Carers Link
Lancashire
IMPROVING LIFE FOR CARERS

go2 wellbeing brochure

Welcome to the second edition of the **go2 Carers Wellbeing** brochure.

Carers Link Lancashire supports unpaid adult carers across East Lancashire, which includes the boroughs of Burnley, Hyndburn, Pendle, the Ribble Valley and Rossendale.

One of our goals is to ensure that the carers we support are healthy and able, both physically and mentally, to continue their very important role caring for someone with an illness or disability.

The go2 scheme is split into two sections, the **first part** is the **Leisure** scheme.

By requesting a letter from Carers Link Lancashire you can then visit your local participating leisure facility (shown opposite) along with some ID, and receive a discount when using their faclities. Each facility and each activity will be at a different reduced cost so please ask them for further details.

It is important to note that you can ONLY access the facilities in the borough you live in.

Simply call us on **01254 387444** and request your go2 leisure letter which lasts for 12 months.

Each borough and each leisure facility offers a different variety of activities.

These are wide ranging and aimed at all ages and all abilities.

Some of the activities that may be available in your area are:

- Aerobics - including water based
- Badminton & Squash
- Bootcamp
- Boxing
- Climbing Wall
- Gym
- Kettlebells
- Pilates
- Running groups
- Spin
- Step
- Swimming pools - including classes
- Trampolining
- Tai Chi
- Weight Training classes
- Yoga
- Zumba

Please note that there may be a small fee charged by the leisure facility to join and may be renewable each year.

Burnley

Padiham Leisure Centre
Park Road
Padiham, BB12 8ED

St Peter's Leisure Centre
Church Street
Burnley, BB11 2DL

www.burnleyleisure.co.uk

Ribble Valley

Longridge Community Gym
Calder Avenue
Longridge, PR3 3HJ
www.longridgegym.com

Ribblesdale Swimming Pool
Edisford Road
Clitheroe, BB7 3LA
www.ribblevalley.co.uk

Roefield Leisure Centre
Edisford Road
Clitheroe, BB7 3LA
www.roefield.com

Rossendale

Adrenaline Centre
Helmshore Road
Haslingden, BB4 4DN

Marl Pitts Leisure Centre
Newchurch Road
Rawtenstall, BB4 7SN

www.rltrust.co.uk

Hyndburn

Hyndburn Leisure Centre
Henry Street
Church
Accrington, BB5 4EP

Mercer Hall Leisure Centre
Queen Street
Great Harwood, BB6 7AL

Norden Sports Centre
Stourton Street
Rishton, BB1 4ED

www.hyndburnleisure.co.uk

Pendle

Pendle Wavelengths
60 Leeds Road
Nelson, BB9 9TD

Pendle Leisure Centre
Crown Way
Colne, BB8 9NP

Seedhill Athletics & Fitness Centre
Surrey Road
Nelson, BB9 7TY

West Craven Sports Centre
Kelbrook Road
Barnoldswick, BB18 5TB

www.pendleleisuretrust.co.uk

Discounted Holidays

Haven
Britain's Favourite Seaside Holiday

Parkdean Resorts
Creating Amazing Memories

Did you know that Carers Link Lancashire have three caravans, at holidays parks in the North West and that you could make some signifiant savings by booking them through us?

The six to eight berth caravans help those carers registered with the carers services in Lancashire enjoy a much deserved break.

The Carers Caravans are based in Haven Holiday Parks at:

- Marton Mere Caravan Park, Blackpool
- Lakeland Leisure Caravan Park, Grange-over-Sands

Another Carers Caravan is based in a Parkdean Resort at:

- Ocean Edge Holiday Park, Morecambe

Each holiday park has its own unique facilities for guests so we recommend visiting their websites to find out more. At the Haven sites you will receive access to members only areas and further discounts on the holiday parks by booking through us.

For more information, including costs and availability, please call 01254 387444.

