

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 NOVEMBER 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

www.bwdcarers.org.uk

Every Monday 10:30am – 12pm

Asian Carers Group

Asian Carers Will be meeting at Kingsway and other venues depending on the weather, there will be a host of craft, gardening, social, wellbeing and learning activities to do.

Every Thursday - Contact your Advisor or the office to book your session

Drop in to Check In

Are you looking after a family member or friend and would like some support with your mental health and well-being?

Do you look after someone experiencing mental ill health? Then our 'drop in' to 'check in' session could help you

The sessions will explore:

- Understanding Mental Health and Wellbeing better
- Goal setting • Exploring and explaining what counselling is
- A check in for emotional support and learning more about self-care and mindfulness

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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

TIME
ACTION
LOVE
KINDNESS
GROUP

This is a chat and support group for anyone who feels isolated, support is given through the peers on the group. At the moment it runs on what's App, however we hope to start meeting face to face in the near future



You can chat about anything, any issues you have with caring, hobbies, ideas, events, anything that you are doing or just a shout out if you are feeling a little unwell, mentally or physically.

If you wish to join please contact
kulsum.chishti@bwdcarers.org.uk
or Tel: 01254 688440

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www.bwdcarers.org.uk

Every Thursday at various local locations
starting at 11am.

Wellbeing Walks



Walking is ideal for improving all
aspects of physical and mental
health.

Discover the countryside and nature
on your doorstep and make new
friends.

Contact the walking team on:
07724097964 for information
about the next walk



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**Monday 1st & 15th November
6th December 6.30pm – 7.30pm**

Meditation hour

Join us in zoom for a relaxation evening that leaves
you feeling refreshed.

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

How good is your observation?

Find **8** differences



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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 10th 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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Tuesday 9th November for 4 weeks 1pm – 2.30pm Must book with office

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.



Learn about nature with the Wildlife Trust, informative sessions on plants and wildlife, walks will take place mostly in Witton Park or nearby locations in Blackburn. Please come prepared for any weather and with the right footwear.

Must have the mobility to walk for at least an hour at a slow pace

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Thursday 18th November

Vegetarian Society Cookery Class/ Manchester

A master class at the prestigious veg school of cookery.

If you are interested contact Kulsum.chishti@bwdcarers.org.uk

Greenhouse Project ONLY!

Leaving Kingsway at 9:15

Returning at 2.00 from destination.

Nature Walks

starting 10th November

A four-week course of learning about nature and walking in nature, looking out for different types of plants, flowers, trees. Different habitats for woodland creatures, wildlife and learning about the different seasons and how each season has different health benefits. Learning to live with nature and improving wellbeing

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email: office@bwdcarers.org.uk

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Various dates please contact
kulsum.chishti@bwdcarers.org.uk

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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Tuesday 23rd November 1pm – 3pm

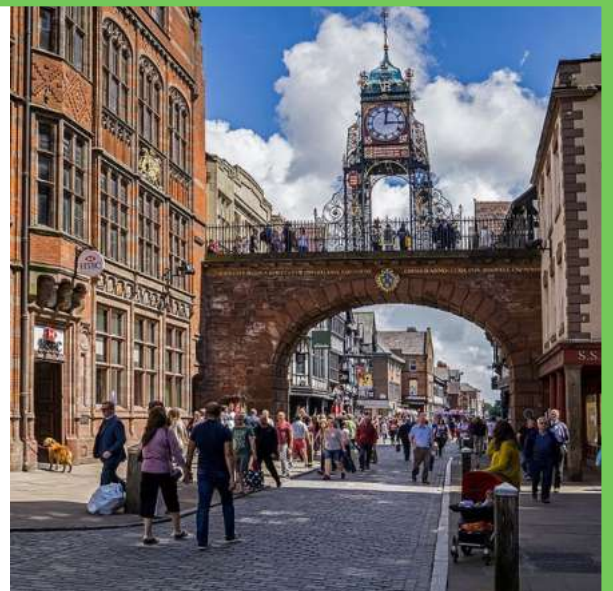
Dementia Peer Support Group Memory Clinic workshop

With special guests from the memory clinic and the occupational health service, come and discuss your concerns and issues, ask questions and get the right information. Join us for support around your caring role, learn from your peers who have been through similar journeys.

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.



