

# Caring TIMES

1 Nov 2026-28 Feb 2027

Blackpool  
**CARERS**  
Centre

THE FREE MAGAZINE FOR UNPAID CARERS ON THE FYLDE COAST

**SUPPORT & ADVICE**

**WHAT'S ON GUIDE**

**ONLINE CHRISTMAS  
AUCTION**

**NEW CARING CLASSROOM PARTNERSHIP**



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but do they know it yet?**

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Blackpool  
**CARERS**  
Centre

# Caring Christmas MARKET

**SUNDAY 29th NOVEMBER 2026**

**11.00am to 3.00pm**

**Beaverbrooks House • Newton Drive • Blackpool • FY3 8LZ**

**A WHOLE HOST OF STALLS: CAKE STALL • PIZZA VAN • HOT BEVERAGES • KNITTED GOODS • CARDS  
HANDMADE GIFTS • TOMBOLA • CRAFTS • BRIC-A-BRAC • AND MUCH MORE!**

**FUN FOR THE CHILDREN: SANTA'S GROTTO • SNOWBALL SHY • MRS CLAUS'S LUCKY DIP • FACE PAINTING  
GUESS THE NUMBER OF SWEETS GAME • PICK YOUR 'SNOWMAN'S' NOSE • WOODLAND CHRISTMAS TREASURE HUNT**

**PLUS... a special visit from Rocco the Donkey**

**A limited number of stalls are available for small businesses for just £15!**

**To reserve your space, call Mia on 01253 393748 or email:**

**[mia.hodkinson@blackpoolcarers.org](mailto:mia.hodkinson@blackpoolcarers.org)**

*This is a volunteer led event to fundraise  
for unpaid carers in our community.*

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

Registered Charity No. 1114558

# Welcome to Caring Times

*As another year begins to draw to a close, I find myself reflecting on just how much is asked of unpaid carers and how often their extraordinary contribution to wider society is taken for granted.*

*For many people, caring isn't something they planned for. It is a responsibility that develops gradually, sometimes almost without being noticed, until the needs of someone they love become central to their everyday lives. For others, caring arrives suddenly, bringing with it a whole host of challenges and decisions that they could never have anticipated.*

*Whatever the circumstances, caring can change lives. It can be incredibly rewarding, but it can also be exhausting, isolating and overwhelming. Perhaps most importantly, it can make it difficult for people to find the time and space to consider their own needs.*

*At Blackpool Carers Centre, we have always believed that carers deserve more than simply our gratitude. They deserve recognition, practical support, opportunities to enjoy their own lives and, above all, the confidence that they do not have to face their caring responsibilities alone.*

*This is particularly relevant as we approach Carers Rights Day in November. While it provides an important opportunity to raise awareness of the rights and entitlements available to unpaid carers, it also encourages us to consider whether we, as a society, are doing enough to support the millions of people who provide care for someone they love.*

*For too many carers, accessing the right support remains unnecessarily complicated. Navigating health and social care services, understanding financial entitlements and finding opportunities for respite can often feel*

*like additional responsibilities on top of an already demanding caring role. These are challenges that need more than kind words; they require meaningful action and a genuine commitment to listening to the experiences of carers themselves.*

*As an organisation, we continue to work hard to ensure that the voices of carers are heard, that their experiences help shape the services available to them and that they have access to the advice, opportunities and support they deserve.*

*Of course, there is also much to celebrate. Every day at the Centre, we are reminded of the laughter and sense of community that can develop when carers come together. Whether through our activities, support groups, trips or simply a conversation over a cup of tea, these moments can make an enormous difference.*

*As you read this edition I hope you find useful information, interesting stories and opportunities to get involved. But I also hope it serves as a reminder that, while caring for someone else may be an important part of your life, it should never mean that your own life becomes any less important.*

*I would also like to take this opportunity to wish you all a very merry Christmas and a very healthy and prosperous new year! Enjoy the magazine!*

Best Wishes



**Tom McMurdo,**  
Director of Finance and Resources



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## How to refer to us and access our services

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

## Please let us know!

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

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

## Contact Blackpool Carers

Beaverbrooks House 147 Newton Drive, Blackpool FY3 8LZ

Tel: **01253 393748**

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

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

Front cover: Adult carers learning all about seeds and cuttings with Lancashire Wildlife Trust.

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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/](http://www.blackpoolcarers.org/whats-on/)

## FOR ADULT CARERS...

All sessions take place in the relaxing venue of Beaverbrooks House unless otherwise stated. Plans may change, so please call 01253 393748 before attending.

## Adult Carers' WhatsApp Groups

We have dedicated Social WhatsApp Groups for adult carers registered with Blackpool Carers Centre, and our Music Aloud Carers' Choir

*If you'd like to join either Group, contact Pat on 07508 495977 for more information.*

## Facebook Updates

Daily on Blackpool Carers Adult Team closed page (for carers registered with Blackpool Carers)

Regular notifications about our sessions, wellbeing 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.*

## Facebook Live

Via the Adult Carers Closed Facebook Group - Mondays and Fridays at various times

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.*

## Music Aloud Carers' Choir

Held weekly on Mondays at Beaverbrooks House 6.15-7.30pm  
*Please note: there will be no group in January due to holidays.*

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

A mixture of yoga, tai chi and stretching. 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.

## Creative Wellbeing Afternoon

Held weekly on Wednesdays at Beaverbrooks House 1.30-3.00pm

Take your pick either inside or outside, it's up to you! Join our gardening group for a spot of pottering in our community garden, or enjoy the peace and quiet in the woodland area. If you don't fancy gardening, you can try your hand at one of the many crafts we have on offer. It's never too late to learn a new skill! Everyone is welcome. We always have a cuppa and there is often cake!

## 'Strictly Fit' Fun Dance Session

Held weekly on Thursdays at Beaverbrooks House 1.30-3.00pm until 20th December 2025

Dance for fun and fitness - you don't need a partner, or to be an expert!

## HUGS & ReFocus Peer Support Group

Held on the third Thursday of the month at Beaverbrooks House 10.30am-12.00pm

This group is open to all carers supporting someone with mental health challenges and/or substance misuse issues. This group provides a safe, welcoming, and non-judgemental space where carers can come together to share experiences, gain support, and connect with others who understand the unique challenges of the caring role.

Whether you are new to caring or have been providing support for many years, you're very welcome.

*Call Carla or Tasha for more information.*

## 'Brew & Breathe' Coffee Morning

Held on the second Friday of each month at Beaverbrooks House 10.30am-12.00pm

A relaxing time to recharge and unwind. Some weeks we'll have visiting speakers. All carers welcome. *Call Debbie for more information.*



The poster for 'Brew & Breathe' features a sun icon and the text 'A RELAXING COFFEE MORNING FOR CARERS'. It includes the tagline 'Bringing carers together, one step at a time.' and encourages joining for a friendly cuppa and conversation. A red banner at the bottom reads 'FRIDAY FOCUS • 13<sup>TH</sup> NOVEMBER' and 'BEWARE OF FRAUD AND SCAMS!', with a warning triangle icon. Below this, it says 'Protect yourself and your loved ones from scams and financial abuse. Join us for a special session with a member of the local police to learn simple, practical ways to spot common frauds and keep yourself safe.' The bottom of the poster states 'We meet on the second Friday of each month 10.30am-12.00pm at Beaverbrooks House'.

## Take 5 Times, our weekly What's On Newsletter!

Call Pat on 01253 393748 and ask for your name to be added to the email list to receive your copy.

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

### SPECIAL ACTIVITIES...

During the winter months we'll be organising several special activities for carers, including:

- Cinema screenings in the garden
- Full-day minibus trips
- A Garden Party
- Wellbeing Days

Please check Take 5 Times and our website for details.

## Carers Rights Day Webinar for Professionals

Thursday 19 November  
1.00pm-2.00pm

Visit our website for full details and to obtain the joining link at:  
<https://blackpoolcarers.org/events/carers-rights-day-webinar/>

This year Carers Rights Day highlights the importance of identifying carers.



Many people supporting a loved one or friend don't view themselves as a "carer." What often begins as helping out with small tasks can gradually become essential practical and emotional support. Spotting carers early is crucial - it opens the door to the right resources, whether they wish to continue caring or need to make a change.

Carers Rights Day is a call to action for staff across all organisations to help identify carers and guide them toward vital support.

**What the Webinar covers**  
Learn actionable steps you can take in your role to recognise carers and connect them with local support. The session will also include a live Q&A.

A recording will be shared afterwards for anyone not able to join us.

See page 20 for more information.

# Caring Christmas Charity Auction

27<sup>th</sup> November to 13<sup>th</sup> December 2026

New Lots will be added as donations are received so keep checking!

100% of funds raised stay local and provide vital respite and support for unpaid young and adult carers within our community.

In aid of  
**Blackpool CARERS Centre**

Scan the QR code to view all the Lots and bid online at:  
**[www.CaringChristmasAuction26.co.uk](http://www.CaringChristmasAuction26.co.uk)**

Charity No. 1114558. [www.blackpoolcarers.org](http://www.blackpoolcarers.org)

### CHRISTMAS FUNDRAISING EVENTS FOR ALL...

## Caring Christmas Online Charity Auction

Opens 9.00am on Friday  
27 November & ends 8.00pm on  
Sunday 13 December

Looking for a unique Christmas present or a treat for yourself? Then take a look at our online charity auction, featuring a fabulous range of items donated by our generous supporters.

Every bid helps us provide essential respite and care for local carers who give so much to others. New lots are added regularly, so keep checking in, place your bids, and good luck!

