



**carerstrust**

**Sefton Carers Centre**  
action · help · advice

## Carers Voice

Carers Voice is an opportunity for unpaid carers to share their views and help influence future services in Sefton. The group meets every three months and use their experience as unpaid carers to provide ideas and suggestions to help improve the lives of others living in the borough.

Members of Carers Voice were recently asked to be part of a focus group to discuss the support and information that is needed when trying to balance the commitments of working and caring. In June 2018 the government published the Carers Action Plan which set out key priority areas of support for carers to be considered and includes the help carers need to be able to manage their working life in addition to their caring role.

Clare Johnston, Carers Voice Development Officer, said: "This focus group was a great opportunity for Sefton carers to have local input in this national focus on working carers, providing a platform for carers to have their say on what support they have received to date and what has been the most helpful - in addition to

discussing the support and help that would have been of benefit if it had been available.

"Balancing working and caring can be very difficult and the support carers receive from their employer is vital at this time to enable a carer to be able to maintain their own health and wellbeing, as well as being able to access the right information about health and social care services that can be of support."

Carers Voice invites carers in Sefton to have their say on a number of issues throughout the year on both a national and local level. If you would like more information or would like to join the group then please contact Clare Johnston on **0151 288 6060** or email: [clare.johnston@carers.sefton.gov.uk](mailto:clare.johnston@carers.sefton.gov.uk)

Carers UK, one of the leading national charities supporting carers, are conducting their annual State of Caring Survey until 24th May, 2019. If you can help paint a picture of what it's like to be a carer in 2019 please complete the survey at their website: [www.carersuk.org](http://www.carersuk.org)

# Young Carers Support Service

Now in her mid-20's Anna reflects upon her years as a young carer

*'I did everything that a young teenager shouldn't have to do for their parents: wash them, toilet them, make the food, do the housework etc.'*

*'The roles reverse and you become the parent.'*

*'You carry a huge responsibility on your shoulders and you have to grow up quickly. It's a rollercoaster of emotions: love, hate, resentment, fear, isolation and loneliness.'*

*'Caring changes your life and has a huge impact on your mental health and confidence.'*

Anna now has a career and children of her own.

In Sefton today there are thousands of children and young people providing informal care for family members with a chronic illness or disability.

For many of these young carers the transition from childhood to adulthood can be much more difficult than for their peers who don't have a caring role. Young carers are less likely to go on to college, university, training or employment when they leave school and this can severely reduce their prospects throughout the rest of their lives.



Very recently a new partnership has been formed bringing together key agencies who are committed to ensure that young carers are able to take full advantages of opportunities for educational achievement and success in later life.

The partners are Sefton Carers Centre, Sefton Council, Sefton Clinical Commissioning Groups, Hugh Baird College, Southport College and KGV, Sefton Association of Secondary Headteachers and Sefton at Work. Other organisations will also be invited to join the partnership.

For more information about how the partnership will identify and support young adult carers please visit: [www.sefton-carers.org.uk/young-carers](http://www.sefton-carers.org.uk/young-carers)

On the website you will also find details of other support and services for young carers from the age of five.

The Sefton Young Carers Service are nominated for the Tesco Bags of Help scheme during March and April - you can vote to fund activities and support for young carers in the following stores:

- Litherland (Superstore) L21 8NZ
- Crosby Road (Express) L22 4QH
- Old Roan (Express) L10 2JA
- Coronation Road (Express) L23 5RQ
- Thornton (Express) L23 4TE



## FREE COURSES FOR UNPAID CARERS

COURSE TITLE	DAY	TIME	START	WEEKS
<b>Sefton Carers Centre, Waterloo</b>				
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1:00pm-2:30pm	01/04/19	1
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1:00pm-2:30pm	13/05/19	1
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1:00pm-2:30pm	17/06/19	1
Dementia Friends Workshop	Monday	10.00am-12.00pm	08/04/19	1
Crisp (Carer Information Support Programme)	Monday	10.30am-1.00pm	03/06/19	4
Mindful Meditation	Thursday	10.30am-11.30am	21/03/19	2
Slim to Trim (New Course)	Friday	10.00am-10.45am	22/03/19	2

