



# Free Therapies For Unpaid Carers

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.

A carer is anyone who provides unpaid support to someone who could not manage without this help. This could be a husband looking after his wife who has dementia or a parent looking after their child who has some form of disability.

Anyone can become a carer and Sefton Carers Centre provides support to thousands of carers across the borough. As well as providing advice and support Sefton Carers Centre also offers free Aromatherapy massage, Reflexology and Reiki sessions from qualified therapists who volunteer at the centre.

Reiki is a gentle complementary therapy which helps to balance and restore all aspects of the person in mind, body and spirit using non intrusive energy that is applied without pressure whilst the client is fully clothed.

Elsbeth Clare, who has volunteered at the centre for the past 8 years, said: "Reiki is a perfect therapy for carers who are being emotionally, physically and mentally challenged and can help to reduce stress levels in their caring role."

Reflexology involves gentle massage to the feet and ankles and is used to relieve the symptoms of many different ailments. Aromatherapy massage uses highly concentrated plant extracts that have therapeutic benefit and are generally applied via massage or inhalation.

Sally Tyson, an Aromatherapist and Reflexologist who also volunteers at the centre, said: "Even if you don't realise it looking after someone can be stressful and having somebody else look after you is what it's all about. It's the opportunity to lie down for an hour and have someone put into you rather than it being taken out and given to someone else."

As well as free therapies the centre also provides free Mindfulness, health and wellbeing sessions for all carers. Call **0151 288 6060** to book an appointment or visit **www.sefton-carers.org.uk** for more information.

Sefton Carers Centre are now hoping to expand their free therapy service and are asking any qualified therapists who would like to volunteer at the centre to contact Vicky Keeley on **0151 288 6060** or by email: **Vicky.Keeley@carers.sefton.gov.uk**



## carerstrust

### Sefton Carers Centre

action · help · advice

## Young Carers In Schools

On Thursday 26th January, Greenbank High School in Birkdale hosted a Young Carers Awareness Day event in partnership with Sefton Carers Centre and invited local schools and organisations to come along to hear about the good work the school has been doing to raise awareness about the importance of identifying and supporting young carers.

There are an estimated 700,000 children and young people across the UK, some as young as five-years-old, who are caring for family members. Research shows this is a conservative figure as many are hidden from view. More than half (53%) of the young adult carers surveyed by the Carers Trust were having problems coping with school work and nearly 60% say they are struggling to meet deadlines.



Sefton Carers Centre have been working with Greenbank High School since September 2016 on a project to help identify young carers in the school setting and provide support on a holistic family approach using the Carers Trust Young Carers in Schools toolkit.

Paula Caunce, Young Carer Lead at Greenbank High School, said: "Using the toolkit has helped us to increase the number of young carers that have been identified in the school and enabled us to look at how we can support them in the school setting to make it easier for them to balance their school life and caring responsibilities."

Over 35 young carers have now been identified and the school are working towards the bronze level of the Young Carers in Schools programme which they hope to achieve imminently.

Olivia Rushton, a young carer and pupil at Greenbank High School, said: "The support has helped me to achieve my goals and helped me to feel happy and secure. I just want other people to get the support I've had for them to have an easier, happier life and for people to know that there's always someone they can speak to."

Young Carers Awareness Day is an annual national day of recognition led by Carers Trust for the 700,000+ young carers living in the UK. Carers Trust have also supported Sefton Carers Centre with funding to host the Young Carers Awareness Day event and activities for young carers at the school. A free step by step guide to Supporting Young Carers in Schools is available to download from **www.professionals.carers.org/stepbystep**

## Get Creative With Sefton Carers

Sefton Carers Centre hosts regular activity groups and a wide range of free training courses for all unpaid carers living in Sefton (See training calendar below).

These activities include arts and crafts, walking, history and social groups as well as a creative writing group who meet monthly to write stories, poetry and articles with other carers that attend the centre.

Peter Blundell, Training Officer, said: "These groups not only provide the opportunity for people to learn new skills but also to revisit old hobbies in a friendly atmosphere where they can relax with a chat and a brew."

If you are a carer or you know of a carer who would like to join any of these free activity groups then please call Peter on **0151 288 6092** or visit **www.sefton-carers.org.uk** for more information.

