idea comes from mindfulness, which is a practice, to enable you to stay in the moment, and cherish moments that make you smile. This very simple technique can be useful for both carer and the person you care for.

All materials provided just bring a jar of your choice.

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Friday 17th September
10.30am – 11.30am

Coffee Morning
@
Costa Coffee



Meeting at Grimshaw Park Costa Coffee
opposite Halfords near Asda

**Just want to talk to other carers and have some time out,
why not join us for a morning cuppa at Costa Coffee.
Meet other carers and get information from our friendly
staff.**

**Carers Service on 01254 688440 or email
office@bwdcarers.org.uk**

**To book on any event please ring 01254 688440
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www.bwdcarers.org.uk**

Tuesday 21st September to enrol 1pm
Venue: Witton Park Pavilion

Nurtured by Nature

A Project funded by the Community Fund that will enable you to improve wellbeing through being in nature.

Activities include:

Tai Chi

Mindfulness

Healthy Cooking

Nature Walks

Self-Care

Learning about the environment and many more

We are also working with the Wildlife Trust at Witton Park Greenhouses to refurbish the Greenhouses and make it a space that the community can use.

If you wish to be part of this project contact

Kulsum.Chishti@bwdcarers.org.uk

There are a variety of times that you can join in.



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Monday 27th September

Leaving at 9.15am and returning at 2.30pm

Visit to 

Visit to this fabulous home furnishing store, inspired by practical design. Make a day of it and visit the in-store café which is renowned for its cream scones and cakes.

Tuesday 28th September

1pm – 3pm at Albion Mill Ewood

Dementia Carers Peer Support Group

This will take place at Albion Mill Advice and Information on health and wellbeing for you and the person you care for. Support for carers of people with dementia time to offload and bring any issues you are having to the group



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Thursday 30th September
1.30pm – 2.30pm

Tai Chi in the Park

(A taster session)



This will be held at either Witton park or Corporation park to be Confirmed. A one-off session to try this fabulous ancient art of movement with the energy that surrounds you, gentle silent movement that increases your energy and wellbeing. join us for a taster session and some valuable wellbeing advice and information.

Don't forget to visit our improved website to find out what the Carers Service can offer you

www.bwdcarers.org.uk

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Thursday 30th September
6pm – 8pm (Arrive at 5.30pm)
MEN ONLY - cost £10 + returnable deposit
(see below)

Leeds Rd, Nelson, BB9 9TD. Make your own way to the venue

Relaxing at Inside Spa Nelson



Time to put your feet up the spa days and pamper days are back, however for safety only a limited numbers will be allowed in the spa room so please book as soon as possible.

Bring a bathing costume and you will also need £1 for the locker and £5 for towel and Robe deposit, which will be refunded when you hand back your towel and robe

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Wednesday 6th October
10am – 2pm £5 per person

Roxanne's Pamper Sessions



You can choose from:

- Reiki
- Indian Head Massage
- Reflexology

with Roxanne who will deliver these treatments in a safe environment at Kingsway.