To view and bid on the Lots, scan the QR code in the advert above to visit:  
[www.CaringChristmasAuction26.co.uk](http://www.CaringChristmasAuction26.co.uk)

## Christmas Market

Sunday 29 November  
11.00am-3.00pm • FREE entry  
Beaverbrooks House

A fabulous, festive event for the whole family. Everyone is welcome to come along to join in the fun.  
See inside front cover for full details.

## Cash Prize Christmas Raffle

Tickets just £1 each from  
Beaverbrooks House Reception  
Your chance to win one of 3 Cash Prizes just in time for Christmas.  
Thanks to our sponsors B&D Print and West Lancs Group, 100% of ticket sales support our carers.

Draw will take place on  
Wednesday 16th December.

See advert on page 10 for details.

# Heating efficiency and keeping warm during the winter months

**A**s we head into the colder months, Rocco likes to make sure that his stable is nice and warm. He recognises that a warm home can help prevent respiratory illness, lowers cardiovascular strain and reduces the risk of mould and damp, improving his overall wellbeing.

Rocco knows the best temperature to heat your main living area is between 18°C and 21°C, balancing personal comfort with energy efficiency.

Insulating your home not only keeps you warm but will also help to keep your energy costs down.

Rocco recommends the following tips, fitting draught proofing to seal



any gaps around your windows and doors and make sure that your loft is insulated. If you have wall cavities, make sure that they are insulated too.

You can insulate your hot water cylinder and pipes to ensure they don't burst if the temperature drops below freezing, draw your curtains at dusk to help keep the heat generated inside your rooms and make sure that your radiators are not obstructed by curtains or furniture, so you feel the full benefit of the heat they produce.

Rocco knows that not everyone has a home that is energy efficient. You could get free energy saving improvements made to your home if you're on a low income, getting certain benefits or living in a certain postcode area.

Rocco's  
'STABLE  
ADVICE'



**Cosy Homes in Lancashire** have a dedicated team that will support you to make sure that you stay warm, comfortable and well in your home throughout the year. They can also help you find energy tariffs to lower your bills, provide advice to understand which grants and funding could be available to you for home improvements, and help with explaining new low-carbon technologies - such as solar panels and heat pumps - and how they could fit into your home.

**Give them a call on 0330 111 0070 to see how they can help you!**

## STAFF PROFILE

### Helena Brown, Trainer and Support Worker

*Helena (r) delivering training in the Seaside Suite at Beaverbrooks House*



**I** have worked at the Carers Centre for 16 years as part of the adult carers team. Much of my work has been around supporting people caring for someone with dementia and I delivered dementia awareness groups for many years.

More recently, I have been working on our hospital support project. This work is to support carers on the wards whilst their loved one is in hospital and on discharge. It also involves training and awareness raising with staff so they identify carers and enable them to access support to prevent readmissions.

I am also responsible for delivering our training courses on mental health and wellbeing for staff from other organisations and managing challenging behaviour for parents.

## Our Board of Trustees

- **Sarah Lambert (Chair)**  
Retired Development Manager
- **Alison Gilmore (Treasurer)**  
Former Hotel General Manager
- **Tracy O'Flaherty**  
Former Hospital Director
- **Ben Reilly**  
Head of Property and Store Image, Beaverbrooks
- **John Topping**  
FCAT Community Relations and Estates Lead
- **David Wright**  
Director of Chapeau Events Ltd



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

ONLY **£1** PER LINE PER WEEK!

SCAN ME



# Take 5 Adult Respite update from Pat



**T**he Music Aloud Carers Choir came back after a break in August, refreshed and excited for this busy time of year. It may be busy, but they are all looking forward to returning to the Masonic Hall in St Annes where they have been for the past three years, to perform a refreshed Christmas programme.

The hope is that we will be able to add to their numbers and to perform to care homes in the local area. We welcome anyone to come and join the choir, not only carers. Everyone can enjoy the physical and mental health benefits of singing so why not come and join us?



Mike from Lancashire Wildlife Trust building a hibernaculum

The chair-based exercise and meditation class is another way of looking after your physical and mental health. With gentle stretches and breathing exercises, taken at everyone's own pace, the hope is that carers can take away techniques that will help them in their day-to-day life.



Outdoor creative crafts in our beautiful garden

The Wednesday Creative Wellbeing Afternoon is all about learning new skills and being creative. We have been working alongside funding from the Kew Gardens Grow Wild project which has meant many activities looking at the colours and fabric of the woodland, the understanding and knowledge of the plants and trees and why the woodland and garden can be so beneficial for our mental health.

Mike from the Lancashire Wildlife Trust came to take a session which included sourcing seeds and cuttings and building a hibernaculum – a hibernation space for frogs and other creatures that spend the winter underground.

Now we will be turning our attention to the forthcoming festive season! Favourite activities are making our own Christmas cards and decorations so we will certainly be starting those soon!

We also held a Wellbeing Day which is always popular, with visitors such as Citizens Advice and Blackpool Council and others with interesting information and advice. There were also some relaxing activities like hand massage, arts and crafts and manicures!

We are hoping to hold these more regularly so please look out for these on the newsletter which you can pick up from the reception or receive by email. It is also posted on the website each week.



Carer enjoying a relaxing manicure in the Summerhouse on Wellbeing Day

One session that has been missed since last year, has been 'Strictly Fit' which returned at the end of September. This started in conjunction with the Strictly Come Dancing television programme and is always a firm favourite. It consists of easy Ballroom and Latin steps, practised individually, for fun and fitness. All abilities can take part in this enjoyable way to get moving!

All our respite activities are designed to follow one or more of the 'Ways to Wellbeing' – Being in nature and exercise, being creative and learning new skills, giving, (time for others as well as themselves), connecting with others, and being 'in the moment'.

We're not looking for the next Pavarotti, or Picasso, or expect a level of fitness akin to an Olympic athlete. What we want in Respite is to hopefully build confidence, resilience, and a sense of worth.

For just a short time every week, giving carers that space and time to be themselves and to enjoy maybe a new hobby and good company. It's also time for fun and laughter!

Best wishes

Pat, Adult Respite Coordinator

# Finally, I can breathe

**W**hen I first received support, I was exhausted. I was caring for my husband, whose physical health and mobility had deteriorated significantly, while also trying to be a mum and keep our family together.

My husband's health had reached the point where he was struggling to walk and, at times, was crawling around our home to get from one place to another, he was experiencing several health problems and needed increasing amounts of help. I became responsible for almost everything.

I managed his medication and medical appointments. I prepared meals and drinks, did the housework and supported him with his everyday needs.

But while I was looking after everybody else, there was very little space left for me.

We were surviving, not living. Our home was also in a terrible state of repair. There was damp and mould, and Environmental Health had deemed parts of the property unsuitable to live in. There weren't enough safe bedrooms for our family.

My husband slept on the sofa. I slept on a mattress on the floor and one of my children slept on another mattress downstairs. Every morning I would get up, put the makeshift beds away and start another day.

One of my children was also struggling with school.

I was trying to be a wife, a mum, a carer, keep the house going, deal with bills and benefits and fight for help with our housing. I wasn't working because my caring responsibilities had taken over my life. There was no time for me.

I remember saying how worn out I felt. I was emotional, overwhelmed and constantly frightened about what might happen next. One thought stayed with me: What if I wake up and find him not breathing? I stopped feeling like a wife. His health continued to deteriorate.

There were hospital admissions and eventually he returned home needing round-the-clock care. A hospital bed

was brought into the house. Health professionals visited, but between those visits the responsibility remained with me.

He had been advised not to be left alone. He needed help with personal care, getting to the toilet, medication, food and drinks. I was sleeping on a small sofa and sometimes getting only a couple of hours' sleep a night. I became so consumed by caring that even accessing healthcare for myself became difficult.

At one point I remember saying: ***"I don't feel like his wife anymore. I just feel like his carer."***

That was exactly how it felt. Somewhere along the way, I had disappeared. There was always another problem.

At the same time, we were trying to move out of our unsuitable home.

I needed to pack, organise the children and prepare for moving, but I couldn't concentrate on any of it because I constantly needed to keep an eye on my husband.

Even attending an important family funeral became a problem because I didn't know who could safely stay with him while I was gone.

Money was another worry. There were problems with benefits, household bills and electricity debt. Everything seemed connected to something else.

I didn't need somebody to tell me to cope better. I needed somebody to understand how much I was already coping with. Having someone alongside me. Blackpool Carers Centre support gave me somewhere to turn.

I received emotional support, but it was also practical. I was helped to understand services and what help our family could ask for. Importantly, I wasn't told what to do. I was supported to make decisions and



encouraged to recognise that my needs mattered as well.

Referrals were made for additional social care support and a Carer's Assessment. I was encouraged to explore respite and was supported to access specialist women's support. There was also practical help with finances and moving.

When we finally secured another property, funding helped towards carpets for our new home. Emergency support helped pay for a van so that we could move our belongings.

A carpet and a removal van might sound insignificant when compared with everything else that was happening. To our family, they weren't insignificant. They meant we could move. They meant my children could begin having a proper home.

Then our world changed again, my husband subsequently died. My focus had changed. My children needed me. And I needed them.

## Starting again

When I look around our home today, life feels different. One of the first things I recognised was how much calmer I was feeling.

That is how it feels to me too. My children are with me, and my priority is rebuilding my relationships with them. We have been through things that cannot simply be undone, and rebuilding trust and relationships takes time. But we have an opportunity to create something different together.

One of the biggest changes is something other families might take for granted. My youngest child has their own bedroom.

