

Caring

TIMES

1 NOV 2024-28 FEB 2025

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

A Network Partner of
CARERS TRUST

The FREE magazine for unpaid carers on The Fylde Coast



Inside:

- NEW - Rocco wedding favours and gifts
- Understanding Universal Credit
- Blackpool Carers awarded prestigious Trusted Standard Quality Mark at Level 2

Our Online Charity Christmas Auction

Page 2

Campaigning - Winter Fuel Payments

Page 6

Our NEW £25,000 Lottery With Cash prizes every week!

Page 7



Find the paw-fect present for your loved ones in our 2024

CARING CHRISTMAS ONLINE AUCTION

In aid of
Blackpool Carers Centre
Quality • Passion • Respect
Charity No. 1114558

LOTS INCLUDE: SIGNED LIVERPOOL FC SHIRT • AFTERNOON TEAS • THEATRE TICKETS
4-BALL GOLF VOUCHERS • PET TREATS • SANDCASTLE WATERPARK ANNUAL PASS FOR 4 • XBOX
£100 VOUCHER • JEWELLERY • TOYS • LUXURY HAMPERS • HOTEL BREAKS... AND MUCH MORE!

Lots will be added as donations are received so keep checking! View and bid at
www.CaringChristmasAuction.uk

Auction closes at 8.00pm on Sunday 15th December 2024



Do you care for someone with mental ill health?

Come along to our monthly support group:

HUGS

Help, Understanding and Group Support

Have a brew, a chat
and meet people in the
same situation as you!

Held at Beaverbrooks House
147 Newton Drive
Blackpool FY3 8LZ
on the first Friday
of every month
1.30-3.00pm

*Remember -
you don't have to feel
isolated, we are here
to support you!*

For more information, or a friendly chat before you attend,
call Carla or Leah on 01253 393748.

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

www.blackpoolcarers.org

Our newly refurbished meeting room is now available to hire!



Our modern, newly refurbished Training Room has flexible seating for up to 40 people and is the perfect space to hold your meeting, celebration or event.

We can also provide a variety of catering options to suit your requirements.

For prices and information on all of our meeting rooms, please contact Julie on 01253 393748 or email julie.taylor@blackpoolcarers.org

We would like to thank Carl and John from CV Maintenance Solutions for their excellent work in transforming this space.



Tel. 07775 794 515



Welcome...

...to our November to February edition of Caring Times.

The summer flew by for us at the Carers Centre with a variety of activities taking place for carers of all ages!

Our action packed calendar doesn't appear any less busy as we look forward to winter and the Christmas period. There's something for everyone going on at Beaverbrooks House and out in the community, between now and the next edition of the magazine.

We've got a range of Christmas celebrations across our projects, so check out our What's On Guide on pages 4 and 5 for more information.

We have also broken with tradition and have a very exciting Christmas Auction coming this year, with a chance to get your hands on some unique items in time for the big day. See page 2 for details.

I'm incredibly proud to report that Blackpool Carers Centre has been awarded the Trusted Standard Quality Mark at Level 2, the highest possible, please see page 13 for the full report.

We have also repeated the call for any former young carers willing to take part in our research about the young carers service. This research is designed to fill a significant gap in our understanding of the impact our support has. See page 14 for full details.

I would like to take the opportunity to wish you all a very merry Christmas and a healthy and prosperous New Year.

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

Caring Christmas Online Auction	2
Room Hire	2
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
Campaigning - Winter Fuel Payments	6
Rocco wedding favours and gifts	6
NEW Weekly £25,000 Lottery	7
Adult Carer True Story	8
Footcare Service	8
Stable Advice from Rocco - Moving to Universal Credit from other benefits	9
Take5 Adult Respite update from Pat	10
Dementia True Story	11
Annual Review and Social Impact Report	11
In Memory Donations	12
Blackpool Carers awarded Trusted Standard Quality Mark at Level 2	13
Join our Longitudinal Research Project: Understanding the Impact of Young Carers' Support	14
Advertise in Caring Times	14
Volunteer True Story	15
ReFocus Carer True Story	15
Staff Profile	16
Family Focus True Story	16
Christmas Gift Card and Selection Box Appeal	17
Young Adult Carer True Story	17
Young Carers' Take5 update	18
Young Carers' Fun Zone	19
Fundraising and community News from Terry	20
Caring Corporate update	21
Young Carer True Story	21
Would you like to support Blackpool Carers?	22
Our supporters and awards	22
3 Peaks in 24 Hours Challenge 2025	24

Front cover: Young carers...and a red panda...during one of their favourite trips to Blackpool Zoo.

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What's On Guide...

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, so please check for updates on our website: www.blackpoolcarers.org/whats-on/

FOR ALL CARERS...

Carers' Kitchen & Warm Hub Drop-in

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

A monthly drop-in 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 and light lunch available.

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.

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.

Knit and Natter

Held weekly on Mondays at Beaverbrooks House 1.30-3.00pm
Join us to knit outfits for our mascot Rocco that are on sale at the Centre and in local hotels and businesses. Also, come along if you would like to learn how to knit or crochet!

Music Aloud Carers' Choir

Held weekly on Mondays at Beaverbrooks House 6.15-7.30pm
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.

Chair-based Exercise, Tai Chi and Meditation Drop-in Session

Tuesdays at Beaverbrooks House 11.00-12.00pm
Gentle chair-based exercise for all and your chance to relax and unwind. No need to book, just come along in your comfy clothes and recharge your batteries.

Floor-based Yoga and Meditation Drop-in Session

Tuesdays at Beaverbrooks House 1.00-2.00pm
Relaxing exercise session and a chance to have some 'me-time'. No need to book, just come along in your comfy clothes and recharge your batteries.

NHS Talking Therapies

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 Buddies

Held weekly on Wednesdays at Beaverbrooks House 1.30-3.00pm
Join the gardening 'buddies', Trevor, Jan and Debbie, for a spot of weeding and pottering in our community garden, 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, chat and reminisce. We have also introduced some gentle chair-based exercise to improve wellbeing.

Carers' Connect - Yoga with Lou

Held on the first Thursday of the month at Beaverbrooks House 6.15-7.30pm
Chair or floor-based Yoga for all abilities. Relax and unwind and spend some valuable 'me-time' at our monthly Yoga sessions.
Prior Booking is essential, please call Pat to reserve your place.

Carers' Connect - Supper Club

Held on the last Thursday of the month at Beaverbrooks House 6.15-7.30pm Prepare and eat supper with good company! Check newsletter and Facebook for details and other activities and trips.

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.

HUGS Monthly Support Group

Held on the first Friday of every month at Beaverbrooks House 1.30am-3.00pm

Health, Understanding and Group Support (HUGS) monthly group for carers of those affected with mental ill health. Come along to our friendly group, have a chat and meet people in the same situation as you!

Call Carla or Leah for more information.

Remembrance Day Coffee Morning

Monday 11 November

Beaverbrooks House 10.30am-12.00pm With live streaming of the service from the Cenotaph.

Please contact Pat to book your place.



Each year, Carers Rights Day helps us to ensure carers are aware of their rights, let carers know where to get help and support, and raise awareness of their needs. This year the theme is 'Recognising your rights'.

We want to empower carers with information and support, so they can feel confident asking for what they need.

