

# Caring

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

A Network Partner of  
**CARERS  
TRUST**

**TIMES**

1 MARCH-30 JUNE 2022

The FREE magazine for unpaid carers on The Fylde Coast

## Inside:

- What's On Guide
- Project funding updates
- Caring for someone with dementia - hints and tips



Exciting new development at Beaverbrooks House

Page 11



Are you affected by someone's alcohol and/or drug use?

Re-Focus our new substance misuse project is launched

Page 12



Remarkable young carer, Freddie's True Story

Page 17

# Make a lasting difference...

# ...in memory of someone very special

Making a donation in memory of a loved one is a wonderful way of remembering and celebrating their life.

By making a donation in their name, or asking friends and family to make a donation to Blackpool Carers in lieu of flowers at a funeral, can make a lasting difference in memory of your loved one. It can be comforting to know that each donation given will continue to make a better life for carers in Blackpool.

We are able to provide you, or an appointed solicitor or undertaker, with specially printed donation envelopes.

We can also provide letters of thanks that you can send to those who make donations.

To request Donation Envelopes or for more information, please contact Terry Hodkinson on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

## Blackpool Carers Centre

*Quality • Passion • Respect*

Charity No. 1114558

## Get on yer bike for charity...

### Blackpool Carers Centre

*Quality • Passion • Respect*

Charity No. 1114558

... Join our  
**Pier to Pier  
Cycle Challenge**

SCARBOROUGH TO BLACKPOOL | 20-23 JULY 2022

Get fit whilst fundraising on our 211 mile, 3-day cycling challenge from Scarborough Pier to Blackpool North Pier.

To register or for more information contact Terry on 01253 393748 or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

Supporting 'Peer to Peer' and respite activities for unpaid carers of all ages. Event is fully supported by Chapman Events Ltd.

[www.blackpoolcarers.org](http://www.blackpoolcarers.org)



# WAKEPARK WIPEOUT

TEAMBUILD | RAISE FUNDS | SUPPORT CARERS

**Monday 13th June**  
at Blackpool Wakepark

Is your organisation  
brave enough to take on our  
**GIANT INFLATABLE  
ASSAULT COURSE?**

A hilarious, action-packed teambuilder for up to 30 team members, Prizes for the winners ★ £22 per person including wetsuit hire.

**BOOK NOW TO RESERVE YOUR TIME SLOT!**

For more information including Entry Forms, call Terry on 01253 393748 or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

**BLACKPOOL  
wakepark.**

[www.blackpoolwakepark.co.uk](http://www.blackpoolwakepark.co.uk)

All proceeds in aid of

**Blackpool Carers Centre**

*Quality • Passion • Respect*

Charity No. 1114558

[www.blackpoolcarers.org](http://www.blackpoolcarers.org)

[/blackpoolcarers](https://www.facebook.com/blackpoolcarers)

@BlackpoolCarers

# Welcome...

To our first magazine of 2022. We remain cautiously optimistic that this year will be one to remember for all the right reasons after two years that we'd rather forget!

We're glad to be venturing out more and more, bringing new thinking and new perspectives to our work with carers of all ages. Our respite provision is firing on all cylinders, reaching more carers and delivering a wide range of activities to meet the different needs of carers. Whether carers want to relax and recharge or explore and create, there really is something for everyone. Take a look at pages 4 and 5 for information on what's to come in our respite timetables.

As the sun comes up on spring, Blackpool Carers Centre really is the place to be! Our garden is starting to come to life and with it, the growth of a new outdoor play and event space for everyone to enjoy and a shiny new reception area to provide the warmest of welcomes to all who visit. This much needed space has been long-awaited and now, thanks to the generosity of a number of funders and supporters, we have been able to welcome the Eric Wright Special Projects Team to realise our vision. Find out more on page 7.

We have been pleased to secure new funding, despite challenges in the grant making landscape following the pandemic. Recent funding courtesy of Carers Trust has resulted in the launch of a new project to

support adults providing care to loved ones due to problematic substance misuse.

This specialist work is responding to some of the most vulnerable and hidden carers within our community, providing practical and emotional support to families experiencing extremely difficult circumstances. Read more about our Re-Focus Project on page 12.

Being a carer remains a mighty undertaking, whether you are 7 or 77, the challenges are endless but, with support, not insurmountable. We know that many of you enter into caring without hesitation, without training and without support...we also know that being a carer takes its toll and can bring reward but also frustration in equal measure.

Just know that we are here to listen and help, without judgement. You don't have to go it alone, let us walk alongside you and help you take positive strides in your caring journey.

To find out more, please get in touch with our team on 01253 393748 or email [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

Best Wishes



Faye Atherton, Quality Director



## Contents

Welcome from Faye	3
Contact us	3
How to refer to our service	3
Please let us know!	3
What's On Guide	4-5
Footcare service	5
Support our magazine	5
Fundraising events	6
Let's go out to play!	
New development at Beaverbrooks House	7
Our Board of Trustees	7
Adult Carer True Story	8
Stable Advice from Rocco -	
Where can I get my Covid Vaccination?	8
Take5 Adult Respite update	9
Adult Respite Carer True Story	10
Struggling to find a room?	10
Join Easyfundraising	10
A Night at the Musicals for our carers	11
Re-Focus our new substance misuse project	12
Our Christmas Miracle Makers	12
Focus on Horizon	13
Staff Profile	13
Caring for someone with dementia	14
Carers Week Raffle	14
Managing Challenging Behaviour course update	15
50:50 Club Monthly Lottery Entry Form	15
Family Focus update	16
Young Carers in Schools update	16
Family Focus Young Carer True Story	17
Can you see me? Children Who Care	17
Blackpool FC supports YCAD	18
Young Carers' Take5 update	18
Young Carer True Story	19
Young Adult Carers' Website Zone	20
Young Adult Carer True Story	20
Young Carers' Fun Zone	21
Volunteering update from Alison	22
Volunteer True Story	22
Caring Corporates are taking up the challenge	23
Thank you to our Christmas fundraisers	23
Lots to look forward to at last!	24
Photo Gallery	25
Great funding news for volunteers	26
Our supporters and awards	26

Front cover: Young Carers enjoying lunch on a trip to Ascent Trampoline Park.

Blackpool Carers Centre is a registered charity in England and Wales No. 1114558. Registered as a company limited by guarantee in England and Wales No. 5633524.

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## How to refer to us and access our services

- Call or email the office using the details below.
- Visit [www.blackpoolcarers.org/advice-and-support/online-carers-referral-form/](http://www.blackpoolcarers.org/advice-and-support/online-carers-referral-form/) and fill in the form
- Ask your GP or social worker to refer you

## Please let us know!

If you no longer wish to receive this magazine, please let us know by calling Matthew on 01253 393748 or by email at [data@blackpoolcarers.org](mailto:data@blackpoolcarers.org)

You can view our Privacy Policy at [www.blackpoolcarers.org/privacy-and-cookies-policy/](http://www.blackpoolcarers.org/privacy-and-cookies-policy/)

## Contact Blackpool Carers

Beaverbrooks House 147 Newton Drive, Blackpool FY3 8LZ

Tel: 01253 393748

Email: [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

You can also send us a message using the 'Contact Us Form' on our website: [www.blackpoolcarers.org/contact](http://www.blackpoolcarers.org/contact)

# WHAT'S ON GUIDE



Creative Artz group making beautiful paper roses

Please call Pat on  
**01253 393748**  
for information on any of the  
events listed below unless  
otherwise stated.

New trips and events are organised  
regularly. Please check for updates  
on our website:  
[www.blackpoolcarers.org/whats-on/](http://www.blackpoolcarers.org/whats-on/)

## For all carers

### Carers' Kitchen

Held weekly on the first Saturday of the  
month at Beaverbrooks House  
10.00am-2.00pm

A monthly session for carers of all ages.  
An opportunity for an informal chat or to  
discuss any queries or concerns about  
caring roles and to access help and  
advice, including benefit advice.  
Refreshments available.  
*Carers Kitchen is very popular so please  
contact Amanda M before attending.*

## For adult carers

PLEASE NOTE: All sessions take place in  
the relaxing venue of Beaverbrooks  
House. Plans are subject to change, so  
please call 01253 393748 before  
attending.

### Facebook Updates

Daily on Blackpool Carers Adult Team  
closed page

Regular notifications about our sessions,  
well-being advice and local/community  
information.  
*To take part, you'll need to join our closed  
Facebook Group for Adult Carers - Just  
search on Facebook for "Blackpool Carers  
Adult Team" and request to join or  
call Pat for more information.*

### Facebook Live

Via the Adult Carers  
Closed Facebook Group  
Mondays 6.30-7.00pm and  
Fridays 10.00-10.30am

Live video which is also recorded and can  
be watched at any time later. We look at  
what is planned for the week and any  
other relevant updates. We have the  
occasional surprise guest and sometimes  
a different location!  
Facebook Live gives you the opportunity

to comment and join in the conversation!  
*To take part, you'll need to join our closed  
Facebook Group for Adult Carers - Just  
search on Facebook for "Blackpool Carers  
Adult Team" and request to join or  
call Pat for more information.*

### Music Aloud Carers' Choir

Held weekly on Mondays at  
Beaverbrooks House 7.00-8.00pm

Young and adult carers are welcome to  
join our growing 'Carers Choir' with our  
wonderful tutor, vocal coach and  
professional singer, Irene Phillips.

### Creative Artz

Held weekly on Tuesdays at  
Beaverbrooks House 1.30-3.00pm

Creative Artz encompasses a range of the  
arts including crafts, painting, poetry,  
creative writing, drama and dance. Come  
along - no special skills needed but be  
prepared 'to have a go'!

### Carers' Coffee Morning

Held weekly on Wednesdays at  
Beaverbrooks House 11.00am-12.00pm

A chance to relax, unwind and socialise  
with other carers. Sessions are attended  
by Supporting Minds to offer advice  
if needed.

### Gardening Club

Held weekly on Wednesdays at  
Beaverbrooks House 1.30-3.00pm

This peer led group meets on a weekly  
basis to focus on our community garden.  
Join our gardening 'buddies', Trevor and  
Debbie, for a spot of weeding and  
pottering.

