

1-7 JUNE

VOLUNTEERS' WEEK

A time to say thanks

The Board of Trustees, Staff and Unpaid Carers would like to thank all our Volunteers who have supported Sefton Carers Centre over the last 12 months. We are fortunate to have 57 Volunteers who support several carers services, including Listening Ear, Counselling, Sitting Service, Admin and Social activities. We are very appreciative of their time and would like to pass on our thanks for their dedication to the services they support.

**Do you enjoy talking to people, sharing interests, hobbies and experiences? Can you spare 2 to 3 hours a week/ fortnight/ month? Would you like to help give a break to unpaid carers in Sefton?** We are looking for volunteers to enable carers to take short breaks from their caring role. No personal care or medical duties required.

**For more information please email [help@seftoncarers.gov.uk](mailto:help@seftoncarers.gov.uk) or call 0151 288 6060**




# CARERS TRUST

## Sefton Carers Centre

### Group Chair Volunteer

#### Sefton Group




National Autistic Society

The National Autistic Society (NAS) is here to transform lives, change attitudes and create a society that works for autistic people. The NAS has around 100 local groups and branches, all run by volunteers, who provide local support to autistic people and their families.

Sefton's local NAS Parent carer support group is looking for a new volunteer Group Chair to join their team. The group chair role is vital to the running of the group and the volunteer in this position acts as a leader and co-ordinator for the group. If you are interested in finding out more about this volunteering opportunity then please email [volunteers@nas.org.uk](mailto:volunteers@nas.org.uk).

FREE COURSES FOR UNPAID CARERS				
COURSE TITLE	START DATE	TIME	DURATION	VENUE/PLATFORM
MONDAY				
Dance Fit (Chair Based)	Ongoing	12.15pm - 1pm	Ongoing	Facebook Stream
Dance Fit	Ongoing	1pm -1.45pm	Ongoing	Facebook Stream
Jewellery Making	13.06.22	2pm - 4pm	1 week	Sefton Carers Centre
Deaf Awareness & Intro to BSL*	27.06.22	9.30am - 4.30pm	1 week	Hugh Baird College
Sonic Aqua*	06.06.22	2pm - 3pm	4 weeks	Manna Day Centre
TUESDAY				
Tax, Care, Wills & Lasting Power of Attorney*	Ongoing	Call 0151 288 6060 for a telephone appt	Ongoing	Call 0151 288 6060 for a telephone appt
IT Workshop Drop-In	14.06.22	1.30pm - 3.30pm	4 weeks	Sefton Carers Centre
Over 60's Coffee Corner	07.06.22	1.30pm - 12 noon	Fortnightly	Sefton Carers Centre
Carers Coffee Morning	07.06.22	10.30am - 12.30pm	Monthly	Life Rooms
Carers Health Checks	02.08.22	11.30am	2 weeks	Life Rooms
Canvas Art Workshop (1)	14.06.22	10.30am - 12.30pm	1 week	Sefton Carers Centre
WEDNESDAY				
Canvas Art Workshop (2)	06.07.22	10.30am - 12.30pm	1 week	Sefton Carers Centre
Flora Design	01.06.22	1pm - 4pm	3 weeks	Hugh Baird College
Carers Coffee Morning	01.06.22	10am - 12.30pm	Weekly	Sefton Carers Centre
Carers Health Checks	15.06.22	10.30am - 11.30am	Ongoing	Sefton Carers Centre
Mixed Media Arts & Crafts	03.08.22	10.30am - 12.30pm	1 week	Sefton Carers Centre
Southport Townscape Heritage Project (1)	22.06.22	10.30am - 12.30pm	1 week	The Atkinson
FRIDAY				
Town Green Bowls	Ongoing	10.30am - 12.30pm	Weekly	Crescent Bowling Club
Carers Art Group*	Ongoing	10am - 12.30pm	Fortnightly	Sefton Carers Centre
Crafty Carers*	Ongoing	1pm - 4pm	Fortnightly	Sefton Carers Centre
Knitting Group*	Ongoing	10am - 12.30pm	Fortnightly	Sefton Carers Centre
Art Group*	Ongoing	1pm - 4pm	Fortnightly	Sefton Carers Centre
*Please call 0151 288 6060 to register your interest				



Mersey Care  
NHS Foundation Trust

Community and Mental Health Services




2-hour Urgent Community Response (UCR)  
(Southport and Formby ICRAS Team)

Do you know Mersey Care NHS Trust has teams of advanced clinicians working in the community who can respond within two hours if someone's health or wellbeing suddenly deteriorates at home?