Details of planned events will be shared on our website and social media.

Dementia Carers' Drop-in Christmas Party

Thursday 12 December

Beaverbrooks House 1.00-3.00pm

A special festive gathering for dementia carers and their loved ones.

Please contact Pat to book your place.

Winter Warmer Tuesday

Tuesday 17 December

Beaverbrooks House 11.00am-2.00pm

Come and join us for a festive turkey sandwich and some Christmas cheer!

Please contact Pat to book your place.

Burn's Night Celebration Supper Club

Thursday 30 January 2025

Beaverbrooks House 6.30-8.30pm

Join us for a special supper and a celebration of all things 'Burns'.

Please contact Pat to book your place.

Spring Wellbeing Wednesday

Wednesday 19 February 2025

Beaverbrooks House 11.00am-3.00pm

Join us for lots of activities to make you feel good, including strategies for improving your wellbeing, African Drumming, Yoga, Reading, Arts and Crafts, Meditation and much more. Refreshments and hot lunch provided.

Please contact Pat or the Adult Carers Team to book your place.

SOCIAL & PUBLIC FUNDRAISING EVENTS...

These community events are open to everyone and all funds raised help to provide support and respite for carers.

Caring Christmas Online Charity Auction

Starts 8.00pm Saturday 23 November and ends 8.00pm on Sunday 15 December

www.CaringChristmasAuction.uk

Our Caring Christmas Auction is your chance to bid for some amazing items, kindly donated by our supporters, to help us raise funds to provide respite and support for carers. There are some fantastic Lots available that would make really special Christmas presents for both adults and children, so take a look, make a bid and bag yourself a bargain...good luck! See advert on inside cover for details.

National 3-Peaks Fundraising Challenge

20-22 June or 27-29 June 2025

Ben Nevis - Scafell - Snowdonia

Do something good in 2025 and join a team of walkers on this fully supported fundraising challenge. You'll stay overnight in Fort William before embarking on the 3 mountain climbs in 24 hours, 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 outside back cover.

Blackpool Carers NEW £25,000 Weekly Lottery

Starts 1st November

We are very excited to announce the start of our new Weekly Lottery. For only £1 a week, you have the chance to win £25,000 each week, plus other great cash prizes. To join, visit:

<https://blackpoolcarers.affinitylottery.org.uk>

See advert on page 7 for more details.

easyfundraising

Your online Christmas shopping can raise free donations for us

Moments that make it count
RAISE A DONATION

Our 145 amazing Easyfundraising supporters have now raised a HUGE £2,949.30 for us...for FREE!

If everyone reading this magazine signed up (it's completely FREE!) and bought at least one Christmas present online. We would raise £100s by January. That would provide food for young carers or crafts for our dementia group, plus lots of other respite activities.

If you haven't signed up to support us yet, please do, it's easy and won't cost you any extra. Just a minute of your time can make a massive difference.

Visit: www.easyfundraising.org.uk/causes/blackpoolcarers

Campaigning - Winter Fuel Payments

Since the general election, we have been part of a group of organisations that have joined with Carers Trust to campaign on some of the most pressing issues which may impact on the income of carers. As we have discussed in recent issues, we are aware of the financial hardship which our carers are currently experiencing. With the cost of living crisis and changes to the support which has previously been relied upon, our assessments with carers are increasingly citing finances as a key pressure.

The first issue we have campaigned on is the proposed changes to the Household Support Fund. This is funding from central government which is given to local authorities to provide financial assistance to those households most vulnerable to the increased cost of living. With this being a measure which was implemented by the previous government, there were fears that the fund would come to an end during the early months of the new parliament. Instead, there has been an extension announced.

Responding to the extension to the Household Support Fund, Carers Trust's Policy and Public Affairs Manager, Ramzi Suleiman, said:

"We welcome the Government's extension to the Household Support Fund, something Carers Trust and others have been calling for."

"Today's news will be met with relief from thousands of unpaid carers who have relied on it as a lifeline during the cost of living crisis."

"Around two-thirds of all unpaid carers have either had to give up paid work or cut back on working hours because of their caring role."

"This has pushed many of them into poverty at the same time as they've seen their bills rocket. The fund has been a vital financial safety net for many of them."

"However, the Government needs to go further. We urge the Government to rethink its plans to restrict the Winter Fuel Payments which may plunge many older carers into fuel poverty."

"The extension to the fund is good news but we can't keep relying on short-term schemes that could be axed at any moment and don't tackle the deeper issues."

"Instead, the Government needs to work with charities and local government on a long-term solution to funding local welfare schemes. It's the only way to ensure those facing the deepest financial hardship are properly supported."

As Ramzi highlighted, the next area for campaigning is the decision of the new government to change the programme of Winter Fuel Payments paid to pensioners.

This represents a significant concern to Blackpool Carers Centre and indeed to many of our colleagues across the Carers Trust network. With the payment now being limited to those who receive Pension Credit, large numbers of carers will see their income reduce, just as we enter the colder months.

Looking at the national picture, the government acknowledges that at least 800,000 people who are eligible for Pension Credit do not claim it. With the 2021 Census indicating that around 10% of people of pension age are carers, at



least 80,000 carers will lose the payment this winter despite still being eligible under the new rules. In addition to this group there are likely to be over 100,000 carers across the country who are just above the pension credit threshold but still live on very low incomes. The removal of their entitlement to the Winter Fuel Payment, along with the recent increase to the Price Cap, will leave many of these carers struggling financially.

We know that carers, particularly those caring for a person with physical health needs, will be disproportionately affected by these changes. The need to keep the person they care for warm and frequently having to wash bedding and clothes mean that carers often have higher energy bills than people of a similar age and household size.

We are currently working with Carers Trust to campaign for a review of the decision to change the Winter Fuel Payment programme and are collecting case studies to strengthen the material being shared with Members of Parliament. We hope to see a change in current policy to recognise the hardship faced by carers.

If any carers are concerned about the impact of the changes, please speak to your support worker who will be able to review your entitlements or, where appropriate, assist you in accessing financial support.

Our Rocco soft toys & badges make extra-special wedding favours or gifts

You can now show your support for Blackpool Carers on your big day, with our exclusive range of Rocco pin badges, bespoke soft toys and place name cards, which make wonderful favours, place settings, or thoughtful gifts for your special day. It's the perfect way to thank your guests in a meaningful way and show that you care.

We can even knit bespoke outfits to match your bridesmaids - what a fantastic keepsake that would make!

For more information or to discuss your specific wedding requirements, call Terry on 01253 393748 or email terry.hodkinson@blackpoolcarers.org

Don't forget you can also purchase Rocco soft toys, outfits and badges from our online shop: www.blackpoolcarers.org/shop/



Rocco Favour Card



Bride and Groom Roccos

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

PLAY FOR YOUR CHANCE TO WIN
£25,000

WEEKLY LOTTERY

£1 PER LINE PER WEEK

PLUS, OTHER GREAT CASH PRIZES EVERY WEEK!

DO SOMETHING AMAZING TODAY AND HELP TO MAKE A BETTER LIFE FOR YOUNG AND ADULT CARERS

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GambleAware Helpline | Tools | Support

<https://blackpoolcarers.affinitylottery.org.uk/>

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

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.

We are participating solicitors for the Cancer Research UK and Free Wills Network service.

