

Caring

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

A Network Partner of
**CARERS
TRUST**

TIMES

1 JULY-31 OCTOBER 2023

The FREE magazine for unpaid carers on The Fylde Coast

Inside:

- What's On Guide
- Carers' true stories
- Win cash prizes in our Monthly Lottery
- NEW online virtual tour of Beaverbrooks House



Emerald Ball update

Page 7



Adult Carers Respite

Page 10



Tickets now on sale for our special 80s & 90s Event

Page 28



Blackpool Carers Centre
Quality • Passion • Respect

Blackpool to Edinburgh

CYCLE CHALLENGE

20-22 JULY 2023

Join our 4th annual fundraiser cycling 200 miles over 3 days from Blackpool to Edinburgh in aid of Blackpool Carers.

EVENT FULLY SUPPORTED BY CHAPEAU EVENTS, INCLUDING:

- FULL ROADSIDE ASSISTANCE
- HB ACCOMMODATION
- LUNCH AND REFRESHMENT BREAKS

REGISTER NOW

£150 DEPOSIT
Limited places available!

Full details from Terry Hodgkinson on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

www.blackpoolcarers.org

FR REGULATORY



DO YOU LOVE GARDENING?

We're looking for a 'bunch' of 'BUDDING' GARDENERS to support the planning, development and maintenance of our lovely gardens at Beaverbrooks House.

If you're a whizz at weeding, passionate about perennials and perfect at pruning, or just want to get out in the fresh air, we'd love you to join our

Garden Buddies Volunteer Group

You don't have to be an expert as full training will be given.

For more information, please call our Volunteer Coordinator, Kerry, on 01253 393748 or email: kerry.cossens@blackpoolcarers.org




Berrys Solicitors

BERRYS SOLICITORS is a family run specialist legal firm covering Blackpool, Lancaster and the wider Lancashire area. We offer a professional, approachable and personal service from our dedicated team of committed experienced solicitors.

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For a free no obligations chat please contact Chris or Mathew Berry at Berrys Solicitors, 247 Church Street, Blackpool for an initial appointment.

Telephone: 01253 620022
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'THE GIFT'

Spiritual Medium

Jeanette Greenough

A captivating evening of entertainment

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

Monday 9th October

7.00-9.00pm at 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



Hello...

Welcome to the July - October edition of Caring Times. My promise of an action packed year from the last issue has already been fulfilled; Beaverbrooks House is a hive of activity with our groups making the most of the building and the gardens in the sunshine.

This magazine contains a range of updates from our projects and more importantly, some stories from our carers, showing both the challenges they are currently facing and some of the support we have been able to put in place for them.

If you are a newly identified carer, receiving this magazine for the first time, there is a helpful guide on page 13 which outlines our support process and should give you an idea of what to expect from our service.

Looking more broadly, we have some fantastic events for you all to take part in over the next few months. For any keen golfers, we have our inaugural Golf Day on 4th August at North Shore Golf Club. Unfortunately, my own attempts with a golf club are more at home on a deserted pitch 'n' putt than on a golf course full of people!



However, for anyone who can reasonably expect to get round in less than 200 strokes, it is a

brilliant opportunity to take part in a competitively entertaining day; all whilst supporting the work of the Carers Centre.

September sees our first ever Blackpool Rewind Party, at the Imperial Hotel. We are expecting the kind of evening that Blackpool hasn't seen since the early nineties and unbelievably, those attending will be providing crucial support for the Centre and our services.

Aside from these big events, we have a packed calendar of trips, groups, activities, and events for carers of all ages to get involved in.

Best Wishes

Tom McMurdo
Director of Finance and Resources

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/ 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

You can view our Privacy Policy at 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

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

Contents

Welcome from Tom	3
Contact us	3
How to refer to our service	3
Please let us know!	3
What's On Guide	4-5
Glitz & Glamour Ball 2024	6
Emerald Ball update	7
ReFocus True Story	8
Our Board of Trustees	9
Footcare Service	9
Take5 Adult Respite update	10
50:50 Monthly Lottery	11
Adult Carer True Story	12
Dementia support	12
Stable Advice from Rocco - How the Adult Carers' Team can support you	13
Take an online virtual tour of Beaverbrooks House	14
Staff Profile	14
Focus on Youththerapy	15
Volunteer update from Kerry	15
The 'Big Help Out'	16
Shocking Census results for Blackpool	16
Volunteer True Story	17
Family Focus update	17
Family Focus True Story	18
Young Adult Carers' update	18
Young Carers Action Day update	19
Scapes - Poem by Sue Barker	19
Young Adult Carers' True Story	19
Young Carers' Fun Zone	20
Young Carers' Take5 update	21
Young Carer True Story	22
A gift in your Will will make a huge difference to our carers	22
Fundraising and Community News	23
Photo gallery	24-25
Caring Corporate update	25
Advertise your services in our magazine	26
Our supporters and awards	26
Request for copies of the magazine	26
Memory Giving	27
Blackpool Rewind Party	28

Front cover: Young carers enjoying the scenery and fresh air during a trip to Patterdale Hall Outdoor Centre

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WHAT'S ON GUIDE



Connect 23 Supper Club in April

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/

For all carers

Carers' Kitchen

Held 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

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 (for carers registered with Blackpool Carers)

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" request to join and answer 3 general questions to keep the page private. Call Pat for more information.

Take5 Times...

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

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

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

Facebook Live

Via the Adult Carers Closed Facebook Group
Mondays 6.00-6.30pm and
Fridays 10.30-11.00am

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 6.30-7.15pm

Young and adult carers are welcome to come along and join our Carers Choir.

Our wonderful visiting tutor, vocal coach and professional singer, Irene Phillips has run choirs in Blackpool and Manchester for a number of years and is an amazing teacher! She also teaches privately.

Creative Arts

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, following consultation with our carers on what they would like to try.

Healthier Minds - Consultations and Referrals

Held weekly on Wednesdays at Beaverbrooks House 10.30am-12.00pm
BY APPOINTMENT ONLY

Advice is available from attending members of the Adult Support Team but also Healthier Minds NHS Mental Health Support (Formerly Supporting Minds). Call the Adult Support Team on 01253 393748 to make an appointment if you wish to book a counselling session or meeting.

Gardening Club & Drop-in

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 pottering, or chat to them about your garden. Even if you're not able to do any gardening, 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!

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 table football, 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 23

Held weekly on Thursdays at
Beaverbrooks House 6.30-8.00pm

At Connect 23 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.

There are a range of activities to try including film nights, Supper Club (on the last Thursday of the month), Fylde Explorers and walks. We also have visiting guests and demonstration evenings.

ReFocus & ReCharge Monthly Support Group

Held on the third Thursday 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!

Call Carla for more information.

Social & Public Fundraising Events

Everyone is welcome to attend our social and fundraising events.

Psychic Night

Monday 9 October

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

Join us for this very popular evening with wonderful medium, Jeanette 'The Gift' Greenough. £10pp. Places are limited, so please book early with Julie on 01253 393748. These events sell out quickly! See advert on inside cover.

Blackpool to Edinburgh Cycle Challenge

Thursday 20-Saturday 22 July
Blackpool to Edinburgh

Join our team of cyclists on a 200 mile bike ride, raising funds to provide respite and support for local carers. All levels welcome! For more information or to register, call Terry on 01253 393748 or email terry.hodkinson@blackpoolcarers.org See advert on inside front cover.

Charity Golf Day

Friday 4 August

Blackpool North Shore Golf Club
11.30am-10.00pm

Teams of 4 are welcome to join us for a great day of golf followed by a delicious 3-course evening meal. Prizes given for 'nearest the pin' and 'best team score'. Prize raffle on the day. Entry is £300 per team.

All proceeds in aid of Blackpool Carers. Call Terry on 01253 393748 to reserve your place. See advert below.

Great North Run

Sunday 10 September

Newcastle to South Shields

We have 11 runners taking part, raising funds for Blackpool Carers. Keep an eye out on TV to see if you can spot the Blackpool Carers running vests! You can even go and cheer them on in person if you fancy a trip to the North East!

Blackpool Rewind Party

Friday 15 September

The Imperial Hotel, Blackpool

7.30pm-Midnight • Tickets £25pp

Get your dancing shoes on and join us for a nostalgic night of 80s and 90s floor-fillers from back when Blackpool nightclubs were in full swing!

Your hosts for the evening are Adam & Eve Legend, Paul Andrews and DJ Simon Fish. Tickets includes a cocktail on arrival and pulled pork or beef barm with chips. There will also be a prize raffle on the night. Tickets are limited so please book early to avoid disappointment. Tickets from Julie on 01253 393758 or julie.taylor@blackpoolcarers.org See advert on back cover.

Glitz & Glamour Ball Annual Fundraising Event

Saturday 9 March 2024

The Village Hotel, Blackpool

6.30pm-1.30am • Tickets £70pp

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

Tables of 12 available.

See pages 6 & 7 for full details.

Call Julie on 01253 39348 for tickets.

