

# Caring

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

A Network Partner of  
**CARERS  
TRUST**

**TIMES**

1 JULY-31 OCTOBER 2022

The FREE magazine for unpaid carers on The Fylde Coast

## Inside:

- Big Jubilee Bash update
- New Hospital Discharge Home Recovery Scheme
- What's On Guide



**What a transformation!**  
Our new courtyard space

Page 12



**Glitz & Glamour Ball**  
update

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**Blackpool FC supports**  
Young Carers Action Day

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## Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1134508



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- N - NEW FRIENDSHIPS AND NEW EXPERIENCES
- T - TRAINING OPPORTUNITIES
- E - ENJOYABLE EXPERIENCES
- E - EVERYONE IS VALUED FOR WHAT THEY CAN GIVE
- R - ROLES TO SUPPORT YOUR EXISTING SKILLS & OPPORTUNITIES TO EXPAND AND LEARN NEW ONES.

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

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# Welcome...

We're pleased to report that 2022 is shaping up to be a great year here at Blackpool Carers!

Back in February, builders descended on us to begin work on our new outdoor space and to relocate our main reception to create a welcoming space for visitors. It's been 'all go' ever since and we are on track for it all to be ready for action come the arrival of summer. Look out on our website and social media platforms for updates and information about a launch event coming soon.

Alongside the exciting work here on site are developments in our service offer which will be instrumental in bringing more carers forward for the right support at the right time. See pages 9 and 10 for details of new work within health and mental health settings.

We were delighted to welcome over 500 guests to our long-awaited Glitz and Glamour Ball in March which provided a great excuse to dust off the dancing shoes after 2 long years!

It was definitely a night to remember, bringing supporters old and new together to raise awareness and funds for carers of every generation in Blackpool! For the full lowdown on the event see page 13 and get our 2023 Ball date in your diary!

It's a busy time for events and fundraising over the summer months!

Our big bike challenge Pier to Pier happens in July and more sedate events such as quiz nights and psychic events for those of us wishing to avoid the pain of 3 days of cycling!

Take a look at our What's On guide (pages 4 & 5) and keep an eye on our social media pages for new events.

We continue to see many more carers coming through each month, each with their own story to tell and challenges to face.

We know from experience that providing support early in a caring role helps families to face 'bumps in the road' armed with the right information and mindset to cope well. Providing care to a loved one can happen at any time in our lives, often a role taken on with little notice, preparation or training.

We're here to help and guide at any point of a caring role, just get in touch with our team on 01253 393748 or email [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

Best Wishes



Faye Atherton, Young Carers' Director



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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)

Front cover: Volunteers, Trevor and Zarina inspiring some of our young carers to take up gardening.

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# WHAT'S ON GUIDE



Please call Pat on

**01253 393748**

or text 07508 495977 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

A live video which is also recorded and can be watched at any time. 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 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. Contact Pat for more information.

### Music Aloud Carers' Choir

Held weekly on Mondays at Beaverbrooks House 7.00-8.00pm

Our 'Carers Choir' is going from strength to strength and we now have more young and young adult carers joining us too.



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! She has now created a playlist ready for any future events and we are hoping to be in attendance at the opening of the new outdoor activity area.

It is important to realise, as with all of our respite activities, that skill and ability are not what we are aiming for. The most valuable thing that the singing offers is an hour of complete escapism and relaxation, whilst concentrating very hard!



### Creative Artz

Held weekly on Tuesdays at Beaverbrooks House 1.30-3.00pm

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

During recent building works around Beaverbrooks House, we discovered that we had a number of sewing machines. We set them up for those more experienced sewers to show any sewing novices a new skill. We then looked at how we could put together scraps of material to create a collage.

We had visiting crafters Lynnette and Sam showing us how to create beautiful greetings cards and dreamcatchers. We discovered a way of covering a jar with air-dry clay to create vases without the need for 'firing' them. We also used pancake mixture to create 'art in a pan'! Another art form is that of film and we watched the award-winning 'Belfast' on our cosy sofas with popcorn! The Jubilee created an opportunity to design decorations in advance of our Jubilee Big Bash Afternoon Tea. So come and join us, and get creative!

### Carers' Coffee Morning

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

This new respite activity is very popular. Many carers just welcome the opportunity to join other people that may be in similar situations, for coffee and a chat. Advice is available from attending members of the Adult Support Team along with Healthier Minds NHS Mental Health Support (formerly Supporting Minds). Call Amanda M on 01253 393748 for more information, or to make an appointment if you wish to have a counselling session or meeting.

## Gardening Club

Held weekly on Wednesdays at Beaverbrooks House 1.30-3.00pm

Join us in our garden! This peer led group meets on a weekly basis to focus on time in our community garden. Join the gardening 'buddies', Trevor, Jan and Debbie, for a spot of weeding and potting; or chat to them about your garden. The raised beds are thriving in their new position; the only problem we have is keeping Bob the seagull off the seedlings! Of course you may not want or be able to do any gardening but come and enjoy the peace and quiet in the woodland area or relax in the summerhouse listening to the birds. We always have a cuppa and there is often cake!



Our beautiful garden at Beaverbrooks House

## 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 with a range of activities for them to enjoy – jigsaws, pool and football table, colouring or just simply to sit and chat. We also often have some memorabilia out for people to look at which often gives their loved ones a chance to reminisce past events and surroundings.

## Connect 22

Held weekly on Thursdays at Beaverbrooks House 6.30-8.00pm

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 often form new friendships.

We have had a wide variety of activities including Tai Chi, Mindful meditation, decorating cards, film night, 'Grown up' youth club, games nights and gentle fitness. We have had walks in the local area and a trip to the Grand Theatre to see the musical 'Kinky Boots'.

We're always open to suggestions for activities, but I think the favourite is to sit, chat, chill and to play with Murphy the chocolate Labrador!

Our monthly Supper Club has seen St Patricks Night (Irish stew), St George's Day (fish and chips) and a right royal buffet for the Platinum Jubilee. We look forward to hopefully celebrating Canada Day, Islamic New Year, an August Bank Holiday BBQ and the Jewish New Year.

## ReFocus & ReCharge Monthly Support Group

Held every third Friday of every month at Beaverbrooks House 10.30am-12.00pm

A monthly support group for carers of those affected by alcohol and/or drug use. Come along to our friendly group, have a chat and meet people in the same situation as you!

See page 10 for more details.

## Social & Public Fundraising Events

Everyone is welcome to attend our social and fundraising events.

### Psychic Night Fundraisers

Thursday 7th July & 24th November  
Upstairs at The Wainwright Club,  
173 Hornby Road 7.00-9.00pm

Join us for our very popular evenings with wonderful medium, Jeanette 'The Gift' Greenough. £10pp. Places are limited, so please book early for each date, with Julie on 01253 393748. These events sell out quickly! See advert on page 6.

### Emerald Ball Annual Fundraising Event

Saturday 4 March 2023

Winter Gardens, Blackpool  
6.30pm-1.30am Tickets £60pp

Bring your friends and family to this special annual event; the highlight of our fundraising calendar.

Tables of 10 and 12 available.

See back cover for full details.

Call Julie Swift to book your tickets.

Jeanette Greenough at one of our very popular Psychic Nights at the Wainwright Club



## 'Treat your feet' in the comfort of your own home with Blackpool Carers Centre's Foot Care Service

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 our more, call 01253 393748 or email [tracy.taylor@blackpoolcarers.org](mailto:tracy.taylor@blackpoolcarers.org)



ONLY  
**£17**  
per treatment

Footcare Clinics are also held every Thursday at Beaverbrooks House

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

# 'THE GIFT'



Spiritual Medium

## Jeanette Greenough

A captivating evening of entertainment

Come along to our Psychic Nights with amazing Channel 5 TV medium, Jeanette Greenough

**On the following Thursdays 7.00-9.00pm:  
12th May • 7th July • 24th Nov**

The Wainwright Club\*, 173 Hornby Road, Blackpool

*\*Please note that this event is held upstairs at the venue.*

**Tickets £10 from Julie on 01253 393748**

*In aid of*  
**Blackpool Carers Centre**  
*Quality • Passion • Respect*  
Charity No. 1114958  
[www.blackpoolcarers.org](http://www.blackpoolcarers.org)



Sensory Room at Beaverbrooks House

## The Zen Den

- Sensory lighting
- Bubble tubes
- Soft seating
- Projector screens
- State-of-the-art sound system

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)

**The Zen Den**  
Beaverbrooks House  
147 Newton Drive  
Blackpool  
FY3 8LZ

Gift Vouchers available. Ask for details

## Our Board of Trustees

- Paul Jebb (Chair - until August)  
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
- 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
- Ben Reilly  
Head of Property and Store Image, Beaverbrooks
- John Topping  
FCAT Community Relations and Estates Lead
- Tony Ward  
Retired Corporate IT Strategist

## Help us to reach our £2.5k goal by November

We now have 129 fantastic supporters who have raised £1,842.77 for us so far with easyfundraising, so why not join them and help us to raise £2.5k.

