

# carers RIGHTS DAY

**Sefton Carers Centre will be hosting a special Carers Rights Day Coffee Morning on Friday 25th November, between 11am and 1pm.**

There will be free copies of the new Carers Rights Guide available for all carers, as well as information about the services available at the centre. These services include, free advice and guidance, carer's needs assessments, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton.

Carers Rights Day is an annual national awareness campaign organised by the charity Carers UK, which aims to reach as many of the 6.5 million carers in the UK as possible with information about their rights and the financial and practical help they are entitled to; including benefits, such as Carer's Allowance, respite and access to equipment and technology which can help them in their caring role.

John Hill, Development Officer at Sefton Carers Centre, said: "There are currently more than 35,000 carers in Sefton each providing unpaid care for at least one other person who could not manage without this support.

"Therefore, at least 70,000 people in Sefton are either providing care or are dependent upon it for their health and wellbeing, which is almost a third of the resident population. As statistics suggest 60% of us will become carers at some point in our life potentially over 160,000 of Sefton's residents will eventually become carers.

"As no one can know in advance if they will become a carer or need the support of a carer, this is an agenda everyone in Sefton should be concerned about."

Helena Herklots, Chief Executive of Carers UK, said: "No matter where you are on your caring journey – whether you're starting to care for a loved one, have been caring a while, or your caring role has come to an end – it is vital that you are able to get the help and advice you need,

COFFEE MORNING  
**Friday 25th November 2016**

when you need it. No one should have to care alone and Carers Rights Day events like the one being run by Sefton Carers Centre mean that carers don't have to."

You can contact Sefton Carers Centre for help and advice on **0151 288 6060** (Monday to Friday, 9:30am-4:30pm) and via their website **www.sefton-carers.org.uk**. You can also visit the centre, **27-37 South Road, Waterloo, L22 5PE**, without appointment Monday, Tuesday and Thursday, 9:30am-4:30pm.

As well as the Carers Rights Day Coffee Morning being held at Sefton Carers Centre on 25th November there will

be another coffee morning hosted at Meadows Maghull Library 28th November, 11.00am-1.00pm.

Free copies of the Carers UK Looking After Someone Guide will be available at both coffee mornings and can also be downloaded at **www.carersuk.org/carers-rights-guide**.



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Sefton Carers Centre  
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## Caring for unpaid carers

Earlier this year Sefton Carers Centre delivered two mindfulness courses in order to establish their effectiveness and popularity with carers registered at the centre. Participants reacted very positively to the courses, self-reporting reduced stress levels, increased confidence and greater feelings of control and resilience.

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.

From January 2017, Sefton Carers Centre will be holding a series of free Mindfulness workshops available to all unpaid carers living in Sefton, thanks to funding from the P.H. Holt Foundation.

Clare Johnston, Carers Voice Development Officer, at Sefton Carers Centre said: "These workshops are part of our commitment to promoting the importance of a healthy lifestyle, with a particular focus on healthy eating and physical activity - which are two areas carers often comment can be neglected for themselves. However, these are the key elements which can help to improve mental health and general wellbeing."

If you would like to register or find out more about the workshops please call **0151 288 6060** or email **clare.johnston@carers.sefton.gov.uk**. Sefton Carers Centre provides a range of activities and training for unpaid carers in Sefton, find out more at our website **www.sefton-carers.org.uk** or visit the centre, **27-37 South Road, Waterloo, L22 5PE**, without appointment Monday, Tuesday and Thursday, 9:30am-4:30pm.

Please be aware that the centre will be closed from the 23rd December to the 3rd January 2017.

