



Provides support for anyone who cares for a person with Mental Illness in Fylde or Wyre, call 01253 407473

Blackpool Carers Centre

Quality • Passion • Respect

Providing support for anyone who cares for a person with a mental illness in Blackpool, call 01253 393748



Voluntary charity offering support for sufferers of panic attacks and OCD. Helpline available 10am-10pm, call 0844 967 4848

ocdaction

Support for people with OCD. Includes information on treatment and online resources, call 0845 3906 232

Connect

For young people, provides sexual health advice, substance misuse help and counselling for people up to 25 years old. Call 01253 955856



Alcohol, drugs & sexual health support for people in Fylde & Wyre
Call 01253 742 710/ 877 633

Crisis Home Treatment Team

Available 24 hours every day.

Call or text name and number to 01253 956280

Mental Health and Well Being Helpline

If you need to talk, feel alone or in crisis, call 0800 915 4640



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Young suicide prevention society.

Call HOPE line UK 0800 068 4141

Lancashire Womens Centres

Providing support and emotional Wellbeing and specialised therapy for women only. Call 01253 290007



Support and advice for people living with mental illness.

Call 0300 5000 927

relate
the relationship people

Support and help for couple and family relationships.

Call 0300 100 1234

SAMARITANS

A 24 hour service available every day of the year
Call 116123



Emotional support and information
for anyone affected by mental illness.
Call 0300 304 700

*Minds*matter

Provides free talking therapies to adults in the Fylde and
Wyre Area, call 01253 955 943



Provides free talking therapies to adults in Blackpool.
Call 01253 955 700



A resource dedicated to
preventing the suicide of
men under 45 years old
Call 0800 585 858



Somewhere to turn when someone dies

For Blackpool, Fylde & Wyre, call 01253 686 668



Emotional support and counselling
for bereavement through cancer.

Call, 01253 595 552



Alcoholics Anonymous
Support with recovering
from alcohol addiction (24/7)

Call 0845 769 7555



Narcotics Anonymous
Daily (12pm-12am)

Call 0300 999 1212

A stylized orange arc with a starburst at its right end.
HORIZON

Alcohol, drugs & sexual health support

Alcohol, drugs and sexual health support
for people in Blackpool.

Call 01253 205156 / 205157 / 205158

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Blackpool Coastal
Housing

A WARM WELCOME AWAITS YOU AT AYSGARTH COURT COMMUNITY CENTRE!

EVERY MONDAY FROM 7TH NOVEMBER - 12TH DECEMBER
11AM - 3PM

Hot food and drinks provided (£1 suggested donation)

Raffle prizes such as slow cookers and items that will help keep you warm this winter

Activities such as games and puzzles. You can also get involved organising other things like bingo or quizzes

FEEL GOOD AND KEEP WARM BY USING OUR
CENTRES AND TALK TO YOUR FRIENDS,
NEIGHBOURS AND OTHER PROFESSIONALS
SUCH AS BCH STAFF, THE POLICE,
BENEFITS AND MENTAL HEALTH.

AYSGARTH COURT, (OFF HIGHFIELD ROAD) FY4 5LX



Introducing our free Lloyds Bank Academy drop in session to help you make the most of digital and stay safe online.

Boost your digital skills

Join us for a free drop in session that will help you gain the digital skills you need to make the most out of your device and stay safe online.

We can help you with

- The essentials for using your device
- How to keep your personal information secure online
- How to recognise suspicious links/ Best practices, hints and top tips
- Step up online/mobile banking
- Online food shopping
- Using NHS and Government websites
- Video calling and social media
- Booking GP appointments

This is a great opportunity to bring your own device (mobile, laptop, tablet etc) and ask our expert trainer any questions you may have.

For free on-demand learning visit: www.lloydsbankacademy.co.uk where you will find a wealth of resources to help you boost your skills.