After having to sleep on a mattress downstairs in our previous home, they now have a bedroom, belongings around them and a space that is theirs.

For me, that represents so much more than a room.  
It represents stability.  
It represents dignity.  
It represents a new beginning.

## Finding myself again

For such a long time, every part of my life revolved around caring. Now I am beginning to discover who I am outside of that role.

I have more time for myself. I can walk the dogs. I can think about my own health and wellbeing. I can wake up without immediately wondering what crisis I need to deal with next.

My finances and benefits have become more settled, and I'm

beginning to think about working again.

I'm rebuilding our home, but more importantly, I'm rebuilding my family. At my closing assessment, I felt that I no longer needed the same level of carers support. That doesn't mean everything that happened has disappeared. It means I now feel able to move forward.

When I first received support, I was exhausted, frightened and overwhelmed. I had no time for myself and felt as though I had disappeared completely into my caring role.

Support didn't make decisions for me or magically fix everything that was

happening. It helped me understand my options, navigate services, access practical help and find enough strength and confidence to make decisions for myself and my children.

For years, so much of my energy went into looking after somebody else. Now my energy is going into my children, our relationships, our home and myself.

We are not trying to recreate the life we had before. We are building something new.

And for the first time in a very long time, I feel like I can finally breathe.

Irina, adult carer

## Blooming Marvellous!

**B**lackpool Carers Centre is celebrating a fantastic achievement after being named **Runner Up in the Conservation Gardens category at this year's Blackpool in Bloom Awards.**

Blackpool in Bloom is a much loved town wide competition, designed to boost civic pride, improve the local environment and encourage communities to create and maintain beautiful outdoor spaces. With categories covering everything from front gardens and hanging baskets to community spaces and conservation projects, the competition celebrates the wonderful variety of gardening taking place across Blackpool.

This year, there were more than 70 entries, making Blackpool Carers Centre's Runner Up award a particularly special achievement.

Behind the Centre's successful garden is a dedicated team of volunteers who have worked hard to create and maintain a welcoming, attractive and environmentally friendly space. Ian, Bill, Des, Michelle, Julie and Trevor have all played their part, giving their time, energy and enthusiasm to the garden.

Their hard work was put to the test on Thursday, 2nd July, when the judges visited to assess the entries. The Conservation Gardens category recognises spaces that demonstrate an appreciation of

nature and biodiversity, making it a particularly fitting category for the Centre's garden.

The excitement continued with the Blackpool in Bloom Awards Ceremony on Thursday, 30th July, where the achievements of entrants from across the town were celebrated. Being awarded Runner Up was a wonderful recognition of the commitment shown by everyone involved at Blackpool Carers Centre.



The competition itself has a long history in Blackpool, having been established more than 20 years ago by local leaders and volunteers. It has grown into a well recognised annual event, bringing together residents, community groups and organisations with a shared passion for improving the town and its outdoor spaces.



Following the awards ceremony, Ian and Michelle attended a feedback session, providing an opportunity to reflect on the judging process, hear feedback about the garden and consider ideas for the future.

The achievement is something the whole team can be proud of. The garden provides more than just a beautiful outdoor area it offers a peaceful space for visitors and carers using the Centre, while also supporting wildlife and encouraging an appreciation of nature.

***A huge thank you and congratulations to Ian, Bill, Des, Michelle, Julie and Trevor for all their hard work. This simply wouldn't have been possible without their hard work and dedication.***



## Caring is a 24/7 job. Your legacy can offer a lifeline.

**With the demand for care in Blackpool rapidly growing, a gift in your Will ensures no local carer ever faces the future alone, providing a lasting safety net for generations to come.**

Including a **gift in your Will** guarantees our centre remains a constant source of **support, respite, and practical help** for generations to come. This crucial lifeline empowers local carers from **age five upward**, safeguarding their mental well-being through life's toughest moments.

**Family and loved ones always come first. Leaving just 1% to Blackpool Carers Centre after they're looked after makes an extraordinary difference for generations to come.**

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

For more information, contact Terry Hodkinson, Head of Business Development and Fundraising on 01253 393748 or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

**Blackpool  
CARERS  
Centre**

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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**Blackpool  
CARERS  
Centre**

**CHRISTMAS  
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In aid of respite and support for unpaid carers from the age of 5.

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Thanks to our generous sponsors, 100% of ticket sales go direct to our carers!

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Draw will take place on Wednesday 16th December 2026 and winners will be notified by phone.

## Are YOU affected by someone's substance misuse and/or mental health?

If so, 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

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



**Blackpool  
CARERS  
Centre**

For more information, or a friendly chat contact Carla Talbott on **01253 393748**

Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

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

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

Registered Charity No. 1114558



# My husband's dementia made me feel isolated and lonely

**L**ouise is a carer for her husband. Here she tells us how this has affected her and how Blackpool Carers Centre (BCC) has supported her.

**Please can you tell me about your caring role? How has it impacted you?**

*My name is Louise and I am married to Chris, we have been married for 25 years. My husband was diagnosed with dementia 3 years ago. We went from Chris taking care of most things in the home to me having to do most things by myself. I found caring for Chris very stressful at times. It impacted me emotionally from going from being equals to having to do everything. His dementia meant I had to do everything. It made me feel lonely and isolated. He stopped wanting to do things together.*

**How did you hear about BCC?**

*I was receiving support from a carers centre in Cumbria, where we used to live. When we decided to move to Blackpool they referred us to Blackpool Carers Centre for continued support.*

**How long have you been receiving support from BCC?**

*After we had moved into our new home a support worker from*

*Blackpool Carers Centre arranged to visit me at home. He completed an assessment with me and was able to help me apply for a grant to put towards getting a new washer dryer. I have been having support on and off since May 2024.*

**What kind of support have you received?**

*My support worker has helped me access social services so that Chris got an assessment and is now living in a care home. The most important thing about the centre is that staff listen to me and this has helped me through some stressful situations. I am dyslexic, so my support worker has helped me to fill out forms and navigate the health and social services systems. The centre also put on trips, these have been good, they allow me to have a break and to get away from my caring role. I also get to talk to other carers and get some time to do the things I enjoy.*

**What is the best thing about BCC?**

*The people that work here will listen to you and try their best to help you.*

**What activity or trip have you most enjoyed attending?**

*I enjoyed going to Lytham Hall for a Spring walk. There were lots of pretty of flowers and we went for a walk*



*around the grounds before going to the café. I enjoyed chatting with the other carers on the trip. It was nice to focus on what I need rather than focusing on what Chris needs.*

**Would you recommend BCC to others?**

*Yes, if I came across a carer who didn't know about this place, I would tell them about it and say that it has helped me. I attended the dementia awareness training course and that really helped me to understand how I should communicate with Chris.*

**How would you explain BCC to someone who has never heard of it before?**

*I'd tell them they have weekly activities, day trips, you can come and talk to someone, and they will try their best to help and support you if you are a carer. I don't feel so alone.*

## Brighten a Young Carer's Christmas: Gift Card and Selection Box Appeal

**F**or many families with caring responsibilities, the festive period brings added strain and difficult choices. We want to ensure every young carer we support feels remembered and celebrated this Christmas.

**Can you help us make a difference?**

We are currently appealing for donations of:

- **Gift Cards:** Support staff can then shop with parents to buy specific gifts from each child's wishlist.

- **Selection Boxes:** A classic Christmas favourite! We want to make sure every young carer gets a tasty chocolate treat this year.

**Drop-off details:**

Please bring your donations to **Beaverbrooks House by Friday 4th December** and ask for Kerry, so we can prepare them for our Young Carers' Christmas Party.

Thank you for your generous support and for helping us spread festive cheer where it's needed most.



**For more information or questions, please contact Kerry on 01253 393748.**

# Unless you live it, it's difficult for people to understand what caring really involves

**H**i, I'm Sam, and I'm a carer for my husband. Our lives changed almost overnight. Joe lives with psychosis, complex PTSD, anxiety, depression and personality dysregulation, and watching the person you love struggle so much is heartbreaking.

These days, everything in our life has to be worked around Joe and his needs. He can't be left on his own. If I need to go out, my parents stay with him, or occasionally his brother comes to stay. That only happens about once a month, so opportunities for me to have time away are very limited.

Even things that seem simple, like going for a walk or having someone visit, can have a huge impact on Joe. He often struggles afterwards and can become very unsettled, sometimes self-harming, followed by periods of depression.

There are things most people would never think about. Joe can't have access to money, house keys or car keys, so I must keep them hidden. For a whole year, he barely left the bedroom. All his meals were eaten there.

Without encouragement, he wouldn't shower or even get out of bed. Every single day, I encourage him, support him and try to help him take the next step. My life revolves around Joe. Before I do anything, I must make sure there is a plan in

place for him. It can be incredibly lonely because, unless you live it, it's difficult for people to understand what caring really involves.

There are clinic appointments, home-treatment visits, difficult nights and the constant worry about what might happen next. Joe doesn't sleep well and can sometimes get a maximum of only four hours a night. The lack of sleep, combined with living in fear and worry every day, it's exhausting.