Blackpool Carers Centre
Quality • Passion • Respect
Char No. 1117058

CHARITY GOLF DAY

FRIDAY 4th AUGUST
2023

Evening entertainment from hilarious Northern comedian 'LEA ROBERTS' Kindly sponsored by FAME & FRAME

WITH PRIZE RAFFLE

at Blackpool North Shore Golf Club

TEAMS OF	ENTRY PER TEAM	REGISTRATION FROM	SHOTGUN START
4	£300	11.30am	1.00pm

Entry includes 3-course evening meal at 6.15pm
Prizes for 'nearest the pin' and 'best team score'

To register your team contact Terry on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org
www.blackpoolcarers.org

In aid of
Blackpool Carers Centre

Quality • Passion • Respect

Glitz & Glamour Ball



SATURDAY
MARCH 2024 *09*

Hosted by
Hayley Kay

AT THE VILLAGE HOTEL BLACKPOOL
6.30pm 'til 1.30am

Live music from

AUCTION | RAFFLE | PRIZE DRAWS | AWARDS | DISCO

HUSH
Party Band

Ticket £70 includes Fizz Reception &
3-course dinner with half bottle of wine

Book with Julie on 01253 393748
or email julie.taylor@blackpoolcarers.org



FREE EARLY BOOKING PRIZE DRAW
For all tickets purchased before 31st October 2023.

www.blackpoolcarers.org

Dress code: Black Tie | Over 18's only

Seating in tables of 12 | Sponsorship Packages available

Generous supporters raised £14,170 at our 'sparkling' Emerald Ball

Over 360 special guests, including the Deputy Mayor and Mayoress of Blackpool, attended our fundraising Emerald Ball in the fabulous surroundings of the Winter Gardens Conference Centre on Saturday 4th March.

Our wonderful Ambassador, Hayley Kay, hosted the evening, and live music from the ever-popular Deadbeats Party Band, kept guests on their feet all night long.

Following a Fizz Reception, guests enjoyed a superb 3-course dinner with wine, then took part in lots of fun fundraising including raffle, lucky prize boxes, luxury prize draw and interactive auction.

Despite the cost of living squeeze that we're all feeling at this time, our generous guests and supporters put their hands in their pockets and raised a staggering £14,170.

This huge amount will make a direct difference, providing much needed respite activities for both our young and adult carers.



Every seat was filled at our Emerald Ball

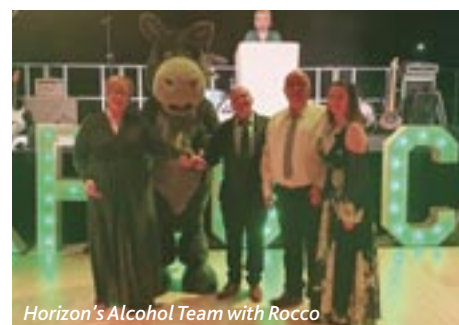
Each year at this event, we present awards to celebrate the achievements of individuals and organisations who go above and beyond to support our cause.

This year's winners were:

Special Recognition Award - Blackpool Football Club Community Trust, in particular Community Navigation Manager, Rachel Leaver

Fundraiser of the Year Award - Gillian Booth

Linda Endicott Community Partnership Award - Horizon's Alcohol Team



Horizon's Alcohol Team with Rocco

We would like to thank all our award winners for their dedication and continuing support in helping to make a better life for carers in Blackpool.



Gillian Booth with her award at Beaverbrooks House

Glitz & Glamour Ball 2024

Tickets are now on sale for our **Glitz & Glamour Ball**, to be held at **The Village Hotel, Blackpool** on **Saturday 9th March 2024**.

All guests who purchase their tickets before 31st October 2023 will be entered into a **FREE Prize Draw** on the night. (see poster opposite for full details).

2024 Sponsorship Packages now released

We have a limited number of tiered Ball Sponsorship Packages available starting from just £1,000. Each package includes complimentary tickets, an advert in the Evening Programme, plus other great benefits.

This is an exciting opportunity to promote you and your business to other high profile businesses, dignitaries and individuals. It also demonstrates your company's commitment to supporting local people.

For more information, to reserve your Sponsorship Package or donate a prize to help us raise funds, contact Terry Hodkinson, Head of Business Development and Fundraising on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

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

- | | | |
|--|---------------------------------|---|
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| | ◆ Red Carpet Dresses | |
| | ◆ Ribby Hall Spa Hotel | |

I was never recognised as a carer until I received support from Blackpool Carers

I am the mother and carer of two adult sons who both have a mental health diagnosis. In this story, I will mainly talk about my eldest son who is now 38.

He was diagnosed at 18 with Paranoid Schizophrenia, Personality Disorders and later on in life Drug Induced Psychosis (aged 28), which in turn makes him more vulnerable.

My son's first engagement with Mental Health Services was as early as 11 years old when he was under the CAMHS Team (Child and Adolescent Mental Health Service) where the medical team explained he had Dyslexia with traits of some learning disabilities, but at this time they never took this any further. When my son was ready to be transferred to the Adult Mental Health Team, that was an experience on its own as it became very difficult for him to just transfer over. Instead both teams were battling him back and forward for ages. Lucky enough, in the end, I was able to facilitate this move through my job within the NHS.

I also care for my younger son who has struggled with his mental health for many years but thankfully, at the moment, my youngest son is taking his meds and his mental health has been stable since 2019. He does suffer very badly with anxiety but is trying to cope with it. However that said, although it has been over four years since he has had a serious episode, it could change at any time. When one of your family suffers with mental ill health, you are kind of always waiting for something to go wrong. Yes the boys can be stable, but the slightest thing can change that.

Back to my eldest son now, he has been the one that needs the more intense care. Over the last ten years from the age of 28 to age 38, he has been classed as Dual Diagnosis. This is where he has a mental health diagnosis and he also uses substances. Some patients with Mental Health can stop taking their medication as often they may not like how the medication makes them feel, or the impact from the more serious side effects (which may only happen to a percentage of people). Unfortunately with a diagnosis of Schizophrenia the medications and side effects can be and often are, life changing. Since my son started his medication at 18,

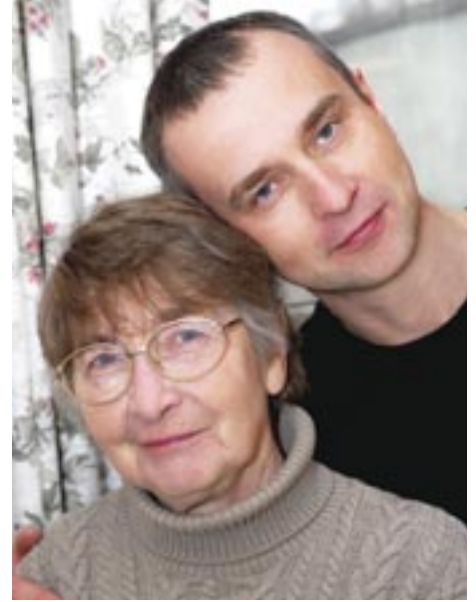
around twenty years ago, there have been significant changes to his body. He has breast lumps and his tongue goes to the back of his mouth which can cause his breathing to be impacted. But also the use of substances has massively impacted both his physical and mental health. Although there are medications to usually counteract this, it does change people's lives. It certainly has for my two sons and myself. It has a severe impact on the family and our daily lives.

During all of this I worked full time within the Criminal Justice Team and I had previously worked within the NHS. For many years I cared for my mum at my home who sadly passed away from lung cancer and I also rescued vulnerable animals keeping 4 of them. Oh I nearly forgot I had my two granddaughters when they requested to stay over. Even through all of this and my own health problems, we seemed to get through.

That kind of brings me to around ten years ago being referred to the Carers Centre for the first time. That is roughly when I first worked with Carla Talbott who is the Carers Community Navigator (Substance Misuse). My own title for Carla has always been (Our Angel) because, after years of struggling with both my son's and my mother's care, suddenly someone thought I deserved some help. This is what brings me to the fact I had never recognised myself as a carer but Blackpool Carers Centre certainly did. None of the services I had dealt with over the years recognised me as a carer. My bosses over the years never recognised me as a carer and I was never offered support as a carer, even though I worked for the NHS.

Mental health changes from day to day and someone can be smiling one minute then feeling suicidal the next. Also the severity of the illness can bring more complicated and even dangerous situations. Families may find themselves involved with the Criminal Justice System and many more agencies and this can be very scary, whilst being very frustrating. Not all agencies have a great understanding, especially with Dual Diagnosis clients.

What I have found over the years is the fact that I am not recognised as a Carer for



my son. I have to constantly challenge, ask questions over and over, staff never return my calls, they never listen to what I tell them (even though it can and has stopped my son putting himself in danger). My main concern is for my eldest son who has been known to Mental Health Services for 37 years and throughout this time not much has changed in certain areas. Other areas have taken on the challenges and made the service better.