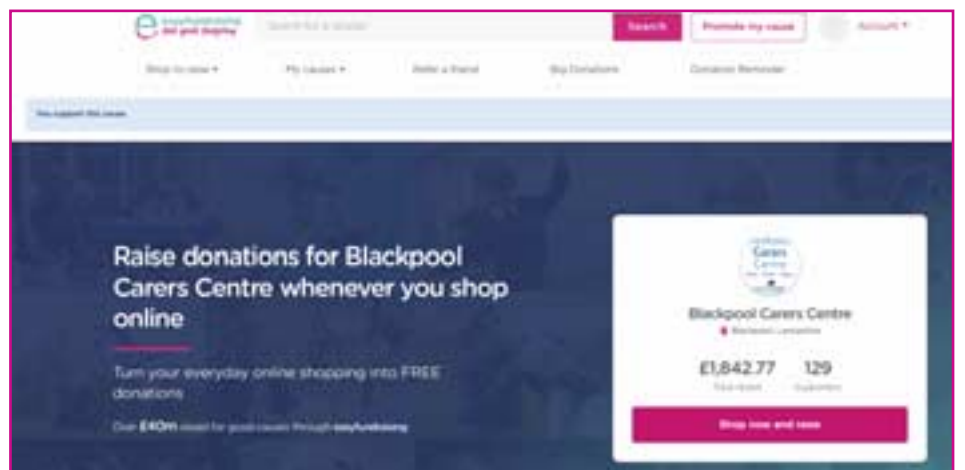
To start raising money for FREE just visit:

[www.easyfundraising.org.uk/causes/blackpoolcarers](http://www.easyfundraising.org.uk/causes/blackpoolcarers)

and you'll be taken to the webpage shown below.

Then click on the pink 'Shop now and raise' button and carry on shopping...simple!

Over 6,000 shops and sites will donate, so you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE!



## My one message to other carers who are struggling, is to call Blackpool Carers

**M**y name is Donna, I am 53 years old, and I accessed support from the Adult Carers Team at Blackpool Carers. I care for my husband, Michael, who has an acquired brain injury.

Michael was a victim of an assault in 2001 which left him with difficulties processing information. We did not have anyone coming to look in on Michael and his health.

I first heard about Blackpool Carers in 2018 through contacts that Michael had made while gaining support for his brain injury. I felt I needed some support, so I referred myself in and I gained access to respite activities. Then the pandemic hit, and those activities stopped.

It was in January 2022 that I needed to re-refer into the service, I rang them and my referral was picked up by Mike, who is a Carer's Navigator on the Adult Team.

At the time of my re-referral, I was feeling low and frustrated, at the situation that my husband and I were in. Our boiler had broken down 12 months earlier and we had struggled through as we could not afford to have it fixed. This meant I had to boil pans for hot water and we didn't have any heating which resulted in the house getting damp through cold.

It was hard, and we both felt despair at our situation, I could not see a way out of it and I honestly believed that no one would be able to help us! Then Mike from Blackpool Carers called and made an appointment to come and see us.

Mike arranged for someone to come and see us about the boiler and the damp. With his help, we got a new boiler fitted, which gave us hot water and heating, they also arranged for a dehumidifier to assist in drying out the walls. It got so bad at one point, that when I tried to paint a wall, the paint just slid off and would not stick.

Mike also referred us to Adult Social Care. They put in place district nurse visits and adaptations for our home, which has made caring for Michael easier. We are currently waiting for a lift to be installed which will make Michael's life so much easier too.

Mike from Blackpool Carers came to visit while we were compiling this article and asked me how I felt now, compared to January.



*Donna relaxing in her lovely warm home*

I plastered a huge smile on my face and said, this is how I now feel. We have heating, water, all the help that we need and have already started redecorating the living room.

If I can pass one message to other carers who are in the same place I was, it would be to call Blackpool Carers. They can and will help.

You cannot know where that phone call will lead or how much it will improve your life. I cannot thank Mike or Blackpool Carers enough.

If there is a charity that deserves everyone's support, it is Blackpool Carers.

### STAFF PROFILE

## Pat Sumner - Adult Carers' Respite Worker

**W**ith an interest in the arts, I went to train as an art teacher but all my spare time was spent in the dance studio after I discovered contemporary dance. After qualifying, I moved to London to train as a dancer and choreographer.

When the choice arose as to whether to continue dancing or to take up a teaching post, I decided that the North West needed to share my love of contemporary dance and moved to Blackpool to become a member of staff at a local high school.

From there I taught in various schools and at Blackpool and Fylde College, even having a spell as a director of a teacher

supply agency until I took a different direction to become an Events Manager. This was a lovely job, organising weddings and events, promoting and changing the fortunes of the Hall where I worked. I thought that the fun, responsibility and job satisfaction could not be bettered until I took up a 12 month Music Project post at Blackpool Carers.

A friend of mine already worked at Blackpool Carers and said that this job would be perfect for me. She never fails to remind me that she suggested it when I am recounting another lovely day with our carers! And nearly 3 years later – I'm still here! I must be doing something right!



*Pat teaching Greek dancing at Greek Night Supper Club*

My aim is to create a relaxing, fun and safe environment for carers to come and enjoy the company of others, regardless of what activity we might be doing. Hopefully they will make friends, feel less alone and take that short space of time just for themselves. We love to welcome new carers and any ideas for new sessions. So come along, we hope to see you soon.  
Pat.

## Our Big Jubilee Bash

When I arrived at Beaverbrooks House early on the morning of 22nd June, I had no idea what a glorious day it was going to be – in so many ways!

The sun was shining by the afternoon, the fabulous spread was ready, the music was playing and a powerpoint of many pictures of the Queen throughout her reign was rolling, as our carers arrived for the Jubilee celebration.

Lynnette became our Queen for the day when she found a mask stuck to the bottom of her chair.



Carers having a Jubilee sing-song with Irene

To start the afternoon, Irene Phillips, our professional vocal coach sang some songs to sing-a-long with.

Our lovely volunteers Dee, Suzanne, Debbie, Helen and Alison, prepared and served up a



Chair of Trustees, Paul Jebb, planting a tree watched by carers

very royal afternoon tea whilst the carers listened to music from the 1950's up to the present day.

Irene came back to the stage to lead the group in a couple of medleys by Glenn Miller and Vera Lynn which went down a treat!

Raffle tickets were sold and many prizes claimed, raising £54 for our carers. A 'Royal Baby' picture quiz was placed on each table and the winning table had almost every picture correct!

After a final performance from Irene, which included Jerusalem, we all went outside to watch our Chair of Trustees, Paul Jebb, plant a Silver Birch tree to commemorate the Queen's Jubilee. Everyone attending received a commemorative badge.

Grateful thanks go to Asda, who sent a representative to present a cheque for £660

from the Asda Foundation Empowering Communities Fund to fund this extra-special event.



Pat (r) and Alison receiving the cheque from Jane at Asda Foundation

Many thanks also go to our wonderful, willing volunteers, the Respite Team and the Adult Carers Team for help with all the preparations.

It certainly was an afternoon to remember!

Pat Sumner, Adult Respite Worker

## Change of Chair

After 6 years of being the Blackpool Carers' Chair of Trustees, Paul Jebb will step down this summer.



Paul Jebb

Paul has juggled his huge day job (Associate Chief Nurse with Lancashire and South Cumbria Foundation Trust) and busy family life with leading our dedicated Board of Trustees since 2016... through the days of the DIY SOS Big Build, our move into Beaverbrooks

House, the departure of our long-standing CEO, navigating a new leadership structure and, in more recent times, helping us to sail the Blackpool Carers ship through a pandemic!

We would like to take this opportunity to thank Paul for his commitment to making a better life for carers and wish him all the very best in his new adventures.

We are delighted to welcome Sarah Lambert into the role of Chair of Trustees. Sarah has held the position of Vice Chair since 2016 and has been a crucial part of the board's activities during that time.

Sarah brings a wealth of experience, knowledge and skills from her busy career within education, the third sector and the Local Authority. Whilst being the lead at the Council for Young Carers, Sarah supported the then CEO of Blackpool Carers Centre (BCC) to write a number of national bids for a variety of projects for Young Carers which were successful for Blackpool.



Sarah Lambert

She also supported the Centre to bring Head Teachers together to highlight the importance of support for young carers in schools.