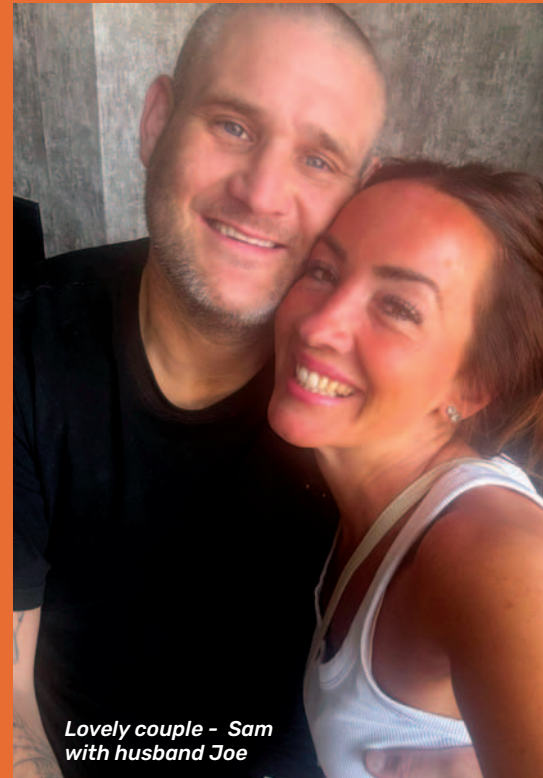
For just under two years, Joe was running away frequently. Those were some of the most painful and frightening times of my life. The worry, fear and heartbreak were overwhelming.

Being a carer can feel isolating, but finding support through Blackpool Carers has made a huge difference to me. The support I've received from Carla has been incredible. Having someone who listens, who understands, and who lets me rant without judgement means more than I can explain.

Caring for Joe is hard - emotionally and physically. But I love my husband, and every day I keep going, encouraging him and standing beside him.

Sometimes, carers need someone to stand beside them.

Sam x



*Lovely couple - Sam with husband Joe*

## Follow Sam's caring journey

Sam also shares a daily, honest and incredibly frank insight into her life as a carer for Joe on TikTok.

Through her videos, she gives a real glimpse into the day-to-day reality of caring, the challenges they face and the love and devotion that keeps her going.

*If you'd like to hear more from Sam and gain a genuine insight into life as a carer, follow her on TikTok: @sammg85*

## Adopt your very own Mini Rocco Donkey!

**L**ooking for a thoughtful present? Bring home a mini version of our beloved mascot, Rocco!

Priced at just £10 without an outfit, or £15 with, they make the perfect, affordable year-round gift for friends, family, or donkey lovers of all ages.



You can even buy individual outfits separately, to create a whole new wardrobe for your cuddly friend, for just £5 each.

Every outfit is lovingly handmade with care by our amazing volunteers.

**Available to buy in person from Beaverbrooks House Reception, or online at:**  
[www.blackpoolcarers.org/shop/](http://www.blackpoolcarers.org/shop/)



## Ordering Online?

To select your outfit, tick 'Add a note to your order' beneath the Payment Options at Checkout. Tell us your outfit choice (eg 'Girl', 'Boy', colour, style, occasion etc) and we'll send your adorable Rocco on it's way!

# Caring & Sharing

## with Charlotte

**H**ello, my name is Charlotte, I am 18 years old and I care for my nine year old younger brother Frankie who requires 24-hour support. The reason that I spend so much time caring for Frankie is because my mum also struggles with a chronic illness and needs help every day. You may remember me from the past magazines I am becoming quite a pro at this.

My main aim for this column is to help young carers get noticed sooner. Most of the time young carers go unnoticed so I would really like to try change this. Even if I only help one person get noticed I will still have succeeded in helping people through these articles in the magazine. If you are reading this article and feel like you relate to me, please don't hesitate in reaching out to Blackpool Carers Centre for support.

Since my last article I have started a new job at Play Inclusion Project (PIP). Since working there, I have realised how much my caring role has helped me with this job. At PIP I am a support worker and I support special needs children at respite clubs 1:1. We go on various trips like going to the zoo, swimming, Space Centre, the park and also 'in house' sessions. I do those in the school holidays and during term time I help with the Tuesday after school youth club.

I feel that the experience with caring for Frankie that I have had has had a very big impact with doing this job. When I am 1:1 with a child I seem to notice situations that I have been in before with Frankie and I am able to use my experience with supporting the children that I am working with. Also, there are children with different needs and so I am able to use the

experience with Frankie and adapt it to work with the other children.

Since my last article I have also started my placement at Anchorsholme primary school. I am in reception and just like my new job role I feel like my caring role has helped me with my placement. There are children who have special needs and I have been able to work closely with them.

My caring role has taught me to be patient, listen, adapt, non-judgmental, resilient, and understanding of individual needs. These are all things that I would like to take with me as I continue working with children.

When I am at placement, I feel that I am able to notice things in a child that seems similar to what I have experienced with Frankie. When a child is dysregulated, I am able to use my experiences and adapt them to work with the child that I am working with. Some of the days that I am at placement I am working closely with the special needs children and since doing this I have helped children to regulate and calm down by distracting them with things like sensory toys, the sensory room and suggesting that we go outside.

Working with children with different needs has also taught me that every



child is different. Something that works really well for one child might not work for another, so I have learnt to be flexible and find what works best for each individual child.

My experiences have also helped me realise that working with children is something I am very passionate about. I want to be someone who makes children feel listened to, understood, and supported, especially children who may need a little more help than others. I want to become someone who I needed when I was younger. If I had someone like the person who I want to become when I was younger, then I may have had a better experience in my own school years.

Although being a young carer is very difficult and sometimes, I wish my life were different. I feel that I wouldn't have been able to do these things if I didn't have the experience that I have gotten from caring for Frankie.

**If you think you may be a young carer like Charlotte, give our friendly young carers team a call on 01253 393748 with any questions you may have. We're here to help you.**

## A treat for your feet is good for the 'sole'

Blackpool Carers' Foot Care Service offers dedicated and accessible foot care, tailored to suit your needs, 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 out more, call 01253 393748**  
or email [tracy.taylor@blackpoolcarers.org](mailto:tracy.taylor@blackpoolcarers.org)



ONLY  
**£23**  
per treatment

# Carer's Allowance overpayments: how quickly are cases being reassessed?

**E**arlier this year, we reported on plans to reassess hundreds of thousands of Carer's Allowance overpayment cases following an independent review of the system. Five months after that process began, attention has now turned to how quickly carers are receiving answers.

In April, the Department for Work and Pensions (DWP) began a major exercise to reassess more than 200,000 Carer's Allowance overpayment cases dating from April 2015 to September 2025.

The exercise followed an independent review led by Liz Sayce OBE, which identified significant problems with the way earnings related overpayments had been handled, including unclear guidance about how fluctuating earnings should be calculated.

The Government subsequently announced that cases potentially affected by these problems would be reviewed. Around 25,000 carers are expected to have an outstanding debt reduced or cancelled, or money they have previously repaid refunded, although the exact number will only become clear as individual cases are examined.

## Where are we now?

On 2 September, the Work and Pensions Committee questioned Social Security and Disability Minister Sir Stephen Timms about progress.

During the session, the Minister said that around 3,000 cases had been examined since the reassessment began in April. He also told the Committee that the DWP believes it remains on track to complete the work within the timeframe it has set. Carers UK has expressed concern about the pace so far.

The charity points out that 3,000 cases represent only a small proportion of the more than 200,000 cases expected to be considered. Based purely on the average rate during the first five months of the exercise, Carers UK calculates that completing all cases at the same pace would take until around 2054.

That calculation does not necessarily mean that the process will take that long. The rate of reassessment may increase as the exercise develops.

However, Carers UK is calling for greater transparency about how the work will be accelerated and how long carers can expect to wait.

## Why does the delay matter?

For those affected, this is much more than an administrative exercise.

The independent review heard evidence from carers who had unexpectedly been asked to repay substantial amounts of Carer's Allowance after exceeding the earnings limit while trying to balance paid employment with caring.

It concluded that problems within the system had contributed to some carers accumulating debts without fully understanding that an overpayment was taking place. The review recommended that certain overpayments resulting from flawed guidance should no longer be recovered and that money already repaid in those cases should be refunded where possible.

For somebody who has already spent years worrying about an outstanding debt, waiting to find out whether their case will be changed can bring further uncertainty.

Carers UK has therefore called for more frequent reporting on progress and a clearer plan for completing the reassessments.

Emily Holzhausen CBE, Director of Policy and Public Affairs at Carers UK, said that some carers potentially entitled to a refund or reduction in their debt had already been waiting for years for a resolution, and warned against allowing uncertainty to continue unnecessarily.

## What happens next?

The DWP has said that carers do not need to contact the Carer's Allowance Unit to ask for their case to be reassessed.

Cases potentially affected are being identified by the Department, which will contact individuals either with a



decision or if further information is required.

More detailed information about progress is also expected shortly.

## The wider issue remains

The reassessment deals with historic cases, but questions also remain about how future Carer's Allowance overpayments can be prevented. The independent review made 40 recommendations, with the Government accepting or partially accepting 38. Changes already made include revised guidance on how earnings are averaged and improvements to some communications with carers.

Carers UK is continuing to call for wider reform, including changes to the way earnings are treated within Carer's Allowance, so that small changes in somebody's wages do not result in disproportionately large overpayments. For carers, the important issue is that a system intended to support people providing substantial amounts of unpaid care should be understandable, responsive and fair.

Blackpool Carers Centre will continue to follow the reassessment process and share significant updates with carers as further information becomes available.

## Could you be affected?

The current reassessment covers relevant Carer's Allowance overpayments occurring between 10 April 2015 and 2 September 2025. You do not currently need to apply for a reassessment. The DWP says it will contact people whose cases are being reviewed.

If you are worried about Carer's Allowance, an overpayment or how your earnings could affect your benefits, speak to Blackpool Carers Centre and we can help you understand where to find appropriate advice and support.