We can help you with:

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- Administration of Estates (Probate)
- Inadequate or No provision made under a Will or in an Intestacy
- Disputed Estates
- Needs Assessment & Top Up Fees
- Conveyancing & all property matters

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
Email: info@berrys-solicitors.co.uk
Website: www.berrys-solicitors.co.uk

ADULT CARER TRUE STORY

How life can change when you become a carer overnight

Everyone has their own unique journey into their caring role. Caring can happen gradually, where you notice you are taking on more tasks and responsibilities overtime, as a loved one ages. For others it happens suddenly, and their life can change overnight. Jean's life changed when her husband, John unexpectedly suffered a stroke.

The night before John had his stroke, Jean said they were chatting after dinner and enjoying a glass of wine. That night their topic of conversation was retirement and where they might live. During their marriage they had moved house many times and were not sure where they wanted to settle. Well, any agreements they might have arrived at that night became irrelevant due to what happened the next day.

John had a stroke; he was unable to move or speak, his right arm was paralysed, and he was admitted to hospital. Jean found it difficult to tell their friends and family about what had happened and did what she always did in difficult situations - put on a brave face and just dealt with it when all she wanted to do was cry.



Jean walked down the hospital corridor, saying to herself repeatedly, be positive, she was determined to be brave, but said that she had never been so afraid of the future and what this looked like for them both. It was at this point the occupational therapist caring for John talked about the support from the Carers Centre and asked if she would like to be referred.

Jean then met with Annie from the Carers Centre at the hospital, Jean said that Annie just 'listened' which gave her a sense of relief, after trying so hard to keep going, she had someone to talk to. Jean said Annie's support was real and relevant ensuring that she looked after herself as well as John. Annie supported both Jean and John to understand hospital processes and to how decode the medical jargon. Jean said Annie did not give advice but walked alongside her to ensure that John was safely discharged from hospital with support

to ensure that Jean can continue to care for John at home.

Jean said she spent a long-time processing what had happened to her and the continued support from Annie has given her the strength to carry on as John's full-time carer and wife.

Jean hopes that by sharing her thoughts and feelings in those first moments of her caring role, she can reach others in a similar situation that may be feeling overwhelmed and exhausted. "You are not alone, and as Jean has highlighted in her story, allow yourself time to think things through. If you are in shock, or having to make a tough decision remember that the staff from the Carers Centre are there for you.

We understand the extra pressures and challenges you may be facing as you help your partner, family member or friend and remember that we are just a telephone call away.

'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, conveniently, in the comfort of your own home.

Our friendly, fully trained foot care practitioner, Tracy, offers you a complete foot care package for £23* including cleansing foot soak, nail trim and file and relaxing foot massage.

**There is an additional one-off charge of £15 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

ONLY
£23
per treatment

Our Board of Trustees

- Sarah Lambert (Chair)
Retired Development Manager
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- Ben Reilly
Head of Property and Store Image,
Beaverbrooks
- John Topping
FCAT Community Relations and
Estates Lead

'Stable Advice' from Rocco - Moving to Universal Credit from other benefits



Universal Credit is replacing 6 benefits called 'legacy benefits' these are:

- Housing Benefit
- income-related Employment and Support Allowance (ESA)
- income-based Jobseeker's Allowance (JSA)
- Child Tax Credits (CTC)
- Working Tax Credits (WTC)
- Income Support

You can't usually make a new claim for these benefits.

Most people who receive legacy benefits are being moved onto Universal Credit. If you get one of these legacy benefits, you'll have to move onto Universal Credit when:

- you get a letter from the Department for Work and Pensions (DWP) telling you to claim Universal Credit by a certain date - this is a 'migration notice'
- your situation changes in certain ways - for example if you've separated from a partner or moved to a different council area.

You should claim Universal Credit by the deadline on the letter as your old benefits will stop after the deadline. If you claim Universal Credit before the deadline, the DWP might pay you extra to stop you being worse off, this is called 'transitional protection'.

This means that if you'd get less on Universal Credit than your old benefits, you'll get an extra amount to make up the difference. The DWP will reduce the extra amount over time - so you'll eventually just get what you normally would on Universal Credit.

Transitional protection also means you might be able to get Universal Credit when you wouldn't usually be entitled to it, for example if you:

- are a full-time student who wouldn't usually get Universal Credit, you can usually get it until the end of your course
- get tax credits and have over £16,000 in savings or investments, you can get Universal Credit for up to a year - this is a type of transitional protection

called a 'transitional capital disregard'

- have reached State Pension age and get a migration notice, you can claim Universal Credit

If the deadline hasn't passed yet, you can ask the DWP to extend it. You can only ask for this before the original deadline in the letter and If the DWP agree, they'll send you a new deadline.

If the deadline has passed, you can still get transitional protection if you claim Universal Credit up to a month after the deadline, this is called the 'final deadline'.

If you claim after the final deadline, you can still claim Universal Credit - but you can't get the transitional protection.

If you need help moving on to Universal Credit, you can contact the DWP advice line which is a free phone number 0800 144 8848 this connects to specially trained advisors who are able to support you through the process.

The Zen Den

Sensory Room at Beaverbrooks House

- 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 only £20.00 per hour** ★
(maximum 4 persons)

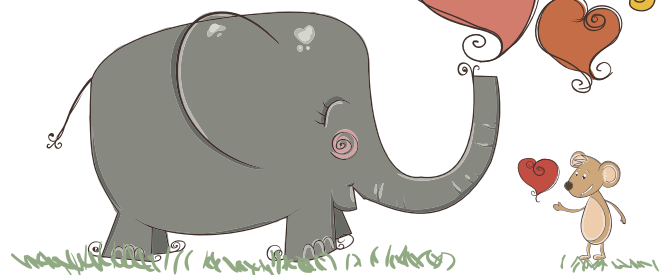
Refreshments are available and visitors are welcome to enjoy our lovely garden.

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

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 continues to 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

Take5 Adult Respite update from Pat



We had a lovely summer again mostly thanks to the loan of minibuses from both South Shore Academy and St Mary's Catholic Academy.

Their generosity meant that the Young Carers, Adult Carers and the Young Adult Carers had access to transport to various events and activities.

The Adult Carers have some favourite trips from last year which we repeated – Brantwood House in Coniston, Barton Grange for the Summer sales and Bury Market for some bargains.



Happy adult carers on the minibus on the way to Coniston

The Meditation Centre at Ulverston, was one which came up as a favourite last year and certainly had to be included again. Here, carers can wander or sit in the extensive grounds and walk down to the shore of Morecambe Bay or join in the two meditation sessions in the afternoon which are held in the beautiful Buddhist temple. It also has a large café and delightful shop.

Another favourite is the outdoor play at Williamson Park in Lancaster. This year it



The Alpacas having a treat when they came to visit Beaverbrooks House

was 'Alice in Wonderland' which was quirky, silly and very enjoyable! And we stayed dry!

We ran a weekly, 6-week Yoga and Wellbeing course throughout June and July which concluded at the Meditation Centre. This proved extremely beneficial and all attendees expressed how useful the course had been. It was so worthwhile that we acquired funding to run another course throughout October and November. This time, we will have 2 ability groups - chair-based movement and wellbeing in the morning, and floor-based Yoga in the afternoon.

