



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 JUNE 2024

Date & Time	Activity
	<p><b><u>Do you support someone with Autism Spectrum Disorder (ASD)</u></b></p> <p>Get in touch with us Your local service supporting families and friends caring for someone with ASD, 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               <ul style="list-style-type: none"> <li>• Information and guidance</li> </ul> </li> <li>• Info on practical matters such as how to help your loved one               <ul style="list-style-type: none"> <li>• Open door service</li> <li>• Counselling</li> </ul> </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>Sunday 2<sup>nd</sup> June</b></p> <p><b>Leaving at 9.30am and returning at 4pm</b></p> <p><b>Cost £12 per person</b></p>	<p><b><u>Trip to Bradford</u></b></p> <p>A shopping and sightseeing trip to Bradford, the Canon Mills market is open on Sundays, there are lots of shops, restaurants and places to see.</p>
<p><b>Carers Week “Putting Carers on the Map”</b></p>	
<p><b>Monday 10<sup>th</sup> June</b></p> <p><b>10am – 12noon</b></p>	<p><b><u>Carers Week Coffee Morning</u></b></p> <p>Positive Carers Workshop - Putting Carers on the Map.</p> <p>We want all carers to join us for this coffee morning we will be talking about what’s important to you and what issues you are facing, these will be collated and passed onto local government. This will be a fun morning with lots of activities henna painting, pampering, advice on nutrition and exercise.</p> <p>We will also have a pamper and refreshments.</p>

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<p><b>Tuesday 11<sup>th</sup> June</b></p> <p><b>9am – 12noon</b></p> <p><b>Cost £5</b></p>	<p><b><u>Sanctuary of Healing Wellbeing Morning</u></b></p> <p>Meet at Kingsway at 9am to travel to the Sanctuary of healing for a wellbeing morning at the Sanctuary. Where you will experience relaxation, meditation, yoga and have some time out for Refreshments and a chat. The cost of the activity is just for transport and the activity is subsidised for Carers. Limited places so just make sure you are certain to attend before booking on.</p>
<p><b>Wednesday 12<sup>th</sup> June</b></p> <p><b>10am – 12.30pm</b></p>	<p><b><u>Carers Service Open Day</u></b></p> <p>Meet the team and learn about what we do, we will also have some key partners holding information stalls on finance, social care, economic support, health and wellbeing support.</p> <p>Activities for you to join into will include holistic therapies, nutrition workshop, Wills, Health Checks.</p> <p>Lunch will be provided</p>
<p><b>Wednesday 12<sup>th</sup> June</b></p> <p><b>10am – 12.30pm</b></p>	<p><b><u>Health Checks</u></b></p> <p>Book in for a mini health check from the health and wellbeing team, advice and information, check your blood pressure and BMI.</p>
<p><b>Wednesday 12<sup>th</sup> June</b></p> <p><b>Thursday 25<sup>th</sup> July</b></p> <p><b>9.30 – 2pm</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.</p>
<p><b>Thursday 13<sup>th</sup> June</b></p> <p><b>11am</b></p>	<p><b><u>Meet at the Pavilion Café in Witton Park</u></b></p> <p>Refreshments provided after the walk. Walk a mile in a carer’s shoes, walk with our walking group for your loved ones, present and past. Meet up afterwards for a picnic.</p>