Free workshop

Date

30th of November 22

Time

9:30am – 1pm

Location:

Anchorsholme Library
Luton Road
Blackpool
FY5 3RS



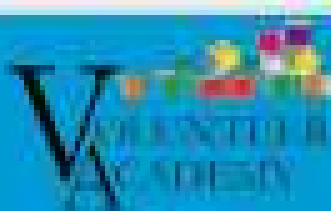
SH HUB

@SOUTHSHORE

120 Highfield Road, Blackpool FY4 2JF
 Telephone 01253 405490. Follow
 us on Facebook: all about south shore & the
 hub at south shore

Monday	10am-12noon	Art Group Watercolours, oils, acrylic or sketching everyone welcome to our self help group
Tuesday	10am-12noon	Craft It Whether you're an experienced crafter or beginner this class is for you. Knitting, embroidery, jewellery and much more
	2pm-4pm	Sue's Internet Social Struggling to access the internet? Join this lively group for internet browsing
Wednesday	10am-12noon	Scrabble Make new words and New friends at this social class. All levels welcome
	10am - 2pm	MacMillan Living with cancer is never easy. Having the right kind of information and support is essential. Call in for a brew and a chat
	6.30pm-9pm	Sewing All stitchers welcome to this social, self help group Dressmaking to patchwork. Don't struggle at home let us help
Thursday	10am-12noon	Pat's Cards Make your own cards for those special people in your life.If you've never done it before don't worry we will help
	2pm-4pm	The Club From darts to Dominoes, card games to Kurling. Come and enjoy the fun!
Friday	12.30-1.30pm	Weight Management Learn about Nutrition and exercise (Free class)
	2pm-4pm	Art Group Watercolours, oils, acrylic or sketching everyone welcome

There is a small charge for all classes (Tea, coffee and biscuits are included)



Drop In Sessions

Find out how to get involved in:

Borrowteers

Parents
Idea
Factory

Learning
2
Feed

Early
Years
Volunteers

Community
Champions

Recycle
2
Cycle

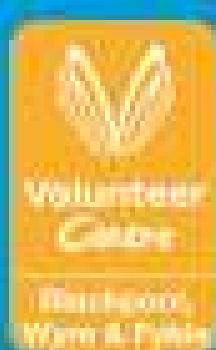
Dads
4
Life



Registered Charity No. 1025164
Company Limited by Guarantee registered
in England (and Wales) No. 5746723

SCAN HERE FOR
OUR SOCIALS





Drop In Sessions at the following dates and locations:

North Family Hub (Grange)

15th Oct
2:30pm - 4:30pm

2nd Nov
2:30pm - 4:30pm

16th Nov
2:30pm - 4:30pm

15th Dec
2:30pm - 4:30pm

Central Family Hub (TAB)

15th Sep
2:30pm - 4:30pm

9th Oct
2:30pm - 4:30pm

20th Oct
2:30pm - 4:30pm

6th Nov
2:30pm - 4:30pm

8th Dec
2:30pm - 4:30pm

South Family Hub (Green)

20th Sep
2:30pm - 4:30pm

20th Oct
2:30pm - 4:30pm

10th Nov
2:30pm - 4:30pm

1st Dec
2:30pm - 4:30pm

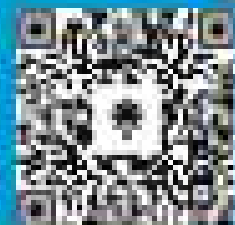
Wash Your Words Drop In
Every Wednesday 2:30pm - 4:30pm
Come and join us for a coffee and chat and see where the Volunteer Academy can take you.