Sarah has said that she "feels very proud to be part of a hardworking, effective and dedicated Team of staff and Trustees".

We know that we are in good hands with Sarah as we look towards the future of Blackpool Carers!

# Take5 Adult Respite update

As our activities welcome more and more carers, we are beginning to learn more about what you enjoy doing and how you would like respite sessions to be delivered in the future.

This often means a change to the regular activities but also a move to the sessions being led by the needs and interests of our carers - which is how it should be!

All the activities have seen an increase in numbers with new people are coming along. The group that has seen the most development has been the Music Aloud Carer's Choir. The choir is led by a professional singer and vocal coach. Irene's enthusiasm for singing and her talent for helping people relax has worked wonders.

Singing has been proven to be beneficial to not only a person's well-being but also with their health and relaxation. We are looking forward to the summer and the promise of public 'gigs'!

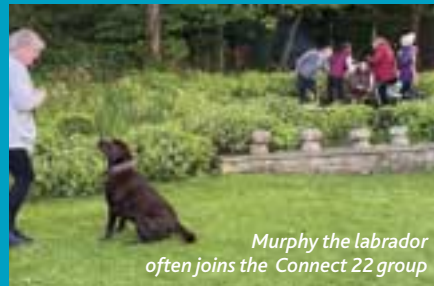


Seagulls in the Youth Club Room wearing their Jubilee Crowns

Tuesdays Creative Arts has seen a variety of different activities focused on areas as varied as pottery, music, film reviews, literature and famous artists. We created various pieces of art for the

Jubilee and painted Crowns to decorate the café and the seagulls in the Youth Club room!

The new 'Drop In Coffee Morning' with support from 'Healthier Minds' has proved popular with numbers growing steadily. Carers can drop in just for a natter or make an appointment to see a member of the support team.



Murphy the Labrador often joins the Connect 22 group

We have managed to move the vegetable beds through the efforts of Gardening Club, the resident gardener and one or two of the staff. They are sprouting well with radishes, sweetcorn, kale, beans and peas and salad leaves as well as many other plants. The potato plants look bigger every day and we are hoping for a bumper harvest. They certainly seem to be enjoying their new position in the sun!

On Thursday we have our interactive group Connect 22. We cover all sorts of activities, but sometimes we just have a very chilled out chatty session. We have had youth club nights, film nights, music nights and our very popular Supper Club.

Take 5



Connect 22 Adult 'Youth Club'

We also had a trip to the Grand Theatre to see the musical 'Kinky Boots'. The next theatre trip will be to see a play 'The Rise and Fall of Little Voice'. We are looking forward to the warmer weather when we can get out more for walks and have the minibus for trips out.

Twice a week we have a Facebook Live session and we often have people tuning in when they cannot physically make it in person. We often have guests that join us - sometimes unexpectedly!

Our weekly newsletter **Take5 Times**, remains very popular with over 100 people receiving it each week. It contains all the information about the sessions and activities taking place the following week. 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.

We look forward to continuing to grow our numbers at Respite - and please let me know what you would like to see happening in the future!

Pat

## Commitment to Carers Project: Hospital Discharge Home Recovery Scheme

In 2021 NHS England awarded funds to five Trusts in Lancashire and South Cumbria for the delivery of a Hospital Discharge Home Recovery Scheme.

Blackpool Carers' Service has commenced a project within Victoria Hospital, tasked with identifying unpaid carers at the earliest opportunity. The Hospital Discharge Home Recovery Scheme started on the 1st of June 2022. The service is available to unpaid adult carers 18+.

The project will raise the awareness of unpaid carers amongst staff in the hospital setting. This approach seeks to provide timely interventions and involve family

members to ensure that the discharge process is effective, planned, and reduces the number of people who are readmitted.

Workers from Blackpool Carers' will work alongside the Hospital Discharge Team providing a link between the hospital and relevant support services in the community.

Through close working with hospital staff, we hope to identify unpaid carers who are reluctant to self-identify and come forward to access support. People see themselves as wife, husband, partner, son, or daughter rather than a carer, so it is important to raise the profile of Blackpool



Carers Centre and ensure people are aware of the support available to them.

The project is initially funded for six months from the 1st of June-31st December with staff from the Carers Centre working alongside the Hospital Discharge Team.

# ReFocus project update

Our ReFocus project was launched in October 2021 after receiving two and a half years funding from Carers Trust.

The project aims to support 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 changing and increasing needs in Blackpool's community, we are eager to mobilise a targeted approach to identifying and supporting carers in these often

precarious and complex situations. Caring roles relating to substance use are also 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 often 'creep up' on people, with issues evolving over time.

Carla Talbott, Project Lead, has been spending time co-locating within Treatment Services in Blackpool.

She says, "I am now co-locating within Horizon, The Lived Experience Team and Changing Futures. Identifying carers is the first step to providing them with the support they need to maintain their own mental and physical health and wellbeing.

*It is vital that we get this first step right. We all have a role to play in raising awareness of the tireless effort of carers and providing them with the support they need and deserve.*

*I am working closely with our partnership agencies and offering carers awareness training in order to identify family members and loved ones who are struggling.*

*I have also recently launched our peer support group "ReFocus & ReCharge". We meet the third Friday of every month 10.30am-12pm here at the centre.*

*We understand that carers can feel isolated and having links to other carers for mutual support can help to alleviate this and it is often easier to cope when you know others who are in a similar situation".*

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

Come along to our monthly support group:

### ReFocus & ReCharge

on the third Friday of every month  
10.30am-12.00pm

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

Your chance to have a brew, a chat and meet people in the same situation as you!

For more details, contact  
Carla Talbott on 01253 393748



Blackpool Carers Centre

Quality • Passion • Respect  
Charity No. 1114508

Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ  
[www.blackpoolcarers.org](http://www.blackpoolcarers.org)

MAKING CARERS COUNT

Funded by Making Carers Count,  
a Carers Trust partnership programme  
supported by the Covid-19 Support Fund.

## Rooms and gardens for hire at Beaverbrooks House

We have a variety of rooms including our beautiful gardens here at Beaverbrooks House, 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



Cosy counselling room

Catering can also be provided at an extra cost.

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

## “Blackpool Carers never gave up on me, no matter how dark things got”

For more than two years I cared for my elderly mother. I had watched her steady decline into dementia even before that, but those final few years were, by far, the worst.

I'd cook her meals, clean the house, wash and bathe her. I'd organise her medication, pay her bills and do the shopping. I would cut her nails and massage her feet. I would do everything she needed and more, each and every day, just to keep her safe and happy.

I started to feel isolated and alone. I became very tired and my moods would swing uncontrollably between 'fine' and 'totally lost the plot' and everything in between. I would be okay one minute and then sobbing into my hands the next. Depression, fear, trepidation, anxiety, anger, weakness, strength, happiness, pain. The entire gamut of human emotion all in one day, every day, for months on end.

Mum was, by now, in a care home and getting worse all the time. I was having terrible nightmares and getting very little sleep. I was stressed about my lack of income and the introduction of P.I.P meant I wasn't eligible for any meaningful benefits. There were constant arguments at home. I was smoking cannabis and drinking too much in an effort to block it all out. Everything was getting on top and then finally, just to cap it all off, I realised the worst of it.

My partner had a severe drinking problem. Her moods had become unbearably erratic. On the 'good' days

she might become distant and find conversation difficult. Simple tasks confounded her and she would often end up in bed, sleeping away the afternoons.

The bad days, however, were on a completely different level and she could be aggressive and violent, punching, smacking and kicking me if I said anything that upset her. I've had bottles, mugs, ash trays and more thrown at me and have seen her launch a coffee table and everything on it across the living room, smashing the television in the process.

As bad as all that might be, it's not the physical things that affect me the most, it's the psychological abuse that I really struggle with. You can suffer cuts and bruises and see things smashed apart and that's terrible, it really is, but cuts and bruises heal with time and smashed up stuff, well that's just 'stuff' at the end of the day.

What's worse is the feeling you can't trust the person you're supposed to believe in the most, that you can't rely on that person anymore, even for the simple things like propping you up when you feel a bit down.

I can't begin to tell you how important it is to understand your role in things. If you're living with someone with an illness or looking after someone close to



you, learn to separate your personal feelings from the responsibilities you bare. It's easy to say I know, but if I'd done that when I was looking after mum it would've made life so much easier, for both of us. I've learned, with my partner, to recognise myself as her carer and I've embraced it. It means I don't have to deal with her 'problems' on such an emotional level anymore which, in turn, makes me a much stronger, happier person. We're partners again instead of abuser/victim.

As soon as I pinned on my 'carer' badge it opened up a world of support and advice that simply wasn't there before, so even in my darkest moments I never feel overwhelmed or alone.