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<p><b>Saturday 15<sup>th</sup> June</b></p> <p><b>Leaving at 9.45am returning at 3pm</b></p> <p><b>Cost: £18 – Adult £10 – Child</b></p>	<p><b><u>Canal Cruise and Cream Tea</u></b></p> <p>Cost £18 includes transport to the Mariner, cruise and cream tea. Meet at Kingsway for a ride to Barton Grange, where you will hop onto the Kingfisher Cruiser, you will enjoy the ride down the Leeds &amp; Liverpool canal with a service of cream tea.</p>
<p><b>Thursday 27<sup>th</sup> June</b></p> <p><b>11am to 1pm</b></p>	<p><b><u>Meet at Witton Greenhouses</u></b></p> <p>Flavours of the Past A Workshop for People to reminisce about the past, (This workshop is Dementia Friendly). For both carer and their loved one. Activities include learning about nature, ageing well activities, gardening and planting, reminiscing about flavours of the past, cooking and making planters. The activities can be done by choice, and the main purpose of the workshop is supporting the wellbeing of people that are living with a loved one with an illness or condition.</p>
<p><b>Tuesday 25<sup>th</sup> June</b></p> <p><b>Meet at East Lancs Hospice for 12.30pm</b></p> <p><b>Cost £5</b></p>	<p><b><u>Lunch and Games</u></b></p> <p>Meet at East Lancs Hospice for 12.30pm for Lunch and Games afterwards. This activity is subsidised by BWD Carers Service.</p>
<p><b>Saturday 29<sup>th</sup> June</b></p> <p><b>Leaving at 9am returning at 3.30pm from destination</b></p> <p><b>Cost: £10 per person</b></p>	<p><b><u>Trip to Liverpool</u></b></p> <p>The glorious city of Liverpool with museums, art galleries, boat rides and shopping, lots to see and lots to do, a range of different places to eat and have a great day out.</p>

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<p><b>Tuesday 2<sup>nd</sup> July</b>  <b>10am – 12 noon</b></p>	<p><b><u>Neurodiversity Explained delivered by Bev Omerod</u></b></p> <p>If you are interested in learning about neurodiversity or how differences in how people perceive the world come to this session.</p> <p>A very interesting topic, we will be covering:</p> <ul style="list-style-type: none"> <li>- General neurodiversity and Autism           <ul style="list-style-type: none"> <li>- Signs and Symptoms</li> <li>- Common misconceptions               <ul style="list-style-type: none"> <li>- Jobs</li> <li>- What to do</li> </ul> </li> </ul> </li> </ul>
<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>
<p><b>Monday</b>  <b>1.30pm – 3.30pm</b>  <b>£3 per session</b></p>	<p><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.        See Kulsum for further details.</p>
<p><b>Every 2<sup>nd</sup> Mondays of the month</b>  <b>10am – 12pm</b></p>	<p><b><u>Coffee Morning</u></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.        Meet other carers and get information from our friendly staff.</p>





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<p><b>Every Wednesday</b></p> <p><b>10.30am – 11.30am</b></p> <p><b>£1 per session (pay on the door) or £5 up front for the first 5 sessions and get the last one free</b></p>	<p style="text-align: center;"><b><u>SEATED EXERCISE</u></b></p> <p style="text-align: center;">40 minutes of exercise with Jo followed by light refreshment and chat.</p> <p>These exercise sessions are mainly for senior citizens who want to maintain or improve their current level of fitness in an enjoyable way.</p> <p>They will be of most benefit to those who are able to sit comfortably on an upright chair and who are able to do standing exercise using the chair back for support if needed. However, both those who are fully mobile but wanting a gentle approach to exercise and those who have difficulty standing will still find benefit from the sessions.</p> <p>We will focus mainly on building strength, maintaining flexibility and improving balance.</p> <p>Some of the exercises we will do to music to help with rhythm and co-ordination. We will also use small items of apparatus to aid movement, provide variety and add to the fun.</p> <p style="text-align: center;">Most of all, we intend to flex our chuckle muscles!</p>
<p><b>Every Tuesday</b></p> <p><b>1pm – 3pm</b></p>	<p style="text-align: center;"><b><u>The Greenhouse Project</u></b></p> <p>If you are new to the Green House please see Kulsum to register you for an introduction to the Green House which runs on Wednesday 10 – 12 and 1 – 3 and Fridays 11am – 1pm.</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;">For Carers &amp; Cared For</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             <ul style="list-style-type: none"> <li>• Information and Advice</li> <li>• Activities</li> </ul> </li> <li>• The chance to exchange experiences             <ul style="list-style-type: none"> <li>• Tea and coffee</li> </ul> </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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<p><b>Every last Tuesday of the month</b></p> <p><b>1pm – 3pm</b></p>	<p style="text-align: center;"><b><u>Dementia Peer Support Group</u></b></p> <p>Very Important meeting for carers with a loved one with Dementia, we will have the Dementia Nurse coming to the next Peer Support Group.</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><b>Every Wednesday</b></p> <p><b>10am – 12pm</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>Come and learn, make friends and develop your sewing skills, whether you already have some or you want to learn.</p> <p>Our Sewing Class run by a very experienced seamstress and tutor. 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.             <ul style="list-style-type: none"> <li>• Taking measurements</li> <li>• Learning about different seams and stitches</li> </ul> </li> <li>• Pattern Cutting, pinning, button holes, zips, hemming, using interfacing.             <ul style="list-style-type: none"> <li>• An opportunity to learn new skills!</li> </ul> </li> </ul>