The **second part** of the go2 scheme is the **Wellbeing** scheme.

By requesting a go2 ID card from Carers Link Lancashire, which lasts for 12 months, you can take advantage of discounts from the private businesses that have signed up to this fantastic scheme.

We currently have 28 businesses signed up to the **go2 Carers Wellbeing Scheme** across East Lancashire and we are always looking for more. Simply call us on **01254 387444** and request your go2 card.

It is important to note that you can access ANY of these discounts available as they are not limited to the borough you live in.

key

- B — Burnley
- H — Hyndburn
- P — Pendle
- RV — Ribble Valley
- BD — Blackburn with Darwen
- R — Rossendale
- Call provider for venue details
- Home visits/mobile appointments available

burnley

Banyan Wellness Center

Discount: 20% off selected treatments & therapies

81 Manchester Road, Burnley, BB11 1JY
01282 620935
www.thebanyanwellnesscenter.com

B

Lighthouse Tai Chi

Discount: 1st class free in Burnley, Accrington & Bacup only

07876 377321
www.lighthousetaichi.com

B H P R

Refresh UK - Massages and Reflexology

Discount: £20 per treatment (max 1 hour), bring a friend/family member and they receive same discount

07719 927123

Solace Foot Health & Reflexology

Discount: 10% off all treatments excluding Podiguard

Churchill House, 60 Bank Parade, Burnley, BB11 1TS
0333 358 3838
www.solacefoothealth.co.uk

B

The Meeting Room Counselling Services

Discount: £25 for a 1 hour session session (30% discount)

Lodge House Cow Lane, Burnley, BB11 1NN
Kay 07758 647476 Dorothy 07711 495937 Joan 07979 103886

B

hyndburn

Natural Touch Therapy

H

Discount: 10% discount or £20 per treatment (1 hour)

Suite 11, The Chambers, Town Hall Square, Great Harwood, Blackburn, BB6 7DD

07742 430144

www.naturaltouchtherapy.co.uk

ONE Planet Fairtrade and Ethical Shop

H

Discount: 10% off all products in shop

43 Abbey Street, Accrington, BB5 1EE

01254 383604

www.oneplanet.coop

Stella Baron

H

Discount: £30 for 90 minute treatments

Hypnotherapy, Emotional Freedom Technique & Counselling

Warner Street Practice, 27 Warner Street, Accrington, BB5 1HN

Cheryl: 07904 431433 Stella: 01254 875007

The School of Healing

H

Discount: £25 initial one hour treatment, 20% off next treatment, then 10% thereafter

Hyndburn Voluntary & Community Resource Centre, Cannon Street, Accrington, BB5 2ER

07706 319330

Red Rose Counselling

H P RV B R

Discount: £15 for 30 minutes telephone support, £10 discount for 50 minute telephone/online/face to face talking therapy

Chatterton Drive, Baxenden, Accrington, BB5 2DT

07490 818267 Email:Redrosecounselling@gmail.com

pendle

Cafe Cargo

Discount: 15% off all food

Foulridge Canal Wharf, Warehouse Lane, Foulridge, BB8 7PP
01282 865069
www.cafecargo.org.uk

Clinicare

Discount: 10% off cupping, massage and shop products

5 Prospects Buildings, Cross Street, Nelson, BB9 7NS
01282 691188
www.clinicareuk.co.uk

Danielle Kay Medical Herbalist

Discount: 10% off herbal medicines. Various discounts on consultations - call for details

Pendle Herbal Practice, The Old Grammar School, School Lane, Earby, BB18 6QF
07909 953666 www.daniellekay.co.uk

Katie Lee Chiropody & Podiatry

Discount: 20% off 30 minute chiropody treatments

120 Gisburn Road, Barrowford, Nelson, BB9 6EW
07753 285595
www.katieleechiropody.co.uk

Moves for Minds - Seated Exercise

Discount: 25% off a one hour 1:1 session, initial consultation is free, additional mileage cost may apply