I think I might have given up long ago without the support from Blackpool Carers. They were there when I felt down and alone and never gave up on me, no matter how dark things got. They were a friendly ear when I needed someone to talk to and a caring voice when I needed cheering up. They managed to make me feel like I matter and that I never have to face my problems alone and I will never forget what they've done for me and my family.

Thank you, from the bottom of my heart.

Adam,  
ReFocus Project carer

## Book Review of The Imperfect Art of Caring

This book is a hidden gem. There are not many books out there about being a carer or being cared for, this book makes a refreshing change.

The main character is Violet, a deeply interesting woman. As soon as you are introduced into her life, you are left wanting to know more. We go on a journey with her from one place to another, one stage of her life to another.

The storyline contains suspense and mystery woven into it in a very interesting

way. The location of the village in this book adds a lot to the story as the places and people are described in such an intriguing way.

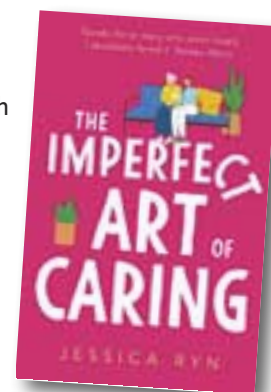
The character progression is very evident throughout the book. The reader goes on a ride throughout many important events of Violet's life. The 'mystery' keeps the reader guessing.

One of the main features of this book is the group of carers who gather to help each other with their caring role. The support

they provide each other is tremendous.

The book is uplifting and heart-warming because a major theme that runs through it is kindness. The kindness of strangers, of friends and the importance of being kind to yourself.

Written by Steffi Siby (Volunteer)



## 'Stable Advice' from Rocco - Free activities for families

With the increased cost of living, we're looking for free and fun local activities for all the family to enjoy together over the summer holidays.

With the weather (hopefully!) getting warmer, let's make the most of it and try to spend lots of time outside.

Why not take the dog for a walk along the beach, visit the Comedy Carpet, or check out the wildlife at the park?

There are also lots of playgrounds in Blackpool – you could make a list of them all and see how many you can tick off in a week.

Why not get all the family involved in the 'Summer Reading Challenge' and see how many books they can read over the summer? Don't worry if you don't have a library card, pop into your nearest library and the staff will get one sorted for you. Using the library is free, and Blackpool libraries do not issue fines for overdue items.

To save arguments if your family can never agree on what activities they want to do, try getting everyone to write their ideas down on scraps of paper. Put these in a bowl/jar/hat or any other suitable container, and one person gets to pick the activity each day.

If you're looking for more ideas of things to do over summer, the FYI Directory is a great resource for places to explore and activities to do in the Fylde Coast area.

You can find their 'Things to Do' page here: <https://www.fyidirectory.co.uk/things-to-do>.



## What a transformation!

We're pleased to announce that work on our new outdoor courtyard space and reception area is very nearly complete!

The outdoor space has been given a new lease of life. We can now offer more activities for our young and adult carers, helping them to make the most of their respite time, to enjoy nature, relax and recharge. The summer house building, and pergola provide shelter and sanctuary with additional space for games and activities provided by a multi-functional enclosed outdoor area.



New Reception at the rear of Beaverbrooks House



New courtyard space

Our new reception area will give us a welcoming entrance to the building, helping carers and visitors to feel at ease as soon as they arrive and creating a better flow throughout the building.

The realisation of this final piece of the jigsaw for Beaverbrooks House, following the BBC DIY SOS Big Build project in 2016, gives us a truly unique setting for carers of all ages to gain support and time away from caring when they need it the most.

Thank you to funders and supporters who have helped to make this happen:

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

## Thank you to our 'egg-ceptionally' kind donors

We want to say a huge thank you to all those in the community who kindly donated Easter Eggs this year!



Julie receiving a huge donation of Easter eggs

Your generosity gave our support workers the chance to play Easter Bunny and deliver some treats to our very deserving young carers!

The few eggs that were left over did not go to waste and have been used in our weekly respite sessions with our young carers. There was a production line of chocolate nests at Take 5 and a visit from a special guest, Kelly from Smile and



Young carers making Rocky Road cakes with Andy

Bake, who gave her time to help the children make Rocky Road cakes!

It's small gestures of kindness like this that puts the biggest smiles on little faces, allowing our young carers to have fun and learn new skills and what a skill to have...BAKING!

# Our best Ball ever!

Back in March we were delighted to finally welcome over 550 very special guests to our Glitz and Glamour fundraising Ball.

A full 2 years since our last foray on the dancefloor, we donned the ballgowns, dinner suits and sparkle for a night to remember at the iconic Empress Ballroom.

It was great to welcome our Ambassador, Hayley Kay, to expertly host the event. Entertainment came courtesy of the fabulous Deadbeats Party Band, covering every inch of the stage with their ferocious dance moves and fast paced set list! They certainly had the dancefloor bouncing from the off!

Of course, our Ball is not just about fun and frivolity, it's about the reason we exist...to make a better life for carers. Throughout the night the mission of Blackpool Carers was at the heart of it all with a moving speech from our Chair of Trustees, Paul Jebb, highlighting the scale of the challenges presented throughout the pandemic and its devastating impact on so many of the families that we support.

Over £20,000 of fundraising came from that one March night in the glorious Ballroom....so are we up for it again in



March 2023?!...you bet we are!  
See back cover for full details.

The event was also a great opportunity to celebrate the achievements of some of our dedicated supporters and how they have embodied our mission and values in their work to support carers.

Award winners on the night were:

### Special Recognition Award - Daniel Pilkington

A dedicated volunteer with us since 2018, supporting all aspects of the organisation and, most recently, taking on roles in supporting our young carers during their respite activities.



Daniel Pilkington with Rocco and Paul Jebb



Linda Endicott Community Partnership Award - Blackpool Sixth Form College  
For their outstanding awareness raising and support of young adult carers.



Blackpool Sixth Form with Rocco and Paul Jebb

### Fundraiser of the Year Award - Paul Howlett

A full year of fundraising antics and adventures from Paul...from walking coast to coast with his 2 stone teddy bear, Everest, on his back, to taking on a triathlon.



Paul Howlett with Rocco and Paul Jebb

We would like to thank all the guests, our wonderful volunteers and the following supporters and sponsors who helped to make this event so successful, by donating their services, gifts and time.

- |  |   |  |
|--|---|--|
| ◆ Evening Programme Sponsor<br>B&D Print                   | ◆ Bespoke Hotels                          | ◆ Oi Doris Typewriter Art                |
| ◆ Awards Sponsor<br>Beaverbrooks The Jewellers             | ◆ Central Insurance Services              | ◆ Paul James Furniture                   |
| ◆ Bacon Sandwich Supper Sponsor<br>Ormrods Continuing Care | ◆ Christine Sargent                       | ◆ PHH Solicitors                         |
| ◆ Entertainment Sponsor<br>Bernie Atherton Carpets         | ◆ Crave Marinades                         | ◆ Pink Tree Parties                      |
| ◆ Table Plan Sponsor<br>InXpress                           | ◆ Cuffe & Taylor                          | ◆ Red Carpet Dresses                     |
| ◆ Balloons: Pink Tree Parties                              | ◆ Ego Restaurant, Lytham                  | ◆ Salon Services                         |
| ◆ Entertainment:<br>The Deadbeats                          | ◆ Escape Hair & Beauty                    | ◆ Sandcastle Waterpark                   |
| ◆ Host: Hayley Kay   | ◆ Everton Football Club                   | ◆ Sarah Lambert                          |
| ◆ Interactive Auction: Givergy                             | ◆ Fab Interiors                           | ◆ Spire Fylde Coast Hospital             |
| ◆ Magic Mirror: Your Big Day<br>Wedding & Event Services   | ◆ Glasdon                                 | ◆ Stanton & Novelty<br>Confectioners Ltd |
| ◆ Room Decoration:<br>Flower Scentsations                  | ◆ Greggs                                  | ◆ Starboard Hotels                       |
| ◆ AaranPaul  | ◆ HTI Group                               | ◆ Stringers of Lytham                    |
| ◆ Acorn Woodcraft  | ◆ Ikea                                    | ◆ Suitbae                                |
| ◆ Beauty Treats  | ◆ Lancashire Cricket Club                 | ◆ Sweeting HR Ltd                        |
|  | ◆ Lindt & Sprüngli (UK) Ltd               | ◆ The Cartford Inn                       |
|  | ◆ Liverpool Football Club                 | ◆ The Deadbeats                          |
|  | ◆ Lorenzo's Italian Restaurant            | ◆ The Flowerbowl<br>Entertainment Centre |
|  | ◆ Louise Pollard                          | ◆ The Olive Tree Brasserie               |
|  | ◆ Lowther Pavillion                       | ◆ Travelcare World                       |
|  | ◆ Manchester City Football Club           | ◆ True Potential Wealth<br>Management    |
|  | ◆ Next                                    | ◆ Winter Gardens Blackpool               |
|  | ◆ Novotel Liverpool<br>Paddington Village |  |

To see a gallery of photographs from the evening, visit our website:  
[www.blackpoolcarers.org/  
glitz-ball-gallery-post/](http://www.blackpoolcarers.org/glitz-ball-gallery-post/)  
Courtesy of Nathan Atherton  
(volunteer and photographer)

## Save the date!

Our Emerald Ball will be held on  
**Saturday 4th March 2023**

To book tickets or for more information on Sponsorship Opportunities, contact Terry Hodkinson on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)  
See back cover for details.

