

Lancashire Adult Learning

Lancashire Adult Learning are reviewing their funding and how they work to support Carers across Lancashire and therefore we are not offering Carefree Days this issue.

Lancashire Adult Learning are one of the largest adult education providers in the UK and have over 150 venues across Lancashire.

Please look on their website www.lal.ac.uk for opportunities in your area.



Christmas Lunches

Following the overwhelming popularity of our Christmas lunches last year, we have decided to offer these opportunities again in 2017. If you would like to attend one of the following, please complete the interest form and send it back to us by Friday 10th November. Please note that a non refundable £5 contribution will be required with your booking.

The St Ives Hotel

St Annes on Sea
12:30pm
Thursday 7th December 2017

The North Euston

Fleetwood
12:00noon
Tuesday 12th December

The White Cross

Lancaster
12:30pm
Wednesday 13th December

The Bay Strathmore

Morecambe
1:00pm
Wednesday 13th December

The Holiday Inn

Preston
1:00pm
Thursday 14th December

The Sir Henry Tate

Chorley
1:00pm
Wednesday 6th December

La Corte

Leyland
12:00noon
Friday 15th December

The Hop Vibe

Burscough
1:00pm
Tuesday 19th December

n|compass Carers' Services

Autumn 2017

Registered Charity Number 1128809

Part of Carers Lancashire

Our Services

Peace of Mind for Carers

Plans are free, provide 24 hour contingency and up to 72 hours (3 days) of replacement care that will be put into place when the plan is activated. Replacement care is available if a Carer is rushed into hospital, or for any other incident involving the Emergency Services, where no other support is available. Please note replacement care may not always be obtainable. Remember to check your plan regularly and get in touch if there are any changes.

Carer's Assessments

Discuss with a Carers Support Worker about how being a Carer affects you and highlight any support you may need. You may also be eligible for a Carer's Personal Budget.

Sitting In Service

Volunteers provide Carers with a break from their caring role by providing support to the person they care for.

Small Groups Fund

Please note that, with effect from 1st April 2017, n-compass Carers' Services are no longer able to offer new Carers Small Groups Grants. Carers Small Groups in receipt of funding as a result of a successful grant application prior to this date will not be affected.

How To Contact Us

To request a Carer's Assessment or Peace of Mind for Carers Plan, to apply for the Sitting In Service, or for more information on any of our services please call 0345 688 7113 or email cadmin@ncompassnorthwest.co.uk



Carers' Help and Talk (CHAT) Line

Are there times when you want to talk but feel there is no one to talk to?

Don't suffer in silence; call the CHAT line!

0333 103 9747

The CHAT Line is available 24 hours a day, 7 days a week 365 days a year staffed by volunteers who have caring experience.



Don't forget!

...you can engage with us online

Visit our new look website
www.ncompassnorthwest.co.uk/what-we-do/carers-support
Follow us on Twitter @ncompassNW
Like us on Facebook /ncompassnorthwest

आ न्यूजलेटरमांनी कोठ पण माहितीनुं त्वापांतर करवामां त्तमारे सहायनी जरूर होय तो कृपा करी
फ़रज़ाना आदम अथवा तस्नीम ज़ोगियातनो 0345 688 7113 नंबर पर सम्पर्क करो.

اگر اس اخبار کے کسی حصے کا آپ کی زبان میں ترجمہ چاہتے ہیں تو فرزانہ آدم یا تسنیم جوگیات سے 0345 668 7113 پر رابطہ کریں

Please note that whilst n-compass Carers' Services do our best to print accurate information, times, dates and venues may be subject to change so you are advised to check on our website or call before attending. Activities, Carefree Days and Coffee and Chats can only be accessed by Carers or former Carers who are registered with us. To register call 0345 688 7113 or email cadmin@ncompassnorthwest.co.uk.