# What could social care reform mean for unpaid carers?

**S**ocial care is once again at the centre of the national conversation, with proposals for significant reform of the way care is organised, delivered and funded in England. For millions of unpaid carers, the outcome could have a major impact on everyday life.

Prime Minister Andy Burnham has identified reform of adult social care as a priority for his Government and has asked Baroness Louise Casey, who is leading the Independent Commission on Adult Social Care, to bring forward her recommendations.

The Commission had originally been expected to complete its work in 2028. Its recommendations on a future National Care Service are now expected in summer 2027. The Government has said its aims include better integration between hospitals, community health services and social care, a greater focus on prevention and independence, and finding a sustainable way of funding care.

More recently, the Prime Minister has outlined an ambition for social care in England to operate on principles similar to the NHS, with support available according to need and free at the point it is received. He has said that everybody would contribute towards the system, although exactly how it would be funded has not yet been determined. A detailed proposal is expected to be developed following the Casey Commission's work.

For unpaid carers, however, the debate is about much more than the structure of a future service.

## Why does social care matter to carers?

There are an estimated 4.7 million unpaid carers in England, supporting relatives, friends and neighbours who are older, disabled or living with illness.

Carers UK says its State of Caring Survey 2025 found that 53% of carers were providing more hours of care than they had been a year

earlier, while 80% had experienced problems with social care services. It also estimates that around 600 people leave employment every day to provide unpaid care. Among carers who had left work, 35% said that more affordable, accessible or reliable social care could have prevented them reaching that point.

This is why the availability of good social care can make such a difference. Support for the person being cared for can also give carers an opportunity to remain in employment, spend time with other members of their family, take a break and look after their own wellbeing.

The Casey Commission has already heard directly from unpaid carers about some of these pressures. Baroness Casey has described carers being left to act as unpaid "project managers", coordinating different services and attempting to fill gaps between organisations. The Commission says carers have spoken about the emotional, practical and financial impact of trying to navigate a complicated care system.

## Carers need to be part of the conversation

Carers UK has welcomed the renewed focus on reform while emphasising that the experiences and needs of unpaid carers must be central to whatever comes next.

Emily Holzhausen CBE, Director of Policy and Public Affairs at Carers

UK, said the Government's commitment offered an opportunity to reach agreement about how care should be "organised, delivered and funded in the future", adding that unpaid carers' futures need to be at the heart of the conversation.

Importantly, no final model has yet been agreed. Questions remain about what a National Care Service would provide, who would qualify for support, what role families would be expected to play and, perhaps most significantly, how the system would be paid for.

Those questions are now part of the Big Conversation on Care, being led by the independent Casey Commission. It is running until April 2027 and is seeking views from people across England, including people receiving care, unpaid carers, care workers and their families.

For carers in Blackpool, this provides an important opportunity to share experiences of what currently works, what does not, and what a future social care system needs to understand about the realities of caring.

**Blackpool Carers Centre is politically independent and does not support or endorse any political party. We will continue to follow developments in social care reform and most importantly, work to ensure that the experiences and voices of unpaid carers in Blackpool are heard.**





One of our gardening volunteers  
strimming the 'jungle'

**I**t's an exciting time for volunteering at Blackpool Carers Centre, and I'm delighted to be stepping into the role of Volunteer & Community Engagement Coordinator!

The role has recently evolved to focus not only on supporting our incredible team of volunteers but also on strengthening our connections with the wider community.

From local businesses and community groups to schools and individuals looking to make a difference, I'm excited to explore new opportunities to bring people together and raise

## Volunteering update from Mia

awareness of the fantastic work happening here at the Centre.

Our wonderful gardening volunteers were awarded runners-up at this year's Blackpool in Bloom! Their hard work, dedication and care for our outdoor spaces certainly haven't gone unnoticed and we're incredibly proud of everything they've achieved. See page 9 for full details.

Over the past few months I've been working on developing our volunteer programme, improving communication, creating new opportunities and ensuring our volunteers feel supported, appreciated and part of the team.

### Could you lend a hand?

We're currently looking for some extra helping hands in a few areas of the Centre:

- **Gardening Team:** Join our lovely gardening volunteers on Thursdays to help keep our outdoor spaces looking their best.
- **Young Carers' Respite:** Help us provide fun, engaging activities and well-deserved time for themselves for our young carers.

- **Reception Cover:** Support our friendly reception team on an ad-hoc basis, welcoming visitors and helping with day-to-day tasks.

You don't need previous volunteering experience. Just a little time, enthusiasm and a willingness to get involved. Whether you can help regularly or occasionally, we'd love to hear from you!

I'm also keen to connect with local community groups interested in supporting the Centre through volunteering, fundraising or new partnerships.

I'm looking forward to seeing what we can achieve together, continuing to support our wonderful existing volunteers and welcoming new faces along the way.

*If you'd like to get involved, please get in touch with me by email: [mia.hodkinson@blackpoolcarers.org](mailto:mia.hodkinson@blackpoolcarers.org) or phone: 01253 393748.*

I'd love to hear from you!

**Mia Hodkinson**  
Volunteer & Community  
Engagement Coordinator

## VOLUNTEER TRUE STORY

### I was so impressed by their work, I wanted to give back

**I** first came to the Carers Centre when the Stroke Association recommended it to me when my husband had a stroke. I was his unpaid carer and although I am a qualified nurse nothing prepares you for caring for a loved one 24/7.

I met Tasha, a support worker, and with her help, advice and support we started to navigate and adapt to our change in circumstances. I was so grateful and impressed by all the work Blackpool Carers Centre does for carers of all ages and knew I just wanted to give back to the wonderful team and the sanctuary that is Beaverbrooks House.

I enquired about volunteering and Tasha introduced me to the volunteer co-ordinator and

following a lovely chat about all the ways I could contribute to the team, I now volunteer every Thursday morning on reception and to say I love it is an understatement. Those few hours each week are filled with a lot of laughter meeting old and new faces. It is so rewarding to meet someone new who may be anxious about coming in and making them a brew and feel the welcome and warmth and understanding I received.

I enjoy contributing to fundraising ideas and helping any way I can. I would recommend Volunteering to everyone, no matter what your skills or circumstances, join the team!

**Sarah,**  
volunteer



You'll receive a lovely, warm welcome  
from Sarah on Reception

# Young Adult Carers project update

**O**ur summer has been filled with weekly respite sessions, exciting trips, new friendships, and plenty of fun! Our Young Adult Carer (YAC) group has continued as usual at Blackpool Carers Centre every Tuesday from 4:30pm to 6:30pm.

These sessions give our Young Adult Carers (YACs) the freedom and space to relax, have fun, and spend time with other young people who are going through similar life experiences. Over time, strong friendships have been formed, and new faces are always welcomed with open arms. Many of our new starters quickly settle in and become regular members of our YAC family.

We have enjoyed three fantastic trips over the last few months. Our first trip was to Houdini's Escape Rooms, where we took six Young Adult Carers. Once there, the YACs travelled back in time to the land of the Pharaohs, where they were given 60 minutes to escape from the "Lost Pharaoh in the Valley of Kings" room. They showed fantastic teamwork and communication skills,

completing the challenge in just 45 minutes with minimal help! They were all incredibly proud of themselves for successfully escaping.

Our second trip was a big one! Thanks to the very generous funding from The Genies Wish Charity, we were able to take 12 Young Adult Carers to Alton Towers. This was a trip the YACs had been requesting for a long time, so they were incredibly excited. We set off from Blackpool at 8am and didn't return home until 8pm! We spent the whole day enjoying some of the biggest and best rides Alton Towers has to offer. Thanks to a few FastPasses, we managed to get on all the rides the YACs had been dreaming of. Here are a few quotes from the YACs on the drive home:

*"Thank you all for a really nice day. It was really nice to be out of the house without having to look after little ones."*

*"I've absolutely adored today. I've loved the rides and spending time with new people and old friends, experiencing the best rides."*



Dom, Terry and the YACs at Alton Towers

It was fantastic to see everyone enjoying themselves, trying new things, and simply having the opportunity to spend a full day having fun.

For our final trip of the summer, we took a group of 18 YACs bowling and laser tagging. The YACs had so much fun! We started with a game of bowling, split across three lanes, followed by burgers and chips for everyone. We then split into two teams and enjoyed a thrilling game of laser tag. It's safe to say that everyone was worn out by the end of the evening!

Overall, it has been a fantastic summer for our Young Adult Carers. We're incredibly proud of the friendships they have built, the confidence they have shown, and the memories they have created together.

## Introducing The Caring Classroom Partnership

**A**t Blackpool Carers Centre, we know that being identified as a young carer is only the beginning. For young carers to thrive, the adults and services around them need to understand their experiences and work together to make sure the right support is available.

That's the purpose of our new Caring Classroom Partnership. Over the next three years, we aim to work alongside 15 schools each year, supporting five schools/colleges each term through a structured 12-week programme.

We'll work with each school/college to understand what is already working, identify where young carers may be slipping through the gaps and agree practical changes that can make a meaningful difference.

They will be supported to work towards and achieve the national Young Carers in Education Award, helping them develop and demonstrate good practice in identifying, listening to and supporting young carers in Blackpool.

However, the award isn't the finish line. For us, success means creating lasting change in school culture so that young carers are recognised, understood and supported as part of everyday school/college life, rather than support depending on one member of staff or a particular role within the school/college. This could include improving staff awareness and identification, strengthening support pathways, creating opportunities for young carers to have their voices heard, supporting key transitions such as primary to secondary school, and helping schools/colleges understand how effective identification can lead to meaningful support.

