



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

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

## WHAT'S ON IN MARCH 2025!

Activities that require a payment must be booked and paid for at reception. On trip days, you will need to have paid in full before going on the trip. Please arrive 15 minutes before we are due to leave. Parking on Kingsway is not permitted when going on day trips out.

Date & Time	New Activities for this month
<p>Tuesday 4th March and 18<sup>th</sup> March.            1 pm until 3 pm</p> <p>No need to book</p>	<p><b>Art and Craft Group:</b>  <b>Personal Scrapbook, Creative Journaling, and much more...</b></p> <p>Join our session to create a personal scrapbook and creative journaling filled with your joyful memories, travels, photos, goals, and achievements.</p> <p><b>Delicious Refreshments and materials provided!</b></p>
<p>Tuesday 4th March 1 pm until 3 pm</p> <p>Booking is essential</p>	<p><b>LUNCH * FUN GAMES * PRIZES</b></p> <p>Memory Café (Dementia Café) for Carers &amp; Cared For invites you to our:</p> <p><b>OPEN DAY</b>            Join us for lunch, fun games, and prizes!</p> <p>Find out about dementia and the support groups available through the Carers Service.</p>
<p>Tuesday 11<sup>th</sup> March and 25<sup>th</sup> 5 pm until 7 pm</p> <p>10 places available Booking is essential</p>	<p><b>Pamper Evening and Pizza Time</b></p> <p>Join us for a relaxing evening of pampering and enjoy a delicious pizza with us!</p> <p><b>Refreshment provided!</b></p>

Blackburn with Darwen Carers Service Ltd

www.bwdcarers.org.uk  
 www.facebook.com/bwdcarers  
 Instagram: blackburncarers  
 Twitter.com/blackburncarers

Charity Number: 1120110  
 Company Number: 05881757





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**

<p><b>Thursday 13th and          27th March          1 pm until 3 pm</b></p> <p><b>No need to book.</b></p>	<p><b><u>Balance and well-being support group.</u></b></p> <p>Are you looking for a supportive space to share and connect? Our group offers:</p> <p><b>Open Discussions:</b> Share your thoughts in a safe, non-judgmental environment.</p> <p><b>Guided Activities:</b> Engage in mindfulness, creative arts, and more.</p> <p><b>Professional Guidance:</b> Sessions led by experienced mental health professionals.</p> <p><b>Refreshment provided!</b></p>
<p><b>Friday 14<sup>th</sup> March.</b></p> <p><b>Table reserved          At 6 pm</b></p> <p><b>15 Places available          Cost: £5          Only men carers.          Booking is essential.</b></p>	<p><b>Curry Night: Men’s Club.          Kebabish Original Blackburn.</b></p> <p>Join us for an evening out to enjoy curry night. Facilitated by a trainee therapist and volunteer lead.</p> <p>Join us for this fantastic opportunity to connect with other carers and enjoy a memorable night out!</p> <p>We will meet you at the restaurant at 6 pm postcode: BB1 6JZ</p>
<p><b>Saturday 22nd          March 9.15 am until          3 pm</b></p> <p><b>Cost: £ 5          Booking is essential</b></p>	<p><b>Trip to Chester Town.</b></p> <p>Chester is one of Britain's greatest heritage cities, full of things and places waiting to be discovered!</p> <p>Plan your Trip Day. Here is a link to things to do in Chester:  <a href="https://www.visitcheshire.com/things-to-do/chester-attractions">https://www.visitcheshire.com/things-to-do/chester-attractions</a></p>

**Blackburn with Darwen Carers Service Ltd**

www.bwdcarers.org.uk  
 www.facebook.com/bwdcarers  
 Instagram: blackburncarers  
 Twitter.com/blackburncarers

Charity Number: 1120110  
 Company Number: 05881757





Kingsway

Greenhurst Place

Blackburn BB2 1NA

Tel: 01254 688440 Fax: 01254 688441

email: office@bwdcарers.org.uk

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

<p><b>Saturday 22<sup>nd</sup> March</b> 9.15 am until 3 pm</p> <p><b>15 places available</b> <b>Cost: £ 8.50</b> <b>Booking is essential</b></p>	<p><b>Trip to Chester Zoo!</b> <b>The tickets are only for carers</b></p> <p>However, if you <i>care for</i> have the following proof, you can bring it with you for FREE:</p> <ul style="list-style-type: none"> <li>• Disability Living Allowance (DLA)</li> <li>• Personal Independent Payment (PIP)</li> <li>• Blue Badge</li> <li>• Any other appropriate supporting documentation as issued by your local council.</li> </ul>
<p><b>Wednesday 26<sup>th</sup> March</b> 10 am until 3 pm</p> <p><b>Cost: £ 5</b> <b>Booking is essential</b></p>	<p><b>Trip to Bury Market</b></p> <p>Discover a vibrant open-air market that has something for everyone.</p> <p>This iconic market features a large market hall surrounded by outdoor stalls, offering a delightful array of goods.</p>
<p><b>Monday 31<sup>st</sup> March</b> 9.15 am until 3 pm</p> <p><b>16 places available</b> <b>Cost for transport</b> <b>£5 Booking is essential</b></p>	<p><b>Trip to Blackpool</b> <i>Special invitation for Carers Over 50's</i></p> <p>Trip to Blackpool town and we will stop for Fish and Chips.</p> <p><b>Activity for Carers Over 50's.</b></p>
<p><b>Wednesday 26<sup>th</sup> March</b></p> <p><b>Booking is essential</b></p>	<p><b>Wills Days</b></p> <p>Our expert solicitor who will help you draw up your will. The service is free but a £30 donation per will to the service is welcomed. Our Solicitor can also advise you on Trusts and Continuing Health Care.</p>