When staff do listen and take my concerns on board, things are stable. Carla's involvement has helped massively, with Carla helping me to work with services and for the different agencies to speak with me, it does help us as a family. Because even with lots of different agencies involved, our family members can and do fall through the cracks. My son has again fallen through said cracks, but we will pick ourselves up and work with his workers to make it better again. Agencies need to take responsibility and work together. After all, my son, like everyone else that needs complex care, deserves the right to be treated fairly.

Blackpool Carers Centre as a whole is a marvellous place. Everyone is treated the same, whilst all the staff are non judgemental and have empathy in abundance. I have so much respect and I am so grateful to be able to come to the Carers Centre when I can. The other carers I have met have been a breath of fresh air. Even in our times of need we can always find someone going through the same as us.

Even with the type of illness my sons have, I would never change them for the world. I now know I'm not only their mum, I am a carer.

Thank you for taking the time to read this.

Marion, ReFocus Project carer

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

Come along to our monthly support group:

ReFocus & ReCharge

on the third Thursday 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. 1114558

Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ
www.blackpoolcarers.org



MAKING CARERS COUNT

Working in partnership with Carers Trust

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



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Blackpool Carers Centre
Quality • Passion • Respect
Charity No. 1114558

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

'Treat your feet' in the comfort of your own home with Blackpool Carers' 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.

Our friendly, fully trained foot care practitioner, Tracy, offers you a complete foot care package for £20* 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.



ONLY
£20
per treatment

To book an appointment or to find our more, call 01253 393748
or email tracy.taylor@blackpoolcarers.org

Take5 Adult Respite update from Pat



Pat leading the carers' Tai Chi session on Wellbeing Wednesday

Music Aloud Carers Choir is still going strong and apart from a break during the month of August, we are practising our repertoire in case of any last minute gigs!

We are continuing to recruit new members and looking forward to a summer of activity which started with a sing-a-long at our recent Wellbeing Wednesday event. Please come along as singing has been proven to be extremely good for both mental and physical health and we are all there just to enjoy the evening and not because we believe we are good singers!

In our Creative Arts sessions, we spent some time making a variety of paper flowers, daffodils, hyacinths, and carnations. Back in March, we started planning décor and activities for the Coronation and made bunting, crowns, red, white, and blue flowers and looked at Royal art through history. After collecting a variety of flowers from the garden we tried a new craft of making suncatchers and bookmarks by laminating them. When placed on the windows, these look very effective!

We continue to encourage anyone who wants to, to bring in their own crafts to continue in the group as, it is not so much a means to creating great art, but to make friends and chat. We are looking forward to the warmer weather when we can spend some time painting in the garden and summer house and making some more floral art.

On Wednesday afternoons we have our **Gardening Club and Drop-In for a Coffee**. Everyone is welcome to come along and join the Gardening Buddies, either to give a helping hand or just to come along for a cuppa. Through the summer months it is important that the garden stays hydrated so anyone who can hold a hose would be

most welcome too! We have a beautiful Summerhouse which is a lovely peaceful spot to sit and enjoy the surroundings and the birdsong. We very often have cake too!

In Thursday evening's **Connect 23**, Yoga teacher, Louise Owen is planning on coming to the Centre once a month to lead a relaxing yoga session and we have had some requests for more Tai Chi. Our Film Nights and Supper Club Nights are proving very popular. We prepare, cook or bake, all helping in some way and then sit down to eat together. It's a great opportunity to chat and enjoy each other's company.



Learning new crafts at Brantwood House

We are also planning lots of trips and activities to various venues including another trip to Brantwood House in Coniston, The Centre for Meditation in Ulverston, The Flower Bowl for bowling, Lytham Hall, Heskin Hall, Bury Market, Skipton and the ever-popular, Barton Grange Garden Centre.

Also on the agenda are visits to the theatre to see the famous play 'The Mousetrap' and 'Heathers' the musical.



Toasting marshmallows on Wellbeing Wednesday



Carers enjoying the beautiful scenery at Coniston

We held a special Wellbeing Wednesday Event on 24th May for our carers. There were plenty of activities to get involved in, from yoga, singing, archery, dancing, relaxing in the garden toasting marshmallows and Tai Chi!

It was so lovely to see some of our more shy carers give everything a go and come out their shell. A lovely day for a bit of 'me time'.

We are also planning to have another Wellbeing Day soon, as it was so popular. We hope this will be part of a larger 'Music and Wellbeing Festival'.

We will also be joining the 'Walk Through the Lights' in August and a Tram Trip to view them in a more relaxed fashion!

We would like to thank South Shore Academy for the use of their minibus throughout August, enabling us to visit places further afield.

If you would like to join any of our respite activities but feel daunted at the idea of coming alone, please be assured that we are here to provide a safe, welcoming environment for you.

If you are worried about taking that first step, call me on 01253 393748 and we can meet beforehand. Your Support Worker can also meet you or even come along with you too. They love the excuse to join in!

I look forward to meeting you soon.

Pat,
Adult Carers' Respite Coordinator

You can NOW Enter our 50:50 Club Monthly Lottery online!



ONLY £1 per stake

With 5 great cash prizes every month!
Plus, all money raised stays local to support unpaid carers within our community!

To enter online or for more information, visit:

www.blackpoolcarers.org/product/5050-club/

or scan the QR code with your phone



If you prefer to enter by post, just complete the Postal Entry Form opposite and forward to Julie Taylor at Beaverbrooks House.

Carers' 50:50 Club Postal Entry Form

To enter by post, please complete in BLOCK CAPITALS and forward to: Julie Taylor, Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

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

Blackpool Carers Centre

Quality • Passion • Respect

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WHY VOLUNTEER WITH US?

- V - VALUED AND APPRECIATED BY ALL
- O - OPPORTUNITIES TO TRY SOMETHING NEW
- L - LOCAL CHARITY FOR LOCAL PEOPLE
- U - UNDERTAKE A RANGE OF ROLES IN A FUN ENVIRONMENT
- 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.

JOIN OUR FRIENDLY TEAM TODAY!

Call our Volunteer Coordinator on
01253 393748
or email: adminsblackpoolcarers.org

A SMALL AMOUNT OF YOUR TIME CAN MEAN THE WORLD

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.taylor@blackpoolcarers.org

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

Gift Vouchers available. Ask for details

ADULT CARER TRUE STORY

Transfer of Care Hub at Blackpool Teaching Hospital referred Ray for vital support

Ray, cares for his former partner, best friend, and next-door neighbour Annie. Annie lives with Motor Neurone Disease and has been reliant upon others to assist her every day.

Ray gave up his work to care for Annie several years ago and now looks after her 24/7.

Ray was referred to Blackpool Carers Centre by a social worker from the Transfer of Care Hub located at Blackpool Teaching Hospital.

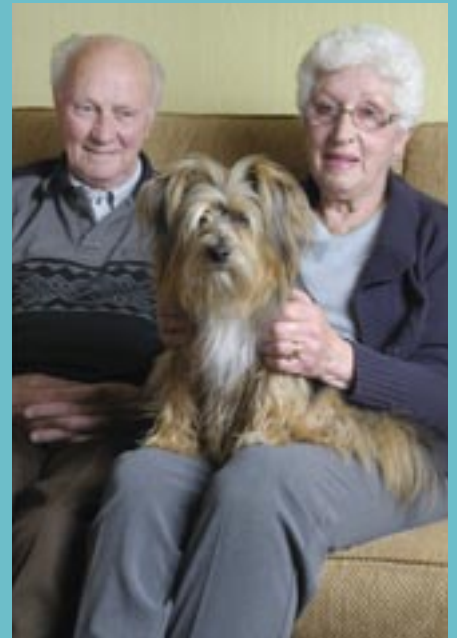
Ray is a proud man, and it took a long time for him to disclose that he was unable to read and write and needed support to understand paperwork, medical and benefits forms, as Annie had always done this for him.

Together with Ray and Annie we devised a plan as to what will make their lives' less complicated and what will ease the burden for them both.

At that time, we liaised with the Continuing Healthcare Team who arranged for carers to support Annie at times that fitted in with her, and organised for respite so that Ray can take a break as and when he needs it.

We have also supported Annie to complete her Lasting Power of Attorney, apply for a grant for new flooring and to apply for accessible accommodation that will make life for Annie and her carers safer.

Ray said the best part of his caring role is making sure that Annie has everything that she needs and for that, he is content.



Ray and Annie have just received confirmation that Annie will be able to move to her new home in July this year and we are all invited to her housewarming.

*Amanda Madden,
Adult Lead*

Do you need help caring for someone with dementia?

We continue to provide activities to support people caring for someone with dementia. In addition, we can also support those who may have a dementia diagnosis and be living alone.

Our services include 1-1 emotional support, dementia awareness training and our informal, drop-in group. Dementia training is an opportunity to learn a little more about how dementia may effect someone and what those around them can do to help.