By working together, we can help make sure young carers don't have to repeatedly explain their



circumstances or navigate support alone.

Young carers will also have a voice through our planned Caring Classroom Crew, which will help us shape resources, share their experiences and influence how the project develops.

We are really looking forward to building on our existing relationships with schools, colleges and partners across Blackpool, and to developing new connections along the way. By working together, we can ensure that young carers are not only identified but are truly understood, supported and given every opportunity to succeed.



Just because the nights are darker and the days are shorter doesn't mean you can't have fun and enjoy yourselves.

Just take a look at all the exciting things you can get up to over the coming months...



- **Fun Christmas quiz**  
Children create questions for the adults.
- **Festive scavenger hunt**  
Hide clues around the house and win a prize.
- **Recycled gift challenge**  
Create a funny gift using things already at home.



We all need to find ways to relax and cope sometimes. There are some great suggestions hidden in the square below. Remember, they can go backwards and diagonal too!

## Coping Strategies Wordsearch

Blow Bubbles  
Clean Something  
Dance  
Do a Puzzle  
Do Yoga  
Draw  
Exercise  
Hug a Pillow  
Listen to Music

Look at Nature  
Play a Game  
Play with my Pets  
Punch a Pillow  
Read  
See a movie  
Sing  
Take a Bath

Take a Nap  
Take a Walk  
Take Deep Breaths  
Talk to Someone  
Write a letter  
Write a Poem  
Write in a Journal

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

## November

- **Family photo challenge**  
Take photos based on prompts such as "something red," "something funny," or "a family selfie."
- **Nature walk bingo**  
Make a bingo card with things to spot outdoors.
- **Bonfire Night craft evening** – Make paper fireworks, rockets and colourful artwork.
- **Family question jar**  
Everyone writes fun questions and takes turns answering them.

## December

- **Make Christmas cards**  
Create cards for neighbours, relatives or care homes.



- **Christmas lights walk**  
Walk around your neighbourhood looking at decorations.

## January

- **Family goals board**  
Everyone chooses a few fun goals for the year.
- **Cook a family recipe**  
Ask an older relative to teach the young people a favourite recipe.



- **Family declutter challenge** – Set a timer and see who can organise the most in 20 minutes.
- **Family fitness challenge**  
Create a simple circuit using squats, star jumps, walking and stretching.

## February

- **Make kindness cards**  
Write positive messages for family members, friends or neighbours.
- **Photography challenge**  
Take five interesting photos on a walk.
- **Plan an imaginary holiday** – Give everyone a pretend budget and see who can plan the best trip.
- **Paint/draw portraits of each other**  
The funnier, the better!

## Where's Rocco hiding?

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



#RoccoCares

# Family Focus Project update

**F**or the past 13 years, the Family Focus Project has helped young carers aged 5–18 who provide practical and emotional support to a parent or family member experiencing mental ill health and/or substance misuse. The project aims to work with the young carer and their families to improve outcomes for the family as a whole, by using a tailored and flexible support plan, suited to the needs of the whole family.

Our young carers over the years have shared that they felt different from their peers, often feeling unable to voice their worries or ask for help when needed. Family Focus young carers may have a limited practical role within their home, but a high emotional caring role/emotional impact, due to worries about their parent's health and wellbeing. These worries can

affect the young carers educational attainment and attendance, confidence in socialising and meeting new people and their overall wellbeing.

The Family Focus Project aims to reduce these pressures by ensuring they are recognised, listened to and supported. We support each young carer to understand their caring role, build confidence, strengthen resilience and access the right support at the right time. As part of this support, we work closely with schools and external services to help to ensure the young carers and their families voices are heard and improve professional relationships and engagement with services.

Our whole-family approach recognises that lasting change is most effective when children and parents are supported together. We



work alongside parents to understand their circumstances, identify their strengths and connect them with appropriate services. This helps parents feel more supported and in control of their choices, and reduces the responsibilities placed on young carers.

By working with the whole family, the project strengthens relationships, improves communication and creates more stable, supportive home environments. Young carers are better able to focus on their education, friendships and personal development, while parents gain practical and emotional support to manage challenges more effectively.

## Here is some feedback by parents/young carers who have received support from the Family Focus Project...

*"This is and has been (for the past 10 years) the only service that treated me like a person and not a number, and what I want and what I think matters, unlike other services like children's social care within my experience of them over the years. You understand me and our family, and I knew that you understood our life experiences."*  
Parent

*"I have been able to be more open about myself, my emotions and my mums mental health. I have learnt ways to manage conflict well, without impacting myself further. I used to hide my homelife and felt shame, but now I feel I can speak more openly about everything."*  
Young Carer

*"You supported me with R and never judged us the way other professionals judged us. You treated us like people and didn't judge R from his past offence which meant a lot. You support me to get R into Changing Futures and helped me more than any other*

*services have done before. You made me feel like I could speak to you about anything. You were always there to speak with, and I knew I could call you when I needed."*  
Parent

*"Supporting us in one of the most chaotic and difficult times that we have had in a long time. You gave me and C the time to express our needs and understood our difficulties. You asked what we needed, and what we wanted to achieve, and then worked with us to focus on that."*  
Parent

*"You definitely helped mum a lot, all the support and advice you gave. You helped her to work with other services she wouldn't before and understand how other professional's work. You helped mum to manage her own emotions, which helped to improve our relationship."*  
Young Carer

## Calling ALL Christmas Shoppers...

**...Your online food and gift shopping could raise £££'s for us without costing you a penny extra!**



**152 supporters have now signed up to easyfundraising and raised a whopping £3,374 for us, just by shopping online!**



If you haven't signed up yet, please do, it's so easy and completely FREE.

**Simply scan the QR code above or visit:**  
**[www.easyfundraising.org.uk/causes/blackpoolcarers](http://www.easyfundraising.org.uk/causes/blackpoolcarers)**

# Carers Rights Day 2026: Someone you know is a carer; but do they know it yet?

**C**arers Rights Day takes place on Thursday 19 November 2026, bringing organisations and communities together to help unpaid carers understand their rights and find the support available to them. This year, there is an important question at the heart of the campaign: **someone you know is a carer; but do they know it yet?**



## When does somebody become a carer?

For many people, there is no obvious moment. You might start helping your mum with her shopping and appointments. Perhaps your partner becomes ill and gradually needs more support around the house. You might regularly check on a neighbour, help a sibling manage their medication or support your child because of an illness, disability or additional need. Often, people do not describe any of those things as "caring".

They simply say:  
*"I'm their husband."*  
*"Of course I look after Mum."*  
*"She's my daughter, that's just what you do."*

And that is exactly why this year's Carers Rights Day matters.

Carers UK says it can take years for some people to recognise themselves as an unpaid carer because caring is often seen simply as part of being someone's partner, parent, relative, friend or neighbour. But recognising that you are a carer can be important. It can be the first step towards understanding that you have rights too and that support may be available for you as well as for the person you care for.

**You don't need to call yourself a carer to be one**



At Blackpool Carers Centre, we know that the word carer does not always feel natural.

For some people, caring develops gradually. There may never have been a conversation where somebody said, "You are now a carer." Instead, one task becomes two. A little bit of help becomes help every day. Appointments, medication, paperwork, personal care, emotional support and worrying about somebody when you are not with them can slowly become part of everyday life. Recognising that caring role does not change your relationship with the person you love. You are still their husband, wife, partner, parent, son, daughter, sibling, grandparent, friend or neighbour. But recognising yourself as a carer can open the door to information, advice and support that could make that role a little easier.

## Do you know your rights?

Carers Rights Day is also an opportunity to remind carers about some of the rights and support that already exist.

### You can ask for a Carer's Assessment

If you are over 18 and provide unpaid care for someone, you can ask your local authority for a Carer's Assessment.

This looks at how caring affects your life and wellbeing and what support you might need. It is about you and your needs as a carer, rather than being an assessment of the person you support.

### You can tell your GP that you are a carer

You can ask your GP practice to record that you are an unpaid carer on your patient record.

Doing this can help your practice understand your circumstances and

may also help ensure that you receive relevant information about support or public health programmes for carers.

### You may be entitled to a free flu vaccination

If you are the main carer for an older or disabled person whose wellbeing could be put at risk if you became ill, you may be eligible for a free NHS flu vaccination.

For the 2026 vaccination programme, most eligible adults can receive their flu vaccination from 1 October, through services including GP practices and participating pharmacies.

## Working carers have rights too

Balancing employment with caring responsibilities can be incredibly difficult.

Employees have a statutory right to take **up to one working week of unpaid Carer's Leave in every 12-month period** to provide or arrange care for a dependant with a long-term care need.

This is a day-one employment right and the leave can be taken as a complete week or in individual days or half-days.

Employees also have the right to **request flexible working from their first day in a job**. This could include asking to change working hours, working days or where work is carried out.

A right to request does not mean that every request must be accepted, but employers are required to consider statutory requests reasonably and discuss them before refusing them.

## You have rights when someone leaves hospital

If the person you care for is being discharged from hospital, carers



should, where possible, be identified and consulted as part of the discharge process.

That matters because carers can often find themselves taking on considerably more responsibility once somebody returns home. Being involved in conversations about discharge can help ensure that everybody understands what support will be needed.

## You have protection against discrimination

The Equality Act 2010 can protect carers against direct discrimination or harassment because they are associated with somebody who is disabled.

Understanding your rights can be particularly important if you believe you have been treated unfairly

because of your caring responsibilities.

