



Rethink Carers Lancashire

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*With very best
wishes for the
coming
holiday season*

A mini-newsletter to send our wishes for the season. The phone line/email will be on intermittently over the holiday period, don't hesitate to leave a message and we'll get back to you as soon as possible.

Temporary halt to group meetings: Because of difficulties in late cancelling by speakers, and also lower attendances recently, we'll be taking a break from meetings whilst we review what we can offer and what group members really want. In the new year we'll be sending out a survey, with a view to starting again in the spring.

In the meantime, group activities on an individual basis, and very constructive liaison with our mental health services, are as strong as ever. We've just completed a series of sessions with Lancashire County Council social care staff on carers and confidentiality, which was very well-received, and are about to roll similar training out to staff from the east Lancs clinical community teams. We've also had some very productive conversations with the most senior of the new managers at Lancashire & Sth Cumbria NHS Trust, and have some promising talks lined up for the spring.

We've been given another wonderful hand-crafted nativity to raise funds for our group. This year we couldn't manage to raffle this in good time for Christmas, so will save it for next year, although we are open to offers from anyone who would like to purchase this to keep as a family heirloom (as happened with the first one we were given). Get in touch if you're interested.



Hope you all have a peaceful and stress-free time over the holidays

