

Carers centres

'A carer is someone who provides unpaid, often intensive, support to family or friends who could not manage without that support. This could be caring for a relative, partner, friend or neighbour who is ill, frail, disabled or has mental health or substance misuse problems.'

A carer does not necessarily have to live in the same house, or be related to the person they look after. A carer often provides a range of support which may include personal care such as washing and dressing, practical care such as feeding and helping with medication, and emotional support such as providing company. Carers have a valuable role in helping people to manage at home, and we recognise that carers need help and support themselves.

There are seven carers centres in Lancashire offering a wide range of support, information, and much more to all carers who live in Lancashire.

Support and Information

Carers centres provide support and information to carers over the telephone, face to face or via email.

Regular carers support groups

Carers centres hold regular carers support groups throughout their local areas. These provide an ideal opportunity for carers to meet other carers, exchange information and offer mutual support.

Emergency planning

Carers centres offer carers the opportunity to create a plan which can be activated by the carer. The plan will ensure the person they care for is not left without help and support in the event of an emergency. Plans are free and are backed by a 24 hour emergency activation helpline number and up to 72 hours of free care from an approved domiciliary care agency.

Carers Forums

Carers have the opportunity to have their views and voices heard through the Lancashire Carer Forum. Carers centres can support carers to attend these meetings to raise their issues and influence local policy and decision making around services which may affect them.

Courses

Carers centres provide a range of free short and long term courses for carers. These courses cover a wide range of interests and are locally held throughout Lancashire.

Time for Me and Small Groups Fund

When carers have been registered with a carers centre for at least six months, they can apply for financial help from the 'Time for Me Fund' to get a 'break' from caring. The fund is provided by Lancashire County Council and can be used to pay for things like driving lessons, a holiday or an annual gym membership.

Trips and events

Carers centres arrange regular trips and events for carers throughout the year including sightseeing, shopping, theatre trips, parties, meals out and much more. These trips and events provide carers with a much needed opportunity to take a break from their caring role.

Newsletters

Each carer registered with the carers centre will receive a free regular newsletter to keep them informed of events, trips and courses available to them. The newsletter also gives up to date information specific to carers in their local area.

Therapy treatments

Many carers centres work in partnership with volunteer therapists to provide carers with free individual therapy treatments, giving them a break from caring. Some centres arrange 'pamper' and 'relaxation' days for carers, in partnership with local health spas and colleges.

Support is provided to all carers, including:

Parent carers

A parent carer is a person who provides help and support to a child under the age of 18 who has a disability or illness, for whom they have parental responsibility. Each carers centre has a dedicated parent carers development worker who can provide specialist information and support to parent carers.

Black and Minority Ethnic carers

Carers centres in Burnley, Pendle and Rossendale, Preston and Hyndburn and Ribble Valley have dedicated carers development workers who can provide bi-lingual information and support to black and minority ethnic carers.

Young carers

A young carer is a person under the age of 18 who is significantly affected by caring for a person with a long term illness or disability, including mental health issues and alcohol and drug misuse. Each carers centre has a dedicated young carers service which provides information, support, and 'time out' events for young carers.

If you think you are a carer and would like to access this support, please get in touch by telephoning the carers centre in your area listed across from this page. Professionals can also refer carers to the services by telephone, post or e-mail. Alternatively, professionals can register with their local centre and receive a range of literature, a free quarterly newsletter and carer referral forms.

Carers Centres	Contact Details
<p>Preston Carers Centre 28 Church Street Preston PR1 3BQ</p>	<p>Tel: 01772 200173 Email: info@prestoncarers.org.uk www.prestoncarers.org.uk</p>
<p>Wyre & Fylde Carers Point! No. 3 Errigal House, Avroe Crescent, Blackpool Business Park, Blackpool FY4 2DP</p>	<p>Tel: 01253 362140/5 Fax: 01253 407473 Email: admin@ncompass1.org www.ncompass1.org</p>
<p>Lonsdale District Carers The Cartmel Centre Euston Road Morecambe LA4 5NR</p>	<p>Tel: 01524 418278 Email: lonsdale@dcarers.freeseve.co.uk www.lonsdalecarers.co.uk</p>
<p>Chorley & South Ribble CVS Carers 1st 78 Towngate Leyland PR25 2LR</p>	<p>Tel: 01772 455459 Email: info@chorleyandsouthribblecvs.co.uk www.chorleyandsouthribblecvs.co.uk</p>
<p>West Lancs Carers Centre Certacs House 10/12 Westgate Skelmersdale WN8 8AZ</p>	<p>Tel: 01695 711243 Email: enquiries@prtwlcarers.org.uk www.prtwlcarers.org.uk</p>
<p>Carers' Contact Burnley, Pendle and Rossendale Carers Centre CVS 62-64 Yorkshire Street Burnley BB11 3BT</p>	<p>Tel: 01282 704604 Email: carerscontact@bprcvs.co.uk www.bprcvs.co.uk/cc</p>
<p>Carers Link Hyndburn & Ribble Valley Link House 23 King Street Accrington BB5 1PR</p>	<p>Tel: 01254 387444 / 01200 444899 Fax: 01254 385383 Email: info@carerslink.net www.carerslink.net</p>
<p>Signposts Young Carer's Project 58 Regent Road, Morecambe, LA3 1TE</p>	<p>Tel: 01524 419021 Email: youngcarers@signposts.org.uk www.signposts.org.uk</p>

For more information about our services visit: www.lancashire.gov.uk

To request information in 'easy read' format **large print; Braille;** or **audiotape** contact: **01772 534285.**

Alternative language information can be requested by contacting: **01772 532153.**