Dementia causes a wide range of symptoms which vary from person to person and over time. One of the most common symptoms is difficulties with language and communication. Challenges may include:

- Difficulty finding the right word
- Problems following conversations
- Difficulty understanding sarcasm or humour
- Repeating themselves due to problems retaining information
- Difficulties reading and writing which impact on day to day activities

There are things that others can do to help:

- Ensuring only one person speaks at a time
- Give more time than you think for them to answer, if they are struggling gently suggest the word they may be looking for
- Stop what you are doing and focus on them, ensure you are fully present
- Eliminating background noise and distractions
- Face them and speak slowly and clearly
- Use visual prompts such as showing the items you are talking about
- Reduce the number of choices and options given
- Try to avoid correcting and confrontation, provide comfort and reassurance
- Use touch and their name to get and hold attention
- State your name and relationship to them to provide context
- Use short, simple sentences



Our body language, facial expressions and tone of voice communicate a lot.

Someone with dementia may not be able to understand the words being said so they will take meaning from non-verbal communication.

A positive, smiling demeanour will help someone feel calm and reassured and give the best opportunity for successful communication and connection.

Contact Helena for more information on our dementia services on 01253 393748 or helena.brown@blackpoolcarers.org

'Stable Advice' from Rocco - How the Adult Carers' Team can support you



Our team at Blackpool Carers aims to support all adult carers to recognise their own needs, have their voices heard and help with their physical and mental wellbeing. This is whilst ensuring they are fully understood, valued, and supported in their caring role.

The assessment covers the impact of your caring role - how you are feeling about caring, your physical, mental, and emotional health and how caring may affect your work, leisure, education, wider family, and relationships. As a carer, your physical, mental, and emotional wellbeing is at the heart of this assessment - demonstrating the need for support.

Often caring roles develop over time and, when providing care to a loved one, it can be difficult to recognise that you are a carer.

Many carers feel that they have a duty to those who they care for, and this can sometimes lead to other care options being ruled out. We are committed to ensuring

that you are given as much information as possible to enable you to make an informed decision regarding your options.

You may find it difficult to talk about your caring role if the person you care for is present and we will always try to offer you the opportunity to discuss at a time or location that suits you. There may be some parts of your caring role that you may find more difficult than others and we will endeavour to help you discuss all aspects of your caring role.

As a carer, you may sometimes take on physical tasks such as lifting and carrying which can cause long-term health problems. You may find that the stress of your role has led to depression or other mental health problems. In some cases, safety can be an issue, for example, because of the behaviour of the person you are looking after.

During your assessment we will consider your physical and mental health as well as any problems you may be experiencing. We

will also consider whether your role as a carer is sustainable and what services will benefit you, so you are able to continue in the caring role.

If you would like to receive support from our service, you can complete the Referral Form on our website: www.blackpoolcarers.org/advice-and-support/online-carers-referral-form/ and a member of our team will contact you as soon as possible.

You can also complete the form for someone you know, or someone you are working with if you are a professional - with their permission of course.

If you don't have access to a computer, you can always contact us on 01253 393748 where the team will be happy to speak to you.

Lasting Powers of Attorney (LPA)



Home Visits
for your
convenience



Give someone you trust the authority to make Financial & Medical decisions on your behalf.

Stephen is a local LPA advisor with a low cost solution.



Bramwell
ESTATE PLANNING
Get Your Affairs in Order

Call Stephen
on:
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www.bramwellep.co.uk

Take an online virtual tour of our new rooms!

Regular readers of Caring Times will know that our downstairs rooms at Beaverbrooks House, have recently undergone an impressive transformation, expertly delivered by Carl Vidoretti from CV Maintenance Solutions. What you might not realise is that these rooms (and some of our others) are available to hire!



The renovated rooms offer a range of options for individuals and organisations looking to hire a space in Blackpool. The meeting rooms provide a professional setting for meetings, workshops, and training sessions. Equipped with modern technology and comfortable seating,

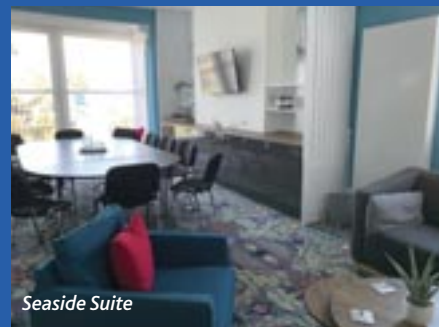
these rooms facilitate productive discussions and collaboration.

In addition to meeting rooms, the one-to-one spaces offer a private and confidential environment for one-on-one consultations, counselling sessions, or coaching sessions. These rooms have been designed with the specific needs of individuals in mind, providing a safe and supportive atmosphere for personal conversations.

By making these renovated rooms available for hire, Blackpool Carers Centre not only expands its own capacity to host events and activities but also opens its doors to the wider community. It offers a convenient and centrally located venue that is easily accessible for businesses, community groups, and individuals seeking a space for their gatherings.

Take a Virtual Tour of Beaverbrooks House

If you are interested in hiring one of the rooms or just want to take a look at them,



why not take an online virtual tour at www.blackpoolcarers.org/virtual-tour/

For more information on room hire, please call Julie Taylor on 01253 393748 or email: julie.taylor@blackpoolcarers.org.

STAFF PROFILE

Kerry Dalton, Young Carers' Lead

I'm Kerry Dalton, the Young Carers' Lead at Blackpool Carers Centre. I started my journey with the charity whilst undertaking my first placement for my social work degree in 2015.

I initially began working with families impacted by parental mental ill health and/or substance misuse, alongside delivering respite, trips, and activities.

For a short period of time, I also worked on our hospital project and supported carers on the wards, where a loved one had been admitted.

Upon completion of my social work degree, I returned to Blackpool Carers and worked with our wonderful Young Adult Carers, supporting them with education, training, and employment skills.

After around 2 years, I changed projects and began working on Family Focus, this is where my passion lies. I can't explain how much I enjoy coming to work every day; supporting our young carers and their families make my work even more

enjoyable. There is no greater feeling than seeing how far young carers and their families have come years later and to see how they have grown as individuals. Each encounter is wonderful, as there is always a real eagerness to share their life's journey.

In 2017 I became Young Carers Lead, where I took on the responsibility of supporting our Young Carers Team to grow and develop as practitioners, whilst guiding them daily in their practice.

I currently hold a caseload, lead the team and work closely with partner organisations to ensure that young carers are identified, have their voice heard and are supported effectively.

During my time at Blackpool Carers I have undertaken training to enable me to become a Practice Educator, meaning that I support Social Work Students on placements.

I work closely with universities to ensure that Social Work Students receive the



best possible experience on placement, whilst ensuring that all their learning and development needs are met.

After 8 years, I feel slightly like part of the furniture, no day is ever the same and it will always be more than just a job.

FOCUS ON...

Youtherapy

The Young Carers Team has been working closely with Youtherapy for a number of years, and we are delighted to now have Rob Watkins based at Beaverbrooks House once a week, to support our young carers.

Youtherapy offers counselling to young people across Blackpool and are passionate about helping young people across local communities. The young carers we support often experience difficulties with their mental health due to stress, worry and pressure due to their caring roles and Youtherapy Counsellors are able to offer support in these areas as well as anxiety, low mood, self-harm, bereavement, abuse and sexuality.

These sessions have started at an essential time as we support many young carers currently sitting exams or

transitioning from primary to secondary school or to college who are experiencing additional pressure on top of their caring role.

A frequent barrier to accessing mental health support for our young carers is that they have to visit a new environment which can be stressful in itself. Having the Youtherapy service based at Blackpool Carers Centre enables our young people to access this support in an environment they already feel safe and comfortable in, with our Young Carers Team close by if they need an additional support.

It is crucial for the young people of Blackpool to have organisations work closely with one another to ensure that their needs are met, and they feel fully supported in every way.



Youtherapy is a mild to moderate mental health service. They are not a service to access if you feel you are in any form of crisis, wishing to bring harm upon yourself or anyone else at the present time. If young carers are having thoughts, plans or intent to bring harm to themselves or others, they will be signposted to appropriate services that have 24 hours a day 7 days per week access.

If you would like more information, contact our Young Carers' Team on 01253 393748.

Volunteer update from Kerry

Spring has been a busy time of year for the volunteer team. The season began with the volunteers helping at our annual Ball. It is a chance for us to get dressed up for the evening as we welcome guests, host tables, and help with all the fundraising activities.

It is one of the most enjoyable events of the year but, as I was informed by our most experienced volunteers, definitely requires comfortable footwear, as the team put in a lot of steps throughout the night. Volunteering is not always seen front of house though, in the run up to the ball; members of the team also organised auction items, speak to our supporters and this year our Rocco mascots were wearing bespoke emerald outfits kindly created by our talented volunteer, Dianne.



Volunteers, Trevor and Joan did a fabulous job selling Raffle Tickets and Roccas at the Ball



Our very glamorous volunteers all ready for the fundraising to begin

Raising awareness of the Centre and the support we offer by getting out and about in the community is one of the roles that volunteers really enjoy. This year we have joined staff at the Harbour and Blackpool Victoria Hospital to speak to carers who are accessing support.

