# carerstrust Sefton Carers Centre

action · help · advice

27 - 37 South Road Waterloo, L22 5PE Telephone 0151 288 6060

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.

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.

## CARERS WEEK 12th - 18th June 2017

## Carers Rights COFFEE MORNING

Tuesday 13th June (I lam - Ipm)

There will be free copies of the new Carers Rights Guide available as well as information and advice from organisations that work with unpaid carers throughout the borough.



### Carers Week PAMPER DAY

Wednesday | 4th | June (10am - 2pm)

Complementary therapies, treatments, health advice and refreshments available for all unpaid carers in Sefton provided free of charge by volunteers, local charities and businesses.



For a full list of the free services that Sefton Carers Centre provides please visit www.sefton-carers.org.uk or call **0151 288 6060**, Monday to Friday, 9:00am-4:30pm.







# FREE TRAINING COURSES



# for Carers

Sefton Carers Centre, in partnership with Mersey Care's Life Rooms (formerly the Living Well Centre), are offering unpaid carers the opportunity to attend a number of free specialised training courses that support wellbeing. **BOOKING ESSENTIAL.** 

ALL COURSES WILL TAKE PLACE AT

The Life Rooms 23-35 Scarisbrick Avenue **Southport PR8 INW** 

### START DATE **DURATION Understanding Anxiety** 17/07/2017 1.00pm - 3.00pm I week Monday **Managing Anxiety** 24/07/2017 1.00pm - 3.00pm Monday I week Sleep Hygiene Tuesday 04/07/2017 1.00pm - 3.00pm 2 weeks **Self Esteem** 12.00pm - 2.00pm Tuesday 18/07/2017 2 weeks Family Autism Training Wednesday 14/06/2017 10.00am - 12.00pm 4 weeks **Health & Wellbeing for Carers** 12/07/2017 1.00pm - 3.00pm Wednesday I week **Understanding Depression** Wednesday 19/07/2017 10.00am - 12.00pm I week **Mindfulness Explored** 1.30pm - 3.30pm Thursday 29/06/2017 4 weeks **Confidence Building** Thursday 20/07/2017 1.30pm - 3.30pm 2 weeks **Managing Anxiety Challenging Stigma Awareness** Friday 30/06/2017 10.00am - 12.00pm

## **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

**White & Magnolia** 

5 litres £8

**Various Colours** 

5 litres £12

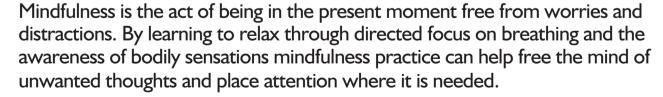
carerstrust

Crosby Housing Association has been at the heart of the community for almost 48 years and we are delighted to recommend Positive Paint's fantastic range of high quality and affordable paint.



15th June - 3 WEEKS

10:30am-11:30am



To attend these classes please call **0151 288 6092** or email **Peter.Blundell@carers.sefton.gov.uk** for more information.



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



To attend any of these courses please call 0151 288 6092 or email Peter.Blundell@carers.sefton.gov.uk for more information