

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 (11am - 1pm)

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.



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.

Carers Week PAMPER DAY

Wednesday 14th 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.



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 1NW

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 5 litres £8
 Various Colours
 5 litres £12



FREE MINDFULNESS COURSE for Carers 15th June - 3 WEEKS 10:30am - 11:30am



Mindfulness is the act of being in the present moment free from worries and distractions. By learning to relax through directed focus on breathing and the awareness of bodily sensations mindfulness practice can help free the mind of unwanted thoughts and place attention where it is needed.

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

@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



34,500
 reasons to care
 Sefton

	DAY	START DATE	TIMES	DURATION
Understanding Anxiety	Monday	17/07/2017	1.00pm - 3.00pm	1 week
Managing Anxiety	Monday	24/07/2017	1.00pm - 3.00pm	1 week
Sleep Hygiene	Tuesday	04/07/2017	1.00pm - 3.00pm	2 weeks
Self Esteem	Tuesday	18/07/2017	12.00pm - 2.00pm	2 weeks
Family Autism Training	Wednesday	14/06/2017	10.00am - 12.00pm	4 weeks
Health & Wellbeing for Carers	Wednesday	12/07/2017	1.00pm - 3.00pm	1 week
Understanding Depression	Wednesday	19/07/2017	10.00am - 12.00pm	1 week
Mindfulness Explored	Thursday	29/06/2017	1.30pm - 3.30pm	4 weeks
Confidence Building	Thursday	20/07/2017	1.30pm - 3.30pm	2 weeks
Managing Anxiety	Friday	23/06/2017	10.00am - 12.00pm	1 week
Challenging Stigma Awareness	Friday	30/06/2017	10.00am - 12.00pm	1 week

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

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