## Recognition is the first step

Of course, knowing that a right exists does not automatically make caring easy.

That is why this year's Carers Rights Day message is so important.

Before somebody can ask for support as a carer, they usually need to recognise that they are one. It could mean recognising that the colleague who regularly changes their shifts to attend their father's appointments is a working carer. It could be noticing that the friend who cannot come out anymore because they cannot leave their partner alone is providing significant care. It could mean a health professional asking somebody, ***"Does anyone rely on you for support?"*** Or it could simply mean having a conversation with somebody you know and saying, ***"Have you ever thought of yourself as a carer?"***

## We're here for you

If you are reading this and beginning to wonder whether you might be an unpaid carer, you do not need to have everything figured out before speaking to us.

You do not need to care for somebody for a particular number of hours. You do not need to live with the person you support. And you do not need to

stop being their husband, wife, parent, child, relative or friend and suddenly start thinking of yourself only as their "carer".

## Caring is something you do. It isn't all that you are.

Recognising the caring role simply means recognising that **your needs matter too.**

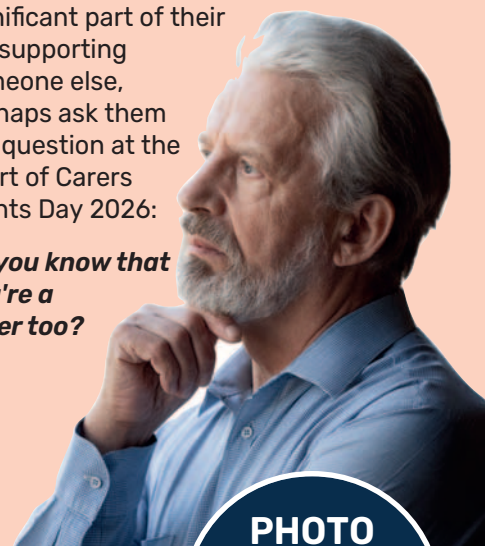
**This Carers Rights Day, our message from Blackpool Carers Centre is simple:**

***If somebody relies on you because of illness, disability, mental ill health, addiction or age, talk to us.***

We can help you understand your caring role, your rights and what support might be available.

And if somebody you know spends a significant part of their life supporting someone else, perhaps ask them the question at the heart of Carers Rights Day 2026:

***Do you know that you're a carer too?***



## PHOTO GALLERY

...special moments we want to share!



Information sharing on Wellbeing Wednesday



A huge thank you to the Sibley Family and Foxhall Masons for donating £400 to our Young Adult Carer project.



Adult carer receiving a pampering manicure on Wellbeing Wednesday



Adult carers relaxing meditation and yoga session with Lou



Young carers' 'Masterchef' session at Take 5



Young carers playing outdoors

# More than a carer: Finding friendship, fun and time to be young

**M**y journey with Blackpool carers centre started in 2024, when at just 11 years old, I found myself having significant caring responsibilities at home. At the time I was living with my grandad who has health conditions, but also my mum was hard of hearing and my sibling's dad had mobility issues.

In 2026 at the age of 14 I was referred back to the Carers Centre from the family's early help worker. Things had changed in my life a lot. I had experienced loss in the family and was living back with my mum, which meant I was still a young carer with the additional responsibilities of helping my 3 younger siblings.



I have been supported by Dannie both times and it was nice to have that familiar face when I can back through. The family knew Dannie and I felt the trust had already been built which was important to me as I was struggling with my own mental health.

## A Space Away from Caring

Being a young carer can bring responsibilities and worries that other young people of the same age may not experience or fully understand. My caring role had an impact on both my emotional and physical wellbeing. At times, I experience feelings of stress, anxiety, loneliness and isolation.

Coming to Blackpool Carers Centre has given me something incredibly important, time and space away from my caring responsibilities. It helps me to feel less alone and gives me the opportunity to talk to other young people who understand what it is like to have a caring role at home, without having to explain or justify how I feel.

With the support from Dannie and the Young Carers Team, I have also been able to enjoy experiences that allow me to step away from my caring role and simply have fun.

Among the highlights have been an exciting trip to Alton Towers, a

MasterChef-style cooking class and parties organised for young carers. And there is more to look forward to. I am particularly excited about an upcoming girly sleepover at Crookdale House in Stalmine.

These activities are about much more than having a good time. They provide opportunities to build friendships, develop confidence, create happy memories and enjoy valuable time away from the pressures that can come with caring.

## Knowing I'm Not Alone

For young carers, having somewhere they feel understood can make a real difference.

Through my continued involvement with Blackpool Carers Centre, I have found a place where I can meet others with similar experiences, talk openly and enjoy opportunities outside of my caring responsibilities.

Most importantly, I have discovered that being a young carer doesn't mean having to face everything alone.

With the right support around me, I can continue to care about the people I love while also having the opportunity to focus on something equally important: being 14, having fun and enjoying my own childhood.

Riley, young carer

# Give the Gift of Adventure: Walk The Big One!

**S**truggling to find the perfect present for the thrill-seeker in your life? Give them an unforgettable experience by gifting a place on Walk The Big One in Blackpool!



On **Sunday, 27th June 2027**, participants will have the rare opportunity to climb one of the UK's most iconic rollercoasters at Blackpool Pleasure Beach. Towering high above the Fylde Coast, this thrilling challenge promises breathtaking coastal views and an unforgettable sense of achievement.

Registration is £95 per person, with a minimum fundraising pledge of £150. Every pound raised directly helps Blackpool Carers Centre provide

essential support, advice, and respite activities for local unpaid carers and their families. To top off the experience, every participant will receive an official Blackpool Pleasure Beach medal as a lasting souvenir of their incredible feat.

With limited places available for this exclusive event, a ticket makes a truly unique and meaningful stocking filler or main present. Wrap up an adventure this Christmas and make a real difference in our community!

**To secure a place or learn more, contact Terry at 01253 393748 or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)**



*Walkers on their epic climb to the top of Blackpool's most famous rollercoaster!*

# Young Carers' Take 5 update

**S**ince our last update, we've packed in loads of fun at Take5. Our Summer Funfest Programme for young carers has wrapped up, and what a summer we had! We organised trips and activities for 86 different young carers, and every single one was full of adventure and some great memories made with our friends

This summer has been packed with fun, adventure and memorable experiences. We enjoyed Take5 sleepovers at the centre, beach days, and outdoor adventures at Beacon Fell. We also had exciting days at AirHop, the zoo and Lowlands Farm, giving everyone opportunities to be active, explore and enjoy new experiences.

For those looking for thrills, we had fantastic days out at Alton Towers and Gulliver's World, enjoying rides, attractions and plenty of excitement. A massive thank you to The Genies Wish Organisation who funded our trip to Alton Towers.

Overall, it has been a fantastic summer filled with fun, friendship, new experiences and lots of great memories.

Here's what some of our young people had to say:

*"My favourite trip from the summer holidays was Alton Towers because it was fun and I am surprised I went on the Wickerman. I learned that I'm not scared of fast rollercoasters as much as I thought."*

*"The summer activities that I went on with Take5 helped me have a massive break away from home that enabled me to relax, have time for myself to stop my mind from being so busy and have time with friends."*

*"The sleepover was incredible as I got to be myself for the night, I made a new friend, and I was able to relax and not worry about anyone at home."*



*"I liked the sleepover, it was the best thing I did during my summer as I loved being with others, trying s'mores, having pizza and it was my first time ever sleeping out away from home."*

*"The sleepover was the best for me this summer because I had fun and because it had helped other young people experience what is like to have a sleepover away from home and have a break themselves without having to worry about anyone. I also enjoyed the Beach Day trip as it was a chance for us to all mix together at different ages."*

*"Gulliver's World was the best as I got to go on a load of rides whilst there and have fun being with my friends."*

*"I really liked going to Beacon Fell as I found being there was so calm and peaceful, and the scenery was so nice. It was nice to be away from home."*



None of this would have been possible without the help of our incredible volunteers, Paul, Abbey, Andy and Patrick. Thank you so much for all your support over the summer!

Take5 sessions have now resumed, and it's been so lovely having everyone back inside the building.

We had a lovely visit from Dana and Danny from Blackpool Council at our sessions who delivered a fun handprint activity with us! Everyone enjoyed getting creative and leaving their own colourful mark.



The best part? These special handprints were projected onto Blackpool Tower, creating a wonderful collection of memories and showing all the amazing people who is going to be a part of International Peace Day.



Coming up, we've got our October half term activities booked and ready to go with a trip to Eureka, Movie and Lego Workshop evening, chippy and illumination walks and so much more to keep us entertained

And yep... Christmas is creeping up fast! We're already planning festive activities to end 2026 with a bang and roll into 2027 with plenty more in store.

Keep your eyes peeled for what's coming next! There's always something exciting around the corner at Take5 including a residential trip in February... but for now we will keep where we are going as a surprise until the next time.

**Suzanne,**  
Respite Activity Coordinator



# Fundraising and Community News from Terry

## Four Months of Fantastic Fundraising

The last four months have been another incredible period for fundraising at Blackpool Carers, with local businesses, supporters and individuals coming together to help us continue supporting unpaid carers. From golf days and summer BBQs to an international cycling challenge and the Great North Run, the generosity of our community continues to amaze us.

## The Glenn Willis Charity Golf Day

July saw a very special milestone for Blackpool Carers Centre as we renamed our annual Charity Golf Day to The Glenn Willis Charity Golf Day, in honour of a long-standing supporter, friend and champion of the charity. Glenn was passionate about helping local carers and was instrumental in supporting our fundraising efforts over many years, making it a fitting tribute to dedicate the event in his memory.