### Dementia Carers Drop-in

Held weekly on Thursdays at  
Beaverbrooks House 1.30-3.00pm

A drop-in session for carers and their  
loved ones here at the Centre. A range of

activities is available for carers and their  
loved ones to enjoy such as jigsaws, pool  
and table football, or simply sit and have  
a chat.

### Connect 22

Held weekly on Thursdays at  
Beaverbrooks House 6.30-8.00pm

These activity-based sessions offer a  
chance to connect with other carers and  
form new friendships. There are a range of  
activities to try including film nights,  
Supper Club on the last Thursday of the  
month, Fylde Explorers and walks. We  
also have visiting guests and  
demonstration evenings.

## Social & Public Fundraising Events

Everyone is welcome to attend our  
social and fundraising events.

### Glitz and Glamour Ball - Annual Fundraising Event

Saturday 12 March 2022  
Winter Gardens, Blackpool  
6.30pm-1.30am Tickets only £50pp  
Bring your friends and family to this  
special annual event; the highlight of our  
fundraising calendar.  
Tables of 10 and 12 available.  
*See page 27 for full details.  
Call Julie Swift to book your tickets.*

### Cinderella Ball Fundraising Event

Saturday 26 March 2022  
Clifton Arms Hotel, West Beach, Lytham  
7.00pm 'til late  
A special fundraising event in aid of  
Blackpool Carers.  
*Tickets £55 from Gill Booth on 07717  
222456 or gillian157booth@aol.co.uk  
See page 6 for full details.*

## Mother's Day Fundraiser - Breakfast & Afternoon Tea

**Sunday 27 March 2022**

**Beaverbrooks House**

Spoil your mum with either breakfast or Afternoon Tea with a glass of fizz, at this special fundraising event as part of the Pier to Pier Cycle Challenge.

Breakfast £7.50, Afternoon Tea £15

Call Julie on 01253 393748 to book.

Full details on page 6.

## Afternoon Tea, Quiz & Entertainment Fundraiser

**Sunday 24 April**

**Beaverbrooks House**

Join us for a very special afternoon of entertainment with Amy B, a prize Quiz and delicious Afternoon Tea fundraising event as part of the Pier to Pier Cycle Challenge in aid of Blackpool Carers.

Adults £15, Children £10.

Call Terry on 01253 393748 to book.

## Pier to Pier Fundraising Cycle Challenge

**20-23 July 2022**

Join our team of cyclists on a 211 mile bike ride from Scarborough Pier to Blackpool North Pier, raising funds for vital carer respite.

Places are still available if you'd like to join the fun. Call Terry on 01253 393748 or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org) to register. See inside front cover for details.

## Quiz Night Fundraising Event

**Tuesday 12 April**

**Wainwright Club, 173 Hornby Road**

Join us for our Prize Quiz fundraising event as part of the Pier to Pier Cycle Challenge. £5 per person.

Call Terry on 01253 393748 to book.

## Wakepark Wipeout

**Monday 13 June**

**Blackpool Wake Park, Ream Hills Road, Mythop Road, Preston 10.30am-7.00pm**

Can your team take on our inflatable assault course challenge? Join us for our 2nd Wakepark Wipeout challenge. Perfect for team building and competitive organisations. Could your team be this year's winner with the fastest time, or will you be 'Wiped Out'?

To find out more or to enter a team call Terry on 01253 393748.



Blackpool Wakepark

## Take5 Times...

Is a weekly newsletter which has all the information about the following weeks sessions and activities. It also has a crossword and local information.

If you would like to receive a copy by email each Friday, please call Pat on 01253 393748 and ask for your name to be added to the email address list.

Printed copies can also be picked up from reception at Beaverbrooks House.

## Do you have difficulty managing to care for your feet? Blackpool Carers Centre's Foot Care Service has the solution

Our Foot Care Service offers dedicated and accessible foot care tailored to suit your needs and can be delivered in the comfort of your own home or here at Beaverbrooks House

Our fully trained foot care practitioner offers you a complete foot care package for £17\* including cleansing foot soak, nail trim and file and relaxing foot massage.

*\*There is an additional one-off charge of £12 for your own Foot Care Pack, payable at the first appointment. This contains all the equipment required and remains with you for future treatments.*

We also offer additional treatments including finger nail cutting.

To book an appointment or to find out more, call 01253 393748 or email [tracy.taylor@blackpoolcarers.org](mailto:tracy.taylor@blackpoolcarers.org)



ONLY  
**£17**  
per treatment

## Footcare Clinics every Thursday at Beaverbrooks House

Call Julie Swift on 01253 393748 to book an appointment. *Tea and biscuits included!*

## Please help us to continue to provide this FREE magazine for our carers

Every 4 months, at least 8,000 copies of each issue of Caring Times are circulated throughout Blackpool and the surrounding areas to carers, GPs, health professionals, local organisations and businesses and via email all over the country. We have limited space in each edition for the advertising of carer-related products or services.

The revenue raised from adverts in each magazine funds its production and distribution, to enable us to reach as many carers as possible and inform them of support available to help them in their caring role.

For more information, including rates and deadlines, please contact Kay on 01253 393748 or email: [kay.soper@blackpoolcarers.org](mailto:kay.soper@blackpoolcarers.org)



You shall go to the...

# Cinderella Ball

Saturday 26th March 2022

CLIFTON ARMS HOTEL • WEST BEACH • LYTHAM

7.00pm - Reception with a glass of Fairytale Fizz • 8.00pm - Dinner



Entertainment from Mr Paul Dobie and Mr Tony Benedict  
Raffles, auctions and more

Tickets £55 from Gill Booth on 07717 222456 or gillian157booth@aol.co.uk  
or from Julie at Blackpool Carers on 01253 393748

Charity event in aid of The Young Carers Project  
All proceeds to go to

**Blackpool Carers Centre**

Quality • Passion • Respect

Charity No. 1114558

Thank you to Windmill Community Benefit Society Limited for sponsoring this event. 100% from ticket sales and fundraising on the night will support young carers.



# Mother's Day Treats

Sunday 27th March

at Blackpool Carers  
Beaverbrooks House  
147 Newton Drive • Blackpool



Spoil your mum on Mother's Day with a delicious Breakfast or Afternoon Tea, with a glass of fizz for the guest of honour!

## Breakfast

10.00am-11.30am (doors open at 9.30am)  
Continental breakfast buffet followed by a selection of hot items, including Full English or bacon sandwiches etc.  
Adults £7.50  
Children aged 12 and under £5.00

## Afternoon Tea

1st Sitting - 12.30-2.00pm (doors open 12.00pm)  
2nd Sitting - 3.00-4.30pm (doors open 2.30pm)  
A selection of freshly made sandwiches using locally sourced ingredients, fresh cakes and homemade hot and iced coffee. Soft drinks will be available for children.  
Adults £15 • Children aged 12 and under £7.50

Places are limited so early booking is recommended.

To book and pay, please call Julie or Matt on 01253 393748.

Please give details of any dietary requirements when booking.

For more information, please email Oily at: oilyfm@hotmail.com

This is an external event in aid of Blackpool Carers, as part of the fundraising Plan for their cycle challenge.

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[www.blackpoolcarers.org](http://www.blackpoolcarers.org)

# QUIZ NIGHT

All proceeds towards  
Terry & Ann-Marie's  
Pier to Pier  
Cycle Challenge  
in aid of  
Blackpool Carers.

**Tuesday 12 April**

7.00-9.00pm at The Wainwright Club,  
173 Hornby Road, Blackpool

Get your teams together, have fun and help support  
a local charity with our Prize Quiz and Raffle!

To book your place call Terry on  
**01253 393748**

or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

[www.blackpoolcarers.org](http://www.blackpoolcarers.org)



**£5.00**  
per person

**Blackpool Carers Centre**

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# Afternoon Tea & Prize Quiz

**Sunday 24 April 2022**

2.00-4.30pm

Beaverbrooks House

147 Newton Drive | Blackpool

Bring your family and friends and  
join us for a delicious Afternoon Tea  
with fun Prize Quiz and singing by Amy B.

Adults £15 | Children (12 and under) £10

Places are limited so early booking is recommended.

To book, call Terry on 01253 393748 or  
email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

**Blackpool Carers Centre**

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[www.blackpoolcarers.org](http://www.blackpoolcarers.org)



**ONLY**  
**£15**  
per person



# Escape

Hair & Beauty



**Open to the public**

## How to book an appointment

Telephone the main reception  
01253 393748, Nicola 07586 472399  
or Michelle 07535 753883



## Our Location

Our Treatment Rooms are situated within Blackpool Carers at Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ



Our Zen Den Sensory Room is available to hire for small groups and is suitable for babies, children and adults.

**Zen Den hire charge £20.00 per hour**  
(maximum 4 persons)

*Refreshments are available and our Chillax Garden Room and garden are available for visitors to use.*

For more information or to book your Sessions, please contact Julie on

**01253 393748**

or email: [julie.swift@blackpoolcarers.org](mailto:julie.swift@blackpoolcarers.org)



Beaverbrooks House  
147 Newton Drive  
Blackpool  
FY3 8LZ



## Let's go out to play!

Our long-awaited development of outdoor space here at Beaverbrooks House is at last being realised thanks to the support of a number of generous funders and the tireless work of the Eric Wright Special Projects Team in bringing together our vision. This new outdoor space creates a special setting for our respite provision, outdoor play, events and relaxation.

The development has also created a new reception area for the building, ensuring that all visitors are greeted as they arrive and welcomed to Blackpool Carers Centre in the right way. Our new entrance and reception area is now to the rear of the building, accessible directly from the car park. There is also a new pedestrian and disabled access walkway from the front of the building which



flows up the side of the driveway to our lovely new reception space.

It is thanks to the following supporters that we have been able to complete this wonderful new addition to Blackpool Carers Centre that will bring joy to carers and their families for years to come;

- Wooden Spoon, the Children's Charity of Rugby
- Beaverbrooks Charitable Trust
- Vera Wolstencroft Charitable Trust
- Dowager Countess Eleanor Peel Trust
- Edward Gostling Foundation
- Bernard Sunley Foundation

At the time of writing, the development is still in progress.

To see the finished space, keep your eyes peeled for updates on our website and social media pages throughout February and March.

