



Kingsway
 Greenhurst Place
 Blackburn BB2 1NA
 Tel: 01254 688440 Fax: 01254 688441
 email: office@bwdcarers.org.uk

Supporting you so you can help those you care for

WHATS ON IN AUTUMN & WINTER 2021

Date & Time	Activity
<p>Every Monday</p> <p>11am – 12pm</p>	<p><u>Asian Carers Group</u></p> <p>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.</p>
<p>Monday 6th & 20th September 4th & 18th October 1st & 15th November</p> <p>6.30pm – 7.30pm</p>	<p><u>Meditation hour using Reiki</u></p> <p>Techniques. Energise your 7 chakras in your body to empower and help you through the week. https://zoom.us/j/6490275541</p>
<p>Every Tuesday</p> <p>11am</p>	<p><u>30-minute Health Walk along Shorey Bank, Darwen</u></p> <p>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.</p> <p>Meet near the footbridge next to the 'Darwen Resource Centre', Edward Street, Darwen at 11am.</p> <p>If traveling into Darwen from the Blackburn direction, on the bus, get off at the 'Heys Lane' bus stop, just after the British Queen pub.</p> <p>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.</p> <p>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.</p>

Blackburn with Darwen Carers Service Ltd

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<p>Every Tuesday</p> <p>1pm – 2pm</p>	<p><u>TALK – group</u></p> <p>Needing to talk and connect Call in for a chat bring a cuppa, meet other carers, a time to off load or just to listen and offer/get peer support</p>
<p>Every Thursday</p> <p>11am – 1pm</p>	<p><u>Walk in the Park {weather permitting}</u></p> <p>Contact the Kulsum.chishti@bwdcarers.org.uk for an update each week as the walk is taken place in different locations</p>
<p>Thursday 2nd September</p> <p>10am – 12pm</p> <p>Cost £10</p>	<p><u>Spa Days at Inside Spa, Leeds Rd, Nelson, BB9 9 TD. Make your own way to the venue.</u></p> <p>Time to put your feet up the spa days and pamper days are back, however please see safety guidance below:</p> <p>Arrive at 9.30am, with costume, you will also need £1 for the locker and £5 for towel and Robe, which will be refunded when you hand back your towel and robe.</p>

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<p>Course starting Monday 6th September</p> <p>1pm – 2.30pm</p> <p>Sessions will be at Kingsway to begin with</p>	<p style="text-align: center;"><u>Life after Caring</u></p> <p>A SIX WEEK COURSE TO HELP FORMER CARERS MOVE FORWARD AND RE-ESTABLISH A LIFE OF THEIR OWN AFTER CARING.</p> <p>WHO IS THE COURSE FOR? The course is for anyone who has left their caring role for any reason</p> <ul style="list-style-type: none"> • parent whose son or daughter has gone onto independent living <ul style="list-style-type: none"> • 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. <p>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.</p> <p>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.</p> <p>It is important that you are available for all 6 sessions.</p>
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<p>Tuesday 14th September</p> <p>1pm – 3pm for 4 weeks</p>	<p style="text-align: center;"><u>The Greenhouse Project</u></p> <p>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.</p> <p>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.</p> <p>Please register for this activity with office@bwdcarers.org.uk.</p>
<p>Tuesday 14th September</p> <p>1pm – 3pm</p>	<p style="text-align: center;"><u>Memory Jars and Mindfulness</u></p> <p style="text-align: center;">Join us at Kingsway</p> <p>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.</p> <p>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.</p> <p>All materials provided just bring a jar of your choice.</p>

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<p>Tuesday 21st September to enrol</p> <p>Venue: Witton Park Pavilion</p> <p>1pm</p>	<p><u>BWD Carers Nutured by Nurture Project</u></p> <p>12 Weeks of activities to include Working on a community garden space for carers and their families</p> <ul style="list-style-type: none"> • Activities in the park • Crafts and nature walks • Healthy Cooking <ul style="list-style-type: none"> • Exercise • Tai Chi. • NLP • Mindfulness <p>Some of the activities will take place as single events however if you would like to join the community garden project please get in touch with Kulsum.chishti@bwdcarers.org.uk</p>
<p>Friday 17th September</p> <p>10.30am – 11.30am</p>	<p><u>Carers Coffee Morning at Costa Coffee</u></p> <p>Meet up at Costa Coffee Drive Through, Grimshaw Park NR Asda. Coffee is on us relax and enjoy, good chance to meet other carers in a safe space and get information.</p>
<p>Monday 27th September</p> <p>Leaving at 9.15am and returning at 2.30pm from IKEA</p> <p>£8 per person</p>	<p><u>Visit to IKEA</u></p> <p>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.</p>
<p>Tuesday 28th September</p> <p>1pm – 3pm</p>	<p><u>Dementia Peer Support Group</u></p> <p>This will take place at Albion Mill</p> <p>Advice and Information on health and wellbeing for you and the person you care for.</p> <p>Support for carers of people with dementia time to offload and bring any issues you are having to the group</p>