# Understanding dementia, we can help

**D**ementia isn't an illness itself. The term describes a set of symptoms that occur when the brain is affected by one or more other conditions.

Symptoms vary over time and from person to person. These can include a gradual decline in certain brain functions such as memory, reasoning, thinking and communication. Dementia is a degenerative condition meaning it will progress and get worse over time.

Our dementia awareness courses for carers provide support at what can be a difficult and upsetting time. This is an opportunity to learn more about what you might encounter if you are caring for someone with dementia. Carers gain

support from each other by sharing their experiences with those in a similar situation.

We explore symptoms and behaviours and how to helpfully respond. We discuss communication and how this may be affected by dementia, thinking about adjustments you can make to help.

We spend time sharing the impact of supporting someone with dementia and the things you can do to look after yourself and the importance of this. We look at support available from adult social care, benefits, lasting power of attorney and other groups for people with dementia.



Courses take place over four, 2-hour sessions with participants attending each week for four weeks. These generally take place on a Tuesday, Wednesday or Thursday morning. Additionally, groups sometimes take place on a Saturday, with participants attending one session from 10.00am to 3.00pm.

*For more information or to add yourself to the waiting list, please contact Helena on 01253 393748.*

## FOCUS ON...

### Blackpool FC Community Trust



**B**lackpool FC Community Trust (BFCCT) is the official charity of Blackpool FC, based at Bloomfield Road Stadium.

Working with residents as young as two years old up to adults in the later stages of life, BFCCT provide a diverse range of programmes to increase social inclusion opportunities; improve physical fitness, health and education; and lessen involvement in anti-social behaviour.

In recent years, the Community Trust has grown significantly and has become an established organisation, providing something that every Blackpool FC fan and resident should be involved in and very proud of.

As part of their growing catalogue of activities, our 'POOL TOGETHER' programme is aimed at improving social inclusion and decreasing social isolation. They utilise four methods of support: phone calls, postal support, garden gate visits and online social groups. From these initial support sessions, they are then able to provide support with face-to-face activities. Their 'Older Adults' sessions include: Extra Time social group, Walking Football, Coffee Mornings, Sporting Memories and Walk and Talks.

Rachel, BFCCT Community Navigation Manager said, "We have been working



*Our Respite Lead, Andy, with Rachel from BFCCT*

together with Blackpool Carers across a number of projects recently. It was so rewarding to be a part of the young carers visit to the stadium and spend time with the children, some of whom had never been to a football match before. I have also been collaborating with Debbie regarding our Veterans offer and there is a great referral pathway into each of our programmes."

*If you or someone you know would benefit from this support, please email [info@bfctt.co.uk](mailto:info@bfctt.co.uk) or call 01253 348691. For more information, visit their website at [www.bfctt.co.uk](http://www.bfctt.co.uk).*

## Clouds

by Sue Barker, Volunteer

So many visions  
So many versions - afloat...  
Today 3.25pm on  
25th October 2021  
The gradual dimming of  
daylight.

Fast forward to the  
19th November 2021  
A vibrant, blue skyscape  
Thin, horizontal wispy clouds.  
Completing a perfect  
beach and seascape of  
St Annes - a northern gem!

Later, along with  
dimming light,  
cotton clouds  
Bunching overhead,  
in mixed grey tones.

Clouds - so free from  
human interference -  
hopefully!

# CHILDREN WHO CARE TOO

Research, Policy and Practice for Young Carers



Thursday 17 November 2022  
The Imperial Hotel | Promenade | Blackpool

We are delighted to be hosting our second ever conference on November 17th at The Imperial Hotel, Blackpool. Marking ten years since we held Children Who Care, this year's event will provide an update on best practice for young carers support, for those who provide services around the country.

Professor Saul Becker, President of Blackpool Carers Centre, will provide the keynote address, updating the attendees on young carers in the widest possible context. He will also unveil research, conducted in Blackpool, on the true number of young carers in the town as well as providing a comparison with the 2021 census figures.



Alongside Professor Becker, a team of academics and practitioners will provide workshop sessions, focusing on specific areas of research and practise. We hope to welcome a range of professionals who work with young carers and share with them learning and good practice from our experiences in Blackpool.

Full details will be available soon on our website and across our social media channels.

To express your interest in attending this event, please email [kay.soper@blackpoolcarers.org](mailto:kay.soper@blackpoolcarers.org)

**Blackpool Carers Centre**  
Quality • Tenure • Respect  
01253 331400

**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)

## 50:50 Club Monthly Lottery

**ONLY £1 per stake**

**5 great prizes every month!**  
Proceeds provide support and respite for carers of all ages



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.

You may not be able to win this house, but you can win cash...  
...and support your community, as all funds raised stay local!

### 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

## All of our Caring Corporates support us for a second year!

We are thrilled that every one of our corporate supporters from the last financial year have signed up this year! They are already throwing ideas around as to how they will reach their pledges.

With barometers in their staff room (they even come with stickers to monitor the progress) its all about having fun.

We are also welcoming new Caring Corporate organisations who want to get involved.

Remember 1 in 7 working adults are carers. The idea is to take on some fun ideas, raise team morale, raise awareness about the role of carers and do some fundraising.

If you want to know more, contact



Ian Atherton from Bernie Atherton Carpets with the amount raised this year... fantastic!

Terry Hodkinson,  
Head of Business  
Development and  
Fundraising on  
01253 393748  
or email:



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

## Fundraising update from Terry

Our Glitz and Glamour Ball wasn't the only fundraising Ball in aid of our carers to be held this year.

The Cinderella Ball on 26th March, organised by one of our community fundraisers, Gill Booth, was a great success and raised over £9,776 for young carers.

The event sponsored by The Windmill Community Benefit Society Ltd was held at the Clifton Arms Hotel in Lytham with music by Tony Benedict, Paul Dobie and saxophonist, Gabor Jonas.

We would like to thank Gill for her continued support.



L to R: Gill Booth, Bernard Johnson of Clifton Arms, Lytham, Roger Franklin Chair of Windmill, Terry Hodkinson and Paul Dobie  
Photo courtesy of Blackpool Gazette

There are lots of fundraising activities coming up over the summer including our Quiz Nights and Psychic Nights, so keep an eye on our website and social media for updates.

Also, don't forget to track our cyclists who are cycling from Scarborough Pier to Blackpool North Pier in July.

### Organise a charity event

If you would like to organise a fundraising event in aid of Blackpool Carers and need support or information, please contact Terry on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)



### Join the Tough Mudder Challenge and support carers

If you and your friends, or work colleagues fancy a challenge and would like to enter a team in the Tough Mudder

Challenge in September or October 2022 in aid of Blackpool Carers, please contact Terry on 01253 393748 for more information or to reserve your place.

To take part, there is a registration fee of £50 and we ask that you raise £250 via your own JustGiving page.



# Family Focus update



Caring for a family member with mental ill health and/or substance misuse can result in a young carer providing intense emotional care, often having a significant effect on their own mental health and wellbeing.

Young carers under this project can express worries for their parent's safety, wanting further information on topics that are not often widely spoken about and needing a trusting space due to the stigma that tends to come with mental health and/or substance misuse.

Our Family Focus Project offers emotional support for our young carers but also offers an inclusive, safe space for them to build relationships and build their own coping strategies. As such, we recently had a visit from Sharon Sutcliffe and Amy Bond from Lancashire Mind – who delivered sessions supporting our young carers with looking after their own mental health and wellbeing. Unlike other Family Focus activities, we held these with other young carers, creating a large supportive network. The attendees at these sessions bonded and developed coping strategies to take forward with them.

We have also continued to support with family activities. Whilst we do like a big bash here at Beaverbrooks House, we do

recognise some of our families under this project are not ready for such a big step; because of this, we often support families with smaller trips to the cinema or accompanying them on walks.



Grace, telling professionals about her experiences of being a young carer.