## Our Board of Trustees

### Paul Jebb (Chair)

Associate Chief Nurse,  
Patient Experience & Engagement,  
Lancashire and South Cumbria NHS  
Foundation Trust

### Sarah Lambert (Vice-Chair)

Retired Development Manager

### Alison Gilmore (Treasurer)

General Manager,  
Imperial Hotel Blackpool

### Sian Howarth

Social Value Analyst, Co-operative

### Tracy Jackson

Hospital Director,  
Spire Fylde Coast

### Sarah Leighton

Social Worker Independent Reviewing  
Officer, Blackpool Council

### Howard Lewis

General Manager,  
Novotel Liverpool Paddington Village

### John Topping

FCAT Community Relations and  
Estates Lead

### Tony Ward

Retired Corporate IT Strategist

## Letting go

"When you say your vows, in sickness and in health, you think you know what it means, but until it happens to you, you don't."

Helen cared for her husband David for 3 years after he was diagnosed with cancer in 2018. Helen eventually gave up her career as an artist to provide the around the clock care that he needed until he passed away in 2021.

Helen was referred to the Blackpool Carers Hospital Support Project by Macmillan Cancer Care.

In Helen's words:

"A caseworker called Amanda came to meet with us whilst David was having treatment. Amanda explained the support available to us as a family which was like a weight had been lifted from my chest and I could start to breathe again. It was such a relief knowing that

there was someone just at the end of the phone to explain things to me, especially the medical stuff as the doctors used so much jargon, it was like a foreign language.

At my lowest times I would sit there and think, 'What about the carer? What about me and how I feel?' It was at these times that I knew I could telephone Amanda and say what I needed to say without being judged.

Amanda supported our family with practical things like benefits, food parcels and equipment that made caring for David a little easier, however, it was the fact that she walked alongside me until my caring role came to end that made the biggest difference."



When David died in 2021, Helen said that her "two wonderful sons" stayed with her for a while, but eventually she "just wanted to be on her own" to get used to being in the house without her husband of 35 years

Helen says: David was the love of my life and his loss has created a huge void, but with Amanda's support I am gradually finding a way forward one step at a time.

## 'Stable Advice' from Rocco - Where can I get my Covid vaccination?

**V**accinations remain the best way for us all to stay protected from COVID. Whether you are still contemplating your first jab or ready to take your booster, Blackpool's vaccination programme is open.

Blackpool's Vaccine Van continues to visit different local sites throughout the week and can be attended without an appointment. For information on the opening times and sites just visit;

<https://www.blackpool.gov.uk/Campaigns/Coronavirus/Vaccine-van.aspx>

Blackpool also has Walk-In Clinics at;

- Blackpool South Car Park, Yeadon Way
- Moor Park Health & Leisure Centre
- Whitegate Drive Health Centre
- Whiteholme Community Centre
- Metropole Hotel
- Community Hub, Houndshill Shopping Centre (opp. Back of M&S), Victoria Street

### Eligibility

There may be a wait at the vaccination sites. Wrap up warm, wear a face covering

and keep your distance whilst queueing when visiting the mobile clinics.

- 1st and 2nd doses of the vaccine for anyone over 12
- Covid boosters are available at all walk-in sites to those aged 16+ or in an eligible group, three months after the second dose
- If you would prefer to book an appointment to get your Covid vaccination/booster dose, you can book an appointment by calling 119

### 12 to 15 year old vaccinations

12 to 15 year-olds can get a 1st or 2nd dose of their COVID-19 vaccine outside of school. Please note, a gap of 12 weeks must be in place for under 18's:

- after a positive COVID-19 test result, before any dose of vaccination
- between first and second dose

A parent/official carer must be in attendance. Parents and carers accompanying their child can also get vaccinated if eligible. The friendly team are on hand to answer any questions or talk through any concerns you may have.



If you're undecided and would like some advice - feel free to pop in to one of the vaccine centres for a chat; there's no pressure!

So remember....

- You do not need to book to attend - you can just drop in.
- Please wear a face covering when attending
- Keep a distance from others when queuing
- Bring your NHS number if you have it, but it's not essential
- Young people attending a 12 to 15 vaccination clinic must be accompanied by a parent/guardian.

# Take5 Adult Respite update

As everything begins to gradually open up post-COVID, we are excited to be able to get out and about more and plan new events for this spring and summer.

A very special event we are planning for our carers is a 1950s themed Queen's Jubilee Street Party on Wednesday 1st June 2.00-4.00pm...fingers crossed that the weather is kind to us!



We were lucky enough to be able to use a mini-bus, kindly loaned by South Shore Academy, for our trip to Manchester in January and look forward to being able to do this again to get out to new places this year. We know the huge difference that it makes for carers to get out of Blackpool, away from their regular scene and see a little bit more of our beautiful region! Please keep a check on social media, the Take5 newsletter and our website for updated information.

If you've never attended any of our support groups or events before, below is a taste of what's on offer. We'd love to see you; you'll be made to feel most welcome both by staff and other carers, so please come along!

Dates and times of all our respite and events are shown on pages 4 & 5.

## Facebook

Keep your Facebook notifications on to know all about the sessions at the Centre, well-being advice and local/community information.

## Facebook Live

Via the Blackpool Carers Adult Team closed page Live video which is also recorded and can be watched at any time later. There's always something fun going on!

Facebook Live gives you the opportunity to comment and join in the conversation.

To take part and to receive notifications, you will need to join our closed page 'Blackpool Carers Adult Team'. Search on the Blackpool Carers Centre page on Facebook in the 'groups' section and

request to join or contact Pat on 01253 3933748 or email [pat.sumner@blackpoolcarers.org](mailto:pat.sumner@blackpoolcarers.org)

## Music Aloud Carers' Choir

Young and adult carers are welcome to join our steadily growing 'Carers Choir'. We have a visiting vocal coach, Irene Phillips, who is also a professional singer herself. Irene has run choirs in Blackpool and Manchester for a number of years and is an amazing teacher!

The choir is a fairly new addition to our respite activities – it was added after a consultation with our carers as to what they would most like to take part in. It has proved truly enjoyable, very popular and our most well attended session! We even performed at the Christmas Fair for a very appreciative audience and are looking forward to continuing to build our repertoire and to perform at future events...but the most valuable thing that the singing offers is an hour of complete escapism and relaxation. No previous singing experience needed, just come and join the fun!



Carers' Choir session

## Creative Artz

Creative Artz encompasses a range of art mediums including crafts, painting, poetry, creative writing, drama and dance. We are trying to introduce as many different activities as possible into the sessions, consulting our carers on what they would like to try.

We have made paper roses, shell bird houses and bird feeders for the garden. After a visit to an alpaca farm, we used alpaca wool to try needle felting. We decorated our windows with poppies and soldiers to commemorate Remembrance Day and made knitted poppies to sell for the Royal British Legion.

In the run up to Christmas we decorated individual Christmas cakes, sang a range of Christmas songs and made festive wreaths to sell at the Christmas Fair.

Being creative and expressive really helps us to relax and keep well.

## Carers' Coffee Morning

A new addition to the respite activities is a weekly coffee morning for carers. The sessions will be attended by Supporting Minds NHS Mental Health Support who will be there to offer advice if needed.)

## Gardening Club

This peer led group meets on a weekly basis to focus on our community garden. There's always lots to do. We have been recently moving the vegetable and fruit beds to a new home by the playground and there are plenty of sowing and re-planting jobs to be done. Sometimes we have cake and a visit from Coco the therapy dog! Come and join us, no gardening experience needed!

## Dementia Drop-in

A drop-in session for carers and their loved ones with a range of activities for them to enjoy or just simply to sit and chat. We also have some memorabilia out for people to look at which often gives their loved ones a chance to reminisce about past events and surroundings.

## Connect 22

At Connect 22 we try to cover as many different activities as we can think of! It's mainly a chance to connect with other carers and form new friendships. We've been crown green bowling and on walks to different local areas. We even took a heritage tram through the illuminations, playing tourists for the night! We also have the last Thursday in the month as a Supper Club when we prepare food and eat together which is lovely. We have had Halloween Hot Pot, Burns night 'tatties and peeps' with haggis, Chinese style food (Chinese New Year and Winter Olympics) and Irish stew (St Patrick's Day)...we do love a theme!

## Carers' Kitchen

A monthly session for carers of all ages. If you are a carer who also works in the week, then come and join us on a Saturday for an informal chat or to discuss any queries or concerns about caring roles, seek help and advice, including benefit advice. Refreshments available.

Carers Kitchen is very popular so please contact Amanda M before attending on 01253 393748 or email: [amanda.madden@blackpoolcarers.org](mailto:amanda.madden@blackpoolcarers.org)



# “Respite has been my lifesaver”

Linda's husband has long term mental ill health and has been in and out of the Harbour Mental Health Hospital in Blackpool for the past 5 years. He regularly threatens suicide and hates to be alone.

Linda's only respite was to walk the dog, but even then, her husband would often ring her to see where she was and need her to come back home after she had only been out of the house for minutes. He would want to accompany her on shopping trips but want to return home quickly as he could not cope with crowds.

Linda was isolated from any friendships or group meetings. Her husband would be the only person she saw for days on end which left her feeling very alone with no one to turn to and crying every day.

Linda began coming to respite sessions occasionally. Sometimes she would drive herself to the Centre and sometimes her husband would bring her. If she came alone, he would ring the Centre minutes after the session had finished to say that she had not arrived home and he was worried.

Gradually, as we managed to retain Linda's attendance, her husband's confidence in the safety of the Centre and the groups grew. Linda also

developed confidence in dealing with her husband's concerns and found it easier to cope with his outbursts. She had an opportunity to lose herself in the many activities available at respite sessions. Linda had never before been to the theatre and the highlight of her year was when we went to the ballet at the Grand Theatre and burst into tears at the thought that Blackpool Carers had provided the opportunity *“just for me. Never has anyone done anything just for me.”*

Linda continues to attend respite activities on a more regular basis now and her friendship circle has widened, making connections with other carers whose lives are similar in their challenges.

Linda and her husband suffered a setback in January when it became obvious that her mother-in-law was suffering with dementia. This meant an additional caring role for Linda but, with the support of our team and respite sessions, she has felt more able to cope than would have been possible nearly two years ago.