We also joined the Blackpool Place Based Partnership, 'Spring into Spring' event at the Winter Gardens and a Macmillan Health and Wellbeing afternoon. Both were a great way for people to come and find a whole range of support available locally. If you ever see us out and about, be sure to come and say hello.

BEAVERBROOKS

Caring Times magazine is one of the ways we are able to share our work with carers and professionals, but did you know that over 2,000 copies of each issue are delivered by volunteers?

Being paired up with a buddy, they follow a route for prearranged locations within a postcode area. It's a great way to be able to volunteer if you can't commit to a weekly role but have some time to spare.

If you are interested in this role or would like to chat about becoming part of our team, please give me a call on 01253 393748 or email kerry.cossens@blackpoolcarers.org

The 'Big Help Out'

Amongst all the media coverage of the Coronation you may have spotted that Monday 8th May was planned as the largest volunteering event of the year, as people around the country were encouraged to get involved with organisations large and small in their local area.

'The Big Help Out' asked people to lend a hand and make a change and over 30 people joined us in the Beaverbrooks House garden to do exactly that. The fine dry weather disappeared for the Bank Holiday, but despite the rain, our volunteers and carers came together to sow seeds, plant, weed and get creative.

We were also joined by members of the Lancashire Police Cadets, and what a difference they made! Mounds of soil that could only be delivered to the front of the



Lancashire Police Cadets braved the weather and helped to transform our garden

building were put into barrows before being moved to the new planters in the back and they also tackled the construction of storage for the garden.

The day wasn't all about work, as we painted pebbles for our vegetable beds and then celebrated the 'Gardening Party'.

A delicious indoor picnic, made by Dee, one of our regular volunteers, ended the day; whilst everyone enjoyed the entertainment from the carers choir.

The garden at Beaverbrooks House provides a safe, tranquil space for carers to join in with activities or just sit quietly and watch the wildlife.

If you are registered with the Blackpool Carers but have never visited our garden at the Centre, pop in on a Wednesday afternoon and we'll show you around.

Thank you to everyone who came along or contributed to the day, it truly was a big help out.



Gardening Volunteers planting seeds and potting on

Shocking, misleading Census results for young carers in Blackpool!

In the last edition of Caring Times, we were finally able to unveil the results of the 2021 Census and explain a little of what they meant for Blackpool.

In short, they showed an overall decline in the number of those providing unpaid care but a growth in the number of hours that each carer was providing. Although we recognise the growth of intensity of many of the caring roles that we support with, we do not accept that the number of carers in Blackpool has declined, the numbers registered with us have continued to grow!

This time, it is the turn of the young carers. The data for the provision of

unpaid care, broken down by age and local authority, became available just after the last magazine was published.

The results show that the number of carers aged between 0 and 24 has reduced by 8% since the last census, down to 1,240. These reductions were seen nationally and followed the broad themes seen in the overall number of carers across the country.

In response to the Blackpool results, our Director of Finance and Resources, Tom McMurdo said "We have known for a long time that the number of carers in Blackpool was likely to be far higher than suggested by the census. This time, we are



able to prove that, as we are already in contact with and providing services to hundreds more young carers than the census tells us exist in Blackpool.

Young Carers are entirely dependent on the head of the household stating that a young person is providing care in their household. This makes it even less likely that a young carer is identified through the census."

VOLUNTEER TRUE STORY

Helping to fundraise adds value to my life and I get a buzz out of what I do

When I became involved with Blackpool Carers Centre I didn't really know what to expect. I knew about the charity from a friend but there is so much going on and so many people being supported it's only since I've become a volunteer that I have come to understand more.

I am self employed as a Financial Advisor and I would have thought that I didn't have time to volunteer, but it's surprising what you can do when you find the right match for your skills.

Throughout my career, I have always found it easy to build rapport with people, network and have always worked with budgets and finances. I wanted to use my skills to make a difference but

didn't think such an opportunity would exist.

For the past three years I've supported the Centre as a fundraiser; as I take part in the annual cycle challenge. It all started with the Castle to Castle, then the Pier to Pier and this year the Blackpool to Edinburgh.

We have such a great time and are well supported so honestly the miles just fly by with all the laughter!

This year I asked if there was something else I could do as I was thinking about volunteering, and I now support Terry with her fundraising on a regular basis.

I'm very comfortable talking to people on the phone, so making new contacts,



raising awareness and requesting donations and prizes for annual events like the Ball are all part of my role.

It's been easier than I thought to combine volunteering with work, and it's become a natural part of what I do.

I want to spend my spare time doing something I'm good at and I want to get a buzz out of what I do, and I feel that supporting the staff team and seeing the difference it makes to people, adds value to my life and theirs.

Ann-Marie, Fundraising Volunteer

Family Focus update



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

Whilst we offer emotional and practical support for young carers, this project encourages families to spend time together making positive memories.



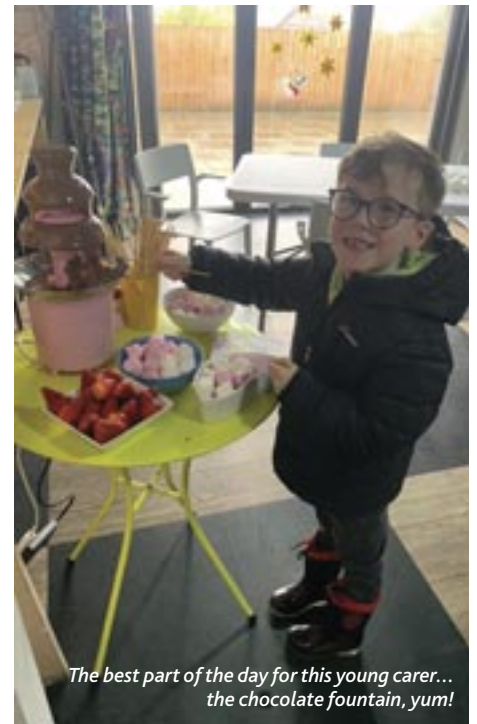
The young carers team have been busy creating and delivering fun activities throughout the year. In March we offered our families time together to attend a Mother's Day afternoon tea where one of our volunteers catered for this event. We provided the time for our young carers to make cards and small baskets, vase painting and bulb planting. The feedback

that we received from the families was positive and they enjoyed making memories and had a fabulous time joining in with other families.

This then led to our Easter Egg Hunt where the families played board games, sang their hearts out on karaoke, had a chocolate fountain, decorated eggs, and coloured Easter pictures. This was a perfect afternoon for our families.

One family said that it was important for them to see their child play and interact with others. Another parent said that it made them come out of their comfort zone and that it was lovely to see their children make friends and that it was important for the parents to see their children happy and smiling.

In the coming months we will continue



offering fabulous and exciting opportunities to our current and new families. We are taking full advantage of our wonderful garden. We hosted a garden party in June where we had a BBQ, garden games and face painting.

In July and August, we will be taking our families on an exciting day to Blackpool Zoo and a trip to the beach where we are going to be hosting a Blackpool Carers Centre beach sports day.

Being able to talk to someone about my feelings, without judgement, really helped me

Chloe's family was referred to Blackpool Carers Centre in August 2022 to request support for mum as an adult carer for her son who had recently experienced an acute psychotic episode and spent time in a local mental health hospital.

During the initial home visit with the Adult Carers team, it was identified that there was a 15-year-old daughter in the household too. A referral was completed for Chloe, and this was picked up by the Young Carers team for her to be supported as a sibling carer.

A young carers assessment was conducted with Chloe which highlighted her feeling left out at home due to the needs of her brother. She also explained how she did not understand his condition and therefore found it hard to cope with. She said she 'missed her big brother'.

Chloe was supported on a one-to-one basis each week, and work was completed around increasing her understanding of Psychosis as well as giving her the chance to talk openly about her feelings.

Joint work with the adult team was also completed to allow Chloe and her mum to spend some time together outside of the house. A Yoga session was organised at Blackpool Carers Centre with the wonderful 'Yoga with Lou' as well as a

joint one to one session with their support workers to give them the opportunity to share their feelings about the changes that have happened at home.

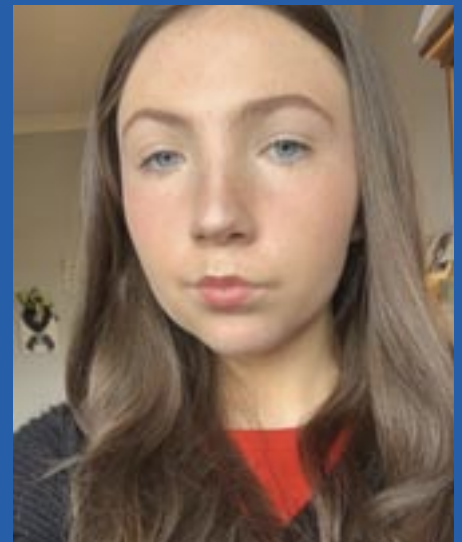
Chloe has since attended a trip to the Pleasure Beach with the Young Adult Carers, as well as a trip to the Flower Bowl for Young Carers Action Day.