We had a break from the Knit and Natter group over the summer but we now have quite a few teams knitting outfits for Rocco and so they are welcoming anyone who would like to learn how to knit or crochet, or even to bring their own project along.

Music Aloud Carers Choir also took a short break throughout August but is now back in full flow along with other Respite activities. They are already practising for



The absolutely wonderful interior at The Meditation Centre, Ulverston

events such as Remembrance Day coffee morning and all the Christmas bookings! As always, they would welcome new members as confidence comes with numbers!

Our new 10 week course of Yoga and Wellbeing has already begun but we may be able to accommodate those who would like to join.

The Gardening Buddies have continued throughout the summer but now that the weather is not always on our side, we are taking the opportunity to check on house plants that we have in the Centre. Some need some TLC, re-potting and splitting. We have potted up cuttings which we have prepared to be handed out or sold at events and when the weather has been fine, we have sown seeds and put them to over-winter in our little greenhouse. We are also using produce from the garden to prepare some desserts and to compliment meals at our Supper Club.

At Thursday's Dementia Drop-in we have been trying to introduce some movement activities such as Tai Chi and gentle stretches and this has proved very popular.

Carers Connect is held on Thursday evenings - the first Thursday of the month is Chair-based Yoga, and the last Thursday of the month is Supper Club. Occasionally we have other Thursday evening activities such as Film Night or Chat and Chill, but these are posted in the weekly newsletter, online, or via the closed Facebook page Blackpool Carers Adult Team.

The major aim at the moment is to prepare for a very busy time of year. Either with our singing performances, our room décor for Halloween, Remembrance Day, Christmas and our social events.

But the most important preparation, is of our carer's health and wellbeing throughout this period, which will definitely benefit from our respite activities. We're not looking for talent or good ability but for enthusiasm and a determination to build confidence and resilience.

I look forward to seeing new faces as well as the old ones!

Best wishes, Pat

DEMENTIA TRUE STORY

My Life with dementia - Michael's story

My wife saw it in me in the initial stages and if I am being honest, I half knew it myself, it is not like being ill, I used excuses and told myself I had a lot going on. I was writing down a lot of notes but then one day I had to go and pick my daughter up and realised I had no idea how to get out of town. I realised in myself that there was something wrong.

It took three years to receive a diagnosis, I was initially told I had depression, but eventually memory tests and scans confirmed I had mixed dementia. When I was first diagnosed, I felt depressed, and I kept it a secret. I do not know why and looking back it took a little over 18 months for us to tell people.

I found with friends, when they find out I have dementia, they direct everything to my wife, and I am left out of the conversation. I give a little wave and say, "I'm still in the room!" but people do not always understand. I want to try and raise awareness because when people speak to me, they usually say, "You look so well." What do they expect me to look like? I'm not ill!

After being diagnosed, you ask the question of "What do you do next?" and I had phase of denial and withdrawal. It hit my wife hard and there was an initial period of panic and all the 'what if' questions. We shut ourselves away and did not want to do anything, but we came to the realisation that we had to make the best of every day.

We didn't know anyone else who had a diagnosis or where to find support that we could both access locally to us until we found the Caring Times magazine in our GP surgery which gave us information about support for dementia carers but also people with a diagnosis.

I am still very articulate and whilst I am at this point on my dementia journey I can talk and communicate, I think it is only right to help and reassure others that life goes on. I find life has a different meaning now and when you meet others who live with the condition, you are on the same level as them and things just click. I do not worry about the things I cannot do, there is no point, but I can continue to stay positive and remain as active as I can.



Since my diagnosis, I gave up work and cycling has become a real passion of mine. I cycle most days, but the highlight of my week is attending the Dementia Drop-in with my wife at the Carers Centre. It is great that we can both attend together and have tried everything from Tai Chi, arts and craft work to singing with the choir.

I know that it gives my wife the opportunity to talk to other carers and receive support from the team at the centre as and when she needs it.

We would both like to say a big thank you to the Carers Centre as it has made a very real difference to our lives and the understanding that you can continue to 'live well' with your diagnosis.

Michael

Our 2023/24 Annual Review and Social Impact Report

Our Annual Review for the 2023/24 financial year is now available. Once again, we've produced two separate documents: an Impact Report, which highlights the changes our support has achieved throughout the year, and the Annual Report, which meets our statutory financial reporting obligations as a charity.

Together, these documents provide a comprehensive view of our performance and showcase the combined impact of our services on carers across Blackpool.

This year has seen new carers and families accessing our services, and we've also gained new supporters who are committed to helping us improve the lives of carers in the community.

Tom McMurdo, Director of Finance and Resources, said, *"In a year when some charities have made headlines for the wrong reasons, our annual review is more important than ever. We're dedicated to transparency, and both the Impact Report and Annual Report give a clear insight into the resources entering the organisation and the tangible results we're achieving for carers."*

Both documents are available to view at www.blackpoolcarers.org/downloads.



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

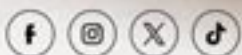
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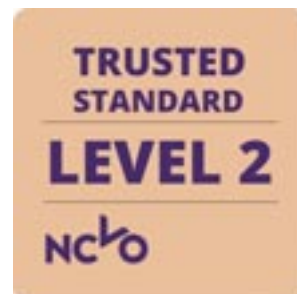
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Blackpool Carers Centre



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Speak to a consultant on 0800 169 2329



Blackpool Carers Centre Awarded prestigious Trusted Standard Quality Mark at Level 2



We are thrilled to announce that Blackpool Carers Centre has been awarded the Trusted Standard Quality Mark at Level 2, following a rigorous assessment that highlighted our organisation's dedication to improving the lives of carers in Blackpool. This prestigious recognition reflects the commitment of our staff, volunteers, and Board to uphold the highest standards in supporting young carers, young adult carers, and adult carers.

Several key strengths were identified during the assessment:

1. Carer-Focused Decision-Making

A guiding question at the heart of all decisions is: "How will this make a better life for carers?" This principle shapes our strategy, planning, and day-to-day decisions, ensuring that everything we do is focused on enhancing carers' well-being. This mindset permeates staff discussions, meetings, and reports, clearly driving our mission forward.

2. Clear Values: Passion, Quality, Respect

Our values—Passion, Quality, and Respect—are deeply embedded in every aspect of our work. Developed in collaboration with staff, volunteers, and Board members, these values are regularly reviewed and serve as the foundation of our commitment to carers. This shared dedication fosters a culture where carers are always at the heart of what we do, and our services consistently deliver positive outcomes.

As a result, Blackpool Carers Centre is highly regarded by commissioners, partners, and funders alike.

3. Values-Led Performance Management

We implement a values-driven performance management system that focuses on how services are delivered, not just what is delivered. This approach empowers our staff and volunteers, creating a supportive environment that encourages two-way communication and enables everyone to bring new ideas forward. This culture of openness ensures that feedback is always welcomed, listened to, and acted upon.

4. Strong Health and Safety Practices

Our use of the Mark Safety portal, in partnership with a local business, ensures that health and safety policies and processes are managed effectively. Monthly compliance checks provide reassurance to both staff and Board members, ensuring that safety remains a top priority within our organisation.