Painting during a Creative Artz session

During a recent Creative Artz session Linda was asked by a support worker if she would like to take part in counselling sessions, her reply... *“as long as I can continue to come to these sessions here at the Centre, I don't feel that I need to go to counselling sessions. This is my therapy, my support. It has been my lifesaver over these past two years and I don't know where either me or my husband would be if it wasn't for the chance to come here a couple of times a week for that little bit of me time.”*

Linda was at our Christmas Fair with her husband who felt comfortable enough to come into the busy Centre for the first time. She was delighted to show him the decorations they had made and the Centre itself that has meant so much to her. I wish I had captured that smile on her face.

Pat, Adult Respite Worker

## Struggling to find a meeting room?

Here at Blackpool Carers Centre we have a variety of rooms, including our beautiful gardens, which are available to hire at very competitive rates.

Our rooms vary in size from small meeting/ counselling rooms for 2 or 3 people, right up to our Training Room which can seat 40 people. Rooms can be hired by the hour, half day or a full day.

Our rooms are ideal for:

- Birthday parties & business lunches
- Community groups
- Counselling
- Cookery workshops
- Fundraising events
- One to one meetings
- Staff training & team meetings
- Outdoor events



Training Room

Most recently we have enjoyed hosting an Afternoon Tea and a Team Building Day here at Beaverbrooks House! We love to welcome visitors old and new! Catering can also be provided at an extra cost.



Cafe area

For prices and further information, please contact Julie Swift on 01253 393748 or email [Julie.swift@blackpoolcarers.org](mailto:Julie.swift@blackpoolcarers.org)

## We still need you!

Every time you shop online you can raise **FREE donations** for us!

Register on [easyfundraising](http://easyfundraising.org.uk)



• You shop • 8,200+ Retailers Donate • For Free

We now have 121 supporters who have raised £1,796,32 for us so far, so why not join them? Simply visit: [www.easyfundraising.org.uk/causes/blackpoolcarers](http://www.easyfundraising.org.uk/causes/blackpoolcarers)

Then make your online purchases as usual. The retailers then make a donation to us at no cost to you...brilliant!

# A very exciting 'Night at the Musicals' for our carers



How exciting to open an email inviting us to apply for tickets to a concert at the Manchester AO Arena to see performances from lots of West End shows in 'A Night at the Musicals' on Monday 24th January, courtesy of the National Lottery!

Very quickly there was interest from our carers, but here we had the problem presented to all our carers – who would be there for their loved one?

When organising trips and activities, we are aware of the fact that carers do not make the decision NOT to go out on social occasions, of course, the decision is often out of their hands... either find a replacement carer – or don't go.



Carers at the theatre

Of the many carers we support, it took until the last day to find 10 carers who could join us on the trip.

Our carers were so excited and giddy to be away on their journey to Manchester (so many of our group hadn't been out of Blackpool since well before the pandemic!). It was lovely to hear them exchanging stories about how life was when they could throw caution to the wind and go off on exciting adventures, before caring took hold. Hearing them talk about how much it meant to them to have just one night 'off duty' to go somewhere different reminds us of how important respite time can be.

The evening, hosted by Jason Manford, was recorded and televised on 26th January. The show was a wonderful collection of sections from many West End musicals including, The Lion King, Beauty and the Beast and Frozen. There were some new shows also included such as, Waitress and Dear Evan Hanson. A real surprise treat was an appearance of the outstanding John Owen-Jones who is best known for his performances in Les Miserables and Phantom of the Opera. Jason Manford was a perfect host and, as well as being a great comedian, he can sing!

It was delightful to see the reactions on the faces of our carers. Some had NEVER been to a concert before. All had not been "out out" on a social occasion for many years - some not since their caring role began.



What a fantastic show!

We set off home, tired and with sore hands from clapping and sore throats from singing...the sign of a great evening!

Comments from our carers;

*"I felt like a teenager again! I've not been out so late since then!"*

*"Thank you to Pat and the Carers Centre without which I would never have done this."*

Thank you to the National Lottery for putting together this amazing event and to all the artists and crew for a wonderful evening.

We sang, we danced, laughed and cried. An emotional but very satisfying, happy evening with memories that will last a long time!

## Make Yourself Heard

In danger, need the police, but can't speak?

1 Dial **999**



2 Listen to the questions from the 999 operator



3 Respond by coughing or tapping the handset if you can



4 If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



#YouAreNotAlone

Supported by



## We have now launched Re-Focus - our new substance misuse project

**W**e have recently been successful in our application for funding from Carers Trust as part of their Making Carers Count campaign. Making Carers Count is a national multi-partner programme aiming to identify and support carers who are under-represented amongst the community groups we currently reach and who have been disproportionately affected by the Covid-19 pandemic.

Blackpool's unique challenges, demographics and community are deeply understood and responded to by Blackpool Carers having worked alongside some of the town's most vulnerable and complex families for over 16 years. In tandem with the new presenting needs in response to the pandemic, there is the pre-existing picture of problematic alcohol use and prevalence of diverse drug misuse that Blackpool has grappled with for many years.

Through this new funding we have launched our Re-Focus project, supporting carers in Blackpool who are affected by a loved one's problematic substance use, providing them with information around substances, addiction and recovery, time and space to discuss the impact of their caring role and opportunities for respite and peer support.

Our current adult provision doesn't attract many carers providing care to a loved one dealing with substance misuse, and yet we are aware of the prevalence of issues related to alcohol/drugs within our community. In our commitment to meet the changing and increasing needs within Blackpool, we are eager to mobilise a targeted approach to identifying and supporting carers in these often precarious and complex situations.

# Are you affected by someone's alcohol and/or drug use?



**You may find it helpful to talk to someone - contact us today and access support!**

Caring roles relating to substance use are often unseen as carers themselves are unaware that they are providing care, particularly where the emphasis of their role is more emotional in nature than practical. Caring roles around problematic alcohol and/or drug use can also often 'creep up' on people with the unmanageability of issues evolving over time.

Choices of support for carers and families of those experiencing problematic substance use are currently limited locally. The aim of our Re-Focus project is to create an understanding of problematic use, dependency, addiction, treatment options, behaviour change,

harm reduction and recovery expectations, with the aim of presenting options for carers and loved ones who are cared for in taking steps to recovery that work for them. Our work also focuses on the choices that carers themselves have in creating their own identity outside of caring and in challenging and/or changing circumstances that are no longer working for them.

*For more information about the project please call Carla on 01253 393748 or email [carla.talbott@blackpoolcarers.org](mailto:carla.talbott@blackpoolcarers.org)*

**CARERS TRUST**

## Thank you to our Christmas 'miracle makers'

It feels like a long time ago now since the festivities were in full flow! Christmas was made special for our carers of all ages thanks to the generosity of lots of supporters and businesses who helped to bring festive joy to so many...plenty of chocolate, pamper packs, presents and party food!

Thanks to;

- Carers Trust
- Cash for Kids Mission Christmas

- Glasdons
- Koyo Store
- Lateo Risk
- Miles of Smiles Lancashire
- Millfield Science and Performing Arts College
- Sandcastle Care
- Spire Fylde Coast Hospital
- Any many other individual supporters.

We can't thank you enough! Your continued support helps to make a better life for carers.



## FOCUS ON...



**B**ased on Dickson Road, Horizon is Blackpool's alcohol, drug, and sexual health support service.

Horizon offers specialist support for all Blackpool residents and their services are free and confidential. All support is tailored to the needs of the service user, whether your goal is to reduce dependence on drugs and/or alcohol or to stop completely, they will work alongside you to achieve this. Horizon also offers support to people using 'leisure' or prescription drugs.

Horizon helps people to put together a treatment plan, including detox, residential and community rehabilitation programmes, and also provide medical support during this time.

Support for loved ones who may be affected by alcohol/drug misuse is now referred through to Carla Talbott who runs the new 'Re-Focus' project here at Blackpool Carers Centre (see page 12 for more information).

Treatment depends on the individual and what you feel would best suit you. This can be home detox, residential rehabilitation, or a range of other treatment options, depending on what support would most benefit you.

Horizon also offer 'The Hub' young people's substance misuse service for anyone under 25 who wants help to address their drug and/or alcohol use. The Hub is a treatment service (including substitute prescriptions) and offers health assessments. They can also help with low level mental health needs such as anxiety and depression.

Horizon also deliver Sexual Health and Harm Reduction Services, supporting those living with and affected by HIV, those working within the sex industry and members of the LGBTQ+ community. They offer confidential advice and support, STI screening, HIV and Syphilis testing and advice, Hepatitis C support and testing, free condoms, drug and alcohol harm reduction advice



and support through their outreach team and needle exchange hub at Dickson Road. They also facilitate LGBTQ+ social and support groups as well as events and awareness-raising campaigns across Blackpool.

Carla Talbott from our Re-Focus project has been working closely with Horizon over the last few months, shadowing their team members on visits to service users and meeting the families of people affected by substance misuse.

*If you, or someone you know would benefit from this support, please get in touch with Carla on 01253 393748 or email [carla.talbott@blackpoolcarers.com](mailto:carla.talbott@blackpoolcarers.com)*

*To contact Horizon directly, please call 01253 205157 or email [hello@horizonblackpool.uk](mailto:hello@horizonblackpool.uk)*

## STAFF PROFILE

### Amanda Farnham - Young Carers' Support Worker

**F**or the last 15 years I have worked in education in the pastoral department of a High School. I have supported young people with a variety of needs, including young carers.

I have worked closely with Blackpool Carers Young Carers team supporting young carers over the years and so knew all about the amazing work that they did. Seeing the difference they made to the lives of so many children and young people was inspirational.

In October 2021 I made the big decision to leave my comfort zone and make that change. I stepped into the role of Young Carers Support Worker at Blackpool Carers and have never looked back. What a time to start it has been!... in November we dressed up for Children in Need (refreshing to come to work in pyjamas for the day!) and then, of course, we had Christmas. I also had the privilege of



choosing gifts from the donations given to Blackpool Carers Centre and go out to deliver them to the young carers who I support.

My role as Young Carers Support Worker is to support children from the age of 5 to

16 who care for a parent, grandparent or sibling with a disability or illness. From completing consent forms with families and assessing young carers through to creating support plans and providing 1-1 sessions, it's great to have so much variety.