booked by appointment only
Cost £5 per person

Bring your own towel, wipes & sanitiser

Places are limited please book soon with office as below

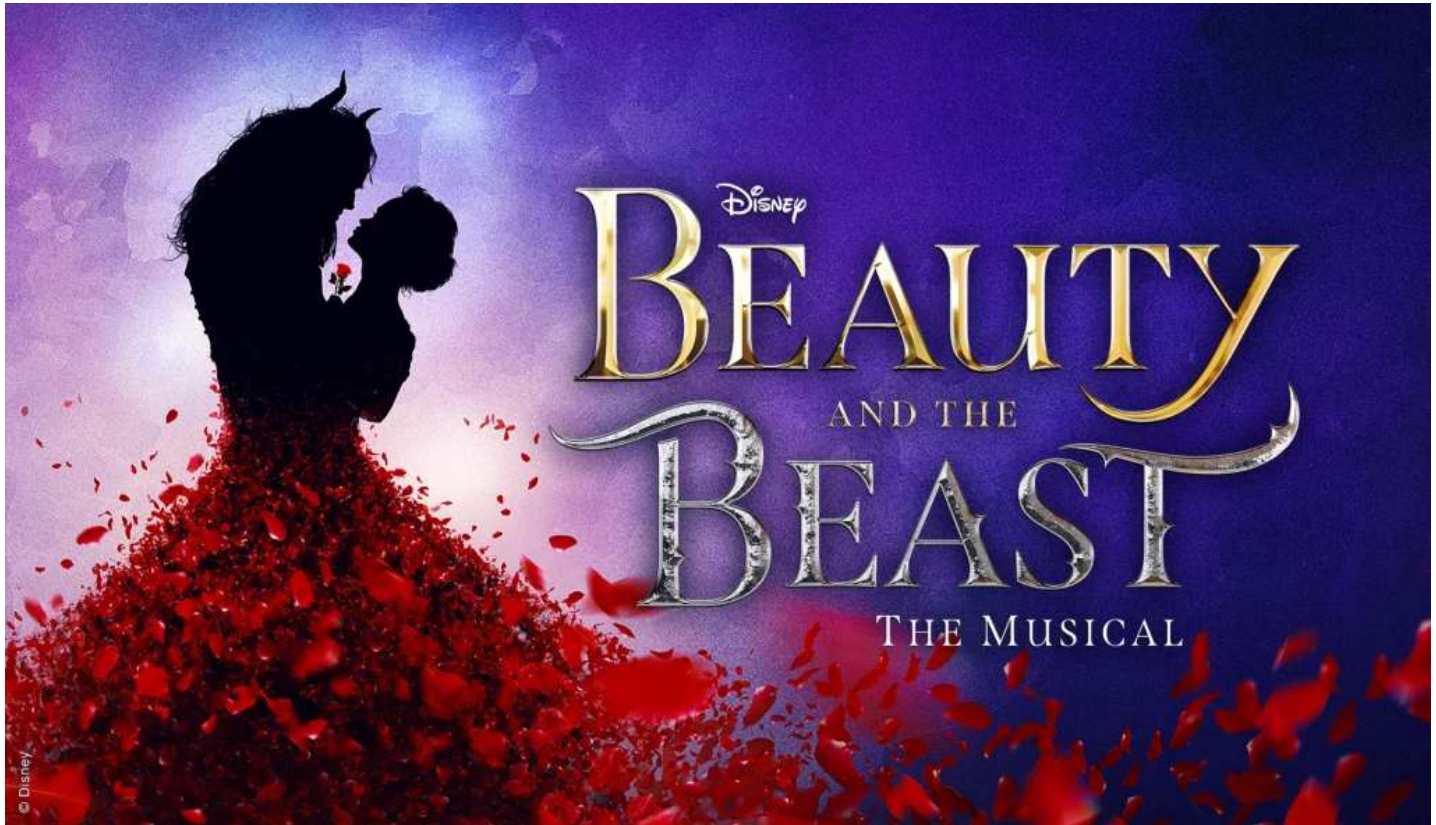
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Thursday 7th October 2021

(leave Kingsway 4:30pm) Cost £25 inc. Transport



Be our guest! Disney proudly invites you to enjoy the most enchanted musical of all time at the Liverpool Empire this October for the 7.30pm show

Cost: £25 including transport

To access this activity, Liverpool Empire Theatre requires you to be fully vaccinated, proof of document is required

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Wednesday 13th October
9.15am – 2.30pm Cost - £8

Trip to Bury Market

Visit to the famous market, stalls galore with something for everyone.
One of the best markets in the northwest



Click the image above to take a virtual tour of Bury Market

To book on any event please ring 01254 688440
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Sunday 24th October 2pm - 4pm (Arrive 1:30pm)
Ladies Only - cost £10 + returnable deposit
(see below)

Leeds Rd, Nelson, BB9 9TD. Make your own way to the venue

Relaxing at Inside Spa Nelson



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Monday 8th November 2021 10:30am - 12:30pm

Lasting Power of Attorney information and form filling Service

Lasting Power of Attorney is about planning for later life and what you want to happen in your future.

There are two types of LPA's:

2. Health and Welfare.
1. Property and Financial Affairs.



**Come and find out more at our event
which will delivered online on Monday 8th
November 2021 10:30am - 12:30pm joining
instructions will be given on registration - to
register please Tel: 01254 688440**

The workshops will be held by Zoom – information given out at the time of booking.

The LPA will be completed over the phone should you go ahead with the service

DISCLAIMER– The service offered by Blackburn with Darwen Carers Service is for support and convenience of completing and registering an LPA. All decisions will be made by the donor. Please note, no advice is given.