Chloe is currently sitting her GCSEs, which she feared would be affected by what had happened at home but has reported to be doing very well. Her support worker has also taken her to Blackpool Sixth Form College to meet the staff to ensure that she knows where she can go and who she can speak to next year, as she begins her A Levels.

Chloe's Story

In summer July 2022, my brother became severely unwell with his mental health. He got hospitalised in a ward in The Harbour. During this it was my 15th birthday. After he was put on a ward, he was then put on an adult ward because he was 18. Before he went to hospital, I had to help him with basic activities such as getting dressed, because he wouldn't do this himself.

When he was in hospital, we started to get support from Blackpool Carers Centre. It really helped with adjusting to such a big life change and with



understanding what it's like to be a young carer.

I missed what my brother used to be like before this happened and being able to have somebody to talk to about my feelings with no judgement, really helped me.

My mum was getting support at the same time as me and we even met together with our support workers for a Yoga session. It was nice to spend some time, just me, with my mum as everything had been about my brother for a long time.

I still continue to be supported by the Young Carers team which I am glad about, as I am currently doing my GCSEs and it can sometimes be stressful in my house having to revise and care for my brother.

My support worker comes to see me at home and in school and talks to me about how I am coping.

Young Adult Carers' update

Regular consultations with the Young Adult Carers (YACs) shape what activities and trips we decide to do during our respite sessions together.

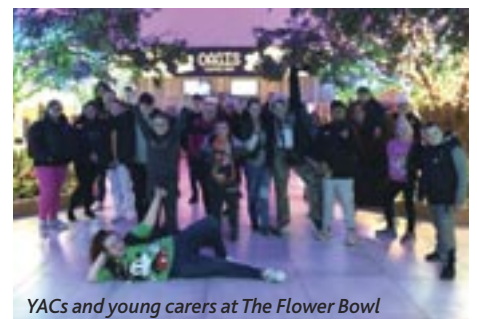
There have been 3 trips available for our YACs recently. We took a group of 6 thrill seekers to Blackpool Pleasure Beach to enjoy the rides and games, they had a great day and thankfully saved the wet rides for last!

We also gave the YACs the opportunity to join the younger Take 5 groups on two other trips. The first was a day out at the Flower Bowl entertainment centre, where everyone played a round of Crazy Golf through the 18-hole Magical Secret

Garden. We then moved on to play a game of 10 pin bowling. Finally, the last trip took the YACs to see all the wonders of the Circus by Circus Starr at the Solaris centre.

Our weekly respite sessions have had a little bit of a shake up. We have moved YAC group from a Wednesday at 18:30-20:00 to a Tuesday at 16:30-18:30 to give ourselves more flexibility with our start and end times, and also to give the YACs their very own day at Blackpool Carers Centre.

The session was also extended at the YACs request, so we now have a 2-hour respite session for the YACs to utilise everything Beaverbrooks House has to offer.



YACs and young carers at The Flower Bowl

As we approach summer we plan to make use of our beautiful outside space at Beaverbrook's house. We have BBQ's, garden games, water fights, basketball, chalk art and much more planned.

If you would like to book on to any future YAC activities please contact Dom on 01253 393748.

Young Carers Action Day update

Annually, March 15th sees us celebrate Young Carers Action Day (YCAD) - a national day that raises awareness of young carers and celebrates their everyday achievements.

In previous years, to mark the occasion we have worked in partnership with Blackpool Football Club, our staff have taken to the roads on a cycle challenge and a podcast series made by young carers was recorded and released.

This year we took a bus-load of young and young adult carers to the Flower Bowl, Garstang, to take part in an exclusive activity evening that saw them participate in Crazy Golf and Ten Pin Bowling. Everyone was full of excitement, as they eagerly awaited the bus for the journey.

Once we arrived it was straight into the action with Crazy Golf. The group were split



Dashing off the bus



Having the best time Bowling

up into smaller teams each accompanied with a member of staff and made their way around the course trying to avoid bogeys, water features and obstacles in the search for that elusive hole in one!

Who knew golf could be so exciting! When everyone had completed their round, it was time to visit the clubhouse for well deserved cookies and drinks.

After everyone was suitably refreshed, we hit the bowling alley to try our hand at Ten Pin Bowling. It seemed like strike after strike as the bowling balls smashed into the pins knocking them flying and some very impressive scores were achieved.

Smiles were aplenty as the results were announced at the end of the night before re-joining the bus for the journey home.

We would like to thank Blackpool Transport for kindly providing the bus for this very special day.

Scapes

A poem by Volunteer, Sue Barker

Landscapes - Natural
eg. Welsh Shorelines,
eg. Scotland's Glen Coe, Ben Nevis -
then here - Blackpool,
viewed from the Beach House
to soak up the Irish Sea.

Human Landscapes - Historic buildings
eg. Houses of Parliament, Tower Bridge,
Empire State Building, New York -
and Blackpool Tower
- builders gone, but structures here
and SOLID!

Skyscapes - Cotton wool clouds -
some wispy - some grey like an
OAP woman's curls.
White nibbed lines criss crossing
outside your window -
For you to imagine the journeys
and destinations,
or what's happening on that jet.

Musical Scapes - Music may open up
your own mental, emotional landscape
eg. Mr Acker Bilk - 'Take My Lips'
When televised showed an evening shot
of Blackpool Tower
or Michael Ball 'Love Changes
Everything'.

YOUNG ADULT CARERS' (YACs) TRUE STORY

Two young adult carers have found true friendship at YAC group

Ben spends a lot of his time caring for his mum. He is the oldest of 3 siblings and he feels the main burden of the caring responsibilities in the household, which can leave him feeling socially isolated and very tired as he attends college and works part time alongside his caring role.

Aaron cares for his dad who has a long term medical condition. Aaron has been supported by Blackpool Carers Centre for many years and has just transitioned from young carer services to Young Adult Carers (YACs).

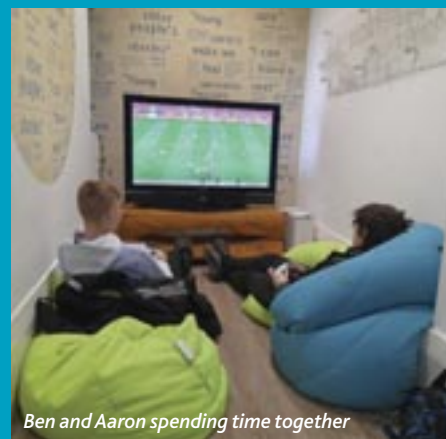
He was really nervous about leaving the friendships he had made in the young carers respite sessions by starting again in young adult carers respite sessions.

Our weekly YAC respite sessions are mainly attended by female young adult

carers. Ben and Aaron started attending YAC group a week apart at the beginning of the year and have struck up a great friendship. They have a lot in common and spend the whole 2-hour session together.

It was Aaron who suggested that we extend YAC group from 1 hour 30 minutes to 2 hours, as he felt like an hour and a half was not long enough and the rest of the group agreed.

Ben and Aaron will sit and play the PlayStation, listen to music, play basketball and chat from the start of YAC group until the end. They both have huge appetites and will usually be found in the kitchen having seconds and thirds of whatever food we have on at the session each week.



Ben and Aaron spending time together

Since attending their first session together a few months ago, they have been inseparable and regulars at YAC group. They add a new dynamic to our wonderful YAC family.

They have both said how YAC group has helped them gain confidence, make friends and have fun.

If you would like more information on our YAC group or would just like to chat to someone, please contact Dom on 01253 393748.

Young Carers' Fun Zone

Hip Hip hoorah...it's finally summer!

The sunshine has arrived and its time to have fun with family and friends outdoors.

Why don't you take the time to notice of what's around you? What can you smell? What can you feel? There is always something new to discover.

One activity you can do with either your family or friends, whilst exploring the outdoors, is 'Wild Sounds'.

Discover nature's wild sounds early in the morning when you wake or as the evening begins to fall. We only hear nature by escaping from the man-made sounds that normally surrounds us; mobile phones, traffic, TV, music and voices. Find a wild place to lie down, relax and listen. You might hear buzzing insects,



singing birds, a whispering breeze, a chattering squirrel, or a falling leaf landing on the ground.

Doing this activity can lead into a fun game of **Sleeping Lions**:

- Invite everyone to lie down and close their eyes.
- Who can hear 10 natural sounds?
- Who can be quiet for the longest time?
- Do you know which sounds were natural and which weren't?

Fancy a challenge?

Try and do the 24-hour Wildlife challenge?

Find out about the wild plants and animals living in your garden, on your patio or in your local park.

- Your aim is to record all the plants and animals you can find over 24hrs.
- Record your discoveries with drawings and notes or by taking examples of fallen leaves or petals and seeds.
- Animals and birds might be hard to spot but you could find clues; eaten leaves, feathers, fur, tracks or nests.
- Look for smaller plants and animals with bug boxes and magnifying glasses.
- After the challenge you could photograph everything you have recorded and then compare with other places or repeat the challenge in the same place during different times of the year.