SAM.SMITH@BLACKPOOLVOLUNTEERS.ORG.UK
FOR MORE INFO



SCAN HERE FOR OUR SOCIALS





**FUNDING
AVAILABLE!**

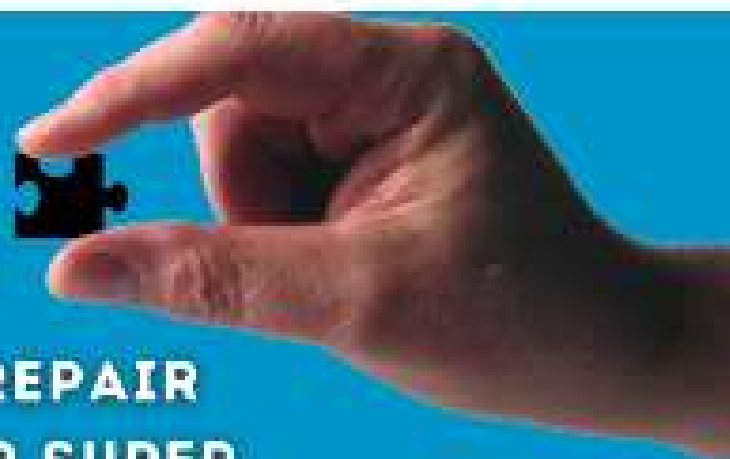
**HOMEOWNER ON A LOW INCOME?
BROKEN OR FAULTY
BOILER?**



Cadent
Foundation

Cadent
Your Gas Network

**WE'RE THE
MISSING PIECE
OF YOUR PUZZLE!**



**OUR DEDICATED CARE & REPAIR
TEAM CAN HELP WITH OUR SUPER
SUPPORT SERVICE...CONTACT US TODAY!**

☎ 01253 476646 ✉ CARE&REPAIR@BCH.CO.UK

WWW.BCH.CO.UK/CARE-AND-REPAIR

**OUR WARM AND HEALTHY HOMES PROJECT IS HELPING
BLACKPOOL RESIDENTS TO LIVE IN WARM, DECENT,
SAFE AND SECURE HOMES.**



Free* boiler service, replacements or repairs available for homeowners

The Importance of Getting Your Boiler Serviced

- **Safety** - all appliances that burn wood or fossil fuels (such as natural gas) could produce poisonous carbon monoxide (CO) if they are not working properly, so to keep your family safe, your Gas Safe registered engineer will check your boiler for CO.
- **Keep your warranty valid** - our warranties require that your boiler is annually serviced by a Gas Safe registered engineer. Failure to do so could invalidate your warranty, resulting in expensive repair bills, should your boiler break down.
- **Fewer breakdowns** - as you would expect when you take your car for its MOT, when you have your boiler serviced, all the main components are checked for wear and tear and replaced if necessary. That means that it is less likely to breakdown when you need it the most, particularly in the cold winter months.
- **Efficiency** - a well-maintained and regularly serviced boiler will work more efficiently. This means you are using less fuel and reducing your energy bills.

☎01253 476646

✉ care&repair@bch.co.uk



*Free service, replacements or repairs are subject to individual circumstances and proof of tenancy may be required.

The Warm and Healthy Homes project

Everyone has the right to live in a warm, decent, safe and secure home

The Warm and Healthy Homes project launched on 1st December 2021, in partnership with Cadent and Cadent Foundation.

Supporting households of all tenures, Care & Repair's free service will run for two years to help ensure Blackpool residents can save money and stay warm at home.

Clients will receive an assessment of their needs by a Caseworker and the following support can be provided, tailored to **each individual**:

Affordable warmth advice and assistance, including: warm homes discount, priority services register, understanding and reducing fuel bills, energy efficiency, budgeting money, dealing with fuel debt, fuel incentives, tariff differences, switching, smart meters, green measures, addressing damp and more.

Support to access funding for various measures as required, including: boiler servicing, repairs, replacements, green measures, emergency heaters, double glazing, draught excluders, winter warm packs, fuel top-ups, essential household goods, food parcels and more.

Support to access broader health and wellbeing services, including: befriending, community activities, employment support, volunteering, mental health services, advocacy, adult learning and more.

A discretionary emergency fund is available which will be used in conjunction with any other funding available, to assist homeowners on a low income and with a medical condition/disability to repair or replace their heating, gas and electrical appliances.



Tel: 01253 476646 Email: care&repair@bch.co.uk

Are substance misuse problems and/or mental ill health affecting YOUR family?



Our Family Focus Project can help!

