



Kingsway  
 Greenhurst Place  
 Blackburn BB2 1NA  
 Tel: 01254 688440 Fax: 01254 688441  
 email: office@bwdcarers.org.uk

**Supporting you so you can help those you care for**

## WHATS ON IN OCTOBER 2024

<b>Date &amp; Time</b>	<b>New Activities for this month</b>
<p><b>Thursday 10<sup>th</sup> October</b>  <b>10 am to 12 m.</b></p>	<p style="text-align: center;"><b>World Mental Health Day Celebration</b></p> <p>World Mental Health Day is celebrated every year on the 10th of October. This year the theme is “Mental health in the workplace”. The theme highlights the importance of addressing mental health and wellbeing in the workplace.</p> <p>On the day we will be talking about the importance of taking care of your mental health and wellbeing. (information, social activities, refreshments, raffles and much more ...)</p> <p>We will be working on a memory box, a container where you keep items that hold special significance or evoke cherished memories. It could be a physical box or a digital one. You might want to store letters, photographs, souvenirs, or mementos from significant events.</p>
<p><b>Friday 11<sup>th</sup> October</b>  <b>2 pm to 3 pm</b></p>	<p style="text-align: center;"><b>Creative Journaling</b></p> <p>Journaling is the act of keeping a record of your personal thoughts, feelings, insights and more. This can be done in different ways like writing, drawing, or typing.</p> <p>Bring along photos, memories, newspaper clippings, messages, affirmations, pictures, inspirational quotes, leaves, flowers, distinct colours or fonts. Anything that is seen as meaningful and unique to your personality.</p> <p>The therapeutic activity is running by trained counsellor</p> <p style="text-align: center;"><b>Activity Free</b>  <b>8 places available</b></p>

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<p><b>Tuesday 15<sup>th</sup> October</b> <b>9.30 to 12</b></p>	<p><b>Mindfulness morning at the Sanctuary of Healing</b> The Sanctuary of Healing offer a beautiful mindfulness session a perfect place in a friendly atmosphere. A dedicated centre offering healing and guidance for mind, body, and spirit – a nexus of tranquility and joy, helping visitors achieve the very best quality of life and spiritual connection. <b>12 places available</b> <b>Price: £ 5</b></p>
<p><b>Tuesday 22<sup>nd</sup> October</b> <b>12.30 to 2.30 pm</b></p> <p><b>Carers Over 50</b></p>	<p><b>Lunch at East Lancashire Hospice</b> Come alone to East Lancashire Hospice and enjoy freshly homemade meals prepared and cooked by incredible chefs and served by friendly Café Retreat front of house team. <b>Price £5</b></p>
<p><b>Wednesday 23<sup>rd</sup> October</b> <b>9.15 to 3.00 to be back around 4 pm at Kingsway</b></p>	<p><b><u>Bury Market</u></b> A large Multi-Award Winning Market located at the heart of Bury. The Market has over 350 stalls . Winner of many Awards for being the best market in the North of England. Don't miss the opportunity to explore this amazing city. Book your place at reception now! <b>Price adult : £5.00 Children : £ 2.50</b></p>
<p><b>Thursday 24<sup>th</sup> October</b> <b>1pm -2.30 pm</b></p>	<p><b>Craft DIY &amp; Upcycling projects</b> DIY and upcycling projects are a fantastic way to get creative. Engaging in creative activities can be meditative and relaxing, Everyone is welcome to be part <b>Contact Lesly Vela for more details.</b></p>

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<p><b>Thursday 24th October</b>  <b>4pm to 6pm</b></p>  <p><b>YOUR</b>    health.future.say.</p>	<p><b>Event Location at Blackburn College</b></p> <p>An event by NHS to start the conversation with people who live and work across Lancashire and South Cumbria area so they feel informed and involved in decisions that will help the NHS transform to be fit for the future. More information and to book your place scan the QR code or visit the website:</p> <p><a href="https://www.lancashireandsouthcumbria.icb.nhs.uk/roadshows">https://www.lancashireandsouthcumbria.icb.nhs.uk/roadshows</a></p> 
<p><b>Wednesday 30th October</b>  <b>1pm to 3 pm</b></p> <p><b>Carers Over 50</b></p>	<p><b>Quiz, Lunch and Walk (if the weather permitted if not, don't worry just coming for the Quiz and Lunch) Cares Over 50's</b>  <b>10 places available</b></p> <p>Join us to our fun Ghost Walk around Blackburn Town with Kevin and Allison will be giving us a tour story. .</p> <p>Please feels free if you want to have any custome on</p>
<p><b>Thursday 31st October</b>  <b>9.15 to 3 pm to be back at 4 pm</b></p>	<p><b>Trip to Liverpool</b></p> <p>Discover one of the most unique cities in the world. Liverpool is known for its incredible history, music, football, culture, comedy and more.</p> <p><b>Price: 8 Pound</b></p>