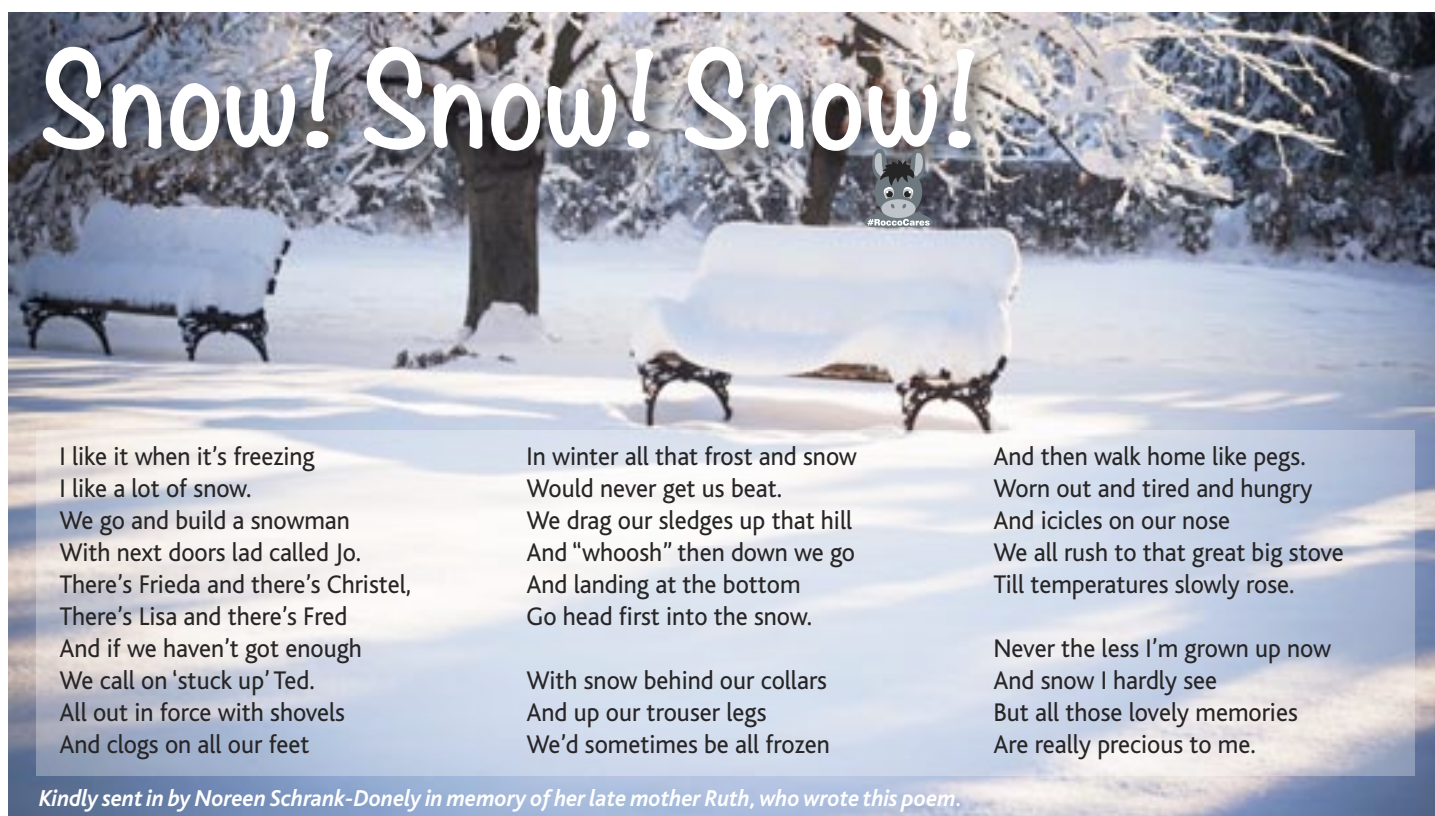
5. Mutually Beneficial Relationships with Local Businesses

Through our Caring Corporates Programme, which has grown to 25 members this year, we have strengthened relationships with the local business community. This programme not only raises funds but also raises awareness of carers' needs within these businesses, helping them to become better employers.

These partnerships are regularly reviewed to ensure they continue to bring value to both the businesses and carers alike.

We are incredibly proud to have met all the indicators required for this assessment, and we extend our heartfelt thanks to everyone who contributed to this achievement.

This award is a testament to our ongoing efforts to deliver quality, passion, and respect in everything we do, making a lasting difference in the lives of carers across Blackpool.



Snow! Snow! Snow!



I like it when it's freezing
I like a lot of snow.
We go and build a snowman
With next doors lad called Jo.
There's Frieda and there's Christel,
There's Lisa and there's Fred
And if we haven't got enough
We call on 'stuck up' Ted.
All out in force with shovels
And clogs on all our feet

In winter all that frost and snow
Would never get us beat.
We drag our sledges up that hill
And "whoosh" then down we go
And landing at the bottom
Go head first into the snow.

With snow behind our collars
And up our trouser legs
We'd sometimes be all frozen

And then walk home like pegs.
Worn out and tired and hungry
And icicles on our nose
We all rush to that great big stove
Till temperatures slowly rose.

Never the less I'm grown up now
And snow I hardly see
But all those lovely memories
Are really precious to me.

Kindly sent in by Noreen Schrank-Donely in memory of her late mother Ruth, who wrote this poem.

Join Our Longitudinal Research Project: Understanding the Impact of Young Carers Support

Since the inception of our Young Carers project in 2006, Blackpool Carers Centre has been dedicated to supporting thousands of young people through a myriad of challenges and needs. We have seen first hand the profound impact that tailored support can have on the lives of young carers, and now we are embarking on an exciting new research initiative to further understand and enhance this impact. We invite you to be a part of this important longitudinal research project.

Why Participate?

This research project aims to track the long-term effects of the support provided to young carers. By participating, you will help us gather invaluable data that will:

- Assess the effectiveness of our support programmes over time.
- Identify key factors that contribute to the well-being and development of young carers.
- Enhance our services to better meet the evolving needs of young carers.
- Inform policy makers and stakeholders about the importance and impact of young carers support.

Who Can Participate?

We are looking for individuals who have been involved with our Young Carers Project at any point since its launch in 2006. Whether you received support years ago or are currently benefiting from our services, your experiences and insights are crucial to this study.

What Does Participation Involve?

As a participant in this longitudinal research project, you will be asked to:

- Complete periodic surveys: These surveys will help us understand how

your caregiving role has evolved and how our support has influenced various aspects of your life.

- Participate in interviews: In-depth interviews will allow us to delve deeper into your personal experiences and gather qualitative data.
- Share your story: Your unique journey as a young carer can provide valuable insights that statistics alone cannot capture.

We understand that your time is valuable, and we will ensure that all research activities are conducted at your convenience and with the utmost respect for your privacy and confidentiality.

The Importance of Your Contribution

By participating in this research project, you are contributing to a greater understanding of the challenges and triumphs faced by young carers. Your input will help shape the future of support services, ensuring that they are more effective, responsive, and tailored to the needs of young carers.

How to Get Involved

If you are interested in participating in this longitudinal research project or would like more information, please



A very proud young carer with her flower picture.

contact our research team at Blackpool Carers Centre:

- Phone: 01253 393748
- Email: research@blackpoolcarers.org
- Website: www.blackpoolcarers.org

We are excited about this initiative and the potential it holds for making a lasting difference in the lives of young carers. Your involvement will not only help us improve our services but also contribute to a better understanding and recognition of the critical role young carers play in our communities.