**Blackburn with Darwen Carers Service Ltd**

www.bwdcarers.org.uk

www.facebook.com/bwdcarers

Instagram: blackburncarers

Twitter.com/blackburncarers

Charity Number: 1120110

Company Number: 05881757





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**

<b>Date &amp; Time</b>	<b>Regular Activities for this month</b>
<p>Every Monday            10 am – 12 pm</p> <p>No need to book</p>	<p><u>Asian Carers Group</u></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>Refreshment provided!</b></p>
<p>Every Monday 1.30            pm – 3.30 pm</p> <p>Booking is essential</p>	<p><u>Respite Service</u>  <i>For carers to get a couple of hours respite.</i></p> <p>You can leave the person you care for at our Respite Service for stimulating activities and some social interaction.</p> <p>Your loved one will be entertained for a couple of hours while you get a break.</p> <p><b>If you're interested,            please contact the office for more information.</b></p> <p><b>Refreshment provided!</b></p>
<p>Every 2nd Monday of            the month</p> <p>10am – 12pm</p> <p>No need to book</p>	<p><u>Coffee Mornings at Carers Service</u></p> <p>Looking for a friendly chat and a relaxing break? Join us for our cozy coffee mornings, where carers and member of the staff come together.</p> <p><b>Refreshment provided!</b></p>

**Blackburn with Darwen Carers Service Ltd**

www.bwdcarers.org.uk  
 www.facebook.com/bwdcarers  
 Instagram: blackburncarers  
 Twitter.com/blackburncarers

Charity Number: 1120110  
 Company Number: 05881757





Kingsway

Greenhurst Place

Blackburn BB2 1NA

Tel: 01254 688440 Fax: 01254 688441

email: [office@bwdcарers.org.uk](mailto:office@bwdcарers.org.uk)

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

<p><b>Every 1st Tuesday of the month</b> <b>1pm – 3pm</b></p> <p><b>No need to book</b></p>	<p><b><u>Memory Café (Dementia Café)</u> For Carers &amp; Cared For</b></p> <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> <p><b>Refreshment provided!</b></p>
<p><b>Every Tuesday of the month</b> <b>1pm – 3pm</b></p> <p><b>No need to book</b></p>	<p><b><u>Dementia Peer Support Group For Carers.</u></b> <i>Safe Space and support</i></p> <p>Advice and Information on health and well-being for you and the person you care for.</p> <p><b>Refreshment provided!</b></p>
<p><b>Every Wednesday</b> <b>10.30am – 11.30am</b></p> <p><b>£1 per session</b> <b>No need to book</b></p>	<p><b>Seated Exercise with Jo</b></p> <p>Join us for 40 minutes of exercise followed by light refreshments and a chat. These sessions are perfect for senior citizens looking to maintain or improve their fitness in a fun way.</p> <p><b>Refreshment provided!</b></p>
<p><b>2nd and 4th Wednesday of the month</b> <b>10am – 12pm</b></p>	<p><b><u>National Autistic Society Coffee Morning</u></b></p> <p>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>

**Blackburn with Darwen Carers Service Ltd**

[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)

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

Instagram: [blackburncarers](https://www.instagram.com/blackburncarers)

Twitter.com/blackburncarers

Charity Number: 1120110

Company Number: 05881757





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

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

<p><b>Contact the Office to book a session</b></p>	<p><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> applying for jobs, filling in forms, setting up email.</p>
<p><b>Every Wednesday and Thursday          11 am to 12.30</b></p> <p><b>No need to book</b></p>	<p><b><u>Blackburn with Darwen Carers Service Wellbeing Walks.</u></b></p> <p>Discover the countryside and nature on your doorstep and make new friends.</p> <p>Walks are offered in Darwen and Blackburn</p> <p>For more information, please contact the walking team on 07724097964</p>
<p><b>Every 3<sup>rd</sup> Wednesday of the month</b></p> <p><b>10am – 12pm</b></p> <p><b>No need to book</b></p>	<p><b><u>Coffee Mornings at Darwen</u></b>  <b><u>Number 1 Coffee Shop</u></b></p> <p>Looking for a friendly chat and a relaxing break? Join us for our cozy coffee mornings, where carers and members of the staff come together.</p> <p>Address: 19 croft St Darwen BB3 1BG</p> <p><b>Refreshment provided!</b></p>

**For bookings and more information on any of the activities or groups please call 01254 688440 or e-mail: [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)**

**Blackburn with Darwen Carers Service Ltd**

[www.bwdcarers.org.uk](http://www.bwdcarers.org.uk)  
[www.facebook.com/bwdcarers](https://www.facebook.com/bwdcarers)  
 Instagram: [blackburncarers](https://www.instagram.com/blackburncarers)  
 Twitter.com/blackburncarers

Charity Number: 1120110  
 Company Number: 05881757