Every care has been taken in the compilation and publication of the content of this newsletter. However, n-compass Carers' Services will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in the newsletter is for general information only and does not constitute advice on personal health or any other matter. Comments, Complaints and Compliments To help us improve our service, if you have any comments, good or bad, please bring them to our attention. Our complaints procedure is available on request.

n-compass offers confidential and secure services n-compass is registered in England and Wales as a Registered Charity No.1128809 and as a company limited by guarantee no.06845210. n-compass is committed to safeguarding and promoting the welfare of children, young people and adults.

newsletter

n-compass Carers' Service Coffee and Chats

Meet and chat with other Carers, speak to an n-compass Carers' Support Worker and take a well-earned break from your caring role while enjoying a FREE (non-alcoholic) drink. If you have never been before because you don't know anyone; don't worry! Everyone has been a 'first timer' and a friendly worker will be there to greet and introduce you to everyone.

Central & West Lancashire Groups

Avant Garden Centre
Wigan Road, Leyland, PR25 5XW
10:00am-12:00noon
Tuesday 24th October 2017
Tuesday 28th November 2017
Tuesday 2nd January 2018

Café Ambio
Astley Park, Chorley, PR7 1NP
10:00am-11:30am
Friday 20th October 2017
Friday 24th November 2017
Friday 26th January 2018

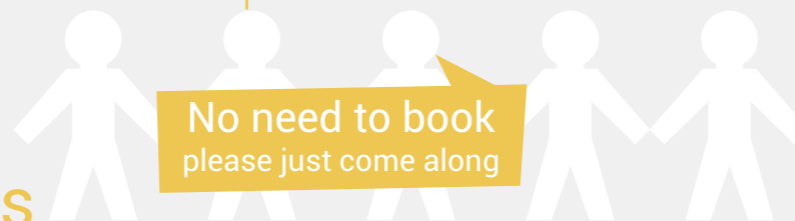
Roccoco Coffee Lounge
41-45 Chapel Brow, Leyland, PR25 3NH
10:30am-12:30pm
Tuesday 31st October 2017
Tuesday 28th November 2017
Tuesday 30th January 2018

Leaf or Bean Coffee Shop
Preston Guildhall, Lancaster Road,
Preston, PR1 1HT
10:00am-12:00noon
Wednesday 4th October 2017
Wednesday 1st November 2017
Wednesday 6th December 2017
Wednesday 3rd January 2018

ASDA Café
Ingram, Skelmersdale, WN8 6LU
10:00am-12:00noon
Tuesday 3rd October 2017
Tuesday 7th November 2017
Tuesday 9th January 2018

St Johns Baptist Church Café
School Lane, Burscough, L40 4AE
10:00am-11:30am
Thursday 12th October 2017
Thursday 9th November 2017
Thursday 14th December 2017
Thursday 11th January 2018

Brookes Bistro
Brookside Living, Aughton St,
Ormskirk, L39 3BH
9:30am-11:30am
Thursday 26th October 2017
Thursday 30th November 2017
Thursday 25th January 2018



North Lancashire Groups

The Cornerstone
Sulyard Street, Lancaster, LA1 1PX
10:00am-12:00noon
Friday 13th October 2017
Friday 10th November 2017
Friday 8th December 2017
Friday 12th January 2018

Bay View Garden Centre
Mill Lane, Bolton-le-Sands, LA5 8ET
9:30am-11:00am
Wednesday 25th October 2017
Wednesday 29th November 2017
Wednesday 31st January 2018

The Rainbow Centre
Clarence Street, Morecambe, LA4 5EX
1:00pm-3:00pm
Tuesday 17th October 2017
Tuesday 21st November 2017
Tuesday 19th December 2017
Tuesday 16th January 2018

Burnside Garden Centre
New Lane, Thornton-Cleveleys, FY5 5NH
10:00am-12:00noon
Wednesday 11th October 2017
Wednesday 8th November 2017
Wednesday 13th December 2017
Wednesday 10th January 2018

Booths Café
St Annes Main Drive (off Heyhouses Lane),
St Annes, FY8 3UT
10:00am-12:00noon
Wednesday 18th October 2017
Wednesday 15th November 2017
Wednesday 20th December 2017
Wednesday 17th January 2018

Booths Café
Cherestanc Square, Garstang, PR3 1EF
10:00am-12:00 noon
Wednesday 4th October 2017
Wednesday 1st November 2017
Wednesday 6th December 2017
Wednesday 3rd January 2018

Please note that the Leyland Dementia Hub has now moved to a new location. For further information, please contact Alison Hardman at South Ribble Borough Council (01772-625327).