Blackpool Carers supports families where one or more parents have been identified as having substance misuse* problems and/or mental ill health, offering intensive practical and emotional support to both adults and children living within the household.

For more information, please call Jade or Carla on

01253 393748

or email: jade.titford@blackpoolcarers.org or carla.talbott@blackpoolcarers.org

*Alcohol and/or drug use

Blackpool Carers Centre

Quality • Freedom • Respect

Charity No. 1118588

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

www.blackpoolcarers.org



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

Come along to our monthly support group:

ReFocus & ReCharge

on the third Friday of every month*

10.30am-12.00pm

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

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

For more details, contact
Carla Talbott on 01253 393748

**may be subject to change on Good Friday*

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 5114628

Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

www.blackpoolcarers.org



**MAKING
CARERS COUNT**

Working in partnership with Carers Trust

*Funded by Making Carers Count,
a Carers Trust partnership programme
supported by the Carol-13 Support Fund.*





**Are you aged 16 to 25
and do you look after a
family member or friend?**

If you care or support someone who has a physical illness or disability, mental ill health, or has problematic use of drugs or alcohol, you are a carer and we are here to support you.

Blackpool Carers is a local charity and here to help you in any way we can, so don't struggle alone!

For more information on our service and how we can support you, contact Amy on 01253 393748 or email: amy.williamson@blackpoolcarers.org

Blackpool Carers, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ
Tel: 01253 393748 Email: admin@blackpoolcarers.org

www.blackpoolcarers.org



Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

Take 5 Sessions

Take 5 Sessions are held for young carers at Beaverbrooks House (during term time only) on the following days:

- Take 5 Primary - Thursdays 4.00-6.00pm
- Take 5 Secondary - Wednesdays 4.00-6.00pm

We also hold other groups at various times throughout the year.

Other Sessions

- Resilience Stories Project - Tuesday 4.00pm-5.30pm
- Take 5 Creative Artz - Every Friday 4.00-5.30pm
- Duke of Edinburgh - Every Monday 4.30pm-6.30pm
- Super Saturdays - Take 5 Fun and adventures - One Saturday per month



Having fun in the Beaverbrooks House garden



Learning with new technology

What is a Young Carer?

Young carers are children and young people under the age of 18 years, who provide care to another family member who has a physical illness or disability, mental ill health, sensory disability or has problematic use of drugs or alcohol and the level of care they provide would normally be undertaken by an adult, thus impacting adversely on their childhood.

Young carers do lots of different jobs to help support their family

- Giving emotional support
- Shopping
- Cleaning
- Cooking family meals
- Managing money and paying bills
- Providing personal care such as washing, dressing, or giving medicine
- Looking after younger brothers and sisters

Being a young carer means you may have problems at school, such as

- Not being able to concentrate in class
- Feeling tired all the time
- Feeling worried about what is happening at home
- Not having time to do homework
- Being bullied
- Getting into trouble with teaching staff

There may be times when you

- Worry about the person you care for
- Feel embarrassed to talk about what you do
- Find school life difficult to manage
- Miss out on spending time with your friends

Contact Details

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

Tel: 01253 393748

Email: admin@blackpoolcarers.org

You can also send us a message using the 'Contact Us Form' on our website:

www.blackpoolcarers.org

Beaverbrooks House is open 9.00am-5.00pm
Monday to Friday and some weekends.
Please ring before you visit.

[facebook.com/blackpoolcarers](https://www.facebook.com/blackpoolcarers)

@BlackpoolCarers



To make a donation to provide respite for our carers

Text **BLACKPOOLCARERS to 70085**
to give £5*

*Up to a total of your standard network rate

OR

JustGiving



Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114998



Blackpool Young Carers

An introduction to the service



- Residential breaks
- Consultation events and forums
- Respite sessions (Free activities and food provided)

Amber (Medium Need)

- The young carer cares for either parent, sibling or other person.
- The young carer is a primary carer (as above) and is largely coping well with this role, does not experience any significant problems.
- The young carer is a secondary carer (not the main carer but still carrying out significant roles on a regular or substantial basis) and experiences significant problems.

