

13th June 2018 • 11am - 2pm

'Get Connected' Event

Carers Week™
11th - 17th June 2018

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carerstrust
Sefton
Carers Centre
action • help • advice

ANYONE could be a carer, a 15-year-old girl looking after a parent with a long term health condition, a 40-year-old man caring for his partner who has terminal cancer or an 80-year-old woman looking after her husband who has Alzheimer's disease.

Sefton Carers Centre provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton.

On Wednesday 13th June (11am - 2pm) Sefton Carers Centre will be hosting a 'Get Connected' event to highlight the free advice and support services available to unpaid carers in Sefton and raise awareness of Carers Week, the annual campaign supporting carers throughout the UK.

The Sefton Carers Support Team will be at the event to provide information and advice to carers, as well as

specialist guidance from the centre's Welfare Benefits Advisors and Parent Carers Team.

The Sefton Young Carers Service will be available to talk to families with children who have a direct caring role at home, as well as providing information to social care and teaching professionals who would like to find out more about identifying and supporting young carers.

Other organisations that provide support to carers in Sefton will also be available to speak to at the event including Sefton Advocacy, Alzheimer's Society, Living Well Sefton and The May Logan Centre, as well as information and free guides from the Stroke Association and Macmillan Cancer Support.

Volunteers from the centre will be providing information on current volunteering opportunities including roles supporting our Sitting Service and summer programme of activities for young carers.



Sefton Carers Centre

27 - 37 South Road, Waterloo, L22 5PE

Tel: 0151 288 6060 • www.sefton-carers.org.uk

 @seftoncarers
 seftoncarerscentre

make carers count
34,500 reasons to care Sefton

Sefton Carers Centre is a registered charity in England and Wales No. 1050608.
Registered as a company limited by guarantee in England No. 312443
Registered Office: 27 - 37 South Road, Waterloo, L22 5PE. 0151 288 6060
Website: www.sefton-carers.org.uk Email: help@carers.sefton.gov.uk

WE ARE
MACMILLAN.
CANCER SUPPORT

Stroke
association

Sefton
Young
Carers

The National Autistic Society Sefton Parent Carer Support Group is launching on Friday 15th June, 11am at The Atkinson, Southport, PR8 1NW

This group is for any carer supporting someone aged 16 or over with Autism Spectrum Disorder (ASD), which includes Asperger's. The launch event is an opportunity to find out more about the group, with information and advice stands from partner organisations, all welcome. Please email nassefton@nas.org.uk to confirm your attendance.



Sefton Advocacy provide one to one community advocacy for all adults aged 18 plus resident in Sefton who might have difficulty in getting their voice heard. We can support you with appropriate information and help people to make complaints or support with difficult decisions. We also support a network of Sefton Older Persons' Forums.

For more information please telephone 01704 500 500 or email: info@seftonadvocacy.org

Sefton
Young
Carers

The Sefton Young Carers service supports children and young people under 18 years of age who provide care for another person who may be physically or mentally ill, elderly, frail, disabled or who misuses alcohol or other substances. This service works closely with all of Sefton's schools and other children's services to identify and support young carers and their families.

For more information please call 0151 288 6060 or visit: www.sefton-carers.org.uk/young-carers

Leading the fight
against dementia
Alzheimer's Society

The Alzheimer's Society is the leading care and research charity for people with dementia, their carers and families. We offer advice and information for those living and affected by dementia. We run peer support drop-in café's in Southport, Crosby, Lydiate and Formby every month, in addition we have a number of activity groups in various locations throughout Sefton.

If you are interested and would like more information please call 01704 539 967 or email: sefton@alzheimers.org.uk

Living Well
Sefton

Living Well Sefton mentors work with people on a one-to-one basis to identify ways of making lifestyle changes for the better. Help can be around cooking healthy meals, exercising more, stopping smoking, coping with financial issues including debt and getting connected with their local communities through activities and groups.

For more details contact the friendly Living Well Sefton team on 0300 323 0181 or email: LWS@seftoncvcs.org.uk



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Carers are welcome to attend the event with the people that they care for and refreshments will be provided throughout the day.

• **FREE Health Checks**

• **FREE Carers Week Information Packs**

• **FREE Photo Exhibition**

Life Beyond Diagnosis - a collaborative project between Tadhg Devlin and the Merseyside based SURF (Service User Reference Forum) Dementia network group. <https://www.tadhgdevlin.com/>

AND Living Well Sefton will be bringing along their famous 'Smoothie Bike' providing **FREE** smoothies and gentle exercise!

You can contact the Sefton Carers Support Team for help and advice on 0151 288 6060, Monday to Friday, 9am - 4.30pm, and via their website www.sefton-carers.org.uk

May Logan
Healthy Living Centre

The May Logan Healthy Living Centre is based in Bootle and works to improve the health and wellbeing of local people. We do this by providing or hosting a wide variety of clinical and community services and activities designed to benefit the wide remit of health.

For more information please call 0151 922 8588 or visit: www.maylogan.org.uk