



NHS What is a Personal Health Budget?

A personal health budget (PHB) is an amount of money to support your health and wellbeing needs - which is planned and agreed between you (or someone who represents you) and your local NHS team. It means that the money allocated to meet your health support may be spent in a different way to meet your individual care needs. A personal health budget allows you to manage your healthcare and support such as treatments, equipment and personal care in a way that suits you. The right to have a personal health budget only applies to adults receiving NHS continuing healthcare (NHS-funded long-term health and personal care provided outside hospital) and children in receipt of continuing care. If you are able to have a personal health budget then, together with your NHS team you will develop a care and support plan. The plan sets out your personal health and wellbeing needs, the health outcomes you want to

achieve, the amount of money in your budget and how you are going to spend it. A personal health budget will not be right for everyone and it won't always be the best way to receive support. To find out more speak to your health professional, such as your community nursing team or visit: www.southseftonccg.nhs.uk/get-informed/personal-health-budgets or www.southportandformbyccg.nhs.uk/get-informed/personal-health-budgets. If your child receives continuing care they will have an education, health and care plan - known as an EHC plan - or will be transferring to one very soon. For children, personal health budgets can contribute to some or all of the social, health or educational elements of this plan. In Sefton there is a SEND 'local offer' and you can find out more about this on the Sefton Council website: www.sefton.gov.uk/localoffer

2019 Sefton Carers Survey

Sefton Carers Centre are asking unpaid carers in Sefton to complete a short survey about their caring role to help inform future services and provide a better understanding of the lives of carers living in the borough.

Anyone can 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.

If you provide unpaid care (or have provided care in the last two years) for someone living in Sefton and would like to complete the survey please visit: www.sefton-carers.org.uk

The Sefton Carers Centre Parent Carers Team are also asking parents to complete a short survey about transitions from primary to secondary school for children with additional needs.

This survey will help to inform the development of support systems for parents and schools to enable positive and meaningful transitions for children with additional needs moving from primary to secondary school in mainstream education.

To complete this survey please visit: www.sefton-carers.org.uk/carers-service/parent-carer-support

A Big Thank You to Our Supporters

Sefton Carers Centre would like to thank all of the organisations and individuals who have supported us to help unpaid carers in Sefton. Without these donations we would not be able to offer many of the services that we provide. Special thanks to Barclays Bank PLC, Blundellsands Methodist Church, Crosby Hall Educational Trust (CHET), Formby CVS, Georgian Singers, Gordon Short Chemist Crosby, Inner Wheel

Club of Formby InterClub, Leyland DAF (Helping Hand), National Citizenship Scheme, Rotary Club of Crosby, Soroptimist International Crosby, Southport Links Rotary Club, St Peter's Church Formby, Steve Morgan Foundation, Tesco and The Lloyds Foundation. If you would like to make a donation or volunteer with the centre please visit: www.sefton-carers.org.uk/donate or email: help@carers.sefton.gov.uk



Living Well Sefton Carers Support Team

In addition to the free services provided by Sefton Carers Centre the Living Well Sefton Carers Support Team also works in partnership with the Living Well Sefton service to support the physical, emotional and mental wellbeing of the residents of Sefton. The Living Well Sefton service is co-ordinated by Sefton CVS and is comprised of a number of partner organisations working in the borough - Active Sefton, Citizens Advice, May Logan Healthy Living Centre, Netherthorpe Feelgood Factory, Smoke Free Sefton and The Brighter Living Partnership. Support can include help to quit smoking, lose weight or to combat social isolation and loneliness. The Living Well Sefton Carers Support Team are a team of three experienced Support Workers with a variety of knowledge and almost 30 years combined experience of working with and supporting unpaid carers.

If you would like to access free support or to find out more information please call 0151 288 6060 or visit: www.sefton-carers.org.uk



Sefton Carers Centre

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

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Free Courses for Unpaid Carers

Sefton Carers Centre is a charity that provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers (including those receiving Carer's Allowance) living in Sefton. They are currently offering a variety of courses to help carers learn new skills, stay healthy and support

their caring role. All of the courses are free to attend - please see below for dates and times.

If you would like to book a place or find out more please call 0151 288 6060 or visit: www.sefton-carers.org.uk

COURSE TITLE	DAY	TIME	START DATES	WKS	VENUE
Discover Ancient Egypt	Monday	10.00am - 1.00pm	09/09/19	3	Sefton Carers Centre
Art Workshops (New Workshop)	Monday	10.00am - 1.00pm	04/11/19	3	Sefton Carers Centre
Drawing with Scissors inspired by Henri Matisse Art Workshops (New Workshop)	Monday	10.15am - 11.00pm	16/09/19	5	Crosby Library
Chair Based Exercises	Monday	1.00pm - 2.30pm	02/09/19	1	Sefton Carers Centre
Tax, Care, Wills, Protection of family & assets, Lasting Powers of Attorney	Monday	1.00pm - 2.30pm	21/10/19	1	Sefton Carers Centre
Weight Management with Active Sefton (New Workshop)	Monday	11.30am - 2.30pm	30/09/19	1	Sefton Carers Centre
Crisp (Carers Information Support Programme)	Monday	10.30am - 1.00pm	07/10/19	4	Sefton Carers Centre
Sound Meditation	Tuesday	10.30am - 11.30am	04/01/19	5	Crosby Library
Further skills Photo Editing	Tuesday	1.00pm - 3.00pm	17/09/19	5	Sefton Carers Centre
Christmas Crafts Using a Computer	Tuesday	10.00am - 12.00pm	05/11/19	5	Sefton Carers Centre
Digital Advent Calendars Using PowerPoint	Tuesday	1.00pm - 3.00pm	05/11/19	5	Sefton Carers Centre
Windows 10 Further Skills	Tuesday	10.00am - 12.00pm	17/09/19	5	Sefton Carers Centre
Moving & Handling Client Induction	Wednesday	9.30am - 4.00pm	18/09/19	1	Sefton CLC Ainsdale
Pilates	Wednesday	10.00am - 11.00am	18/09/19	5	Crosby Library
Health Checks	Wednesday	10.00am - 12.00pm	06/11/19	1	Sefton Carers Centre
Mosaic Making	Wednesday	1.00pm - 3.00pm	18/09/19	5	Sefton Carers Centre
Mindful Meditation	Thursday	10.30am - 11.30am	19/09/19	5	Sefton Carers Centre
Origami Craft Workshop (New Workshop)	Thursday	12.00pm - 3.00pm	03/10/19	1	Sefton Carers Centre
Card Making Craft Workshop (New Workshop)	Thursday	12.00pm - 3.00pm	07/11/19	1	Sefton Carers Centre
Yoga Nidra	Thursday	1.00pm - 2.00pm	19/09/19	5	Crosby Library
Stress Less - Access Sefton (New Workshop)	Friday	10.30am - 12.00pm	11/10/19	1	Sefton Carers Centre
Introduction to ADHD	Friday	9.30am - 4.30pm	08/11/19	1	Sefton CLC Ainsdale
Dementia Friends Session	Friday	10.00am - 12.00pm	15/11/19	1	Sefton Carers Centre

The Life Rooms in Southport, Bootle and Walton also offer a range of free courses - available to everyone - for further information and future enrolment dates please visit: www.liferooms.uk