Tom McMurdo
Director of Finance and Resources

...advertise in Caring Times, of course!

Each issue of this magazine is posted, 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, at cost-effective rates, for the advertising of carer-related products or services. The revenue raised helps to fund 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 details scan the QR Code or visit: www.blackpoolcarers.org/caring-times-magazine/



How can I promote my business to **1,000s of new customers** AND support a **local charity** at the same time?...



VOLUNTEER TRUE STORY

Volunteering with Take5 is such an honour

I've been volunteering for just over a year with Take5, and I have been involved in organising activities, such as teaching cooking skills and organising crafts.

I have also offered emotional support by actively listening to any young person if they need to offload any issues that they are having.

Take5 has given me the opportunity to learn more about myself and others, and

has expanded not only my own skills, but has allowed me to learn and develop new skills as well. For example, I didn't think I would be helping teenagers in the kitchen learning how to cook meals for their friends, but I'm so glad I have!

Because of this, I'm now constantly coming up with and researching new ideas I can try out with the group - especially when it comes to food! I enjoy volunteering with Take5 because



not only does it give me valuable work experience, but volunteering also has made a valuable impact on me as a person. I have become much more confident in myself, and I have become someone who young people can come to if they feel safe to do so. This to me is such an honour, and I feel so grateful that the Take5 team has allowed me to become a volunteer with them - thank you so much.

Danielle,
Take5 Volunteer



REFOCUS CARER TRUE STORY

"I now have the confidence to say NO!"

I moved to Blackpool in 2008 after living down south and this is when it all started, the trouble with my daughter taking drugs.

I felt controlled by my daughter as, over the years she would demand money to take drugs with her friends. Back and forth living at my property, I let her stay because I needed support myself, due to my health deteriorating and being unable to walk properly.

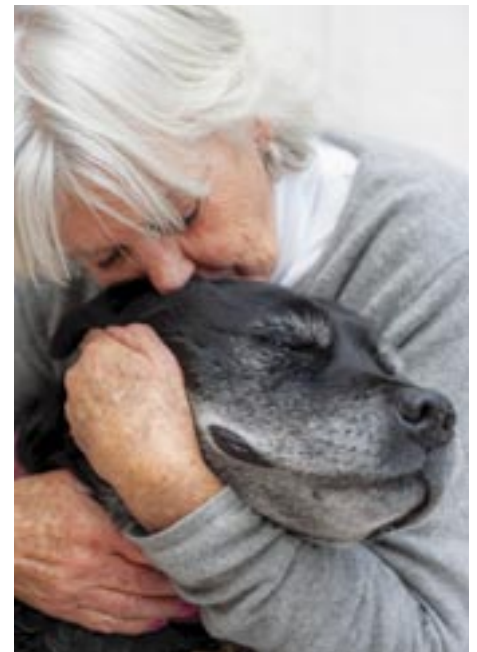
I thought she would help me with shopping and walking the dog - things a daughter would ordinarily do for their mother, I felt I had no choice, she was the only person I had who could help. She took advantage of my health problems and used this to her gain, often stealing from me to fund her own habit, even committing fraud in my name.

Just like my daughter I too was hitting rock bottom, I felt so helpless because I never wanted her to be in this horrible

situation. That's when my daughter's key worker from Horizon called me, I told her I could not take anymore, I was having a breakdown, she told me about Blackpool Carers Centre and I had to say yes because I was not coping, I felt I was losing my mind.

When Siobhan called me, my life got better, she was someone I could talk to who was there for me. I'm so grateful for everything that she has done for me, the advice she has given gave me the strength to get stronger and stronger, I realised I cannot help my daughter if this is the life she chooses. Siobhan has built my confidence back up to say NO!

I have since stepped out of my comfort zone and been to activities at the Centre, things I wouldn't have had the confidence to do, to meet people who may have experienced similar situations as me and take part in things that I enjoy and have a chilled time in a lovely environment.



Thank you to Siobhan and the Centre for everything and I mean that from the bottom of my heart, I know you are always there if I ever need you.

Carol, ReFocus Carer

Jane Williams, Carers Community Navigator

H! My name is Jane and I started with the Carers Centre in May this year as a Carers Community Navigator on the Adults team, supporting carers in their caring role, providing emotional support and guidance.

Prior to coming to the Carers Centre I have had a varied career. I have worked in learning disability services, mental health, homelessness and housing. Most recently I have worked for Adult Social Care at Blackpool Council for the last 6 years as a Case assessor supporting the health and wellbeing of the residents of Blackpool, completing Care Act assessments for individuals and their carers.

Having had such a varied work experience, I feel this has given me the knowledge and transferable skills to carry over to my new role at the Carers Centre.

Since joining the adult team, I have been lucky enough to meet many carers and see first-hand how the support offered has made a difference to the carers and their families.

In my personal life I have had first-hand experience of supporting my family and caring for my dad following his dementia diagnosis. Because of this I understand how hard a caring role can be and the challenges that can be faced whilst trying to navigate both Health and Social Care services.

It is important for me to ensure the carers I support receive the appropriate information, understand their rights and are able to access the support they need to keep the person they are caring for safe, well and risk free within their own environment.



Jane raising awareness of our services at The Winter Gardens, Blackpool

FAMILY FOCUS TRUE STORY

Arts and crafts are one of Summer's favourite things to do

Summer was referred to Blackpool Carers Centre from Early Help, under our Family Focus Project in April this year.

Summer is a bubbly, 9-year-old girl who is a young carer for her dad Sean. Sean has limited mobility due to a leg amputation.

Following her Family Focus Assessment, it was evident that Summer would benefit from our 1-1 support sessions as well as attending the respite groups, trips and activities.

Summer discussed that due to dad's mobility they are limited to what they can do. She said she would love to go to the beach during her 1-1 sessions, which we did on several occasions.

On the beach, she counted the Jellyfish and enjoyed dipping her toes in the sea. She decorated the lovely sandcastles she built and loved the freedom of running on the beach. Summer shared that the beach was her favourite place to be and her enthusiasm that day was infectious.

Summer and Sean joined our Family Focus Father's Day event where they enjoyed burgers, arts and crafts, games and much-needed quality time together.



Summer making a flower wreath in arts and crafts, during her trip to Brantwood in The Lakes



Summer enjoying a lovely hot chocolate

During the summer break, Summer attended the Brantwood trip in the Lakes. She said "I loved the arts and crafts at Brantwood as it's one of my favourite things to do and it was so peaceful and calming."

Whilst on this trip the young carers made bookmarks, did some wild weaving and enjoyed a lovely boat trip on the lake.

Summer has been offered a place on our "Night Under the Stars" residential in October, which Sean said she would love to attend. Now that Summer has been assessed as 'green', she no longer requires the 1-1 support and is managing her caring role well. Summer can continue to attend Take5 Youth club, and our exciting trips and activities. She also knows she can access further support at any time.

Kerry Dalton, Young Carers' Lead

Christmas Gift Card and Selection Box Appeal

For many of our young carers and their families, Christmas is a time where already strained finances can suffer even more. Many of our young carers often miss out on things that we take for granted.

