

# Supporting Young Carers in Sefton

**Sefton Carers Centre have launched a new young carers service to support children and young people under the age of 18 who provide care for another person.**

There are currently more than 1,900 young carers living in Sefton and the young carer's team will work with schools, families and professionals in Sefton to help identify young carers and provide support.

Abby Ready, 15, a pupil at Streatham Schools in Crosby, cares for her younger sister and recently led an assembly talking about the issues that she and other young carers face.

Abby said: "I didn't know I was ready to be a carer, I didn't realise I was even a carer for my sister. It is so rewarding, I love my role."

Streatham Schools offers a supportive and inclusive environment for young people to feel confident to talk about any issues they might have and are working hard to identify and support young carers.

Vicky Higgins, the Young Carers Lead at Streatham Schools, said: "It wasn't until Abby conducted her school assembly that I realised how many young people are affected by caring responsibilities at home."

"Through her bravery we are now able to support other children who might be affected with similar issues. I am so proud of a pupil speaking out to help others, Abby is an inspiration."

Sefton Young Carers Service provides carers and schools with access to personalised co-ordinated care and support, as well as health and wellbeing services which will help young people to achieve their full potential.

The service also organises regular activity groups in Crosby and Southport where young carers can come together, share experiences and have fun.

John Hill, Head of Project Development at Sefton Carers Centre, said: "The key principle underpinning this service is that children and young people should not undertake inappropriate or excessive caring roles that have a negative impact upon their development. "We are looking forward to working with all schools in Sefton to make a real difference to young carers and their families."

**For more information visit [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk) or call Sefton Carers Centre on 0151 288 6060.**



Abby Ready and Vicky Higgins, Streatham Schools, Crosby

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## Listening Ear Volunteers Help Hundreds of Carers

Listening Ear is a free telephone service run by Sefton Carers Centre for unpaid carers in Sefton who would like to have a regular chat with a friendly listener. The service is staffed entirely by volunteers and in the last year the team made more than 2,500 support calls to carers.

Caring can often be a full time role and for some people who use the service the Listening Ear volunteers are the only people that they speak to, apart from the person they are caring for. Brian McKee, who has volunteered with the Listening Ear service for the past 5 years, said: "A lot of carers who I speak to have become like old family friends, we have good conversations, people can offload any worries or anything about their caring role and hopefully we make a difference."

Volunteer hours now total over 900 a month and there are currently more volunteers than paid staff working at the centre. Louise Stewart, Volunteer Co-ordinator at Sefton Carers Centre, said: "A lot of our volunteers are carers or those who have previously been in a caring role so they can easily relate and signpost carers to the support and services that they need. "The centre wouldn't be able to offer such a wide range of services without the help and support of all of our volunteers."

Other services at the centre co-ordinated and staffed by volunteers include holistic therapies, counselling, training and social groups, as well as a new Sitting Service for carers who need to take a break from their caring role.

Annette Rymer, Volunteer Administrator, said: "I came to volunteer as I wanted to help others but didn't have

much confidence so I started doing two days a week at the centre and really enjoyed coming in. "15 years later I am still here, it gives me a purpose to leave the house."

You can watch volunteers from the centre talk about their experiences in a series of short films celebrating Sefton Council's 'Year of the Volunteer' available at [www.sefton-carers.org.uk/get-involved](http://www.sefton-carers.org.uk/get-involved)

Sefton Carers Centre are now hoping to expand their range of holistic therapies available to carers and are looking for volunteer therapists who can spare a few hours a week. Volunteers will need to hold a certificate from an accredited awarding body linked to the therapy they practice, hold a

minimum of a diploma level 2 and ideally be working towards level 3. Sitting Service volunteers who can spare a few hours a week or month to enable families who care for relatives to take short breaks from their caring role are also required.

If you are interested in finding out more about the volunteering opportunities or services available at the centre please call **0151 288 6060** (Monday to Friday, 9:30am - 4:30pm) or email: [help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk)



## Sefton Autism Hubs

Sefton Autism Hubs are for adults (18+) with High Functioning Autism / Asperger's who would like to improve their employability and join in with community activities, as well as meet friends and find out information.

The hubs take place at Sefton Carers Centre, in Waterloo, and at The Life Rooms, Mersey Care, in Southport, on the following days:

**Monday: 1pm - 4pm**

Drop in and one-to-ones at Sefton Carers Centre, 27-37 South Road, Waterloo, Liverpool, L22 5PE.

**Tuesday: 10am - 1pm**

One-to-ones at The Life Rooms, Mersey Care, 23-35 Scarisbrick Avenue, Southport, PR8 1NW.

**Thursday: 1:30am - 4:30pm**

Drop in at The Life Rooms, Mersey Care, 23-35 Scarisbrick Avenue, Southport, PR8 1NW.

One-to-ones with a development coach are also available – to find out more please call Steven Mills or Emma Webster on **07909 255 708** or email: [seftonhub@imagineindependence.org.uk](mailto:seftonhub@imagineindependence.org.uk)



## FREE Yoga Nidra for Carers



**EVERY FRIDAY**  
**11.50am - 12.50pm**  
for 8 weeks  
**13th April - 1st June 2018**  
at the Crosby Lakeside Adventure Centre  
with Get Healthy, Get Active

Advance booking required - Please call Sefton Carers Centre on 0151 288 6092

Sefton Carers Centre will have a variety of new courses available to unpaid carers in the Autumn, if you would like to express an interest in future sessions please call Peter Blundell on **0151 288 6092** or email: [Peter.Blundell@carers.sefton.gov.uk](mailto:Peter.Blundell@carers.sefton.gov.uk) for further details.

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

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**Sefton Council**

**South Sefton Clinical Commissioning Group**  
**Southport and Formby Clinical Commissioning Group**