It's also great to see our young carers build in strength and feel confident to talk about their experiences and feel able to reach their goals. One example of this is our very own Grace Stone, who proudly

stood up in front of a room of professionals to discuss her experiences as a young carer under the Family Focus Project and how important it is to recognise Family Focus carers.

Grace discussed the support being crucial and shared how it was not until we visited her school that she recognised herself as a carer, telling her mum when she got home and them both looking us up!

Grace is now thriving and plans to help others in her future, via medicine or law, big ambitions we are sure she will achieve!

Accessing support under the Family Focus Project can be a big step for our young carers and their families. We work hard to ensure they are supported every step of the way using a holistic approach. Caring for a loved one with mental ill health and/or substance misuse is complex and misunderstood, but we're here to help guide and support you.

Thank you to Amy and Sharon from Lancashire Mind. Another big thank you to Grace Stone for being incredibly brave and advocating for our family focus young carers, well done!

Jade Titford  
Family Focus Support Worker

## Young carers in schools update

We have been very busy within schools the last few months! On March 16th, we celebrated Young Carers Action Day and schools joined us as we recognised Young Carers around the country. Rocco was there to help of course!

The theme this year was 'Taking Action on Isolation' so we focused on how we can bring young carers together to offer peer support from someone who may understand the difficulties that come alongside having a caring role.

We spent the day visiting local schools to thank them for their ongoing support for young carers within school. We have continued to build on our relationships with Blackpool schools and have implemented Young Carers Policies, young carers awareness notice boards,

drop-in sessions and after school peer support sessions.

Did you know that, in the UK, 1 in 5 children are a young carer? On average, that is 6 children in each classroom! As well as this, young carers miss around 48 school days per year as a result of their caring role.

It is so important that these children feel supported within school in order for them to have the best opportunities to achieve results similar to their peers.

A lot of the time, going to school is the only respite children get from their responsibilities at home, so it is imperative that they feel safe, secure and supported.

We want to thank Layton Primary School and St Bernadette's Catholic



Rocco with pupils at St. Bernadette's Catholic Primary School

Primary School for allowing us to celebrate Young Carers Action Day!

If your school would like some more information on how you can support Young Carers in your school, please contact Samantha Howard on [samantha.howard@blackpoolcarers.org](mailto:samantha.howard@blackpoolcarers.org)

## Kacie's story

When my mum told me I was getting referred to Blackpool Young Carers my mind went blank as I didn't even know what young carers was.

I was referred as a young carer for my close family member suffering with their mental health, often needing a lot of emotional support.

Having a support worker helped me to talk to someone when I needed it or even when I needed to just escape the house! Sessions based in or out of the centre are the highlights of my time here so far. Having someone to talk to when needed is one of the best, excellent things the centre provide here and really helped.

The thought of joining in the groups at first terrified me, but I have now made so many memories. One was going curling at the Flower Bowl, I fell so many

times towards the end! I even went on a residential where I learnt lifelong skills and made more friends than I ever could have thought of. I am so grateful for the support I have received and continue to have.

Thank you to Kacie for sharing your story.

Our young carers under the Family Focus Project are distinct in the emotional care they provide and having someone to listen and explore their worries can make such a positive difference.

One to one sessions with Kacie were always varied – from making posters, DIY puppets, to watching Kacie drink a mountain of hot chocolate!

It has been wonderful seeing Kacie engage in all the respite fun we have to offer and see her grow in confidence. Kacie brightens the room with her

Kacie making posters



personality, supporting our new young carers in group sessions and making us all laugh with her mischievous behaviour. Thank you again.

Jade Titford  
Family Focus Support Worker

## London School of Economics gives young carers a voice

Our young carers have recently participated in some exciting research by The London School of Economics (LSE).

The LSE want to give a voice to our young carers and their cared for, asking them what kinds of services and support they receive, but more importantly their experiences of what has, or hasn't, helped them.



Young carers outside the London School of Economics

In March, four young carers were recruited as Research Project Advisors and were supported with a trip to London!

This was an amazing experience, allowing our young carers to visit the LSE and guide the research, talking about their experiences with other young carers from across the UK. They brought forward their ideas for the research and bonded, feeling supported talking to carers across the UK.

After the LSE we explored London and all it's chaos! Our young carers discussed feeling inspired and motivated for what they can achieve in the future.

Over the ensuing months we held focus groups. Our first one was held at Layton Primary School; we want to say a big thank you to Layton School & Pauline Johnson for supporting us with this. Other groups took place at Beaverbrooks House.

These focus groups were a safe space for our young carers to explore what support they have had, continue to have and how it has helped them. They further discussed what support they wished was available and how they think other services could improve. Our young carers did not hold

back! They impressed our researchers with their ideas, passion, and support for each other.

Throughout the research, all our young carers had so much fun! We played 'hide and seek' in the garden, getting into fits of laughter at our more competitive players, hiding in bushes and crawling along the floor!

We also had Domino's pizza, this was a huge hit and led to a lengthy discussion whether ham and pineapple is a good topping for a pizza! Furthermore, our cared for also became involved in the research, discussing their experiences and what positive change they want to see.

We want to say a huge thank you to the young carers and cared for who participated in this research. Thank you also to the researchers from the London School of Economics University for giving our young carers time to talk and express their ideas for the future.

This research allowed our families to advocate their needs and ideas for future services, after all they are the experts and quite rightly should be listened to! Well done to all who took part.

# Volunteering update from Alison

BEAVERBROOKS

It's been a busy few months here at Blackpool Carers. As always, the volunteers have been supporting us in whatever way they can, helping to relocate the carers community garden, so that building work can start on demolishing the annex building; or supporting our first annual Ball in two years and helping to raise an amazing £20,000.

Our volunteers continue to do a variety of roles; from delivering our Caring Times magazine, to everyday activities here at Beaverbrook's House including; covering reception, admin tasks or supporting various groups and activities.

In total this year volunteers have given us over 6500 hours of their time, thank you, you are all amazing!



Volunteers' Fire Awareness Training



Our very glamorous Ball volunteers

Whilst all our volunteers are special to us, it was wonderful to see our Dan being awarded the Special Recognition Award for his volunteering endeavours over the past few years, at the Ball. We are all so very proud of him.

Being one of our volunteers offers many opportunities, along with chance to share and learn new skills.

Our monthly coffee mornings have also provided opportunities to attend additional training sessions such as volunteers Fire Awareness with Lancashire Fire and Rescue, or Dementia Awareness Training with our very own Helena. It also gives you a chance to

meet like-minded people or just have a catch up.

Thank you to all the volunteers for your continued support and thanks to Beaverbrook's Charitable Trust for making my role possible, giving me the opportunity to share in so many people's volunteer journeys.

There are many reasons why people volunteer with us; what's yours? If you are interested in volunteering with a local charity that supports local people, give me a call on 01253 393748 or email: [alison.brown@blackpoolcarers.org](mailto:alison.brown@blackpoolcarers.org)

I look forward to hearing from you.  
Alison

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## VOLUNTEER TRUE STORY

# “You meet lots of wonderful people and feel part of the team”

As a carer I received considerable help and support from Blackpool Carers, so when I saw them asking for Volunteers, I wanted to give something back in whatever way I could, so I applied.

In January 2020 I attended an induction session with Alison, and then I was ready to be a Blackpool Carers Volunteer.

My first volunteer role was delivering the Caring Times on a couple of routes. I'm still involved with the magazines from sorting and boxing the magazines into the relevant routes and then helping to deliver the magazines on two routes.

I also support on reception, something I have never done before, but I was helping out at a Carers Kitchen, it was very busy so I was asked if I would cover reception to free up a member of staff. I was shown what to do and staff were there to support if needed. I enjoyed chatting to carers as they arrived and since then I cover reception twice a

week and have buddied up with new volunteers to support them.

My other passion is growing tomato plants and I regularly attended the gardening sessions at Beaverbrooks House on a Wednesday afternoon. I was asked to be a Garden Buddy with my fellow volunteer Debbie. I have been involved with the Carers Garden when it was between the Centre and the Annex and more recently moving the garden to its new location, so the old annex could be demolished, and the new outdoor area developed.

I am glad I can share my skills with others in the garden, such as DIY projects and building a wigwam structure for the sweet peas, but I have also learnt many new things from the other volunteers here.

I support fundraising events, especially the garden stall at the Summer and Christmas Fairs. I also help where possible in and around the Centre, helping to assemble equipment for the



Trevor building a sweet pea wigwam

young carers Take 5 sessions, or fixing the odd loose door handle.

As a volunteer you meet lots of wonderful people and everyone makes you feel part of the team more. Once I had retired, it helped me get back into a regular daily routine.