If you would like to make this Christmas extra-special for one of our young carers, we are asking for your **kind donations of Gift Cards rather than presents.**

Our Support Workers can then go shopping with parents, to purchase specific gifts 'from Santa' that young carers would really like.

Donations of Selection Boxes would also be welcomed, as these are a special Christmas treat and we always try to make sure that each of our young carers receives one.

If you would bring your gift cards and selection boxes into Beaverbrooks House before Friday 6th December and ask for Kerry D, we can then hand them out at our Young Carers' Christmas Party.

For more information call Kerry D on 01253 393748.



gift
card

Thank you so much for helping to make it a very special Christmas for our young carers.



YOUNG ADULT CARER TRUE STORY

Blackpool Carers empowers you to be the best version of you

I was referred to Blackpool Carers Centre back in February 2024, I had been caring for my mum and my brother for a long time and felt really burnt out from it all.

Every day, I was cooking, cleaning, walking my dogs and being a helping hand to my mum in times of crisis. I was reluctant to go at first but I'm so glad that I joined the Young Adults Carers (YAC) project.

Through 1-1 sessions with Sam, I built my confidence to understand my caring role and how to manage it better. These sessions gave me confidence to speak freely about how I felt, and it really validated my experiences.

Sam really goes above and beyond with her support and has truly helped me become a better version of myself. I used to struggle making friends due to my

caring role, but through a few trips and the YAC group, I have met many friends who also share similar experiences with me.

The residential trip in July was one of my favourite memories of the summer. The trip was a great experience to get out of the house and have worry-free time. Although I struggled at first, as the days went on, I really opened up and enjoyed the time away which has significantly helped me with my confidence.

The Carers Centre is a place where I can feel like myself and gain support whenever I need it, they empower you to be the best version of you. The Carers Centre has also given me other opportunities like speaking at a Caring Corporate Event in March, where I got to speak to a room full of local businesses about my caring role and the support I



receive. This then led to me getting a job at the Imperial Hotel which I love.

If you are reading this and think you might be a young adult carer, please don't hesitate to get some support from the Carers Centre. Call 01253 393748 and ask to speak to Sam or Dom.

Mia, Young Adult Carer

Young Carers' Take5 update



How fast does time go when you're having fun? Over the past few months we've had so many exciting activities in Take5.

We have recently finished another summer Funfest programme for our young carers. We successfully allocated and delivered trips and activities for 70 young carers. We were shop keepers, bank cashiers, road workers and security guards amongst many other professions at Eureka! The National Children's Museum. We also got to show our skills as Chill Factor professionals!



Young carers learning something new at Eureka



Kayaking in the Lake District

On top of all this excitement we managed to squeeze in a Residential trip to Youth Hostel Association (YHA) Buttermere in the Lake District where we had fun participating in Ghyll Scrambling, Kayaking and water play and formed new positive friendships.

Some great feedback from the Residential trip was:

"I really liked how I challenged myself by falling backwards into deep water."

"I challenged myself by making and forming new friendships."

"I am so happy I completed this week with 9 different people and really enjoyed it."

We had the pleasure to go back and visit Brantwood (The home of Ruskin), on Coniston Water in the Lake District. We took part in arts and crafts in nature, using natural resources in our wild weaving, magic potion and bookmark making. We also had a fabulous trip out on Coniston Water.

We became Ninja Warriors, taking on the Wall at Ninja Warriors Liverpool and got adventurous at the Anderton Centre.

More feedback from our young people was:

"It was really fun as we did arts and crafts as that's my favourite and I love nature and the boat is cool." - Brantwood

"It was really fun and adventurous it was nice to relax and chill in nature." - Brantwood

"This is the best trip ever as there's so much to do and learn." - Brantwood

"I loved exploring the bank knowing how money is made and having fun with friends." - Eureka

"It was fun as I got to challenge myself more than I imagined and tested my boundaries." - Ninja Warrior.

"It's been amazing as I tried something new and made friends." - Ninja Warrior.

None of these amazing activities could have been achieved without the support of our amazing volunteers throughout the summer. A big thank you to Dan, Steffi, Paul and Lynda.

We are now back in the swing of things as our Take5 sessions have resumed and we are so glad to see both regular and new faces coming to enjoy the fun.

We are very excited for our upcoming residential trip to YHA Malham in the October half term where the young people will be taking part in various activities that will be all connected to nature.

We also have the wonderful author, Rab Ferguson, returning to deliver his Copycat Creature Workshop with our young people who will be receiving his most recently published book, "The Late Crew, The Copycat Creature", in November.

We are also aware that Christmas is fast approaching, so Take5 are in full swing planning our Christmas activities, plus future trips and activities to welcome 2025 in with a bang.

Keep an eye out on what fun stuff Take5 get up to next.

Suzanne,
Respite Activity Coordinator



Teamwork activities in the beautiful scenery of the Lake District

Young Carers' Fun Zone



Supported by
BBC
Children in Need
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Winter is here again. It's that time of year where we have our cosy nights in, allowing ourselves to snuggly in our warm winter clothing in those darker nights. Even though it might be cold, winter is also the perfect time to explore.

Festive Wordsearch

Can you find the Festive words hidden in the square below?

- | | | | |
|----------------|---------------|-------------|-----------|
| CANDLE | FIREPLACE | MISTLETOE | SLEIGH |
| CANDY CANE | FROSTY | NUTCRACKER | SNOWFLAKE |
| CAROLS | GINGERBREAD | ORNAMENTS | SNOWMAN |
| CHRISTMAS | HOLIDAY | POINSETTIA | STOCKING |
| DECORATIONS | HOT CHOCOLATE | PRESENTS | TINSEL |
| EGGNOG | ICICLE | REINDEER | WINTER |
| ELF ON A SHELF | JINGLE BELLS | SANTA CLAUS | WREATH |



Become 'Animal Detectives'

Embrace your inner Sherlock Holmes and go hunting for animal tracks. Search for animal prints and feathers - can you decipher the clues (number of toes, size of feet, colour of feathers) and solve which animal it belongs to?



Go Bike Riding

Just because it is cold doesn't mean you should miss out on family bike rides. Why don't you head to Stanley Park and explore the change in nature itself. Do make sure you have gloves on - hands on handlebars get cold quick! Also, adjust your helmet and pop a hat underneath. For the very small ones in your family, make sure they really are toasty snug with blankets and even a hot water bottle. Remember - they may not be pedalling so will get cold sooner.



Have a family walk through the Illuminations

Take the whole family for a walk along the Promenade to see the Illuminations and all the hotels lit up with beautiful Christmas lights. It could be a great way to stimulate your imagination, whilst also lifting everyone's mood and bringing some festive cheer.



Go Puddle-Jumping in your wellies!

Where's Rocco?

Sneaky Rocco has hidden on a page in this magazine. Can you find him?



Fundraising and Community News from Terry

5 Countries Cycle Challenge...a 'wheelie' great achievement

As this was to be Chapeau Event's last year, we decided to make sure it was a big challenge. So, on the 13th August, 13 cyclists boarded a minibus to Dumfries to prepare for 4 hard days of cycling, starting on 14th August.

Following breakfast on the morning of the 14th, we were joined by an extra 3 cyclists, Alan, Meg and Pete who had joined via Chapeau, and the 4 Chapeau riders who were to look after us during the ride.