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<p><b>Thursday 31<sup>st</sup> October</b>  <b>1 pm to 3 pm</b></p>	<p><b>Personal Wellbeing - Confidence Building</b></p> <p>A new course starts at the end of October for 4 weeks to be every Thursday delivered by Blackburn with Darwen Adult Learning delivered by wellbeing coach</p> <p>This course will support you in developing strategies around building and maintaining self-confidence.</p> <p><b>It is important that you are available for all 6 sessions</b>  <b>Please contact Lesly for more details and question around this course.</b></p>
	<p><b><u>Do you support someone with Neuro Diversity?</u></b></p> <p>Get in touch with us Your local service supporting families and friends caring for someone with Neuro Diversity, either pre or post diagnosis.</p> <p>Our services include:</p> <ul style="list-style-type: none"> <li>○ Free and Confidential 1-1 support and advice</li> <li>○ Targeted support groups, activities and workshops</li> <li>○ Information and guidance</li> <li>○ Info on practical matters such as how to help your loved one</li> <li>○ Open door service</li> <li>○ Counselling</li> </ul> <p><b>Contact Isma on 01254 688440 or email <a href="mailto:isma.sajid@bwdcarers.org.uk">isma.sajid@bwdcarers.org.uk</a></b></p>
<p><b>Date &amp; Time</b></p>	<p><b>Regular Activities for this month</b></p>
<p><b>Every Monday</b>  <b>10am – 12pm</b></p>	<p><b><u>Asian Carers Group</u></b></p> <p>Asian Carers will be meeting at Kingsway and other venues depending on the weather, there will be a host of craft, gardening, social, wellbeing and learning activities to do.</p>

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<p><b>Every Monday</b></p> <p><b>1.30pm – 3.30pm</b></p> <p><b>£3 per session</b></p>	<p style="text-align: center;"><b><u>Respite Service</u></b></p> <p>For carers to get a couple of hours respite, you can leave the person you care for at our Respite Service for stimulating activities and some social interaction, your loved one will be entertained for a couple of hours while you get a break.</p>
<p><b>Every 2<sup>nd</sup> Monday of the month</b></p> <p><b>10am – 12pm</b></p>	<p style="text-align: center;"><b>Coffee Morning</b></p> <p>Just want to talk to other carers and have some time out, why not join us for a morning cuppa at Kingsway.</p> <p style="text-align: center;">Meet other carers and get information from our friendly staff.</p>
<p><b>Every 1<sup>st</sup> Tuesday of the month</b></p> <p><b>1pm – 3pm</b></p>	<p style="text-align: center;"><b><u>Memory Café (Dementia Café)</u></b></p> <p style="text-align: center;"><i>For Carers &amp; Cared For</i></p> <ul style="list-style-type: none"> <li>✚ Support for people who live with Dementia including their carers</li> <li>✚ A safe and comfortable environment</li> <li>✚ Information and Advice</li> <li>✚ Activities</li>   <li>✚ The chance to exchange experiences</li> <li>✚ Tea and coffee</li> </ul> <p>The café offers people who are affected by Dementia including their carers, a chance to relax, socialise and meet new people who really understand.</p>

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<b>Date &amp; Time</b>	<b>Regular Activities for this month</b>
<p><b>Every last Tuesday of the month</b></p> <p><b>29<sup>TH</sup> October</b></p> <p><b>1pm – 3pm</b></p>	<p style="text-align: center;"><b><u>Dementia Peer Support Group</u></b></p> <p>Advice and Information on health and wellbeing for you and the person you care for.</p> <p>Support for carers of people with dementia time to offload and bring any issues you are having to the group.</p> <p>More Info contact: <a href="mailto:Kulsum.Chishti@bwdcarers.org.uk">Kulsum.Chishti@bwdcarers.org.uk</a></p>
<p><b>Every Wednesday</b></p> <p><b>10am – 12pm</b> <b>Advanced class</b></p> <p><b>1pm – 2.30pm</b> <b>Beginners class</b></p> <p><b>£2 per session but have to book for 6 sessions</b></p>	<p style="text-align: center;"><b><u>Sewing Group</u></b></p> <p>Our Sewing Class run by a very experienced seamstress and tutor.</p> <p>Come and learn, make friends and develop your sewing skills, whether you already have some or you want to learn.</p> <p>An ongoing course which will give you a foundation to work on various projects, the course includes:</p> <ul style="list-style-type: none"> <li>○ Setting up your machine and getting started, learning about basic tools you need.</li> <li>○ Taking measurements</li> <li>○ Learning about different seams and stitches</li> <li>○ Pattern Cutting, pinning, button holes, zips, hemming, using interfacing.</li> <li>○ Pattern Cutting, pinning, button holes, zips, hemming, using interfacing.</li> <li>○ An opportunity to learn new skills!</li> </ul>
<p><b>2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month</b></p> <p><b>10am – 12pm</b></p>	<p style="text-align: center;"><b><u>National Autistic Society Coffee Morning</u></b></p> <p>Hold regular coffee morning at Kingsway for Carers of Autism</p> <p>New members are always welcome, contact Joanne 07887838168</p> <p style="text-align: center;"><b>Email: <a href="mailto:nasblackburnwithdarwenbranch@nas.org.uk">nasblackburnwithdarwenbranch@nas.org.uk</a></b></p>

