

Carers Rights Day 24th November 2017

'Make Connections. Get Support'

Sefton Carers Centre in Waterloo will be hosting a special Carers Rights Day Coffee Morning on Friday 24th November between 11am and 1pm.

There will be copies of the new Carers Rights Guide for all carers and information about the free support services available.

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.

Lesley Day, from Litherland, who has cared for both her mother and husband, said: "I'm proud to be a carer and love what I do but sometimes I need someone to talk to and listen to how I feel."

"Whenever we've needed support the carers centre has always been there for us. I would say to anyone who is a carer give them a call and they will be able to help."

This Carers Rights Day, Sefton Carers Centre hope to reach as many carers in Sefton as possible with information and advice about the range of support available. If you are a carer, or you know someone who is, this event will provide you with information about your rights, as well as practical support and advice.

Heléna Herklots CBE, Chief Executive of Carers UK, said: "Looking after an ill, older or disabled loved one is one of the most natural things we can do, but it's near impossible to receive the practical, financial, and emotional support you need to keep caring unless you know your rights as a carer."



**carers
RIGHTS DAY**

"With so many people not identifying themselves as carers, despite their responsibilities to loved ones who need them, many wait years for the right support. Regardless of whether we look after somebody, we can all do more to help the carers we know get support faster."

"Carers Rights Day events like that run by Sefton Carers Centre play a vital role in connecting carers with the crucial support, both practical and emotional, that they are entitled 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 to Friday 9:30am-4:30pm.



Treasure-Less Island Annual Christmas Pantomime and Party for Carers



8th December from 12 noon

St Luke's Church Hall,
71 Liverpool Road, Crosby, L23 5SE
Tickets £3.50

**For more information or to buy tickets
please call 0151 288 6060**



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

Volunteer with Sefton Carers Centre

Sefton Carers Centre is currently looking for volunteers to help provide free support services for carers in Sefton.

Volunteers who can spare a few hours a month to help enable families who care for relatives to take short breaks from their caring role are urgently required. If you enjoy talking to people, sharing interests, hobbies and experiences and would like to help your local community then this role may be for you.

Vicky Keeley, CEO of Sefton Carers Centre, said: "Without the work of our volunteers we would not be able to keep delivering the services we provide to thousands of carers across Sefton."

"Any amount of time that people can offer is always appreciated, even a couple of hours a month can make a massive difference. We would love to introduce more free services for carers and would ask anyone who is

interested in volunteering to get in touch."

Sefton Carers Centre is also hoping to expand the range of holistic therapies available to carers and is looking for volunteer therapists who can spare a few hours a week. Volunteers will need to hold a certificate from the body linked to the therapy they practice, hold a minimum of a diploma level 2 and ideally be working towards level 3.

If you are interested in finding out more about the volunteering opportunities available at the centre please call Louise on **0151 288 6080** (Monday to Friday, 9:30am-4:30pm) or visit www.sefton-carers.org.uk



Christmas Opening Times

Please be aware that the centre will be closed from 22nd December to the 2nd January 2018.
In the event of an emergency you can contact the Adult Social Care Emergency Duty Team on 0151 934 3555.

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

@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

**make
carers
count**
**34,500
reasons to care
Sefton**

Free Mindfulness Courses for Carers

Sefton Carers Centre are hosting a number of free Mindfulness courses for carers in the new year thanks to funding from the PH Holt Foundation.

The PH Holt Foundation are independent grant-makers who help communities and charitable organisations create a better future for the people of Merseyside. Mindfulness sessions previously held at the centre have received a lot of positive feedback from carers with many stating that they now use the practice of Mindfulness to help them in their caring role.

A carer who recently attended one of these sessions said: "The Mindfulness course has really benefitted me as a carer. I've enjoyed the time out for me to learn and develop new ways to relax and reduce my own daily stresses through a new approach. I can feel the benefit to my own health already."

If you are a carer or you know a carer who would benefit from these free courses please call **0151 288 6092** or email peter.blundell@carers.sefton.gov.uk for more information.

Sefton Carers Centre also offers a free counselling service available to all carers living in Sefton. Call **0151 288 6060** or visit www.sefton-carers.org.uk to find out more.

**P. H. HOLT
FOUNDATION**

FREE COURSES FOR CARERS

COURSE TITLE	DAY	DATE	TIME	DURATION
Computer Courses				
Computer Essentials	Monday	15/01/2018	10.00am - 12.00 noon	5 Weeks
Digital Art Using the Computer	Wednesday	17/01/2018	10.00am - 12.00 noon	4 Weeks
Photo Editing Using Pixlr	Friday	19/01/2018	10.00am - 12.00 noon	4 Weeks

Health Wellbeing and Arts

Creative Writing	Monday	15/01/2018	10.00am - 12.00 noon	10 Weeks
Greetings Cards, Boxes & Crafts	Monday	15/01/2018	1.00pm - 3.00pm	6 Weeks
Self-Care & Compassion	Tuesday	16/01/2018	11.00am - 12.30pm	4 Weeks
Chair Based Exercises	Tuesday	09/01/2018	12.30pm - 1.30pm	10 Weeks
Unconscious Art Project	Tuesday	09/01/2018	1.00pm - 3.00pm	3 Weeks
Classical Movement to Music	Wednesday	10/01/2018	1.00pm - 2.00pm	10 Weeks
Floral Design	Wednesday	17/01/2018	10.00am - 12.00 noon	5 Weeks
Reading & Chat	Wednesday	10/01/2018	12.00 noon - 1.00pm	Weekly
Guitar For Beginners (own guitar required)	Wednesday	17/01/2018	1.00pm - 3.00pm	4 Weeks
Mindfulness	Thursday	11/01/2018	10.30am - 11.30am	5 Weeks
Yoga	Thursday	11/01/2018	12.00 noon - 1.00pm	5 Weeks
Intro To Spanish Cookery	Friday	12/01/2018	1.00pm - 3.00pm	5 Weeks
Creative Writing Group	Last Thursday of every month		1.30pm - 3.00pm	
Craft Group	Every Thursday		10.00am - 12.00 noon	
History Group	1st Monday of every month		1.30pm - 3.30pm	
Walking Group	1st & 3rd Tuesday		10.00am - 12.00 noon	

Carer Support Services

Wills Tax & Power of Attorney	Monday	08/01/2018	1.00pm - 3.00pm	1 Week
Wills Tax & Power of Attorney	Monday	05/02/2018	1.00pm - 3.00pm	1 Week
Wills Tax & Power of Attorney	Monday	05/03/2018	1.00pm - 3.00pm	1 Week
Wills Tax & Power of Attorney	Monday	09/04/2018	1.00pm - 3.00pm	1 Week
Moving & Handling (Induction)	Tuesday	16/01/2018	9.30am - 4.30pm	1 Day
Moving & Handling (Induction)	Monday	13/03/2018	9.30am - 4.30pm	1 Day
Introduction to ADHD	Tuesday	30/01/2018	9.30am - 4.30pm	1 Day
Introduction to ADHD	Thursday	15/02/2018	9.30am - 4.30pm	1 Day
Hate Crime Awareness	Thursday	08/02/2018	9.30am - 4.30pm	1 Day
Emergency First Aid	Thursday	25/01/2018	9.30am - 4.30pm	1 Day
Introduction to ADHD	Friday	12/01/2018	9.30am - 4.30pm	1 Day

FOR MORE INFORMATION OR TO BOOK A COURSE PLEASE CALL 0151 288 6092