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<p><b>Every Wednesday</b></p> <p><b>1pm – 2.30pm</b></p> <p><b>£2 per session but have to book for 6 sessions</b></p>	<p><b><u>Sewing Group for beginners</u></b></p> <p>Come and learn, make friends and develop your sewing skills, whether you already have some or you want to learn.</p> <p>Our Sewing Class run by a very experienced seamstress and tutor. 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.             <ul style="list-style-type: none"> <li>• Taking measurements</li> <li>• Learning about different seams and stitches</li> </ul> </li> <li>• Pattern Cutting, pinning, button holes, zips, hemming, using interfacing.             <ul style="list-style-type: none"> <li>• An opportunity to learn new skills!</li> </ul> </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><b><u>National Autistic Society Coffee Morning</u></b></p> <p>Hold regular coffee morning at Kingsway for Carers of Autism. New members are always welcome, contact Joanne 07887838168 <b>Email: <a href="mailto:nasblackburnwithdarwenbranch@nas.org.uk">nasblackburnwithdarwenbranch@nas.org.uk</a></b></p>
<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>





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<p><b>Every Thursday</b></p> <p><b>10am – 12pm</b></p>	<p><b><u>Digital Support at Kingsway</u></b></p> <p>Do you need internet access or help using a computer?</p> <p><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> <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.</p> <p>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>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><u>Drug and Alcohol Peer Support</u></b></p> <p>Do you know someone that is drinking problematically or using drugs? Are you affected by their use, have questions, or want to better understand this behaviour? Come to group – you're not alone in what you're experiencing, speak with likeminded people, make friends, and get help and guidance from a support network.</p> <p>Please contact the office to find out when the next group is, email: <a href="mailto:office@bwdcарers.org.uk">office@bwdcарers.org.uk</a> or call 01254 688440</p>

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	<p style="text-align: center;"><b><u>Life after Caring</u></b></p> <p style="text-align: center;">A SIX WEEK COURSE TO HELP FORMER CARERS MOVE FORWARD AND RE-ESTABLISH A LIFE OF THEIR OWN AFTER CARING.</p> <p>WHO IS THE COURSE FOR? 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<ul style="list-style-type: none"><li>• Bereavement</li><li>• Person going into full-time residential care.</li></ul></li><li>• Separation or divorce from the cared for person perhaps due to mental health or substance misuse.</li></ul> <p>WHAT IS THE COURSE? 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>HOW WILL THE COURSE HELP? 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;">It is important that you are available for all 6 sessions.</p>
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If you are looking after someone with Dementia or Alzheimer's and are looking for stimulating activities for your loved one please contact Kulsum on 01254 688440 or email [Kulsum.chishti@bwdcarers.org.uk](mailto:Kulsum.chishti@bwdcarers.org.uk).

**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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