Our one-to-one sessions could be cooking activities, talking through coping strategies, going for walks, playing games or artwork, the list is endless! I'm also enjoying getting out and about, raising awareness of the work of Blackpool Carers.

The team here are like one big family, of which I love being part of! Everyone is passionate about the families we support, going above and beyond to make a difference to carers lives. I have really enjoyed my first 3 months at Blackpool Carers and am looking forward to the challenges and new experiences that are ahead!



## Caring for someone with dementia - useful hints and tips

Caring for someone with dementia can be challenging but there are some things you can try to make life a little easier for both of you.

For someone with dementia the world can become unfamiliar and therefore frightening at times. People with dementia need to be stress and failure free. Try to slow the pace of life, go with the flow and expect good days and bad. The old 'rules' you lived your life by may no longer 'fit' your new situation. Your relative may not want or be able to do things at the same time or in the same way that they used to. Routine is helpful, but you will likely need to experiment to find a new one that works better, try to be open to this.

If someone shows difficult or aggressive behaviour, try not to take this personally as it is not directed at you. Behaviour communicates an important message - when we understand the message, we can meet their needs and perhaps prevent the

behaviour in future. Difficult behaviour is triggered and may stem from someone not being able to communicate or meet their own needs. Try to find the need or feeling behind the behaviour - are they too hot/cold, hungry or thirsty, tired, in pain or need the toilet?

Dementia can affect communication so make eye contact, sit at their level and use their name and touch to gain attention. Eliminate noise and distractions, make sure it is not too bright or dark, make one point at a time and give them plenty of time to respond. Their ability to process information and give an answer will have slowed down. Try to avoid confrontation and correcting, their brain does not accept other points of view as it once did. Walk away when you need to, to give yourself space to process frustration then try again.

People with dementia benefit from having a role and purpose. Try to keep them

involved in household tasks and hobbies. Find things they can safely do even if it doesn't really need doing or you have to do it again afterwards. They may still enjoy participating in previous hobbies in a different way but look out for signs of frustration if they are aware that they can no longer do something.

It is essential that you find ways to look after yourself and have a break from caring. This is what enables you to continue to care. Try to offload with friends, family or one of our support workers. Although talking doesn't change things, people often report that they feel better once they have talked through everything.

Try to put small amounts of time aside for yourself each day. Can you create a space at home which is just for you? Surround yourself with things you like, find comforting and soothing. Spending time by yourself is not selfish, it is self-care and is necessary. Even if you are not providing physical care, constant vigilance and thinking can be exhausting.

Try to prioritise and set realistic goals, you may not be able to do as much as you used to. Compromising and adjusting your standards and expectations of yourself can also help you to cope. Try not to be self-critical or judge yourself harshly when things don't go according to plan. Thinking about how you would respond to a friend in your situation and responding to yourself in the same supportive way can help.

*Further support and ideas are discussed at our free Dementia Awareness Course for carers. Please contact Helena for more details on 01253 393748 or email: [helena.brown@blackpoolcarers.org](mailto:helena.brown@blackpoolcarers.org)*

## Carers Week: 6th-12th June 2022

Carers Week is an annual national campaign to raise awareness of caring, highlight the challenges that unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Here at Blackpool Carers, Carers Week provides a special time for us to focus on celebrating carers along with raising awareness of carers throughout the

community and in local media. Although these are activities that we work on throughout the year, the added bonus of a concerted national campaign means that our voice reaches further during this dedicated week.

We are busy in the background working on plans for Carers Week. Look out on our website, social media platforms and regular respite update newsletters for information on Carers Week activities

*For more information on the national campaign visit; <https://www.carersweek.org/>*



### Don't forget your Carers' Week Raffle Tickets!

We are holding a very special Carers' Week Raffle this year, with a whole host of prizes including **£250 Cash, £100 Cash, Beaverbrooks Jewellery, Men's and Ladies Luxury Hampers and much more!**

The Raffle will be drawn on Monday 13th June 2022.

**Tickets are £1 each in books of 5 and available from Reception at Beaverbrooks House.**

**Good luck!**

**Blackpool Carers Centre**  
Quality • Tenure • Respect  
Charity No. 1114508

**We keep overheads low so almost all of your donation is spent supporting our carers.**

**94p in every £1 raised goes directly towards helping to make a better life for carers!**

[www.blackpoolcarers.org](http://www.blackpoolcarers.org)



## Our Managing Challenging Behaviour (MCB) course is now available within school settings

**O**ur Managing Challenging Behaviour course is designed to help parents to develop a greater understanding as to why their child is displaying behaviours which may be challenging. We also explore ways of supporting children to express their feelings in a more positive way. The focus of the course is about the child or young person, their needs and how best, as parents, we can support them.



Children challenge for a range of reasons. During the course we explore some of these reasons including, looking at patterns of behaviour and beginning to understand when and how to implement strategies to avoid the "meltdowns".

The course provides a safe setting for parents to come together to, not only share their experiences in a non-judgemental environment, but to also talk with other parents in similar situations and develop a range of strategies that families can develop at home. Parents who have attended and completed the course have found it to be very helpful, informative and easy to engage with.

The course is FREE and open to parents living in Blackpool with a child or young person displaying challenging behaviour, with or without a diagnosis. If you have a child whose behaviour is impacting on their wellbeing and the rest of the family and would like more information, please contact Alison Brown (details below).

We are now delivering this course to groups of parents within school settings.

*If you are a Blackpool school and think this would benefit some of your parents, please contact Alison Brown on 01253 393748 or email [alison.brown@blackpoolcarers.org.uk](mailto:alison.brown@blackpoolcarers.org.uk) for more details.*

# 50:50 CLUB Carers' Monthly Lottery

**5 great cash prizes every month!**

*Proceeds provide support and respite for carers of all ages*

Support your **LOCAL** community!



**ONLY £1** per stake

Simply complete and return the slip below.

Full details can be found at <https://www.blackpoolcarers.org/5050-club-carers-monthly-lottery/>

Winners will be notified by phone or post.

*Don't forget to ask your family and friends to enter too!*

### Carers' 50:50 Club Entry Form

Please complete in **BLOCK CAPITALS**

Name .....

Address .....

..... Postcode .....

Telephone .....

Email .....

- We would prefer payment by Standing Order but are happy to accept cash (in person) or cheque. Please note that if you pay by cash or cheque you must join for a minimum of 1 year (£12).
- Minimum stake is £1 per month, but remember, the more stakes you take, the more chances you have to win!

### Monthly or Annual Standing Order

Your Bank Name .....

Bank Address .....

..... Postcode .....

Account Name .....

Account No. .... Sort code .....

- Please debit my account and pay: Blackpool Carers Centre, Account No. 65828557 Sort code: 08-92-99

The sum of: .....

On the (*start date*): .....

And then on the same day (*please tick*): Monthly  Annually

Signed .....

Date .....

Please cut out and send this completed form to:

Blackpool Carers, Beaverbrooks House,  
147 Newton Drive, Blackpool FY3 8LZ

# Family Focus update



Our Family Focus Project continues to offer a wide range of support for young carers and their families who are caring for a parent experiencing mental ill health and/or substance misuse.

Whilst we offer one to one emotional and practical support for young carers, this project also encourages family activities, respite and peer support as we know the stigma and isolation that can be faced by families dealing with complex situations.

We have been very busy creating fun sessions over the past few months to support families during the holidays when time at home, without the routine of school, can be particularly difficult. Families recently enjoyed a trip to the cinema as we were keen to reassure them that this was a safe space where, should children fidget and talk, that's ok! We wanted to create positive memories in a stress-free environment. Going to the cinema was a real treat for the families as this was something that they usually felt nervous about doing on their own.

It feels like a very long time ago, but our spooktacular Halloween party lives on in our memories as it was such a huge hit! Our young carers, staff and volunteers absolutely loved it! The costumes were creative and horrifying and all of the spooky party games were a big success. There was a lot of chaotic fun in the room



Family fun at the Halloween Party

and the children decided they would love another party, telling us what activities they wanted in the future, of course, 'pass the parcel' was on the list again!

This then led to our Christmas party and festive family dinner. Families enjoyed a full Christmas meal followed by ice-cream and lots of time to relax together and laugh which each other, although some were unimpressed by the choice of Christmas songs...we stand by there being nothing wrong with 'Walking in the Air'! We also included the biggest 'pass the parcel' that has ever been made...and went on for a very long time! Father Christmas made a special guest appearance and there were presents galore...a perfect afternoon.

1 in 4 people will experience a mental health problem of some kind each year in England. It's also important to recognise

those who are helping to support people with mental ill health as, as carers, they may need support too.

Statistics around substance misuse are harder to come by but, what we do know, is that many people experiencing issues with substances also have family and friends around them who are trying to make sense of it all and provide help, many of whom are children.



Young carer, with his treasured new Christmas present

If your family needs help, please get in touch on 01253 393748 or email: [kerry.dalton@blackpoolcarers.org](mailto:kerry.dalton@blackpoolcarers.org)

## Young Carers in Schools update

Our Young Carers team continue to build relationships with local schools and incorporate our support into the place where young carers spend most of their time. It is so important that young carers are able to access support through school, hand in hand with our team, to ensure that they have good outcomes, both in education and at home.

Our drop-in support sessions for young carers, staff and parents continue regularly at selected schools and we are now planning our after-school peer support groups too!

The aim of our presence in schools is to ensure that existing young carers are receiving timely support around their caring roles. We are also keen to support children and young people who have taken on new caring roles in recent months and would benefit from support.

Our team is also available to deliver training workshops to staff within schools and to conduct full school assemblies and individual class workshops to help raise awareness of young carers and the support available.



Mini Rocco with St Bernadette's Young Carers' Policy



Jade and Rocco awareness raising at Layton Primary Assembly

We would like to say a special thank you to St Bernadette's Catholic Primary for creating and integrating their own Young Carers' policy into their school and showing their dedication to supporting young carers consistently.