Support offered for Amber Status Young Carers:

- Family support plan
- Some trips and activities
- Consultation events and forums
- Respite sessions (Free activities and food provided)

Green (Low Need)

- The young carer cares for a parent, sibling or other person.
- A primary or secondary carer who is coping well and does not experience any significant problems.
- A young person who is affected by the care needs of a parent, sibling or other family member and is considered to be at risk of becoming a young carer.

Support offered for Green Status Young Carers:

- Youth Club (Free activities and food provided)
- Invitation to one-off events eg. fun days and Christmas Party
- Consulted on views on young carers issues.

What sort of support do young carers receive?

The support each young carer receives depends on the level of care they give.

Each young person will be assessed and given a RAG (red, amber or green) status.

The criteria for each status, together with support available is shown below:

Red (High Need)

- The young carer is the primary or main carer (providing all or the majority of care on a regular or substantial basis) and taking on a caring role normally undertaken by adults.
- The young carer cares for one or both parents, or a parent and sibling(s).
- The person(s) they care for has a significant problem with mental health, substance misuse (including alcohol), chronic or severe ill-health or disability.
- The young carer is experiencing significant problems identified through the assessment process.

Support offered for Red Status Young Carers:

- One to one work
- Family support plan
- Whole family support
- Trips and activities



An exciting day out go-karting

Blackpool Carers Centre

Quality - Passion - Respect

Charity No. 1114568

Support for people caring for someone with dementia *for families living in Blackpool*



Dementia Awareness Course for carers

Blackpool Carers run FREE courses to help you care for someone with dementia.

Subjects covered include:

- Causes and symptoms of dementia
- Managing difficult emotions such as frustration and guilt
- Coping strategies and looking after yourself
- Communicating with someone who has dementia
- Managing difficult or aggressive behaviour
- Planning for the future, difficult decisions and accessing support

The course is designed to give carers opportunities to talk about their own situation; to offload some of the difficult things they may be experiencing; to receive moral support from others in a similar situation; and be provided with information about dementia.

Refreshments will be provided.

For some courses, we may be able to support the person you care for, to enable you to attend. They would be supported by a trained volunteer to participate in activities at the same venue as your course.

Please contact us for dates, times and more information.

If you care for and support someone with dementia who lives in Blackpool, we can support you in a range of ways:

- 1:1 emotional support
- Benefit advice and applications
- Referral to Adult Social Care for needs assessment
- Referral to Adult Social Care for Carer Assessment
- Information and signposting to other organisations
- Liaison and advocacy support with other services
- Respite activities



Dementia Carers' Drop-in

Every Thursday 1.30-3.00pm

at Blackpool Carers, Beaverbrooks House,
147 Newton Drive, Blackpool

An informal group for carers and the person they care for with dementia. A range of activities will be available or simply sit and have a chat.

Please contact us for details and to book your place as numbers are currently limited.

For more information or to make a referral, please contact us on
01253 393748 or email: admin@blackpoolcarers.org

Blackpool Carers | Beaverbrooks House | 147 Newton Drive | Blackpool | FY3 8LZ

www.blackpoolcarers.org





BLACKPOOL FOOD BANK

supporting our front-line partners
with emergency food for homeless

THE BRIDGE PROJECT <i>FOR 26 years & over</i> 9am to 11:30 - Breakfast/hot shower and.... 12:30 to 2pm £1 — Hot meal & Takeaway food.	Monday Tuesday Thursday Friday	Salvation Army, Raikes Parade, FY1 4EL
BLACKPOOL STREET ANGELS Free — hot meal & takeaway food	Mon 19:00 - 20:00	Bank Street Car Park, FY1 2DT
COMFORT CAFE C.A.F.E. (Formerly New Comfort Zone) Free — hot meal & takeaway food	Tue 11:00 - 12:30	St Thomas' Church, 135 Counce St, FY1 3NJ
ST PETER'S CHURCH Hot meal, fruit, cakes and hot drink Free, and for people of any age.	Tue 6pm	St Peter's Church 190 Lytham Road FY1 6DJ
ST MARK'S CHURCH Breakfast	Thurs 10:00 - 12:00	The Well Café, Westcliffe Drive, FY3 7HR
SACRED HEART CHURCH Free — emergency food	Thu & Fri 10:00 - 11:00	Green doors at church house 17 Talbot Road, FY1 1LB
HOLY CROSS CHURCH Free—Hot meal and take away food	Saturday 4:30 - 6pm	Central Drive Blackpool, FY1 6LA
ST MARK'S CHURCH Free — hot meal & takeaway food	Sun 15:00 - 17:00	The Well Café, Westcliffe Drive, FY3 7HR