The inaugural Glenn Willis Charity Golf Day brought together businesses, golfers and supporters for what proved to be a fantastic celebration of community spirit, friendship and fundraising. Blessed with beautiful sunshine, teams enjoyed a great day on the course, taking part in the frying pan game, followed by an evening meal, raffle and presentations.

Thanks to the generosity of sponsors, players, prize donors and supporters, the event achieved a tremendous gross fundraising total of £9,873, making the first year under Glenn's name a huge success.

One of the most touching moments of the day came during the evening celebrations when Glenn's wife, Leanne, and all four of his children joined us for the meal. Two of Glenn's sons also took part in the golf day. It was incredibly moving to have the whole family together as we raised a glass in Glenn's memory, reflecting on the difference he made to so many people and celebrating the friendships, kindness and community spirit that he embodied. Their presence made the occasion even more meaningful and was a fitting tribute to a man who meant so much to Blackpool Carers and the wider business community.

We hope The Glenn Willis Charity Golf Day will become a lasting annual tribute to Glenn's legacy.



Glenn's children  
Lauren, Joe and Matty

## Aspirer and Fylde Damp Proofing Charity Golf Day

This summer also saw the return of the Fylde Damp Proofing & Aspirer Charity Golf Day, now in its second year. This successful event raised a tremendous £3,200 for Blackpool's carers.

A huge thank you to Arron from Darwen Construction, the teams at Fylde Damp Proofing and Aspirer, and everyone who attended, sponsored, donated prizes or supported the event in any way. Their continued commitment is making a real difference.

A fantastic day at  
The Village, Blackpool



## West Lancs Group

Kev and the team at West Lancs Group continued their fantastic support in raising £2,000 throughout September, with runners taking part in the Great North Run and by once again nominating Blackpool Carers Centre as the beneficiary of the raffle at their annual Charity Golf Day at St Annes Old Links Golf Club.

Their ongoing commitment as Caring Corporate members is greatly appreciated. Not only do they help raise vital funds for unpaid carers across our community, but they also play an important role in raising awareness of who we are and the support we provide.

A huge thank you to Kev and the entire West Lancs Group team for their continued generosity, partnership, and belief in our work.

Bracing themselves  
for the start!



## Handelsbanken Summer Barbecue

Our sincere thanks go to the team at Handelsbanken, whose Summer BBQ once again proved to be a tremendous success. Customers, colleagues and supporters raised an impressive £1,730 for carers' respite and support.

The Handelsbanken  
Team at The Glasshouse,  
Staining



# London to Paris Cycle Challenge

**S**eptember saw one of our biggest fundraising events of the year as an incredible team of cyclists took on the unforgettable journey from London to Paris in our 2026 Capital to Capital Cycle Challenge.

Covering approximately 200 miles over three days, this challenge certainly tested the riders' determination, resilience and teamwork. After months of training and fundraising, the team set off on an adventure that would push them both physically and mentally, all in aid of Blackpool Carers Centre.

**Day One** saw the cyclists ride from London to Newhaven. Battling strong winds and tackling what felt like an endless succession of hills, the team showed incredible determination as they made their way south to the coast. After reaching Newhaven, they boarded the ferry to Dieppe and a little 2 mile ride to the hotel, ready for the next stage of their challenge.

**Day Two** took the riders through the beautiful French countryside on a demanding route from Dieppe to Beauvais. More challenging climbs and long stretches of road tested tired legs, but the team's spirits remained high as they encouraged one another every pedal of the way.

**The final day** saw the cyclists leave Beauvais and head towards Paris,

through cute towns to amazing countryside there was always something to see. With the finish line drawing ever closer, excitement grew as the team navigated the final miles before reaching the French capital. The moment they caught sight of the Eiffel Tower made every hill, every headwind and every sore muscle worthwhile.

The challenge brought together supporters from across our corporate network and local community, all united by a common goal of supporting unpaid carers. The camaraderie shown throughout the event was remarkable, with cyclists supporting and motivating each other from start to finish. By the time they reached Paris, participants had not only completed an extraordinary physical achievement but had also raised vital funds that will make a real difference to local carers and their families.

**A huge thank you goes to our riders, supporters and sponsors, Bradburn Investments, Meridian Media and The Grand Hotel,** whose generosity helped make the



*Shattered but very proud cyclists in Paris*

challenge possible. Their support, alongside the incredible efforts of the cyclists, will help ensure unpaid carers in Blackpool continue to receive the vital support they need.

## Could you be part of our next Cycle Challenge?

If this incredible achievement has inspired you, why not join us on a future cycling challenge? Whether you're a seasoned cyclist or simply looking for a personal challenge while supporting a great local cause, we'd love to have you on the team.

Our cycling events are about much more than the miles. They're about teamwork, friendship, unforgettable experiences and making a real difference to the lives of unpaid carers across Blackpool.

## Great North Run Heroes

**We** were incredibly proud to have runners representing Blackpool Carers Centre at this iconic event.

Together, our Great North Run team raised an amazing £4,000. A special thank you goes to everyone who ran, donated, sponsored and cheered from the sidelines.



*Proud supporter Mark with his medal.*

## Thank you for making a difference!

**N**one of our achievements would be possible without the incredible dedication of our supporters, volunteers, business partners, and fundraisers. Whether you attended an event, bought a raffle ticket, sponsored a participant, donated a prize, or simply helped spread the word, you have played a vital role in changing lives across Blackpool.

Every pound raised enables Blackpool Carers Centre to continue providing essential support, expert advice, much-needed respite opportunities, and engaging activities for local unpaid carers. Together, we are ensuring that carers of all ages receive the recognition, care, and opportunities they truly deserve.

## Inspired to Get Involved?

Every single fundraiser featured in this issue started with someone deciding to make a difference - and you could be next!

Whether you fancy tackling a **cycle challenge**, taking on a **marathon**,

organising a **golf day**, or hosting a **workplace fundraising event**, we would love to hear your ideas.

We'll support you every step of the way to ensure your efforts directly benefit unpaid carers and their families in our community.

**To start your fundraising journey today, contact Terry Hodkinson at 01253 393748 or email [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)**



*R: The Women's Institute Group at the Scout Hut on Devonshire Road, kindly donated £400 of items for our carers. Thank you ladies.*

# Impact

## of Blackpool Carers Centre over the past year, thanks to your support...



Every £1 invested in Blackpool Carers Centre provides a Social Return on Investment of

**£15.57**



Our work with our carers' 'cared-for' has returned a value of

**£2,057,450**



The improvements in the financial situations of our adult carers generated a value of

**£509,087**



Our support meaning that our carers' 'cared-for' are less likely to require institutionalised care returned a value of

**£1,394,898**



Our work within Social Care teams returned a social value of

**£228,689**



Our adult carers returning to work generated a value of

**£357,164**



Our respite provision for young carers returned a value of

**£199,617**



The reassurance provided by Blackpool Carers to young carers with a low level of need generated a value of

**£1,832,870**



Our adult carers feeling less socially isolated returned a value of

**£337,001**



Our work with young carers with a high level of need returned a value of

**£506,303**



Our work within schools has returned a social value of

**£323,248**



Our work with GPs reducing unnecessary appointments returned a value of

**£368,550**

# Beyond Flowers: Bringing Warmth and Hope in Memory of Your Loved One

**When we lose someone dear, finding a meaningful way to honor their legacy can bring a sense of comfort and purpose during a difficult time.**

We are often asked how families can create a lasting tribute that reflects the kindness and spirit of their loved one.

**Memory Giving is a beautiful way to ensure their legacy lives on by supporting others in our community. By choosing to ask for donations in lieu of flowers at a funeral or memorial service, you are providing a lifeline to unpaid carers across Blackpool.**

These gifts allow us to continue offering essential respite, emotional support, and specialist advice to those who give so much of themselves to care for others.

Every donation, no matter the size, helps us provide a 'quality of life' for carers who may feel isolated or overwhelmed. It is a gift of hope, transformed from a moment of sadness into a future of support.

## Arranging Your Tribute

If you would like to name **Blackpool Carers Centre** as your **chosen charity**, please ask your Funeral Director who will manage collections on your behalf, or set up an online tribute page for your loved one on Memory Giving.

You can also request personalised donation envelopes from **Terry Hodkinson**, Head of Business Development and Fundraising on **01253 393748** or email: [terry.hodkinson@blackpoolcarers.org](mailto:terry.hodkinson@blackpoolcarers.org)

*Thank you for thinking of Blackpool's carers; your generosity ensures that no one has to care alone.*

Memory Giving

Blackpool  
**CARERS**  
Centre

## Our supporters and awards



Blackpool Council

BEAVERBROOKS



## Pass it on!

*Once you have read this magazine, please give it to a friend or someone you know who may be a carer, instead of putting it in the recycling. Thank you.*

If you require further hard copies of this magazine, please email: [kay.soper@blackpoolcarers.org](mailto:kay.soper@blackpoolcarers.org)

Thank you to the supporters who help to 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.

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

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*Speak* to a consultant on 0800 169 2329



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FOR JUST £1 A WEEK, OUR LOTTERY  
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**KEEP IT LOCAL!** - Your entry funds vital respite and support  
for more than **12,000 unpaid carers** across Blackpool - from  
children as young as **5 years old**, to elderly adults.



In aid of

Blackpool  
**CARERS**  
Centre

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or scan the QR code above.



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**1st Prize**  
**PLUS**  
**other great**  
**cash prizes**  
**EVERY**  
**WEEK!**



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