We are always looking to work closely with more schools locally...for more information please contact Samantha Kirkbride on 01253 393748 or email: [samantha.kirkbride@blackpoolcarers.org](mailto:samantha.kirkbride@blackpoolcarers.org)

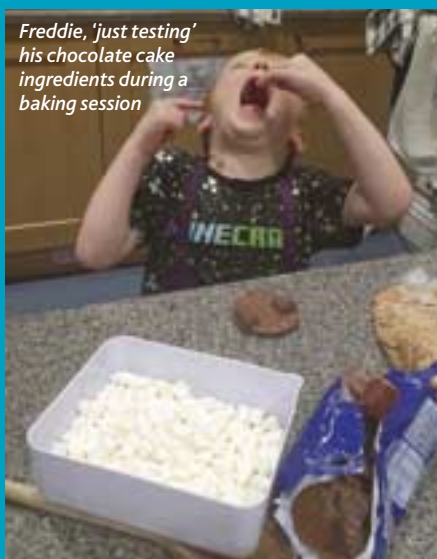
## Freddy, 5, cares for his mum and doesn't feel like a carer - "we're just friends, best friends and I love her very much"

Freddy was referred as a young carer in September last year under the Family Focus Project. At five years old, Freddy proved to be a remarkable young boy.

Freddy's caring role involves providing emotional and practical support for his mum who has mental ill health and seropositive arthritis. Dad also experiences mental ill health and the family were under a significant amount of stress.

When talking of his caring role and day to day life, Freddy told me he will 'go upstairs to check mummy's ok' and does not like his mum or dad to be sad. Freddy responds to his mum's needs, making sure mum has everything she needs and providing acts of kindness during the day, this can be finding her a blanket when she is resting or helping her with clothing.

Many of our young carers are proud of what they do and happy to provide care for the person they love. Freddy said he



Freddie, 'just testing' his chocolate cake ingredients during a baking session

does not feel like a carer and said about caring for his mum, 'we're just friends, best friends and I love her very much'.

After an assessment with Freddy, we recognised areas of support that we could provide to help alleviate some of the pressure that Freddy and his family faced. One big worry for Freddy was his younger brother's behaviour and how this affected him and his parents. To support with this, mum and dad were happy for us to place a referral to our Managing Challenging Behaviour course here at Blackpool Carers, supporting them with ideas and strategies to support Freddy's younger brother when he struggles with his emotions and behaviour.

Freddy also felt pushed out due to the attention his younger brother would get. Mum and dad engaged with our family activities, bringing them together in a stress-free environment that Freddy could enjoy with his brother, rather than feeling that he was fighting for attention.

One-to-one sessions also focussed on play and fun. Freddy would let his imagination run wild when we went to the park and particularly enjoyed playing 'king and princess' which his support worker also loved, being silly and escaping reality!

Freddy showed how thoughtful he was on each session, he would pick flowers for his family so that they knew he was thinking of them, however when we baked chocolate cakes at the Centre, he did not want to share!

Freddy's parents were also supported to ensure that they had access to the right support for themselves and the children,



Freddie having a great time at the park

having information about what was available and how to access this.

Freddy no longer requires one-to-one support. During his last assessment, Freddy said that he now feels happy at school and has less worry about mum now that carers are visiting each day to support her. Freddy has built some independence and trust in other services who support his family and take some of the caring pressure off him.

Being a young carer has been challenging for Freddy but now he knows that he is not alone and that he and his family have support whenever they need it as life changes and new challenges arise.

Thank you to Freddy and his family for allowing us to share his story.

Jade Titford, Family Focus Support Worker

## Can you see me? Children Who Care

We continue to implement our 'Can you see me? Children who care' project funded through NHS England Mind the Gap programme.

This project aims to identify and support young carers within families connected to the Armed Forces, whether serving personnel, reservists or veterans.

Many young carers within Armed Forces and Veteran communities are providing physical support due a long-term injury or physical health condition or provide support around mental ill health or substance misuse. Within all of our awareness raising activities we include the support that we provide for this community and continue to share this



information to all the families and professionals we work closely with.



If you are a member of the Armed Forces community and need support, or a professional working with this group, please contact: [samantha.kirkbride@blackpoolcarers.org](mailto:samantha.kirkbride@blackpoolcarers.org) for more information on support available.

## Blackpool Football Club supports Young Carers Action Day

We are busy making plans for Young Carers Action Day (YCAD) 2022 and are really excited for what's in store!

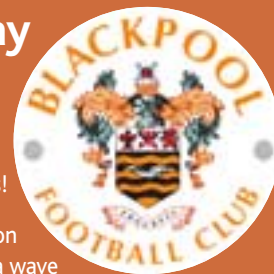
In partnership with Blackpool Football Club and kindly funded by Carers Trust, we will be working together to help raise awareness of young carers and the isolation that they can experience due to caring roles. Blackpool Football Club have got behind Young Carers Action Day in supporting our campaign, recognising the importance of supporting children and young people who provide care each and every day to loved ones within our communities.

On the 16th March, national Young Carers Action Day, the players of Blackpool FC will wear specially branded t-shirts in support of young carers as they take to the pitch before their match against Sheffield United. We are also excited to have an article published in the match day programme to highlight the national campaign and also to provide information about our work here at Blackpool Carers. To top off what will be a memorable day, a group of our football mad young carers will also be in attendance as special guests at in what will hopefully be an exciting match!...Both teams are doing well this

season and may be challenging for the playoff spots!

If you are there on the day, give us a wave and look out for the young carer themed promotions on the big screens!

Keep a watch on our Facebook page for details on how your young carer may be able to get involved!



**CARERS TRUST**

## Young Carers' Take5 update



Blink and you have missed it!... well that is how it feels as Take5 has continued at pace since the last edition of Caring Times. Both of our Take5 groups and Creative Artz sessions remain busy and active with lots of fun and laughter.

Back in October, Take5 were involved in the Lightpool Festival which saw light-based art installations displayed across Blackpool for two weeks. Our young carers loved being part of this, creating lanterns with the help of a local artist which were shown at the Old Electric Theatre as part of a community exhibition. It was great to see our young carers imaginations run wild with their thoughts and creations which led to some interesting conversations!

We also explored young peoples' mental health through discussions at Take5 as part of World Mental Health week and Young Minds #HelloYellow campaign. As part of the sessions, we talked about the 5 Ways to Wellbeing and what people can do to help their own mental health. These conversations were then used to produce messages of support for other young people.

Having new experiences is a big part of Take5 so we loved creating our Burns Night themed evening where our young carers were faced with a Scottish Warrior Challenge! They took on a series of challenges, one of which was a blindfolded taste test of traditional Scottish delicacies including porridge, Tunnocks tea cakes and yes, you've guessed it haggis, and guess what....they loved haggis the best!

As ever, trips play a big role in our respite offer here at Take5 and these past few

months have been no different. Once again, we have been away on residential to the wonderful Patterdale Hall where a group of our female young carers explored the outdoors canoeing, cliff jumping, shelter building and fire lighting before a well-earned rest watching a film whilst enjoying a face mask and hot chocolate. Lots of screams, laughter and supporting each other, mixed with minimal sleep, resulted in a great weekend!



Toasting marshmallows at Patterdale Hall

Grand, a great experience, that for many, was their first time in a theatre! We had a great time singing and dancing to the hits of the 80's! We are looking forward to future Story Squads during the upcoming school holidays.

Other trips since the last magazine have included the Tower Circus, Clip & Climb, Ascent Trampoline and 10 pin bowling...we like to busy here at Take5!

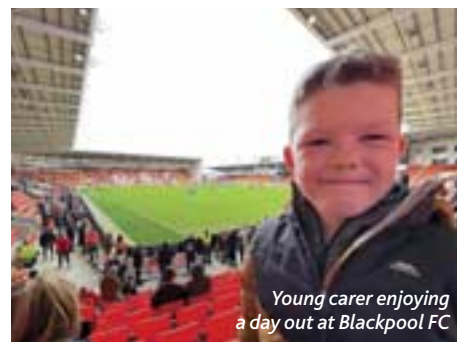
Finally, the Blackpool FC Supporters Trust have kindly donated a season ticket to us for a young carer and an adult to accompany them to all home league games. This fantastic offer has had an excellent response as we invite applications to go into a draw for each game. As a result, young carers have been at every home game and enjoyed what has been a good season so far for the Seasiders.



On the winner's podium

We have also been lucky to have been invited to Oulton Park by one of our supporters, Andrew-Pratt Fryer, and the marshals at Oulton Park for the Ferrari Challenge UK event. The group enjoyed a day of Ferrari racing and parades and even got to watch the mechanics at work, although we were glad not to be one of the drivers who had to explain the massive scratch and dent caused by their crash!

Our partnership with The Grand Theatre has developed further with the delivery of the Story Squad project during half term, exploring resilience and wellbeing through the arts. Young carers were also involved in a range of activities including DJ skills, Street Dance and T-shirt printing. The week culminated with a visit to watch the show '80's Days Around the World' at the



Young carer enjoying a day out at Blackpool FC

If you are a young carer registered with us, visit our Facebook page, Blackpool Young Carers for information on how to enter the draw for tickets.

## Laughing and learning at Beaverbrooks House for 2 young carers

Roxanne was referred into our service for support around her caring role for her grandmother who has a cancer diagnosis. Roxanne is 11 years old and is the primary carer for her grandmother. Roxanne is also home-schooled.

It was identified in Roxanne's Young Carers assessment that although she loves caring for her grandmother, she rarely has any time to herself and doesn't socialise with other peers her age.

During her assessment, Roxanne told us of her love for cooking and her wish to learn more and develop new skills in making lovely meals for her grandmother.

Around the same time that Roxanne came into our service we also met Caitlyn who is 12 years old and provides care for her older brother who has additional needs. Caitlyn told us that she often feels isolated as life at home is challenging and

has to be centred around her brother's needs. We identified in Caitlyn's assessment that she rarely spends time with people of her own age as they don't understand her responsibilities as a carer. Caitlyn also told us how much she enjoys cooking but had a limited variety of meals that she can make.

Through communication between Roxanne and Caitlyn's support workers, it was arranged for both girls to join us here at Blackpool Carers and have the run of our amazing kitchen at the Centre to learn some new skills and get to know each other. We had lots of fun together making meatballs, cornflake cakes and posh hot chocolate and marshmallows!

Both girls expressed how much fun they had and how it was nice to meet someone else who shares similar experiences. They also shared ideas on what they like to cook and how much it



*A very proud young carer*

meant to them to have this time away from caring.