## FREE TRAINING COURSES FOR CARERS

### I.T. Courses

	DURATION	START DATE	DAY	TIMES
iPAD for Beginners	5 Weeks	9th Jan 2017	Monday	10.00am - 12.00pm
iPAD Academy	5 Weeks	9th Jan 2017	Monday	1.00pm - 3.00pm
Making Movies For Beginners with Windows Movie Maker	5 Weeks	20th Feb 2017	Monday	10.00am - 12.00pm
iPAD Academy	5 Weeks	20th Feb 2017	Monday	1.00pm - 3.00pm
Design Your Own Cards, Posters & Flyers	10 Weeks	11th Jan 2017	Wednesday	10.00am - 12.00pm
Internet & Email	10 Weeks	11th Jan 2017	Wednesday	1.00pm - 3.00pm
Online Photo Editing with PIXLR	5 Weeks	12th Jan 2017	Thursday	10.00am - 12.00pm
Digital Cameras	10 Weeks	12th Jan 2017	Thursday	1.00pm - 3.00pm
Smartphone Training	1 Session	27th Mar 2017	Monday	10.00pm - 3.00pm
Photo Story	5 Weeks	23rd Feb 2017	Thursday	10.00am - 12.00pm
How To Use Your Kindle	1 Session	22nd May 2017	Tuesday	10.00pm - 3.00pm

### Health, Wellbeing & Social Activities

Health & Wellbeing Session	1 Session	24th Jan 2017	Monday	10.00am - 12.00pm
Health & Wellbeing Session	1 Session	31st Jan 2017	Monday	10.00am - 12.00pm
Health & Wellbeing Session	1 Session	7th Feb 2017	Monday	10.00am - 12.00pm
Chair Based Exercises	4 Weeks	17th Jan 2017	Tuesday	10.00am - 12.00pm
Spanish For Beginners	5 Weeks	9th Jan 2017	Monday	10.00am - 12.00pm
Aromatherapy	5 Weeks	10th Jan 2017	Tuesday	10.00am - 12.00pm

### Carer Support Courses

Wills, Tax, Care & Power of Attorney	1 Session	9th Jan 2017	Monday	1.00pm - 3.00pm
Wills, Tax, Care & Power of Attorney	1 Session	6th Feb 2017	Monday	1.00pm - 3.00pm
Wills, Tax, Care & Power of Attorney	1 Session	6th Mar 2017	Monday	1.00pm - 3.00pm
Wills, Tax, Care & Power of Attorney	1 Session	3rd April 2017	Monday	1.00pm - 3.00pm
Dementia Friend Training	1 Session	13th Feb 2017	Monday	10.00am - 12.00pm
Dementia Friend Training	1 Session	27th Mar 2017	Monday	10.00am - 12.00pm
Emergency First Aid for Carers	1 Session	30th Jan 2017	Monday	1.00pm - 3.00pm
Emergency First Aid for Carers	1 Session	27th Feb 2017	Monday	1.00pm - 3.00pm

**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



## Positive Paint supports unpaid carers in Sefton



This month Sefton Carers Centre became the sole outlet for the Dulux sponsored Recipro recycled paint scheme in Sefton, selling low cost environmentally friendly paint.

Recipro, in Merseyside, has been selected by Dulux to be one of the first Community RePaint Remanufacturing centres in the UK. The remanufacturing process takes unused/discarded paint and processes it into brand new high quality paint. 100% of the net income generated from selling the paint will go to Sefton Carers Centre to help support unpaid carers living within the borough.

Vicky Keeley, Services Support Manager, said: "To destroy paint a burning process is required which is extremely harmful to the environment and paint that is not destroyed is toxic to both land and water. We are delighted to be involved in this exciting new initiative which not only helps protect our community but also supports the charity and unpaid carers in Sefton."

Batches of matt and silk paint are available in a range of colours and large orders can be delivered to homes and businesses throughout Merseyside. Positive Paint is also available directly from Sefton Carers Centre at **27-37 South Road, Waterloo, Liverpool, L22 5RF** (Monday-Friday, 9:00am-4:30pm).

If you would like more information or to place an order please contact Vicky Keeley on **0151 288 6060** or email **vicky.keeley@carers.sefton.gov.uk**.