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<p>Thursday 30th September</p> <p>1.30pm – 2.30pm</p>	<p><u>Tai Chi in the Park (A taster session)</u> <u>This will be held at either Witton park or Corporation park to be Confirmed.</u></p> <p>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.</p>
<p>Thursday 30th September</p> <p>6pm – 8pm</p> <p>Cost: £10</p> <p>MEN ONLY!</p>	<p><u>Spa Days at Inside Spa, Leeds Rd, Nelson, BB9 9 TD. Make your own way to the venue.</u></p> <p>Time to put your feet up the spa days and pamper days are back, however please see safety guidance below: Arrive at 5.30pm, with costume, you will also need £1 for the locker and £5 for towel and Robe, which will be refunded when you hand back your towel and robe.</p>
<p>Wednesday 6th October</p> <p>10am – 2pm</p> <p>£5 per person</p>	<p><u>Roxanne’s Pamper Session</u></p> <p>Individual appointments for massage and Reiki at Kingsway delivered by Roxanne qualified Holistic Therapist.</p>
<p>Thursday 7th October</p> <p>4.30pm – 10.30pm</p> <p>Cost: £25 including transport</p>	<p><u>Beauty and the Beast – Liverpool Empire</u></p> <p>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.</p> <p>To access this activity, Liverpool Empire Theatre requires you to be fully vaccinated, proof of document is required</p> <p>Leaving Kingsway at 4.30pm Returning after the show</p>

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<p>Wednesday 13th October</p> <p>9.15am – 2.30pm</p> <p>Cost - £8</p>	<p><u>Trip to Bury Market</u></p> <p>Visit to the famous market, stalls galore with something for everyone. One of the best markets in the northwest.</p>
<p>Sunday 24th October</p> <p>2pm – 4pm</p> <p>Cost £10</p>	<p><u>Spa Days at Inside Spa, Leeds Rd, Nelson, BB9 9 TD. Make your own way to the venue.</u></p> <p>Time to put your feet up the spa days and pamper days are back, however please see safety guidance below:</p> <p>Arrive at 1.30pm, with costume, you will also need £1 for the locker and £5 for towel and Robe which will be refunded when you hand</p>
<p>Tuesday 2nd November</p> <p>10.30am – 12.30pm</p>	<p><u>Women’s Health</u></p> <p>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.</p> <p>Looking out for certain signs, taking time out to develop self-care, reducing anxiety, eating well and exercise.</p>
<p>Wednesday 3rd November</p> <p>1pm – 3pm for 4 weeks</p>	<p><u>Mindful Crafts</u></p> <p>This workshop will develop the practice of mindfulness, through a craft activity.</p> <p>There will be a different craft activity each week, to inspire and promote your wellbeing through stimulating your creative mind.</p>
<p>Thursday 25th November</p> <p>10.30am – 12 noon</p>	<p><u>Carers Rights Day</u></p> <p>Information day and activities for carers, to find out what rights they have and campaign for carers to be heard.</p>

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<p>Tuesday 30th November</p> <p>9.15am – 2.30pm</p> <p>Cost: £10 per person</p>	<p style="text-align: center;"><u>Trip to Chester</u></p> <p>Chester is the perfect place to shop with undercover shopping centres and an abundance of fashion boutiques, independent shop and high street favourites.</p>
<p>Thursday 2nd December</p> <p>Leaving Kingsway at 11am Returning at 3.30pm</p>	<p style="text-align: center;"><u>Christmas Lunch at Oswaldtwistle Mills</u></p> <p>Traditional Christmas Lunch and some shopping. Book your meal choices as limited places. Cost £23 includes transport.</p>
<p>Tuesday 7th December</p> <p>10.30am – 12.30pm</p>	<p style="text-align: center;"><u>Festive Crafts Workshop</u></p> <p>Get ready for Christmas what can you create for decorating your home? learn different techniques. Join in for festive chatter and crafts.</p>