Birds Wordsearch

Can you find the names of the birds listed below, hidden in the square? They can be up, down, diagonal, forwards and backwards!



T G N I L K C U D F E T E T W I S T O P
 R P K O L G E C K S I U E S A L V U E T
 W U A C A L I A U Q E R C O E T U H N D
 S F I R I I U L N T O K M A T E L O A T
 I P T H L H C T G E W E N D N N T D H I
 I I T S A N C O S R P Y L T M H U A H U
 S N E E E W A P N E H E I G O C R N E R
 S P E L I C A N E D T R C R A S E C E M
 O G S E E R E S I M O S D R L E O N S Y
 R O O F R V E S W D P R D A O R K C U D
 T S K O A H E O S A A H F T M W O E O E
 A L W R S B O S S Z L H E O W V T H R D
 B I A B I E S D Z I T L R A E O E N G H
 L N H C T E Q U L H B A O I S T E D N G
 A G M A D K B M L R N E R W O A I T R M
 O N L T A A I A U T D H A N S T N S E D
 I P A R T R I D G E I J E W D L P T D O
 N O N E E D E I A Y P T A R M I G A N I
 T L Y R H S E A E K O N A S O E N A A A
 A R O S A F S C S S O L N A T N S C G K

ALBATROSS	HEN
BUZZARD	HERON
CHICK	PARTRIDGE
CONDOR	PELICAN
CORMORANT	PHEASANT
CROW	PTARMIGAN
DRAKE	PUFFIN
DUCK	QUAIL
DUCKLING	RAVEN
EAGLE	SEAGULL
GANDER	SPARROW
GOOSE	SWALLOW
GOSLING	SWAN
GROUSE	TURKEY
HAWK	VULTURE



Take a Family Night Walk!

If you're feeling more adventurous, take a Family Night Walk and discover the dark wild world when nocturnal mammals, moths and owl emerge. Plan your route carefully- mark it with natural chalk arrows or glow sticks (remember to take them home!). Time your walk - set off at dusk, the best time to hear and see night-time animals as they emerge. Dress the part - wear dark coloured non rustling clothing and quiet shoes and don't forget snacks and a warm drink.



Where's Rocco?

Our favourite donkey has hidden somewhere on a page in this magazine.

Can you find him?



Silly joke time!

What do you call a noodle that is fake?
An im-pasta!

What do you call an alligator in a vest?
An 'In-vest-igator

Young Carers' Take5 update



We love this time of year at Take5 as it gives us the opportunity to get outside and make the most of our wonderful gardens here at Beaverbrooks House.

Since the last edition of Caring Times we have spent more time outside than indoors at Take5, building dens, creating tree spirits, harnessing our inner Robin Hood and Katniss Everdeen in archery and our favourite... lighting fires, toasting marshmallows, and making smores.

We know how important being outdoors is for our wellbeing as it provides us with the opportunities to connect with nature and give time to each other whilst it also allows us to be physically active.



Young carers and Kerry having fun during their picnic in Stanley Park



Young carer enjoying the scenery in Ullswater

Continuing with the outdoors theme, we were lucky enough to spend a few days at Patterdale Hall Outdoor Centre for an adventure residential. The experience enabled our group to spend some valuable time away from their caring roles in a new and exciting environment. With brilliant guidance from the instructors, our group were active throughout, experiencing canoeing on Ullswater, a mountain day summiting Common Fell, scrambling through the low ropes course and hitting the gold on archery.



Fascinating photographic exhibition

The residential enabled individuals to take notice of the environment around them and also the opportunity to learn about themselves as the limits of their comfort zones were pushed all the way. An experience that none of them will forget especially when climbing the mountain and being higher than the fighter jets training in the valley.

It hasn't all been about the outdoors as we visited The Grand Theatre to watch Shrek The Musical along with our friends from South Lakes Carers Centre. We also had to work together in an attempt to solve problems and riddles at The Escape Rooms and, whilst we didn't manage to finish all the tasks; the good folk let us out and we have lived to tell the tale.

Our relationship with Blackpool School of Arts has enabled us recently to view a Craig Easton photographic exhibition about the North of England at The Gallery followed by a fun taster painting with light session that brought about some brilliant results!

We have been very busy in the kitchen with our Focus Friday project, Take5 Bakers. This saw our primary group learn and develop their cooking skills as they followed recipes with expert guidance from our amazing volunteer Dee to make curries, spaghetti bolognese, cakes and rocky road.

As part of the project, the group were able to take home what they had made along with the recipes, which has enabled them to cook along with their family.



Young carer cooking up a curry at Focus Friday

During May half term, we had a trip to the theatre to see Unexpected Twist which will form part of a project we have in July. We had fun and lots of games during a visit to Arcade Club, Blackpool's Retro gaming arcade and also made the most of the glorious weather enjoying a picnic in Stanley Park with our primary group.



Making some noise at Arcade Club, Blackpool

Plans are also afoot for our Summer provision and we can't wait; so keep an eye out!

Andy Gunn, Time Out Team Lead

YOUNG CARER'S TRUE STORY

Young carers is a lifeline for little Lenny

Lenny (age 6) was referred to Blackpool Carers Centre by Layton Primary School in October 2022. Lenny cares for his mum Daniella who has an auto immune disease which affects both her speech and balance.

Lenny was referred after a decline in his attendance which caused school to identify that he had a caring role for his mum and was regularly worried about leaving her alone.

I visited the family home and explained our service provision to Daniella who was happy to engage with the support.

The outcome of Lenny's Young Carers assessment highlighted that he would benefit from our 'Take 5' respite trips and activities.

Lenny is now regularly attending Take 5 respite sessions where he has participated in all the activities including crafts & games. He also has had opportunities to build positive relationships with other young carers.

Lenny attended our Christmas party at Ascent where he was able to enjoy some time for himself alongside his new friends. We surprised Lenny with a bag of Christmas presents for the family through support from Rock FM Cash for Kids appeal.

Since attending respite sessions with Blackpool Carers Centre, Lenny's attendance at school significantly improved; due to Lenny feeling more comfortable leaving his mum and knowing she would be okay. Lenny also attended a Young Carers club after school at Layton Primary school.

Not only was this a further opportunity for him to have some time to himself, but it also allowed him to be comfortable that there were other children in his school who had responsibilities, just like him.

Blackpool Carers Centre and Layton Primary School have worked together with Daniella to ensure Lenny has a

Lenny having fun during a craft session at Take5 respite



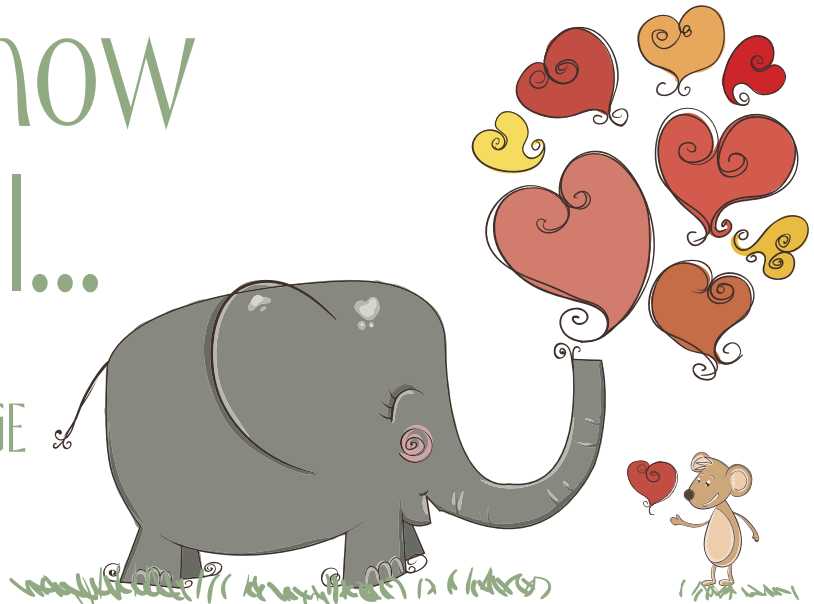
Medical Plan so that he knows the steps to take in an emergency.

Lenny continues to access our respite support.

Amanda Farnham,
Young Carers' Family Support Worker

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 Terry Hodkinson, Head of Business Development and Fundraising, on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

Fundraising and Community News from Terry

Back in April, community fundraiser Cal Howarth, challenged himself to a 24-hour Sponsored 80kg Tyre Flip to raise funds and awareness for families living with dementia.

He raised £6,700 to be split between Blackpool Carers and The Forget-Me-Not Café. What an achievement by Cal! Well done and thank you.



Also in April, Barry Edwards, one of our community fundraisers, along with Vanda George and Andrew Richardson from PGA golf, organised a golf day at the beautiful Penrith Golf course. They held a raffle which raised a very impressive £355. Thank you so much for choosing to support us.