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<p><b>Every Thursday Starting on the 17<sup>th</sup> October 10.30 am to 12</b></p>	<p style="text-align: center;"><b><u>Life after Caring</u></b></p> <p>A SIX WEEK COURSE TO HELP FORMER CARERS MOVE FORWARD AND RE-ESTABLISH A LIFE OF THEIR OWN AFTER CARING.</p> <p><b>WHO IS THE COURSE FOR?</b> The course is for anyone who has left their caring role for any reason</p> <ul style="list-style-type: none"> <li>○ parent whose son or daughter has gone onto independent living</li> <li>○ A smaller child who has started full time education</li> <li>○ Bereavement</li> <li>○ Person going into full-time residential care.</li> <li>○ Separation or divorce from the cared for person perhaps due to mental</li> <li>○ health or substance misuse.</li> </ul> <p style="text-align: center;">○</p> <p><b>WHAT IS THE COURSE?</b> A six-week course looking at practical and emotional issues around the ending of a caring role. Relaxation, practical work, volunteering, finances and benefits plus much more.</p> <p><b>HOW WILL THE COURSE HELP?</b> Engaging carers to open up about the difficulties associated with the ending of a caring role and looking collectively. To find strategies to help the carer to move forward and establish a life of their own.</p> <p style="text-align: center;"><b>It is important that you are available for all 6 session</b></p>
<p><b>Every Thursday 10am – 12pm</b></p>	<p style="text-align: center;"><b><u>Digital Support at Kingsway</u></b></p> <p>Do you need internet access or help using a computer?  <b>Use our computers for free. Support is on hand for:</b></p> <ul style="list-style-type: none"> <li>○ Applying for jobs,</li> <li>○ Filling in forms.</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Setting up email</li> </ul> <p><b>Booking is essential – 30-minute appointments will be allocated between 10am – 12pm</b></p>
<p><b>Every Thursday</b></p> <p><b>11am – 1pm</b></p>	<p><b><u>Blackburn with Darwen Carers Service Wellbeing Walks.</u></b></p> <p>Walking is ideal for improving all aspects of physical and mental health. Discover the countryside and nature on your doorstep and make new friends.</p> <p>Every Thursday at various local locations starting at 11am.</p> <p>Contact the walking team on: 07724097964 for information about the next walk.</p>
<p><b>1<sup>st</sup> Thursdays of the month</b></p> <p><b>12.30pm – 2.30pm</b></p>	<p><b><u>Neurodiversity Group</u></b></p> <p>A chance to come and connect with other carers and professionals who understand neurodiversity</p> <p>To find out more about neurodiversity please come along and find out more...</p>
<p><b>Every Friday</b></p> <p><b>10.30am – 12pm</b></p>	<p><b><u>Knit and Natter at Albion Mill with Pam and Dorothy</u></b></p> <p>Drop in to learn knitting or crochet or just bring your project in for a knit and natter, and if you would just like to have a cuppa and chat that's fine too.</p>
<p><b>Thursday</b></p> <p><b>31st of October and Friday</b></p> <p><b>November 29th</b></p>	<p><b><u>Wills Days</u></b></p> <p>Book in with our expert solicitor who will help you draw up your will, the service is free but a donation to the service is welcomed. Please note we welcome a donation of £30 per will. Our Solicitor can also advise you on Trusts and Continuing Health Care</p>







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<b>Date &amp; Time</b>	<b>What's On in Darwen</b>
<p><b>Every Wednesday</b></p> <p><b>11am</b></p>	<p><b><u>Health Walk in Darwen</u></b></p> <p>An easy walk along mainly level terrain. This walk is ideal for people who want to get active again. Bring the person you care for, if they can manage to walk the short distance of about one mile.</p> <p>Health Walk in Darwen will start from the front of Darwen Market, Croft Street, Darwen. Walks includes Darwen History, heritage and culture with visits to the Heritage Centre and the local library.</p> <p>Phone the Carers Service Office for further details on: 01254 688440</p>
<p><b>Every 3er Wednesday starting on 16<sup>th</sup> October</b></p>	<p>Just want to talk to other carers and have some time out, why not join us for a morning cuppa at Darwen.</p> <p>Please contact Julie for more details  <a href="mailto:jsmithcasper@yahoo.co.uk">jsmithcasper@yahoo.co.uk</a> or call Lesly 01254 688440</p>

**All activities must be booked at reception. On trip days, you need to have paid in full  
 Please arrive 15 minutes before due to leave.**

**Parking is not permitted**

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