

carers RIGHTS DAY

Friday
30th November
2018

On Friday 30th November, Sefton Carers Centre will be holding two Carers Rights Day information and advice sessions – 10.00am - 12.00pm at Sefton Carers Centre, 27-37 South Road, Waterloo, L22 5PE and 1.00pm - 3.00pm at The Life Rooms, 23 Scarisbrick Avenue, Southport, PR8 1NW – for carers to find out their rights and how they can get the help and support they are entitled to.

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.

A carer is someone of any age who provides support to family or friends who could not manage without this help. Vicky Keeley, CEO of Sefton Carers Centre, said: "These events are a really good way for carers to find out how they can access the many free services we

have available throughout Sefton, as well as an opportunity to have a chat with staff over a cup of coffee."

There is no need to book in advance and specialist staff, including Welfare Benefits Advisors and Carer Support Officers, will be available to speak to carers throughout both events. Sefton Young Carers Service and Sefton Advocacy will also be available to offer advice and information.

If you cannot attend these events but would like to speak to someone regarding your caring role then please call the centre on **0151 288 6060** or visit their website: www.sefton-carers.org.uk

Sefton
Young
Carers



Following these events Sefton Carers Centre will be holding a special carers rights workshop presented by the Carers Trust on Wednesday 12th December, 10am-2pm, please call 0151 288 6060 to reserve your place or for more information visit: www.sefton-carers.org.uk



Carers Christmas Party

All carers are welcome to attend our free Christmas Party on Wednesday 5th December, 10:30am – 2:30pm. Join us for Christmas carols, refreshments, party games, festive photos and a performance from the Christ Church Primary School Choir.

Places are limited so please call **0151 288 6060** to book.

CHRISTMAS OPENING TIMES

Please be aware that the centre will be closed from 25th-26th December 2018 and 1st January 2019. In the event of an emergency please contact the Adult Social Care Emergency Duty Team on **0151 934 3555** or dial 999.



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Recognising your caring role: Carer's Assessments

Often caring roles develop over time and when providing care to a loved one it can be difficult to recognise that you are a carer.

A Carer's Assessment covers the impact of your caring role, how you feel about caring, your physical, mental and emotional health and how caring may affect your ability to access work, leisure, education, wider family and relationships.

As a carer your physical, mental and emotional wellbeing is at the heart of the assessment, demonstrating the impact and need for services.

Rachael Darvill, Carer Services and Safeguarding Lead, said: "A Carer's Assessment looks at the different ways that your caring role affects your life. We look at how you can carry on doing the things that are important to you and enable you to

feel that you still have quality of life."

A Carer's Assessment is not a test about how good you are at caring, it is to work out what can be done to make life easier for you.

If you do not wish to have an assessment you will still be able to access information and advice from the centre, including all in-house services they offer as well as any other support and help from local organisations that may benefit you in your caring role. For more information or to request a Carer's

Assessment please contact the Carers Support Team on **0151 288 6060**, Monday to Thursday, 9am - 5pm (Friday 9am - 4:30pm) or via their website: www.sefton-carers.org.uk

You are entitled to a Carer's Assessment each year, although if your circumstances change you can ask for your assessment to be done again at any time. This is particularly important if there is a change in your caring role.



Sefton Carers Centre

27 - 37 South Road, Waterloo, L22 5PE
Tel: 0151 288 6060 • www.sefton-carers.org.uk

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Sefton Council

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Help carers keep caring in Sefton

Sefton Carers Centre are currently looking for volunteers to help enable families who care for relatives to take short breaks from their caring role. 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.

Lynn Wood, Sitting Service Coordinator at Sefton Carers Centre, said: "Carers are so appreciative of the time our volunteers give, it enables them to have some time to themselves, to catch up with friends, or just relax and recharge their batteries."

If you can spare a few hours a month and are interested in finding out more about the volunteering opportunities available at the centre please call Peter on **0151 288 6060** Monday to Thursday, 9am - 5pm (Friday 9am - 4:30pm) or visit their website: www.sefton-carers.org.uk

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 - for more information about the 'Year of the Volunteer' visit: www.mysefton.co.uk

Free Courses for Carers

We have a variety of free courses for unpaid carers starting in the new year, including yoga, pilates and a range of creative arts.

Please contact Peter on 0151 288 6060 for dates or visit our website: www.sefton-carers.org.uk



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