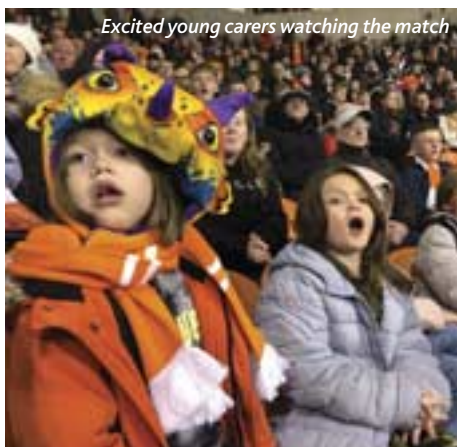
Trevor Bell, Volunteer

## Blackpool FC supports Young Carers Action Day 2022



On 16th March, we celebrated Young Carers Action Day (YCAD), a national campaign to celebrate and raise awareness of our amazing young carers.

This year saw us work in partnership with Blackpool FC Community Trust to provide an unforgettable experience for a group of young carers as they visited Bloomfield Road for the match against Sheffield United.



Excited young carers watching the match

For many of the group it was their first time at a football match and they were in awe of the ground but just as exciting was our pre match meal..... Domino's pizza in one of the rooms at Bloomfield Road. Here, the group enjoyed activities as their excitement grew.

Before long it was time to find our seats in the North Stand and time for our first surprise for our young carers. During the warm up, the players all wore t-shirts specially designed for Young Carer's Action Day and to show their support for young carers. These t-shirts were later given to young carers who were lucky to be drawn out of a hat.

Seeing the players in the shirts only served to raise the excitement even more as our group joined in the singing and raised the Blackpool Carers' flag in jubilation.

Next up was a half time announcement raising awareness of young carers to the



Blackpool FC players in Blackpool Carers t-shirts

crowd and this was capped off with a double page spread in the match day programme.

Unfortunately, the match ended up 0-0, but this did not stop the enjoyment of those present and even better we helped raise the awareness of young carers to the 12,000 people in attendance.

Our thanks go to Blackpool FC Community Trust for supporting us on Young Carers Action Day 2022 and Carers Trust for funding the occasion.

# Young Carers' Take5 update



Wow, how are we over half way through the year? I know I say this every magazine but it truly is amazing how fast time has gone and the amount we have fit in to Take5 sessions already!

Thinking back to March we celebrated Young Carers Action Day (see write up), Pancake Day with lots of yummy pancakes and fillings, and held our very special, most hotly anticipated evening of the year...The Take5 Oscars.



An evening where we celebrate our young carers and their individuality. The evening was mixed up with fun activities, music, food and laughter. All award winners walked away on the night with an 'Oscar', and a certificate to mark their achievement and memories.

More recently we have had Lancashire Mind and UR Potential visit Take5 delivering sessions on Mental Health & Wellbeing and LGBTQ+ respectively. We were particularly excited about the UR Potential workshop as we are supporting the Blackpool PRIDE event and it provided us with an opportunity to learn about the LGBTQ+ community, how we can support it and what support there is out in Blackpool.



Of course, we have been out on trips since our last edition of Caring Times. During the Easter period we once again were involved in The Grand's Story Squad project, exploring resilience and wellbeing through the arts.

We also returned to Ski Rossendale for the first time since before the pandemic. The group had great fun feeling the wind through their hair as they flew down the slopes both Tubing and Skiing, obviously there were a few bumps and bruises but that was all part of the fun!

Finally, our monthly Super Series continued with a visit to the cinema to watch Sing2 and Forest School Masters utilising the fantastic woodland garden at the rear of the building.



Our amazing Community Fundraiser of the Year, Paul Howlett again raised funds to enable a group of young carers to visit YHA Langdale overnight for April's Super Series. The time away saw the group have a brilliant adventure building dens, lighting fires, toasting marshmallows and going on a local walk, experiencing the breath-taking views of the Langdales along the way.

The evening allowed us some time for reflection about our experiences and journeys made over the past 2 years due to the pandemic.

To finish off the weekend we made a visit to Coniston Water for a spot of kayaking and for the brave or daft, depending on how you look on it, some jetty jumping. Breaks away such as residential are a key part of our Take5 offer, as they provide much needed respite for young carers away from their caring roles and enable friendships to be built and memories that last a lifetime to be made.

To keep up to date with everything that is Take5 including youth club, Creative Artz, trips and the super series please visit our Closed Facebook page Blackpool Young Carers.

Andy, Time Out Team Lead

## Managing Challenging Behaviour (MCB) update

There are many reasons children and young people display challenging behaviour at different stages of their lives and as a parent we feel many emotions associated with our child's behaviour.

Some of the reasons for their behaviour could be:

- Anxiety/emotional dysregulation
- Communication
- Hunger/tiredness/illness
- Seeking human connection
- Sensory issues/overload
- Unmet need

The Managing Challenging Behaviour course is designed to support parents to



understand their child's behaviour whilst exploring a range of strategies to help support more positive behaviours.

The aim of the course is to provide parents with the tools to explore the

many reasons children and young people show challenging behaviour as well as look at supporting the child or young person to develop ways to positively manage their own behaviour.

The course also offers the chance for parents to come together to share their experiences with others in similar situations, in a non-judgemental environment.

*If you are a parent/carer of a child/young person with challenging behaviour and would like more information, please contact Alison on 01253 393748 or email: [alison.brown@blackpoolcarers.org](mailto:alison.brown@blackpoolcarers.org)*

# "I have a new place where I can go when I feel stressed"

Macauley, 15, cares for his mum who was diagnosed with breast cancer in January 2022.

Macauley was first referred as a Young Carer by the Macmillan nurses at Brian House. At 15 years old, his whole life had been turned upside down as he became the main carer for his mum, Trish, and his 3-year-old brother. Macauley kept a smile on his face through all the highs and lows.

In February, Trish had surgery increasing Macauley's caring role. He took on the challenge well. A big part of his caring role was keeping his brother quiet and playing with him so that mum could rest. He would go to the shops to pick up essentials, Hoover and tidy up and even learned to cook. He also checked on mum and made sure she rested.

Macauley soon became part of the Blackpool Carers family. He came to our Take 5 respite Youth Club nervous and shy but this didn't last long! He joined in with pool, table football and lots of other activities. He said, "I made new friends and I have a new place I can go when I feel stressed."

Since that first step through the door, he has been involved in lots of trips and activities, one of which involved joining a group of Young Carers who went to

watch a match at Blackpool Football ground as part of Young Carers Action Week. Macauley even went to the last overnight residential in the Lakes, having fun kayaking, shelter building and toasting marshmallows under the stars! Macauley told us, "This is probably the best trip I've been on!".

I had the pleasure of supporting Macauley in 1-1 sessions where he talked about how much he loved caring and supporting his mum and brother. He talked about all the new friends he had made at the centre and all the new experiences he had gained. It became apparent that Macauley needed transport to school, worrying about getting home to help his brother and mum. We applied for a grant and were lucky enough to buy Macauley a bike to assist with this.

We also wanted to focus on what Macauley wants for the future, supporting him with a group of young carers to Blackpool and the Fylde college, talking to staff about next steps in education.

Macauley even became involved in an exciting research programme led by the London School of Economics – helping provide a voice for young carers and their families whilst enjoying pizza and games.



Macauley with mum, Trish

Trish has recently completed her radiotherapy and rang the bell! A very emotional time with a family meal out to celebrate!

Trish thanked us for all our support and said she wouldn't have got through the last few months without us.

Congratulations Trish and thank you to Macauley and family for allowing us to share their story.

Amanda Farnham,  
Young Carers' Support Worker

## Young Adult Carers' Website Zone

Our sparkling new YAC zone is now up and running! This will be the one stop shop for Young Adult Carers; on here you will find information and advice you may need, such as: benefits advice, education and employment support and how to create an emergency plan.

We know that as young adult carers (YACs) you can often neglect yourself, that the caring role can be stressful and that you will worry about everyone else, but it is important to take some time to focus on you! YAC zone will offer tips with how you as a carer can look after your own wellbeing, with links to YouTube videos and apps to help you care for yourself.

Respite is a vital part of the service we offer to young adult carers; it allows young people with a caring role to get a break, meet other young people, and have fun! The YAC zone will provide a timetable of activities we have planned so you can see what you might want to get involved in.

Brand new to the website is YAC Chat. This is an online forum which will allow you to speak to other young people, share tips and advice and offer peer support.

YAC Chat will be hosted by a support worker, so they will be there to answer any questions you may have.



The YAC zone can only be accessed by YACs who are registered with us. You can find the YAC zone at [www.blackpoolcarers.org/advice-and-support/how-we-can-help/young-adult-carers/](http://www.blackpoolcarers.org/advice-and-support/how-we-can-help/young-adult-carers/)

If you are new to the service we will talk you through how to register onto the website when we meet with you.