Patricia Hezzlewood 07525 941199

pendle

Pamperology Massage & Reflexology

Discount: Various 30 minute treatments for £15, regular discounts advertised on Facebook

Nicola Birtwell 07584 317137
www.pamperology.co.uk

Relax-U Holistic Therapy

Discount: £20 for a one hour session of choice including massages, waxing & hopi ear candles

The Garden Room, 40 Bankfield, Barrowford, Nelson, BB9 6JW
Lynne Ward 01282 695933 07939 191662

Sarah Bates Body & Facial Massage

Discount: 3 x 20 minute treatments for £19 including massages and facials

07584 420897

The Natural Therapy Centre

Discount: 10% discount on price list excluding speciality therapies

3 Primet Hill, Colne, BB8 9NF
07368 270472 www.thentc.co.uk

Timeless Beauty Massage Therapy

Discount: £5 off massage treatments

21 Mile End Close, Foulridge, Colne, BB8 7LD
07934 707944 www.thentc.co.uk

pendle

Appetite for Wellbeing

Discount: 15% discount on all classes

Suite 102 Pendle Business Cenrtre, Nelson,
BB9 9BT
07981 177619 www.appetiteforwellbeing.co.uk

P
RV H
B
R

ribble valley

RV

Julie Pawson Aesthetics Ltd

Discount: 20% off beauty treatments

6 Manor Court, Salesbury Hall Road, Ribchester, PR3 3XU
01254 824726
www.juliepawsonaesthetics.co.uk

RV

Simply Therapeutic

Discount: 20% off selected massage treatments

5 Southfield Drive, West Bradford, Clitheroe, BB7 4TU
01200 426898 07928 107326

RV

The Healthfood Shop

Discount: 10% off all products in the shop

76 Berry Lane, Longridge, Preston, PR3 3WH
01772 780562

RV

Total Physiotherapy Longridge

Discount: Only £32 for a 30 minute session

3B Inglewhite Road, Longridge, Preston, PR3 3JR
01772 783038
www.totalphysio.co.uk

rossendale

In Mind Therapies

Discount: £10 off therapy/hypnotherapy sessions.
Discounts available for workshops/classes/courses

5 Peel Drive, Bacup, Rossendale, OL13 9PU
07885 766268 www.inmindtherapies.com

Vitality+

Discount: 10% off all products in shop

7 Market Chambers, Ramsbottom, BL0 9AJ
01706 558904
www.vitalityplus.co.uk

Yoga & Wellness With Vanessa

Discount: 25% discount on group or 1:1 classes

07958 411741 Vanessa.pitrik@gmail.com
https://www.vanessapitrik.com/

Shiva Trust

Discount: 10% Discount at Meadows Farm and Animal Sanctuary

Meadows Farm, Rossendale, BB4 9RB
01772 788627 info@shivatrust.org

Sunnyside Clinic

Discount: 25% discount on all services

542 Burnley Road, Crawshawbooth, BB4 8NE
01706 210585 info@sunnyside-clinic.co.uk

blackburn

Amethyst and Lotus

Discount: Various discounts available for hopi ear candles, hypnotherapy and massages

BD

97 Preston New Road, Blackburn, BB2 6AY

07548 883864 **www.amethystandlotus.wixsite.com**

BL Bodycare Massage & Bowen Technique

BD

Discount: Complimentary taster session & consultation.
Various discounts call for details

3 Baden Court, Brownhill Road, Brownhill, Blackburn BB1 9QY
Gill Rhodes **07866 778385** **www.blbodycare.co.uk**

Carers Link Lancashire
54-56 Blackburn Road
Accrington
BB5 1LE

0345 688 7113

www.carerslinklancashire.co.uk

Carers Link Lancashire
IMPROVING LIFE FOR CARERS

Supported by:

NHS East Lancashire

Lancashire County Council

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