If you have any questions, or for more information, please contact Ian Scott or Suzanne Hanson, Dementia Carers Support Workers, on 0345 688 7113.

Clifton Hospital
Pershore Road, Lytham St Annes, FY8 1PB
Friday 20th October (2:00pm - 4:00pm)
Thursday 16th November (10:00am - 3:00pm)
Friday 15th December (2:00pm - 4:00pm)

The Bay Dementia Hub
The Oak Centre, St John's Hospice,
Slyne Road, Lancaster, LA2 6ST
1:30pm-3:30pm
Friday 6th October 2017
Friday 3rd November 2017
Friday 1st December 2017
Friday 5th January 2018

A place for carers and people living with dementia to call in for a chat and a cuppa

Dementia Drop-Ins

Come and meet an n-compass Carers Support Worker, access support and find out more about caring for someone with dementia.

Charnley Fold Drop-In
Café Reception area, Charnley Fold,
Cottage Lane, Bamber Bridge,
Preston, PR5 6YA
10:00am-12:30pm
Tuesday 7th November 2017
Tuesday 5th December 2017
Tuesday 9th January 2018

Mental Health Carers Coffee and Chats

Mental Health Carers Support Workers will be available at each Coffee and Chat, allowing Carers to put forward their views, raise any concerns and access specialist and peer support.

The Sanctuary
12-14 Heysham Road, Morecambe, LA3 1DG
1:00pm-3:00pm
Wednesday 15th November 2017
Wednesday 17th January 2018

Leaf or Bean Coffee Shop
Preston Guild Hall, Lancaster Rd, Preston, PR1 1HT
10:00am-12:00noon
Wednesday 18th October 2017
Wednesday 15th November 2017
Wednesday 20th December 2017
Wednesday 17th January 2018

Warbreck Café
Warbreck Garden Centre, Lyelake Lane,
Ormskirk, L40 6JW
2:00pm-4:00pm
Wednesday 15th November 2017
Wednesday 17th January 2017

Pendle House
211 Leeds Road North, Nelson, BB9 8HE
10:00am - 12:00noon
Tuesday 21st November 2017
Tuesday 23rd January 2018



BME Carers Coffee and Chats

All carers are welcome to these coffee and chats which will be hosted by our BME carers support workers. Support will usually be available in English, Gujarati and Urdu.

Raffles Coffee House
St Georges Shopping Centre, Friargate,
Preston, PR1 2NQ
10:00am-12:00noon
Thursday 2nd November 2017
Thursday 7th December 2017
Thursday 4th January 2018

Pendle House
211-213 Leeds Road, Nelson, BB9 8HE
10:00am-12:00noon
Wednesday 8th November 2017
Wednesday 10th January 2018



کافی پر گپ شب کے دوران گجراتی بولنے والی کئی نرس سپورٹ ورکر دستیاب ہو گی
आ कोफ़ी ओन्स येदस भाते अक गुजराती भावनार केरस सपोट वकर उपलब्ध उरी.

n-compass Asian Carers' Forum

Curious Minds
23-27 Guild Hall, Preston, PR1 1HR
10:30am-2:00pm
Wednesday 29th November 2017
Speakers to be confirmed
Refreshments and light lunch provided.

Please note: booking is essential.
Contact Farzana Adam or Tasneem Jogiyat on 0345 688 7113 to confirm attendance.