

# Blackburn with Darwen Carers Service



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

## Carers Activity Newsletter



There when you need us on  
**01254 688440**

email: [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)



[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)



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

Find us on  
YouTube



Charity Number: 1120110

# Welcome to our Latest Activity Newsletter

Well spring is here at last and all the those animals that have been hibernating will start to appear once more. We hopefully can start looking forward to some better weather, after the storms that have battered us over last month. We hope you survived their onslaught without to much damage.



We would be amiss not to mention International Women's Day which is celebrated in March. The majority of Carers are female and from birth of their children, care for their families. Mark Twain the American author of Huckleberry Finn and other stories was asked "where would we be without women" and his reply was "scarce sir, mighty scarce" So a big thank you to all our mums and carers that see us through good times and bad

Regards

*The Carers Team*

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[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)

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## Who are Carers?

Carers are people who look after family members or friends who couldn't manage without them. It could be because that person is ill, disabled, older, frail, has additional needs, mental health or are using drugs or alcohol.

Many people don't realise they are carers, they feel that they are just 'helping someone out'. We often hear, 'I'm not a carer, I just help my partner/child/parent with dressing, medication and taking them to appointments'. If that person couldn't manage without your help, then you are a carer. We want all carers aged 16 and over in Blackburn with Darwen to register with us

We know that there are over 16,000 family carers in Blackburn with Darwen alone. It doesn't matter whether you get carers allowance, whether the person you help lives in another area, or whether your caring role isn't a substantial one. Even if you think everything is ok at the moment and you don't need any help, we encourage you to register with us, so that if anything changes and crisis strikes, we are in a position to help you straight away.

## How do we help?

We are a lifeline to families affected by illness and disability. Our team of experienced advisors can give you 1-1 advice and information about the things that can help you and the person you care for. We can give you information around planning for the future, getting the right things in place and helping to reduce the impact of the illness on the family. We believe that if you have the right things in place early on, it can help prevent situations getting worse later on down the line.

We offer benefit appointments, emergency planning, information workshops, counselling, wellbeing appointments, complimentary therapies, trips, activities, groups, volunteering opportunities, befriending and much more.

See our website for details of all we do.

## How can I register?

Use the online form on our website: [www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)

Or call us on 01254 688440. See our social media pages below

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**Every Monday 10:30am – 12pm**

The title "Asian Carers Group" is written in a large, purple, stylized font. It is set against a decorative background of intricate, light-colored floral and geometric patterns on a textured, light pinkish-white surface.

# 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.**

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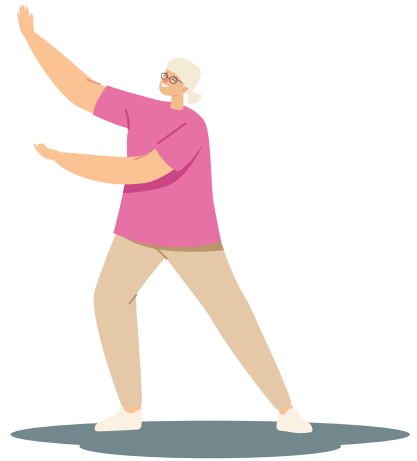
# Tai Chi

**for All - Weekly on Monday  
5:30 to 6:30pm**

Tai Chi & Qigong are Ancient Methods for Increased Energy.

This Ancient Chinese exercise is also great for restoring health after illness.

Each movement builds strength and flexibility. Join us for our weekly exercise class and increase your energy and strength.



**Book with office at the Carers Centre.  
Small charge of £1.**

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email: [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)  
[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)

**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 - 2:30pm**

# 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.

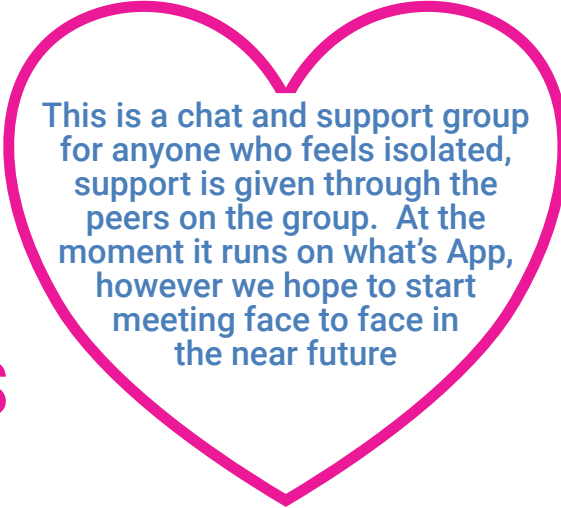
**Must have the mobility to walk for at least an hour at a slow pace**

**please book on number below or with [kulsum.chishti@bwdcarers.org.uk](mailto:kulsum.chishti@bwdcarers.org.uk)**

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**Every Tuesday 1pm - 2pm**

**T**IME  
**A**CTION  
**L**OVE  
**K**INDNESS  
**G**ROUP

A large, thick pink outline of a heart shape, containing text.