COSTS - The workshop is free to attend once registered. If you wish to use our services the costs are:

1 x LPA	£100.00
2 x LPA (if carried out at the same time)	£180.00
Office of Public Guardian Fees (per LPA)	£82.00

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Tuesday 2nd November
10.30am – 12.30pm

Women's Health

Women's health changes constantly through the ages, it's important to know what to look out for and how to stay healthy as you go through different stages in life.

Looking out for certain signs, taking time out to develop self-care, reducing anxiety, eating well and exercise.

Wednesday 3rd November
1pm – 3pm for 4 weeks

Mindful Crafts

This workshop will develop the practice of mindfulness, through a craft activity. There will be a different craft activity each week, to inspire and promote your wellbeing through stimulating your creative mind.

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Thursday 25th November 10.30am – 12 noon

Carers Rights Day

Information day and activities for carers, to find out what rights they have and campaign for carers to be heard.

Tuesday 30th November 9.15am – 2.30pm Cost: £10 per person

Trip to Chester

Chester is the perfect place to shop with undercover shopping centres and an abundance of fashion boutiques, independent shop and high street favourites.

Thursday 2nd December

Leaving Kingsway at 11am Returning at 3.30pm

Christmas Lunch at Oswaldtwistle Mills

Traditional Christmas Lunch and some shopping.

Book your meal choices as limited places.

Cost £23 includes transport.

Tuesday 7th December 10.30am – 12.30pm

Festive Crafts Workshop

Get ready for Christmas what can you create for decorating your home? learn different techniques.

Join in for festive chatter and crafts.

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Blackburn with Darwen Carers Service



Your local charity supporting family and friends who are carers for a loved one



SPREAD THE WORD

Do you know someone who cares for a loved one?

Why not tell them about all the help the Carers Services offers to support them in their Caring role

Follow us on Facebook
Subscribe to our Youtube Channel
Tweet us and gram us but let the world know
help is there for Carers

There when you need us on
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email: office@bwdcarers.org.uk



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/BlackburnCarers

Find us on
YouTube



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Charity Number: 1120110

Carers Word Search - Can you find 10 of the ways we help our Carers

Word Search

G	L	O	U	T	I	N	G	S	G	R	S	F	I
V	N	D	U	I	S	G	E	F	I	I	O	N	G
O	U	P	C	G	O	S	G	C	O	U	S	I	T
L	V	S	O	R	S	E	F	I	I	S	L	N	L
U	S	N	U	P	E	I	R	N	R	V	S	L	I
N	N	O	N	I	T	T	E	S	I	T	D	F	A
T	T	K	S	B	U	I	I	E	K	R	N	A	L
E	R	D	E	E	N	V	N	F	I	I	N	P	I
E	A	I	L	N	U	I	D	O	U	S	L	I	L
R	I	N	L	E	S	T	S	C	R	L	G	L	L
I	N	N	I	F	I	C	H	B	I	I	I	D	S
N	I	N	N	I	E	A	I	S	C	U	I	F	N
G	N	E	G	T	C	V	P	L	L	S	O	C	P
T	G	E	I	S	L	E	S	U	P	P	O	R	T

ACTIVITIES
 COUNSELLING
 ADVICE
 OUTINGS
 SUPPORT
 SKILLS
 TRAINING
 BENEFITS
 FREINDSHIP
 VOLUNTEERING

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Blackburn with Darwen Carers Service Whats on September 2021

Blackburn with Darwen Carers Service



Your local charity supporting family and friends who are carers for a loved one

CARERS DREAM DRAW

A great chance to WIN one of 5 great Cash Prizes!

Blackburn with Darwen Carers Service is a local charity which works to provide a range of services to support and enhance the lives of family and friends who are carers for a loved one living in Blackburn with Darwen. Every £1 raised goes directly to supporting Carers

To celebrate the launch of our updated website we are hoping to reach 1000 tickets in our monthly Dream Draw to make our cash prizes even bigger and help carers even more

Please visit our website www.bwdcarers.org.uk to sign up or give us a ring on 01254 688440

How the Carers Dream Draw Works:

All you have to do is buy a minimum monthly stake of £1 for which you will be given a unique number. You increase your chances of winning the Dream Draw with the more stakes you purchase.

1st prize 30% of the monthly stake money followed by further 4 cash prizes of 5%

The remaining 50% of the stake money is donated to Blackburn with Darwen Carers Service to help us develop our support services for unpaid carers.



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