### Crosby Library

Chair Based Exercises	Monday	10.15am-11.00am	25/03/19	3
Chair Based Exercises	Monday	10.15am-11.00am	20/05/19	5
Sound Meditation (New Course)	Tuesday	10.30am-11.30am	26/03/19	2
Sound Meditation (New Course)	Tuesday	10.30am-11.30am	23/04/19	5
Pilates	Wednesday	10.00am-11.00am	27/03/19	3
Pilates	Wednesday	10.00am-11.00am	22/05/19	5
Yoga Nidra	Thursday	1.00pm-2.00pm	21/03/19	2
Dancercise (New Course)	Friday	11.00am-11.45am	27/03/19	3
Gentle Fitness (New Course)	Friday	11.00am-11.45am	24/05/19	5

### May Logan Centre

Healthy Cooking	Tuesday	2.15pm-4.00pm	26/03/19	2
Healthy Cooking	Tuesday	2.15pm-4.00pm	23/04/19	4

### Sefton Corporate Learning Centre, Ainsdale

Moving & Handling Client Induction	Wednesday	9.30am-4.00pm	01/05/19	1
Dementia Awareness	Thursday	9.30am-4.30pm	02/05/19	1
Mental Health Awareness	Friday	9.30am-4.30pm	21/06/19	1

### The Life Rooms (for service users and carers), Southport

Understanding Anxiety	Monday	10.00am	25/03/19
Yoga	Tuesday	10.00am	26/03/19
Exploring Art	Tuesday	2.00pm	26/03/19
Mobile Crafts4U	Wednesday	1.00pm	27/03/19
Understanding Depression	Thursday	10.00am	28/03/19
Enrolment Event	Friday	10.00am	29/03/19
Arts & Crafts Group	Friday	10.00am	29/03/19

### The Life Rooms, Walton

Wellbeing Wednesdays	Last Wednesday of each month	11.00am
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To attend any of the courses at Sefton Carers Centre, Crosby Library, May Logan Centre or Sefton Corporate Learning Centre (CLC) please call 0151 288 6092 or email [peter.blundell@carers.sefton.gov.uk](mailto:peter.blundell@carers.sefton.gov.uk) for further information.

To enrol on The Life Rooms, Southport or Walton sessions, or for further information on all of their courses and future enrolment dates, please contact them directly on 01704 383 198 or online at [www.liferooms.org](http://www.liferooms.org)

Please note sessions can be subject to change or cancellation before or after they have commenced.

## Sefton Carers Centre

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

@seftoncarers seftoncarerscentre



## Sefton Parent Carer Forum



On Thursday 7th March, Sefton Parent Carer Forum held their AGM at the West Lancs Yacht Club on Marine Drive, Southport. The annual meeting was a chance for parents and carers of children with Special Education Needs or Disability (SEND) to meet and discuss services across the borough.

Sefton Carers Centre attended the event and are working with the forum to help increase the profile of parent carers in Sefton and let them know their rights as unpaid carers.

Annette Edmondson, from Sefton Parent Carer Forum, said: "The Forum provides a good opportunity for local parents to come together to discuss local issues and support the development of services in Sefton. We work with a number of partners in the borough across education, health and social care to make a difference for our children and young people in Sefton."

"Although we are very busy, it's always a work in progress so to continue to build on our strengths and be able to make more of a difference we would welcome new members. If anyone feels they could volunteer, we currently have some spaces on the Steering Group to fill. Even if you are not sure what you can offer or how much

time you have to spare, come and meet us to find out more. You would be made very welcome!"

You can contact the Forum by phone on **07541 326860**, by email at [seftonparentcarerforum@gmail.com](mailto:seftonparentcarerforum@gmail.com) or by joining their facebook group, search for SPCF - Sefton Parent Carer Forum.

If you care for a child or young person who is under 18 and has a physical disability, learning disability or emotional/behavioural condition, either diagnosed or undiagnosed, Sefton Carers Centre can also provide support. Please call **0151 288 6060** or visit [www.sefton-carers.org.uk/carers-service/](http://www.sefton-carers.org.uk/carers-service/) parent-carer-support for more information.