- Creative Writing Group**  
The last Thursday of every month • 1.30pm-3pm
- Crafty Carers**  
Every Thursday • 10am-12pm
- Art Group**  
Every Wednesday • 1pm-3pm
- Walking Group**  
Every first and third Tuesday • 10am-12pm
- History Group**  
The first Monday of every month • 1.30pm-3.30pm

## FREE TRAINING COURSES FOR CARERS

| I.T. Courses               | DAY       | START DATE | TIMES             | DURATION |
|----------------------------|-----------|------------|-------------------|----------|
| How To Use Your Smartphone | Monday    | 27/02/17   | 10.00am - 3.00pm  | 1 Week   |
| Kindle Workshop            | Monday    | 22/05/17   | 10.00am - 3.00pm  | 1 Week   |
| Design Your Own            |           |            |                   |          |
| Easter & Birthday Cards    | Wednesday | 01/03/17   | 10.00am - 12.00pm | 2 Weeks  |
| Beginners ICT              | Monday    | 27/02/17   | 10.00am - 12.00pm | 5 Weeks  |

## Carer Support Courses

|                                    |         |          |                   |           |
|------------------------------------|---------|----------|-------------------|-----------|
| Wills, Tax & Power of Attorney     | Monday  | 06/03/17 | 1.00pm - 3.00pm   | 1 Session |
| Wills, Tax & Power of Attorney     | Monday  | 03/04/17 | 1.00pm - 3.00pm   | 1 Session |
| Wills, Tax & Power of Attorney     | Monday  | 08/05/17 | 1.00pm - 3.00pm   | 1 Session |
| Dementia Friend Training           | Monday  | 27/03/17 | 10.00am - 11.00am | 1 Session |
| Dementia Friend Training           | Tuesday | 25/04/17 | 10.00am - 11.00am | 1 Session |
| Dementia Friend Training           | Monday  | 15/05/17 | 10.00am - 11.00am | 1 Session |
| Emergency First Aid For Carers     | Monday  | 27/02/17 | 1.00pm - 3.00pm   | 1 Session |
| Paediatric First Aid               | Monday  | 24/04/17 | 9.30am - 4.30pm   | 1 Session |
| Moving & Handling Client Induction | Tuesday | 28/02/17 | 9.30am - 4.30pm   | 1 Session |
| Moving & Handling Refresher        | Tuesday | 14/03/17 | 9.30am - 4.30pm   | 1 Session |

## Health, Wellbeing & Social Courses

|                                    |           |          |                   |           |
|------------------------------------|-----------|----------|-------------------|-----------|
| Floral Design                      | Monday    | 06/03/17 | 10.00am - 12.00pm | 5 Weeks   |
| Chair Based Exercises              | Tuesday   | 28/02/17 | 2.00pm - 3.00pm   | 11 Weeks  |
| Stress Management Workshop         |           |          |                   |           |
| with Active Sefton                 | Tuesday   | 28/02/17 | 10.00am - 3.00pm  | 1 Session |
| Stress Management Workshop         |           |          |                   |           |
| with Active Sefton                 | Tuesday   | 23/05/17 | 10.00am - 3.00pm  | 1 Session |
| Movement To Music                  | Wednesday | 01/03/17 | 10.30am - 11.30am | 11 Weeks  |
| Sefton Carers Shared Reading Group | Wednesday | 01/03/17 | 12.00am - 1.00pm  | 8 Weeks   |
| Mindfulness Session                | Wednesday | 01/03/17 | 10.30am - 11.30am | 1 Session |
| Mindfulness Session                | Wednesday | 15/03/17 | 10.30am - 11.30am | 1 Session |
| Holiday Spanish                    | Wednesday | 01/03/17 | 1.00pm - 3.00pm   | 5 Weeks   |
| Nail Art & Design                  | Thursday  | 02/03/17 | 1.00pm - 3.00pm   | 5 Weeks   |
| Sensory Arts & Toy Course          | Friday    | 03/03/17 | 11.00am - 1.00pm  | 5 Weeks   |

FOR MORE INFORMATION OR TO BOOK A COURSE PLEASE CALL 0151 288 6092

@seftoncarers  
seftoncarerscentre

Sefton Carers Centre is a registered charity in England and Wales No. 1050808.  
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

make  
carers  
count 34,500  
reasons to care  
Sefton

## POSITIVE PAINT

Looks good... Does good!

- ✓ High Quality
- ✓ Low Carbon
- ✓ Value for Money
- ✓ Environmentally Friendly

Supporting a local charity

0151 288 6060 • [www.sefton-carers.org.uk/positive-paint](http://www.sefton-carers.org.uk/positive-paint)

White & Magnolia  
5 litres £8  
Various Colours  
5 litres £12

carerstrust  
Sefton Carers Centre  
action · help · advice