Opportunities like these are why our one to one and respite provision is so important. Now, both girls feel confident enough to attend our Take5 respite sessions knowing that a familiar face will be there and that they will have new opportunities to learn, have fun and make new friends.

# Carefree

## Short breaks for unpaid carers



**Carefree transform vacant accommodation into vital breaks for unpaid carers.**

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing, but our experience shows us that it can make a huge difference.

To qualify for a break, you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (£25 admin fee, transport, food, travel insurance etc.)

To REGISTER, speak to your carer support organisation who may refer you, or sign-up yourself at [www.carefreepace.org](http://www.carefreepace.org)

# Young Adult Carers' Website Zone

We are thrilled that we have now launched a Young Adult Carer (YAC) area to our website!

This is your 'go to' for any questions, advice and support in relation to your caring role. As a young adult carer there are unique challenges that you may face in relation to caring, life decisions and future aspirations.

We hope that this new area of the website will help guide you along your journey, offering bespoke advice and support.

This 'one stop shop' includes access to emergency plans for you and your loved ones, benefit advice, guidance, information on education, employment and support.



Tips and advice about how you can look after yourself as a carer are included as the importance of self-care cannot be underestimated! There is also support and information relating to mental health and wellbeing, handy YouTube videos and apps, along with other local and national services that can also offer support.

We're excited to have a unique discussion board as part of the web area called YAC Chat. YAC Chat is available to help you reach out to others who are in similar situations, helping you to feel less isolated. We recognise the importance of peer support and feeling understood by others who experience similar challenges to you.

To join the new website area, you will need to be registered as a YAC with us.



Once registered, you will be provided with unique log in details so that you can access the website and start getting involved in our new online community!

*If you are already registered with us, get in touch with Amy for log in information at amy.williamson@blackpoolcarers.org or give her a call on 01253 393748*

## YOUNG ADULT CARER (YAC) TRUE STORY

### My confidence has grown and I'm not as hard on myself as I used to be

Being a carer isn't an easy job... you have many ups and downs and some days are worse than others. It can sometimes be difficult to see the positives or find the rewards, but knowing that I am helping the person that I care for is what keeps me going.

My name is Chance and I'm here to tell you my story about being a carer and how attending Blackpool Carers Young Adult Carer (YAC) group has helped me a lot. I've been a carer for my younger sister for a year now following her being diagnosed with epilepsy in October 2020.

Being a carer gives you many responsibilities and can be hard sometimes, but you've just got to stay strong and keep going. Being a carer for my sister means that I have lots to think about such as making sure that she's had her medication and has had the right dosage, making sure that she's happy and safe at all times and much more. When my sister first received her diagnosis, it was a really hard time for my family.

None of us knew what was going on and I had to keep strong for them all and keep the hope that it was all going to be okay. It was really difficult but I knew that I had to keep my family strong for her. I started

to attend the YAC group in October 2021. I found it hard at first as I was quite shy and didn't really want to talk to anyone, I wasn't as outgoing as I am now. Attending YAC group has helped me a lot.

Confidence was always an issue for me and I always dragged myself down whenever my sister had a seizure because I hate seeing her ill and in pain. Since I've started attending the group every week, my confidence has grown and I'm not as hard on myself as I used to be. The group has helped me a lot and I've seen a huge change in how I see myself since attending... I'm way more smiley, have met so many amazing people, made lots of great friends and have started to find who I truly am and show my true colours.

I've made so many fantastic memories at YAC group and look forward to going every Wednesday. It's literally the highlight of my day and I always go home so excited afterwards! I always have a great laugh.

Amy and Dom (support workers) are lovely and they've helped me so many times. They are always there if I ever need anyone to talk to and they make me feel so welcome. I've had many new and exciting experiences and can't wait to



make more. My favourite activity so far at the group was yoga. It was so relaxing and helped me a lot after a stressful day. I just want to say a HUGE thank you to Amy and Dom for making me feel so at home and a huge thank you to everyone who attends for always having a laugh and making every group fun and enjoyable.

Chance, 17, Young Adult Carer

# Young Carers' Fun Zone

## Spring into action!

As spring time approaches and the weather starts to improve, many of us will start to emerge from our self-imposed hibernation with screens and devices received at Christmas as our main form of entertainment!

The days are getting longer so here are a few ideas to get outside, be active and have fun!



## Star Gazing

Spring is a great time to get out star gazing. Head out on a clear night to where there is no light pollution and look up to the sky. Constellations you can see during the spring include Orion, Leo, Gemini, Ursa Major (The Great Bear / The Plough) and Ursa Minor (The Little Bear).



Watch for long enough and you may even spot a shooting star! A date for your diary...you can see the Lyrid Meteor showers on 22-23rd April!

If it's planets that you want to see then it's an early start before dawn for you when Jupiter, Mars and Venus are visible.

## Alien Wordsearch

This extra-tricky wordsearch has words hidden upwards, downwards, backwards and diagonally...can you find them all?



## Geocaching

Everyone loves a treasure hunt, so why not get involved in the world wide phenomenon of Geocaching?!

Download the app and go on a walk with family and friends to seek out the hidden treasures that can be found in Blackpool, Fylde and Wyre, or even further afield.

## Nerf Battles

I'm sure that more than a few of you got a Nerf blaster for Christmas!...how about organising your friends and family, get down to the local park or beach and have a Nerf battle!

Have fun in the outdoors and get those heart points and step counts up!

## Out of this world jokes...

**What is an astronaut's favourite computer key?** *The Space Bar*

**What is the first day of the week called in outer space?** *Moonday*

**What kind of music do planets like?** *Neptunes*

- |                  |               |             |
|------------------|---------------|-------------|
| Abduction        | Flying Saucer | Ray Gun     |
| Alien            | Galaxy        | Sci-fi      |
| Area Fifty One   | Green         | Sighting    |
| Close Encounter  | Invasion      | Spacecraft  |
| Conspiracy       | Light Speed   | Telepathy   |
| Dimension        | Martian       | Transporter |
| Earthling        | Outer Space   | UFO         |
| Extraterrestrial | Planets       | Voyage      |

## Where's Rocco?

Once again, Rocco has hidden somewhere on a page in this magazine.



Can you find him? #RoccoCares

# Volunteering update from Alison

The beginning of this year marked my three year work anniversary here at Blackpool Carers! I find it hard to believe that it is three years since I walked through the doors here at Beaverbrooks House as the new Volunteer Co-ordinator. Whilst I had no real idea what to expect, I can honestly say that I have never met such an amazing group of people.



*Our gardening volunteers enjoying the sunshine and cake!*

The volunteers here at Blackpool Carers are an integral part of the charity and the time, skills and dedication that they give to us is vital in enabling our teams to best support carers and their families. Over my three years here, I have enjoyed supporting existing volunteers, ensuring that they have a positive experience with us. I have also introduced many new faces to our volunteer family, each one bringing with them their own experiences, skills and knowledge to further expand the work that we are able to do. It is also fantastic to see our volunteers grow into their roles through providing training and new

experiences, helping them to develop confidence and be the best that they can be.

Our volunteers support a range of roles, from regular reception duties and administration support to ad-hoc activities such as supporting fundraising events like our Christmas Fair, either on the day or helping to prepare items to be sold before the event.

Throughout the year we are supported by volunteers from other organisations, including Beaverbrooks the Jewellers and Blackpool Police Cadets. These large scale group volunteering days mean that those big jobs such as garden clean ups, event preparation and spring cleaning within the building, can be whizzed through in one magical day!



*Fire safety training for our volunteers*

If you are looking for an opportunity for your team to have a go at a teambuilding volunteering day, please get in touch! There's plenty for you to do!



*Socialising and having fun at Volunteer Coffee Morning*

Each month we host a Volunteers Coffee Morning. This gives us time to come together and have a chat, to welcome new volunteers, support each other and have visiting speakers or training workshops. In January it was great to welcome Farzana and Louise from Lancashire Fire & Rescue who provided lots of great information about home fire safety.

I am always here to welcome new volunteers! If volunteering is something that you are considering, please get in touch and we can talk through your thoughts and ideas.

Opportunities for volunteering can be regular or on an 'as and when' basis, for example, you may want a regular slot on our Reception desk or it may suit you to pop in when we have a special event or help us to deliver magazines 3 times a year. Come and join our team and help us to make life better for carers!

Call Alison on 01253 393748 or email: [alison.brown@blackpoolcarers.org](mailto:alison.brown@blackpoolcarers.org)

## BEAVERBROOKS

### VOLUNTEER TRUE STORY

## Special recognition for our very special volunteer

Carole has been a volunteer at Blackpool Carers since the early days of the charity and in November 2021 it was our pleasure to award her with a Certificate of Recognition for her 10 years of voluntary service to Blackpool Carers.

During her 10 years here she has completed a number of vital voluntary administrative roles, with the past few years spending her time looking after the data relating to all of our volunteer team's contributions across the organisation.

Carole's attention to detail ensures that all volunteers hours are recorded in a very efficient manner, enabling us to report to funders and supporters the value of our volunteer team's contribution to Blackpool Carers.

Carole's work also ensures that we are able to celebrate milestones with our

volunteers, such as the amount of hours given to their roles and also looking at how their time supports us in our mission to make a better life for carers.

Having taken on the recording of hours from our community volunteers during the pandemic, I can only say Carole deserves a medal, at times it was more like a maths challenge on Countdown! I was glad to hand back to the expert when she returned?

During her time with Blackpool Carers, Carole has donated nearly 1,500 hours, volunteering both at Norman House and, since 2016, here at Beaverbrooks House. She always arrives promptly on a Friday morning with a smile on her face and a tale to tell about her travels or to update us on the adventures of her mischievous cats often with pictorial evidence,



*Carole presented with flowers, on her 10 year volunteering anniversary with Faye (l) and Alison in PJs on Children in Need Day*

sometimes combining her love of travel and cats with a visit to a Cat Café.

Carole is one of our longest serving volunteers and she regularly attends our Volunteers Coffee Morning or drop-in sessions, chatting to other volunteers and making new volunteers feel welcome. Carole was also a regular attendee of the many Zoom sessions held during lockdown.

## Caring Corporates are taking up the challenge!

It's been a bumper time for sign-ups to our Caring Corporates campaign with lots of businesses taking the plunge to, not only raise funds, but also commit to supporting the carers within their workforces.