For more information on support for the homeless and other organisations locally, visit:

streetsupport.net/blackpool



BLACKPOOL COMMUNITY FOOD PANTRY



**Choose to spend £5-£10
Your choice every order**

**Sample of added food, products
vary weekly but value always £15+**

YOU CHOOSE £5 -£10 worth of Tins/Packaged Food from list
overleaf Items are charged at supermarket prices or below

WE ADD FREE Bakery, Fruit & veg, Dairy, Fresh and Frozen Food
Minimum Value £15. Ensuring your shop has a value of £20-£25
Order Form On reverse Collect by appointment or Delivery £2

ORDER VIA EMAIL

hisprovision4blackpool@yahoo.co.uk

VIA FACEBOOK

His Community food pantry

COLLECTIONS OR ANY QUERIES TEXT OR PHONE 07928 262653

**COLLECT FROM LIFE CENTRE, 1 RAIKES PARADE FY1 4EY
OR MOBILE COLLECTION POINT GRANGE PARK**

**DELIVERIES FY1&FY4 POSTCODES TEXT ORDER TO 07704 031100
OR FY2,FY3 & FY5 TEXT ORDER TO 07561 697331**

His community Food Pantry is a charity arm of His Provision CIC
Company No. 08554236 Registered Address 272-274 Central Drive, FY1 5JB

Winter's FAIRY Trail

FREE
family event
No booking
required.

**Revoe Park
Community Garden**

**Wednesday 7th
December 2022
3.30pm - 4.30pm**

Join us on a magical adventure to discover the enchanted fairy trail. Follow the fairy lit path to find all the hidden fairy houses nestled away in the garden. Then join us for carol singing by fairy light, hot chocolate and refreshments.

For more information find us on Facebook - Blackpool Park Rangers or email parks@blackpool.gov.uk



BLACKPOOL PARK RANGERS

WINTER CRAFT SESSIONS

We're getting ready for our Fairy Trail event
and need your help!

Join us for a fairy crafting session and enjoy
Christmas music and free refreshment.



Monday 7th, 14th, 21st, 28th November
at Claremont Park Community Centre 1pm-2.30pm

Wednesday 9th, 16th, 23rd, 30th November
at Stanley Park Visitor Centre 1pm-2.30pm

Friday 18th, 25th November
at His Provision CIC on Central Drive 1pm-2.30pm

BECOME A BORROWTEER TODAY!

WE ARE NOW LOOKING FOR
VOLUNTEERS FOR OUR BRAND NEW
BORROW IT BLACKPOOL SCHEME



If you are interested in helping in any of
the following, contact our socials or
contact Emma:

emma@blackpoolvolunteers.org.uk for
more information



- Collecting and itemising donations
- Membership management
- Enquiry handling
- Item repair
- Item delivery and collection (Cycling)
- Promotion



SCAN HERE FOR OUR SOCIALS



MINE YOURS OURS

#JOINOURTEAM



Disability First

Supporting people since 1992

Celebrating 30 years of Charity work within
the community



Join us for a Festive Fundraiser and Hotpot ^{Santa} Supper at

The Carousel Hotel, New South Prom, Blackpool

Thursday 24th November 2022

From 19:00 till late



Tickets £15 per person

phone Disability First: 01253 472 201 or

Email: Volunteers@disabilityfirst.org