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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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Blackburn with Darwen Carers Service Whats on September 2021

Come and join us at the Christmas Panto



**Sunday 12th December 5pm show. Tickets £5 for Carers
Meet at King Georges Hall at 4.15 to be in your seats for 4.30pm**

Don't be bashful or dopey, you will need to see a doc as you will be grumpy and feel sneezy or sleepy if you miss this panto, so come and join us and be happy



We have a treat booked for you at this years panto at King Georges Hall, please book with the office

To book on any event please ring 01254 688440
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Thursday 11th November
10am – 2pm

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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Sunday 21st November
2pm – 3pm

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

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Carers Rights Day Thursday 25th November 10.00am – 12.30pm

Information and advice on Carers Rights

Many carers are not aware that they have rights, a right to a carer's assessment, financial support and legal rights.

Energy advice.

There will be a short presentation on the Carers Service, Legal Rights, benefits, support available.

Also, an opportunity to have a will made with a reputable solicitor, appointments available:

11am – 3pm. 11am, 12.30pm, 1.30pm, 2.30pm.

Working Carers Pamper Day Wednesday 1st December 5pm – 7pm

Are you a working carer struggling to find time for yourself, come to our working carers session and be pampered, link with other carers, find out information to support you.

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Thursday 2nd December



 **Christmas Lunch at
Oswaldtwistle Mills** 

Thursday 2nd December

Leaving Kingsway at 11am Returning at 3.30pm Traditional

Christmas Lunch and some shopping.

Book your meal choices as limited places.

Cost £23 includes transport

.PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT

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Blackburn with Darwen Carers Service Whats on September 2021

FESTIVE CRAFT WORKSHOP

**Wednesday 8th December 2021
9.30am – 11.30am**

**Get ready for Christmas and see what can you
create for decorating your home?
learn different techniques.
Join in for festive chatter and crafts.**

**Tel: 01254 688440 or email
office@bwdcarers.org.uk
to book your place**

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Starting 17th January 1pm – 2.30pm
Sessions will be at Kingsway to begin with

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.

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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

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So how well did you do in our old Lancashire Quiz last month?

Answers below

Clue Answer

A Scottish church and a Gammon (7)

One of the comedians who wanted someone to bring him sunshine (9)

Squash 2240 lbs (7)

What pirates did with their Treasure (4)

Male sheep's lowest point (10)

Makes sure the doors barred (7)

A Pole down under for a wine that's passed to the left (9)

Is the pond dirty (9)

For the bald with half of the queens daughter (5)

Sounds like a bad place to go on the market (11)

It goes on quite a bit for the top of the peak (9)

The Admiral from Trafalgar (6)

A friendly talk that might get hot (8)

Getting the potatoes ready to go with the fish (8)

A lot of ships with all the Trees (9)

Sounds like the child's lost it's temper with the bacon (7)

Sounds like the substitute was introduced (9)

Was Henry's car a bit rubbish (7)

Sounds like the swimming mammal was in when I called (12)

Pale area of ground (10)

Kirkham

Morecambe

Preston

Bury

Ramsbottom

Bolton

Southport

Blackpool

Wigan

Rawtenstall

Longridge

Nelson

Chatburn

Chipping

Fleetwood

Padiham

Broughton

Rufford

Dolphinholme

Whitefield

email your answers to kulsum.chishti@bwdcarers.org.uk by 15th October 2021 - entries with the most correct answers will go in to a prize draw for a £10 shopping voucher each for two winners

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Enjoyed our Lancashire Quiz? Why not try our November Quiz (Yes everything is about November)

1. What day is celebrated on 1 November by the Roman Catholic Church?
2. The Day of the Dead is a holiday celebrated throughout which country on November the 2nd each year?
3. In which city was John F. Kennedy assassinated on November 22, 1963?
4. On which day in November is Saint Andrew's Day?
5. N in the NATO phonetic alphabet is November, how many other letters are represented by months of the year in this alphabet?
6. What number month was November in the ancient Roman calendar?
7. What name is given to the month-long moustache-growing event launched each year in November to fundraise for charity?
8. Which United States National Holiday is held annually on November 11?
9. What officially opened for the first time on November 17, 1869?
10. What was the name given to the famous speech made by Abraham Lincoln on November 19, 1863?

Answers in next months Activities Newsletter

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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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