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](mailto:kulsum.chishti@bwdcarers.org.uk)**  
**or Tel: 01254 688440**

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**[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)**



**Every Wednesday**  
**10.30am – 12.30pm**

The title "Sewing Group" is written in a large, bold, red font with a yellow drop shadow, set against a background of various sewing-related icons like a sewing machine, scissors, and fabric.

**The Sewing Class is a place where you can brush up your skills and work on different projects, our lovely tutor has a wealth of experience.**

**Come and learn, make friends and develop your sewing skills, whether you already have some or you want to learn.**

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**[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)**

**Every Wednesday**

**1pm – 3pm**



## **Craft Course**

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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**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 carers 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 Thursday - Contact your Advisor  
or the office to book your session**

# **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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Contact the office for details of the next session

## *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.

**It is important that you are available for all 6 sessions**

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Charity Number: 1120110



**Every Friday 11am – 12pm**

# **Knit and Natter at Albion Mill With Pam and Dorothy**

**Drop in to learn knitting or crochet or  
just bring your project in for a knit and  
natter, and if you would just like to have  
a cuppa and chat that's fine too.**

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# Free Adult Cycle Training



Learn to cycle or  
improve your ability, with  
the support of the Refresh  
cycling team.

Meet at the track for 2pm. All equipment  
provided. Wear sensible shoes and dress for  
the weather.

**Wednesday 2:15pm to 3:15pm**  
**Witton Park**

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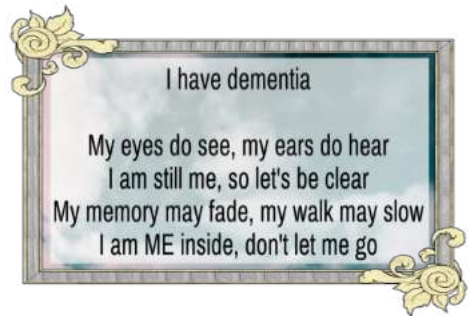
# Dementia Café

First Tuesday of the month 1pm to 3pm at Kingsway

## For Carers & Cared For



- Support for people who live with Dementia including their carers
- A safe and comfortable environment
- Information and Advice
- Activities
- The chance to exchange experiences
- Tea and coffee



The café offers people who are affected by Dementia including their carers, a chance to relax, socialise and meet new people who really understand.

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# Dementia Carers Peer Support Group



**Information and support for  
carers looking after someone with  
dementia**

**Take time out for yourself to  
relax, make friends and share  
experiences**

**Please share with anyone you  
know who is caring for someone  
with Dementia**

**Last Tuesday of every month from 29<sup>th</sup> March  
1pm – 3pm**

**Taking place at Kingsway**

**Please register attendance to  
[office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk) or phone 01254 688440**

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# Self Defence Class for Female Carers facilitated by



In an age where we need to know how to protect ourselves, it so important to learn some techniques to keep you safe when you are out and about. This short course will cover Street Awareness, some physical techniques, empowerment, life skills, risk analysis and a simple drill to help you be more aware of yourself and others

**2pm to 3pm**  
**2nd March, 9th March**  
**& 16th March 2022**

**To be held at Kingsway, contact the office as  
below to book**

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**Monday 14th March Leaving at 10am  
returning at 3pm Cost £12 includes  
transport and entry.**

## **TRIP TO DUNHAM MASSEY STATELY HOUSE AND GARDENS**



**A Garden for all season, see the first bloom of spring flowers, an ancient deer park and a house filled with treasures and stories, and quaint shops to buy some goodies. Enjoy the award-winning café**

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**Thursday 17th and 31st March**

**Thursday 7th and 21st April**

**10am – 2pm Cost: £7.00**

## *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 £7 per person**

**Bring your own towel, wipes & sanitiser**

**Places are limited please book soon with office as below**

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**Wednesday 23rd March**  
**Cost: £10 without transport**  
**£14 with transport**  
**5.30pm – 8pm**  
**Leeds Rd, Nelson, BB9 9TD.**

## 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 April For 4 weeks**  
**1pm – 3pm**



**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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**Wednesday 11th May**  
**For 4 weeks 1pm – 3pm**



**This workshop will develop the practice of mindfulness, through a craft activity.**

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# Blackburn with Darwen Carers Service



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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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A Network Partner of  
**CARERS TRUST**

Charity Number: 1120110



# Blackburn with Darwen Carers Service



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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](http://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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