This can avoid the need for an ambulance and prevent hospital admission.

Do you know your UCR team?



Advanced nurses and therapists can carry out assessments, order tests, diagnose, prescribe and order equipment within two hours of referral. The service will be operational 8am to 8pm 7 days a week. The last referral accepted by the service will be at 7pm.

The UCR team can keep the patient safe at home with the support of GPs, geriatricians, social care and other specialists

What conditions are suitable for referral to your UCR team?




If you think the patient could be admitted to hospital unless they are seen within two hours, call your UCR team. Here's a list of the most probable scenarios:

- Fall with no apparent serious injury
- Decompensation of frailty
- Reduced function/ deconditioning/reduced mobility
- Palliative/end of life care crisis support (where core services not available)

- Confusion/delirium
- Urgent catheter care
- Urgent support for diabetes
- Unpaid carer breakdown which if not resolved will result in a health care crisis
- Urgent equipment provision

How can you make a referral?



The UCR teams are being rolled out across the Trust and with effect from 1 April 2022 the service in Southport and Formby will be operational and able to support you with improving patient experiences and outcomes.

To make a referral please call 0300 323 0240, and select Option 1.

Find out more at : <https://www.merseycare.nhs.uk/about-us/professionals/southport-formby>

### With the energy price rises everyone will be looking at ways to increase income and reduce utility bills

#### Here are some ways that may help:

- Ensure you are receiving all the benefits you are entitled to.** Many support services such as welfare rights, citizens advice and [www.gov.uk](http://www.gov.uk) may be able to assist with this. Sefton Councils Welfare Rights team can be contacted on **0151 934 3660** or email [Welfarights.advice@sefton.gov.uk](mailto:Welfarights.advice@sefton.gov.uk)
- Speak to your energy supplier**
  - You may qualify for Warm Homes Discount (£140 towards energy costs)
  - Ask about smart meters – they help you to monitor energy usage in your home, which may help you to save money
  - They may be able to help with debt and manageable repayment plans
- United Utilities Help**
  - Could you save on a water meter? – If you have more bedrooms than people living at the property you are likely to save money. You can trial a water meter for 2 years to see if it benefits you. Call United Utilities on 0345 072 6065 or visit *United Utilities – Apply for water meter*
  - Struggling to pay your water bill contact 0800 072 6765 or visit *United Utilities – How we can help with your bill*
- Does your property need insulation?** Insulation helps to keep the heat in your home, meaning you use less energy. You may qualify for funding. Contact the Retrofit team **0151 934 2848** or visit *Green Homes Grant Local Delivery Scheme (sefton.gov.uk)*
- Energy Saving Advice Line** for advice and information – **0800 043 0151**
- Debt and money management advice** can be accessed at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or [www.compassionacts.uk/advice](http://www.compassionacts.uk/advice)
- Do you rent from a private landlord** who is not carrying out repairs that may be adding to the cost of heating your home? Call Housing Standards Team on **0345 140 0845** to see if they can help.
- Contact Sefton Affordable Warmth Team** on **0151 934 2222** to see if you qualify for any of the following:
  - Small energy saving measures can also help to reduce fuel bills such as LED bulbs, radiator reflector panels and easy fit draught proofing.
  - Emergency credit – If you are on a pre-payment meter you may qualify for an emergency top up voucher (subject to availability)
  - Funding towards heating appliances, if you find yourself in a no heat situation




# Sefton Carers Centre


27 - 37 South Road, Waterloo, L22 5PE  
Tel: 0151 288 6060 • [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

## Don't forget your Council tax rebate!


Sefton Council have put together the following YouTube video to explain the letters. Please visit: [www.youtube.com/watch?v=ogTVdQ46N6A](https://www.youtube.com/watch?v=ogTVdQ46N6A)




South Sefton Clinical Commissioning Group  
Southport and Formby Clinical Commissioning Group




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COMMITTED




COMMUNITY FUND




Sefton Council




Sefton Carers Centre



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