On 30th May, I attended the Charity Giving Night, organised by various Masonic Lodges and had an opportunity to thank them for their support last year. The donations amounted to a fantastic £4,800 in the last financial year.



Our Ball Supporters

You will have read on page 7, that our annual Ball was another huge success with £14,170 raised on the evening. I would like to say a personal thank you to all our attendees and business sponsors for your continued support. It's your help that enables us to hold this prestigious event each year.

If you would like to support our 2024 Glitz & Glamour Ball by attending, taking a Sponsorship Package or donating a prize. Please contact me on 01253 393748 or email terry.hodkinson@blackpoolcarers.org



Looking ahead...

There are lots of exciting fundraising events planned over the next few months, some organised by Blackpool Carers and others to be undertaken by our intrepid community fundraisers.

Gentle Hikers

Look out for the Gentle Hikers - a group of ladies who will be taking on the Yorkshire 3 Peaks in July to raise funds for us. They have been training hard over the last 8 months from small walks to big hills! Keep an eye on our website and social media for updates of how they're getting on!

Blackpool to Edinburgh Cycle Challenge Shirt Sponsorship 20-22 July

Our Blackpool to Edinburgh Cycle Challenge is fast approaching – Thank you to Bernie Atherton Carpets, Pentagull Ltd, Glasdon UK and Forbes Solicitors for their sponsorship of the cycling shirts. Also, thank you to Victrex for their donation of £100 towards this year's challenge. *There's still time to take part, but you'll have to be quick and register with Terry asap!*



Charity Golf Day Friday 4th August at North Shore Golf Club

If you are a golfer or you know anyone who is, why not come along and take part in our first charity golf day? *See advert on page 5 for full details.*

Great North Run Sunday 10th September

We have 11 runners taking part this year, all raising funds for Blackpool Carers. We wish them good luck and ask that you keep an eye out for them on the TV as they will be sporting Blackpool Carers running vests!

Blackpool Rewind Party, Friday 15th September at The Imperial Hotel

Make it a 'night to remember' reminiscing and dancing to the sounds of the 80's and 90's. Taking you back to the days of The Adam & Eve, Schofields, Illusions and Addisons, to name just a few. Come and join us! Get in touch with your old friends and re-live your youth. *See advert on back cover for full details.*

Psychic Night Monday 9th October

This is our last Psychic Night of the year at The Wainwright Club. These nights are so popular, we suggest you book your place early. *See advert on inside cover for full details.*

Photo gallery...look what we've been up to!

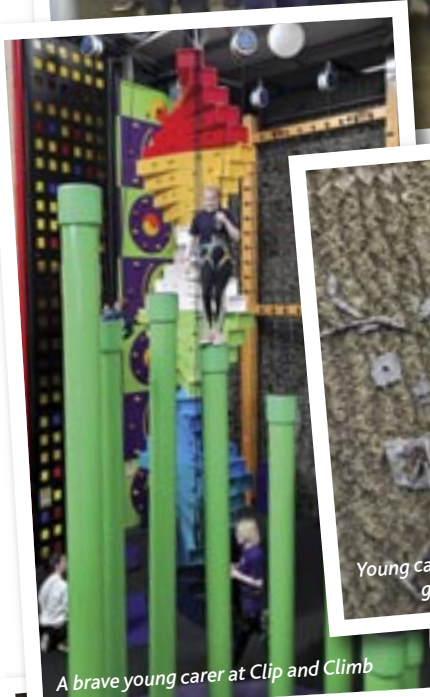
Keeping you up-to-date with what's been happening at Beaverbrooks House and in our local community over the past few months.



Layton Primary School pupils had lots of fun during a visit to Beaverbrooks House



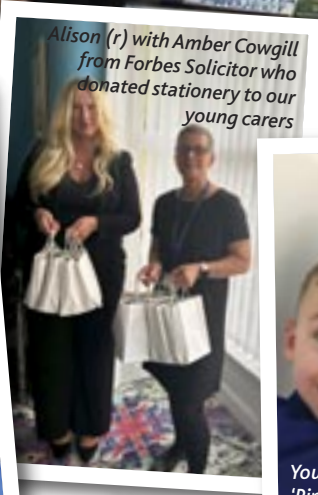
Support Worker Gracie (r) with volunteer, Helen, raising awareness at Blackpool Victoria Hospital during Dementia Action Week



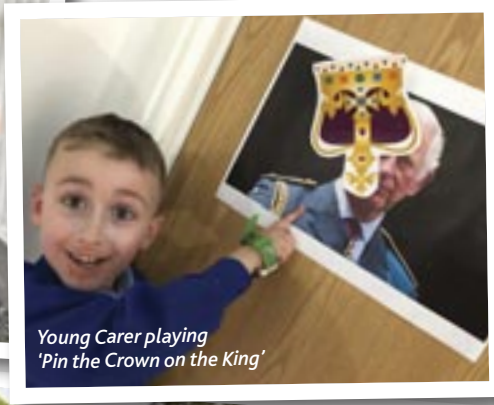
A brave young carer at Clip and Climb



Young carer making 'tree spirits' in the garden at Beaverbrooks House



Alison (r) with Amber Cowgill from Forbes Solicitor who donated stationery to our young carers



Young Carer playing 'Pin the Crown on the King'



Adult carers during a theatre trip to The Winter Gardens



Young adult carers cooling down with a waterfight in June



Young carers enjoying lunch together at Beaverbrooks House



Kerry and Kay at Blackpool Business Expo, offering support to businesses whose staff may be carers



Young carer gives this respite activity the thumbs up!

Young Carers learning Archery on a residential at Patterdale Hall



ReFocus group supporting each other and making friends during a trip out



Young carer climbing rope bridge during the picnic in Stanley Park



Young adult carers getting creative during a craft session



Young carers were eventually released from ClueHQ, Blackpool



Adult carers during a relaxing yoga session at Beaverbrooks House



As we ended the 2022/2023 financial year, we would like to thank all of our Caring Corporate's for their support.

We held a thank you event at Beaverbrooks House and also invited new organisations to come along, sign up and get their teams involved. The aim is to have some fun, lift team morale and raise funds for us!

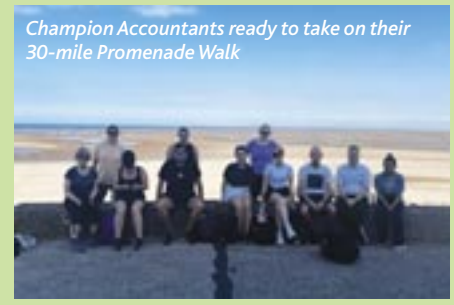


Huge thanks to Beaverbrooks the Jewellers, Bernie Atherton Carpets Ltd, Blackpool Skip Hire Ltd, Card Saver, Chadwick Insurances, Eric Wright Group, FM Electrical Solutions, Glasdon, Greenlite Group, InXpress, Liberty's Hotel, Lowlands Farm, Imperial Hotel and Spire Fylde Coast Hospital for their support.

The total raised by all the Caring Corporates was over £60,000, which is a fantastic achievement!

If you would like to know more about becoming a Caring Corporate for this year, please get in touch with Terry on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

David Hardy and his team of staff from Champion Accountants, our most recently signed up Caring Corporate, walked 30 miles along Blackpool Promenade in May, to raise the first amount of money to add to their barometer - an incredible amount of £2,000!



Champion Accountants ready to take on their 30-mile Promenade Walk

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

Advertise your services
in our magazine,
reach 1,000's of
new customers
and help us
to support
local carers...
...it's a win, win!



Each issue of Caring Times is mailed, hand delivered by volunteers and emailed to 1,000s of service users, stakeholders, GPs, health professionals, organisations and businesses, both locally and nationally.

In each edition, we have limited space for the advertising of carer-related products or services. The revenue raised from advertisements funds the magazine production and distribution, and enables us to reach as many carers as possible and inform them of support available to help them in their caring role.

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

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

#YouAreNotAlone

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women's aid
until women & children are safe

NPCC
National Police Chiefs' Council

Our supporters and awards



Blackpool Council

BEAVERBROOKS



NHS
Blackpool
Clinical Commissioning Group



DAA Dementia Action Alliance

A Network Partner of
CARERS TRUST



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. Names may have been changed to protect identity of individuals.

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.

Memory Giving 

If you wish to make a donation to us, please ask your appointed undertaker to set up a page for your loved one on **Memory Giving**. Alternatively, we can provide you with specially printed donation envelopes and letters of thanks 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

Blackpool Carers Centre

Quality • Passion • Respect

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Blackpool REWIND PARTY

FRIDAY
15TH SEPTEMBER
2023

7.30PM 'TIL
MIDNIGHT

IMPERIAL HOTEL

NORTH PROMENADE - BLACKPOOL

TICKET
£25

Join us for a fantastic night of 80s and 90s sounds and relive the 'Good Times' of

**THE ADAM & EVE NITESPOT - ADDISONS - ILLUSIONS - RUMOURS
SPRINGS - SCHOFIELDS - TRADER JACKS**



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