If you are already registered with our service and haven't yet signed up to YAC zone please call Dom or Amy on 01253 393748.

# DofE group present at the Blackpool Celebration Evening

Our Duke of Edinburgh (DofE) Award group are continuing to work towards their Bronze Award, meeting every Tuesday, 4.00-5.30pm.

Since Christmas 2021 they have completed their skill section by working towards the Bronze Arts Award which has been delivered by Blackpool School of Arts.

This saw the group create a range of art pieces using clay, spot welding, watercolours and various techniques of photography, one of which was light photography with the images used to form an online gallery exhibition.

However, the skill section was not just about art, it also saw the group learn and develop presentation skills with the aim of delivering a presentation at the Blackpool Council DofE Celebration Evening at the Winter Gardens, Blackpool.

For five weeks the group met for an additional session on Mondays where they discussed their experiences of being a young carer participating in the DofE.



*DofE group addressing guests in the Spanish Hall at the Winter Gardens, Blackpool*

Once they had finalised their script it was about the presentation skills. At first there were challenges in just reading in front of each other but with guidance and support they were delivering it to the staff of the carers centre.

Before they knew it, it was the week of the presentation and a dress rehearsal at the Spanish Hall in the Winter Gardens which allowed the group to familiarise themselves with the venue, its size and speaking using a mic. Then, it was time for the big day. Yes, there were some nerves but who wouldn't be nervous when getting up in front of over 200 people?

Not surprisingly, our group of young carers 'smashed it' delivering a truly inspiring presentation that touched those present, including councillors, the Mayor and representatives from the Duke of Edinburgh North office.

We are so proud of our DofE group for getting up in front of so many people delivering a brilliant presentation and we are sure the skills of leadership, teamwork, listening, communication skills shown and the resilience demonstrated will serve them well as they continue on their DofE journey, training for their expedition at the end of July.

## YOUNG ADULT CARER TRUE STORY

### "My caring role makes me sad and happy"

Debbie is 17 years old and has a dual caring role. She looks after her dad who has multiple physical health needs, including limited mobility as a result of back problems, and her younger brother who has autism and struggles with his mental health.

Debbie helps with everyday household tasks and supports her brother when he is struggling with managing his emotions and expressing how he is feeling.

Debbie has a close relationship with her brother and finds that she is often the person who can best help calm him when needed. Debbie is positive about her caring role for dad and brother; feeling like she is making a difference. She has also learnt lots of new skills due to her caring role.

Alongside this, Debbie worries about her brother and dad and feels that she doesn't get a lot of time for herself, Debbie explained that her caring role made her "sad and happy".

To help Debbie with her worries we had one-to-one sessions, these would often involve a lovely walk along Blackpool promenade. This was an opportunity for Debbie to offload as well as getting some time for herself.

At times carers can feel unable to talk about their worries to their loved ones for fear of putting more stress onto them; our one-to-ones gave Debbie the opportunity to speak openly about how she was feeling without that additional worry.

Alongside our one-to-one sessions we focused on Debbie having more time for herself and to have fun!

Debbie has come to our Young Adult Carer (YAC) groups and trips and has thrown herself into all the opportunities Blackpool Carers can offer, including starting at the Carers' Choir.

Debbie particularly enjoyed going for a wellness walk along Blackpool prom and getting to go on a gravity defying ride (she was braver than us!)



*Debbie with a homemade cake to celebrate Young Carers Action Day*

For Young Carers Action Day, Debbie was also able to try something completely new when she came to a Blackpool football match. We were thrilled to be able to provide our young people with a new experience, even if it was a draw!

Being a YAC can be a challenge, but Debbie has developed strategies for if she is feeling stressed or worried, built new friendships and thrown herself into new experiences.

We have seen Debbie's confidence grow in leaps and bounds, and she knows that if she is ever struggling there is support that she can count on.

Thank you to Debbie and her family for allowing us to share her story.

Amy, YAC Development Worker

## It's Summer!

Summer's here and the time is right for dancing in the street so the song goes!!!

The long days mean more time to get active and have fun in the outdoors which are free or cost very little. So, here are some ideas for just that.



## Become an Entomologist (Bug Hunter)

Explore the bushes in your local park or your garden and discover what bugs are living on your doorstep. Take an old tablecloth and place it on the floor underneath the bush, give the bush a little shake and see what mini beasts appear. Bugs you may find include beetles, small flies and ladybirds. Carefully collect you bugs into a bug pot and investigate, making sure you safely release them at the end.

Maybe you could become a scientist for the day and investigate the different types of bugs that live in different parks, how many there are and do certain types of bushes hold more or less bugs?



## Beach jokes that will shore-ly make you laugh

**What did the parasol say to the beach towel?** *Don't worry, I've got you covered*

**What did the pig say when lying on the sand?** *I'm bacon*

**What do you call a Labrador on the beach in summer?** *A hot dog*

## Summer Holiday Wordsearch

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



- |          |          |           |            |              |
|----------|----------|-----------|------------|--------------|
| AUGUST   | CANOEING | HOLIDAYS  | POOL       | STRAWBERRIES |
| BARBECUE | COTTAGE  | ICE CREAM | PUZZLES    | SUMMER CAMP  |
| BEACH    | FAMILY   | JULY      | READING    | SWIMMING     |
| BIKING   | FRIENDS  | LAKE      | RELAX      | TRAVELLING   |
| BONFIRES | GAMES    | LEMONADE  | ROAD TRIPS | VACATION     |
| BOOKS    | HAMMOCK  | MEMORIES  | SPORTS     | WATERMELON   |
| CAMPING  | HIKING   | PICNICS   | SPRINKLER  |              |

## Head to the beach

With the beach on our doorstep, it's a great place to spend the day with friends. Take a ball a few jumpers and play games like rounders, football, and ball tag. Or you can explore the beach and collect shells and identify the different types you find. Can you spot a razorshell, a limpet, mussel, or cockle? If you drop them in a bucket of water and leave it for a few minutes you may even find the inhabitants pop out to say hello!

And what better way to round the day off than with a nice picnic

## Go Blackberry Picking

Late Summer is great for blackberry picking. There are loads of blackberry bushes about. Visit Wyre Estuary Country Park, where there is also a host of activities including a great adventure play park, walks and an all-important café. Remember to wash them before eating!

### Where's Rocco?

Rocco has hidden somewhere on a page in this magazine.

Can you find him?



#RoccoCares

# Photo Gallery - what an eventful few months!

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



Adult carers' trip to Lowland Alpaca Farm



Carers' Car Boot (complete with photo-bomber!)



Young carer having fun playing Jenga



Young carer gaining confidence at Clip n Climb



Dementia carers drop-in session



Duke of Edinburgh Training at Beaverbrooks House



Seeing the 'world' in London



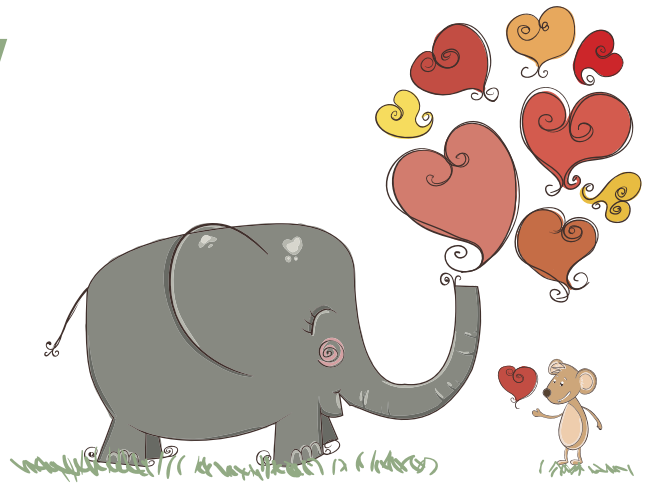
Carers trip to Blackpool FC on Young Carers Action Day (YCAD)



Pupils at St Bernadette's making young carers' posters out of Caring Times magazines

# 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)

## With the support of local businesses, we can reach many more 'hidden' carers

**D**id you know that the revenue raised from adverts in each issue of Caring Times funds its production and distribution? This enables us to reach as many carers as possible and inform them of support available to help them in their caring role.



Every 4 months, at least 8,000 copies of each issue of this magazine 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.

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

## Our supporters and awards



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

# 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

# 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.



**IOPC** Independent Office for Police Conduct

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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.

# EMERALD

## Ball

4 MARCH 2023

WINTER GARDENS, BLACKPOOL

6.30PM 'TIL 1.30AM



In aid of  
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*Quality • Passion • Respect*

Charity No. 1114558

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