Cyclists at the Ferry Port

Day 1 Dumfries to Belfast

Total of 89.28 miles completed and 4,419ft climbed.

Day Two
Belfast to Drogheda
Total 90.65 miles completed and 2,374ft climbed.

Day Three
Drogheda to the Dublin Ferry over to Holyhead, then on to Anglesey
Passing through Llanfairpwllgwyngyllgogerychwyrndrobwl llantysiliogogoch (that's easy for you to say!)

Total of 61 Miles and 2,442 ft climb.

Day Four
Anglesey to Chester Racecourse
320 miles completed...phew!



Celebrating at Chester Racecourse

We have had so many laughs on this challenge and made amazing memories with a special bunch of people that will last a lifetime. These cyclists have given



Thank you to our shirt sponsors

up their time and commitment to support Blackpool Carers Centre and we are very grateful.

Also a big thank you to the cyclists friends and families for supporting them with the fundraising and practical support at home.

Lastly but just as important thank you so much to our sponsors West Lancs Group, Bernie Atherton Carpets, Fox Brothers and Rimmington Roofing.

The amount raised on this challenge was a staggering £18,858, which will be used for respite opportunities for our carers, some as young as 5 years old.

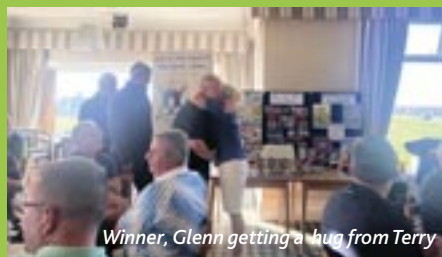
To read the full story of our cycling adventures visit our website: www.blackpoolcarers.org

Great turnout for our 2nd Charity Golf Day

We had another amazing day at our 2nd Charity Golf Day, even the weather played 'ball' with some beautiful sunshine!

Thank you to our corporate supporters who raised over £3,500 for Blackpool's unpaid carers. They are:

- Champion Accountants
- JAM Physio
- The Imperial Hotel Blackpool
- FM Electrical Solutions
- InXpress Blackpool
- PHH Solicitors
- Meridian Media
- PIB Insurance Brokers
- Switch365
- Handelsbanken



Winner, Glenn getting a hug from Terry

The winners by 1 point were InXpress Blackpool - so well done to Glenn and his team.

Nearest the pin winner was Tom from Handelsbanken.

If you would like to join us for our next Golf Day then get in touch with Terry: terry.hodkinson@blackpoolcarers.org



Tom from Handelsbanken with his trophy

Rockin Harmony Choir

Thank you to the ladies from Rockin Harmony Choir who wanted to raise funds for Blackpool Carers at their Summer Showcase event held at Layton Institute in September.

They held a raffle on the night and together with ticket sales, the ladies raised £280 to support our carers.



The choir performing on stage

Caring Corporate update



Handelsbanken

At the end of June, Handelsbanken held their annual Midsummer BBQ, as one of our Caring Corporates, we benefitted from the raffle on the evening. A huge thank you to the team from Handelsbanken and all of their loyal customers for their support in raising £1,730 on the evening.



Our ReFocus Lead, Carla, speaking at the Handelsbanken BBQ

FM Electrical, Meridian Media and Bernie Atherton Carpets

Clarke from FM Electrical solutions, Jon from Meridian Media and Ian and his son, Oscar, from Bernie Athertons Carpets, all took part in our 5 Countries Cycle Challenge in August. Between them, they raised a massive £10,987. A special thank you must go to another Caring Corporate: Steve from [Duncan Raistrick Estate](#)

Agents who raised £2,307 for the cycle challenge even though he wasn't able to take part. (see page 20)



Clarke, Jon, Ian and Oscar with cyclists on Day 3 of the challenge.

West Lancs Group

West Lancs Group held a Charity Golf Day on 19th July and raised £845 for Blackpool Carers. They also sponsored our cycling shirts. So far this year, Kev and his team have donated an amazing £2,845.



The weather kept fine for the West Lancs Charity Golf Day

Rocco Donkey sales

Our Rocco donkeys are being sold by a number of our Caring Corporate supporters including, [The Imperial Hotel](#), [Caledonia Hotel](#), [BlueWaters Hotel](#), [The Park House Hotel](#), [Stanley Villa Farm](#), [The Card shop in Bispham](#) and even [Fox Brothers](#) have sold them to their drivers, so Rocco is now going national in the Fox Brothers Wagons!



Rocco sporting his Fox Brothers jumper

Other Corporate Supporters who continue to help to raise our profile in the local community are Karen and the team from [Be Inspired Magazine](#) and Paula and the team at [DAB Coastal Radio](#).

If your organisation would like to join our Caring Corporate Programme, call Terry on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org for more information.

YOUNG CARER TRUE STORY

Respite activities give me time for myself

My name is Scarlett, I am 13 years old and am a young carer for my sister who has ADHD and can be challenging with her behaviour.

My sister's behaviour impacts life at home as she can be violent and I find her behaviour stressful, it also affects my self-confidence, and I barely get any time with my mum.

I help my mum a lot around the house by tidying up, washing dishes and going shopping as my mum can't go with my sister. I also look after my younger sister when things are challenging by taking her to my room.

I was referred to Blackpool Carers Centre in 2019 where I received 1 to 1 support. Since then, I was re-referred and I've been receiving 1 to 1 support, attending the respite sessions and I took part in the trips and activities over the summer holidays.



Scarlett enjoying a cooking respite session

Blackpool Carers Centre has given me the chance to get away from my caring role, explore different things and make new friendships. I feel this time is time for myself.

Scarlett, young carer



Scarlett facing her fears on Adventure Day during the summer holidays.

Our 'Great' North Runners did it again!

Our very own Sam, who works with our Young Adult Carers, took part in the Great North Run with her sister-in-law, Beth, to raise funds. With a very respectable time they both ran the race together even though Sam had an injury at mile 10.



Sam and Beth

Tony and Debs Terras who have supported Blackpool Carers for many years also took part in this year's run. Back on home soil in the North East Debs and Tony continue to raise money and awareness about the work that we do.



Debs and Tony

Thanks to all runners and your supporters for helping to raise a fantastic £2,984!

If you would like to register now for next years Great North Run and raise funds for Blackpool Carers, please get in touch with Terry on 01253 393748 to register your interest.

Educational Diversity found an enterprising way of raising funds

Some of the wonderful students at Educational Diversity KS3 raised funds for Blackpool Carers Centre by running a young enterprise competition. They delivered "Voluntary Treat Boxes" to local Businesses and the money raised will go towards supporting our young carers.

Thank you to all of the students involved and their teacher, Simon Coulter, who brought them to visit the Centre and supported the children with their fundraising.



Terry with Simon and KS3 students

Would you like to support Blackpool Carers?

If you would like to know more about how you can support Blackpool Carers then please get in touch. It doesn't matter if you are an individual looking to take on a challenge, a group who want to put on an event, or you work for a business/own a business and would like to get your staff involved. We welcome any support. Call Terry Hodkinson, Head of Business Development and Fundraising on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

Our supporters and awards



SHARING IS CARING!

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 email: kay.soper@blackpoolcarers.org

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.

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