Thank you to our Caring Corporates this financial year who have helped to raise in excess of £95,000.

We are looking for businesses who really want to lift team morale, have fun and would like to support us in the new financial year. It's a great opportunity for staff teams to take on fundraising activities, foster some healthy competition between departments and boost that feeling of all being back together following far too many months of remote working.

It could be a Bake Off between offices, a social night, golf day, community car wash or taking on a challenge such as the Great North Run or a marathon!

Alongside the fun and camaraderie comes the raising of awareness of carers and the many people who are dealing with



*Caring Corporates, Greenlite Group organised a Golf Day to raise funds*

providing care whilst also holding down jobs, often staying under the radar and not accessing support. Within the workforce it is estimated that around 1 in 7 people are providing care to a loved one whilst also working.

Getting involved in being a Caring Corporate will help to highlight how carers can be best supported, both by you as an employer, and us as a support service.

For more information get in touch with Terry on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)



## Thank you so much for making Christmas so special

Thank you to our determined supporters who took part in our 12 Runs of Christmas, braving the elements during a seaside December, running through the bracing winds and driving rain to raise vital funds for our work with carers...now that is dedication!

Runners included our very own Business Development and Fundraising Officer, Julie Swift, Trustee, Howard Lewis and longstanding fundraiser extraordinaire, Sharron Mulvaney!



*Gardening volunteer, Debbie on the Christmas Fair Plant Stall*

Thanks also to those of you who decided against donning the lycra and pounding the pavements in favour of signing up to our Caring Christmas Campaign, donating money rather than sending Christmas cards.

We must also thank everyone who donated presents for our young carers and to all the visitors who supported our very successful Christmas Fair.



*Santa and his Elf with our youngest Christmas Fair visitor*

The support you all give makes a HUGE difference to the families we support.



*Amazing donations from Mission Christmas Cash for Kids for our families*

# Lots to look forward to at last!

We're so very happy to be fully functioning in our fundraising efforts once again!

We have lots going on over the next couple of months including, afternoon tea events, quiz and psychic nights, our Glitz & Glamour Ball and much more...just like and follow us on Facebook and Twitter or visit our website What's On and News pages to find out more:

- Facebook - @blackpoolcarers
- Twitter - @BlackpoolCarers
- <https://www.blackpoolcarers.org/get-involved/whats-on/>
- <https://www.blackpoolcarers.org/news/>



*Psychic Night in February with Jeanette 'The Gift' Greenough*

## Wakepark Wipeout

Our Wakepark Wipeout challenge is back! After a crash course on the Wipeout circuit back in 2019, we've been excited to get back out there ever since!



*Splashingly good fun at Wakepark Wipeout in 2019*

This wet and wild adventure will take place following National Carers Week on Monday 13th June. If you are a corporate and want to get your staff to make a splash for carers, then get in touch. It will be the funniest hour of your working year!

We're also looking for groups of family and/or friends who just want to have a go and have some fun!

*See inside front cover for details.*

## Pier to Pier Cycle Challenge

We are looking forward to our third cycling challenge this year. The Pier to Pier ride is taking place on 20-23 July and no, we are not going from Blackpool North to South Pier before you ask!

What we have in mind is a little more challenging! Are you up for a 211 mile ride from Scarborough Pier to Blackpool Pier

over 3 days? You will have so much fun...yes, it is hard work but oh so rewarding when you hit that finish line and realise what you have achieved!

If 2022 is the year that you want to take on a personal goal then this could be it. Get those cushioned cycling shorts out and get pedalling!

*See inside front cover for details.*



*2021 Castle to Castle cyclists enjoying the lovely weather...while it lasted!*

*For more information on our fundraising challenges, get in touch with Terry Hodkinson on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)*



*Guests with their Prize Balloons at our 2020 Disco Ball in the Empress Ballroom at the Winter Gardens*

# Photo Gallery - look what we've been up to

Take a look at what's been happening at Beaverbrooks House and in our local community:  
A picture is worth a thousand words.



YACs having a great time learning to ride quad bikes



Adult carers during a gentle exercise session



Very proud ladies with their handmade Christmas Wreaths



Young carers' positive wellbeing messages



The dizzying heights at Clip n Climb



Outdoor adventures at Patterdale



Alison delivering her Managing Challenging Behaviour (MCB) course



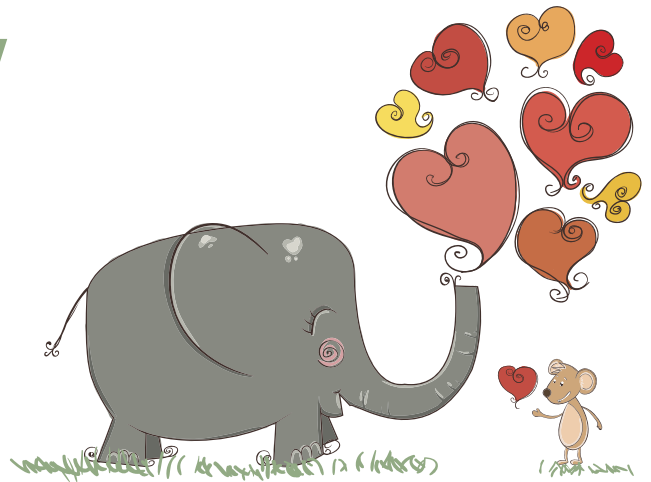
Young carers got the chance to express themselves at a Story Squad workshop



Staff made donations to dress in their PJs on Children in Need Day

# No matter how big or small...

...your gift will make a HUGE difference to our carers



After remembering those closest to you, a gift in your Will of just 1% will make a better life for Blackpool's unpaid carers and their families.

Gifts in Wills provide specialist support, respite and outings for carers from the age of 5 years, helping them to create friendships, strengthen their resilience and make happy memories.

To remember Blackpool Carers, all your solicitor needs is our name and Charity Number (1114558).

For more information, please contact Faye Atherton, Quality Director, on 01253 393748 or email: [faye.atherton@blackpoolcarers.org](mailto:faye.atherton@blackpoolcarers.org)

## Great funding news for volunteers

Volunteers form an integral part of our team here at Blackpool Carers. Without them, our service could not continue to provide the vibrant range of vital support for carers and their families.

Our volunteers come to us from all walks of life, bringing with them priceless skills, experience, perspectives and time. In order for us to look after our volunteers in the right way and ensure that they receive the

right support, training and development, we are lucky to have our Volunteer Co-ordinator, Alison. She is dedicated to bringing out the best in every volunteer who comes through our doors.

It is thanks to funding from Beaverbrooks Charitable Trust, and agreed funding for the next 2 years, that we are able to continue to grow our volunteering project.

*If you are interested in getting involved in regular or ad-hoc volunteering, please get*

*in touch with Alison on 01253 393748 or email [alison.brown@blackpoolcarers.org](mailto:alison.brown@blackpoolcarers.org) for more information.*

### Become a Trustee

If you are interested in a role as a Trustee for Blackpool Carers, taking a lead in setting the course for the charity's future, contact Tom McMurdo on 01253 393748 or email: [tom.mcmurdo@blackpoolcarers.org](mailto:tom.mcmurdo@blackpoolcarers.org)

**BEAVERBROOKS**

If you have difficulty reading this magazine, please download the pdf version from our website [www.blackpoolcarers.org/downloads](http://www.blackpoolcarers.org/downloads) where you will be able to view it at a size suitable for you.

If you require further hard copies of this magazine, please contact Kay on 01253 393748.

Thank you to all of the supporters who fund the production and distribution of our magazine.

All information included in this magazine is correct at time of going to press and does not necessarily reflect the views or recommendations of Blackpool Carers.

## Our supporters and awards





## BERRYS SOLICITORS

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- **Wills and Tax Planning**
- **Administration of Estates**
- **Inadequate or No provision made under a Will or in an Intestacy**
- **Care of the Elderly & Court of Protection**
- **Disputed Estates**
- **Needs Assessment & Top Up Fees**
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# LET'S KEEP TALKING

## Struggling to pay the bills?

## You're not alone.

Most debt issues can be sorted, and it will help to talk to somebody.

If you're struggling to cope then call the LSCFT mental health crisis line 0900 953 0110 or contact Citizens Advice [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call the national debt helpline on 0808 808 4000



SCAN HERE

for a list of services in your area



# GLITZ & GLAMOUR Ball

12 March 2022  
Winter Gardens, Blackpool  
6.30pm 'til 1.30am

Hosted by radio presenters  
**HAYLEY KAY & SCOTT GALLAGHER**  
Live music from **THE DEADBEATS**

---

FIZZ RECEPTION • 4 COURSE MEAL WITH WINE • BACON SANDWICH SUPPER  
AWARDS • RAFFLE • LIVE INTERACTIVE AUCTION • DISCO

---

**TICKETS £50 EACH**  
from Julie Swift on 01253 393748 or [julie.swift@blackpoolcarers.org](mailto:julie.swift@blackpoolcarers.org)  
Seating in tables of 10 or 12

SPONSORSHIP PACKAGES AVAILABLE

**DARE TO CARE**  
MAKE SOMEONE'S DAY

DO YOU WANT TO MAKE A DIFFERENCE TO YOUR COMMUNITY?

EMMA WOULD LOVE A CHAT

COULD YOU ASSIST ARAN TO KEEP CONNECTED WITH HIS FAMILY?

**WANT TO KNOW MORE?**

**IN THE FLEETWOOD AREA**  
Georgia Hacklett  
[georgiacare@healthwatchlancashire.co.uk](mailto:georgiacare@healthwatchlancashire.co.uk)  
**01524 239100**

**IN THE BLACKPOOL AREA**  
Beth Martin  
[beth@healthwatchblackpool.co.uk](mailto:beth@healthwatchblackpool.co.uk)  
**0300 323 2100**

We look forward to speaking to you!

Dare to Care is delivered in partnership through Healthwatch Blackpool and healthwatch Lancashire

**healthwatch** Blackpool **healthwatch** Lancashire

**DARE TO CARE**  
MAKE SOMEONE'S DAY

Once you have read this magazine, please pass it on to a friend instead of putting it in the recycling. Thank you.

# Lasting Powers of Attorney (LPA)



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