

# The Future of Adult Social Care



The Government's recent decision to delay its long-awaited green paper on the future of adult social care until the autumn has prompted local government to take action and publish its own green paper and public consultation online at [www.futureofadultsocialcare.co.uk](http://www.futureofadultsocialcare.co.uk)

Running until 26 September, the consultation seeks the views of people and organisations from across society on how best to pay for care and support for adults of all ages and their unpaid carers, as well as how to shift the overall

emphasis of our care and health system to focus more on preventative, community-based personalised care.

In addition to the online consultation Sefton Council will also be holding two public consultations in the north and the south of the borough, please visit [www.sefton.gov.uk](http://www.sefton.gov.uk) for more information.

The chances are that you, or someone you know, will at some point have contact with social care or become an unpaid carer for someone you love. By taking part in this consultation your views will help build a vision for adult social care that supports people, communities, hospitals and our economy for decades to come.

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. Please visit [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk) or call 0151 288 6060 (Monday to Friday, 9:00am - 4:30pm) if you would like more information about any of their free services.

## Carers Counselling Service

Do you feel overwhelmed, stressed, or anxious?

Sefton Carers Centre provides a free and confidential counselling service to all unpaid carers living within the borough.

Sefton Carers Centre counsellors are either fully or partially qualified volunteers and are dedicated to improving your overall mental and emotional wellbeing through a person centred approach.

For more information or to book an appointment please call 0151 288 6060.

A free counselling service available to all residents in Sefton is provided by Access Sefton, please call 0300 303 2708 for more information.

In the event of an emergency, if you are unable to keep yourself safe, you should contact your GP or call 999.

## POSITIVE PAINT

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Supporting a local charity

27 - 37 South Road, Waterloo, L22 5PE

0151 288 6060 • [www.sefton-carers.org.uk/positive-paint](http://www.sefton-carers.org.uk/positive-paint)

Crosby Housing Association has been at the heart of the community for over 48 years and we are delighted to recommend Positive Paint's fantastic range of high quality and affordable paint.

Sefton Carers Centre  
action · help · advice

## carerstrust

# Sefton Carers Centre

### action · help · advice

ANYONE could be a carer, a 15-year-old girl looking after a parent with a long term health condition, a 40-year-old man caring for his partner who has terminal cancer or an 80-year-old woman looking after her husband who has Alzheimer's disease.

# Sefton Young Carers Summer Fun

The Sefton Young Carers service have spent the summer engaging young carers in a range of fun activities, including a three day residential trip to Crosby Hall Educational Trust and a family day at the Crosby Lakeside Adventure Centre.

Based within Sefton Carers Centre the service works with schools to identify and support young carers in Sefton throughout the year - a young carer is anyone aged 5 to 17 years old who has a direct caring role at home.

New research from the Carers Trust and Action for Children reveals that three quarters of young people who look after family members feel lonely during their summer breaks from school and there are concerns that they might not have the opportunity to have a break from their responsibilities.

John Hill, Head of Project Development at Sefton Carers Centre, said: "Caring for a parent or sibling who cannot manage without the support they provide can cost young people dearly. They can miss out on huge range opportunities that so many other children take for granted, which is why our summer activities programme is so important for young carers in Sefton."

As well as outdoor activities, bowling and trips to the cinema, a number of young carers were given the opportunity to attend the CBBC Summer Social event in Liverpool last month thanks to a charitable partnership between the BBC and Carers Trust.

The highlight of the day for the young carers was meeting their favourite on-screen characters, both animated and real. Lily Findlay, 6, who attended the event with her family, said: "I loved it and want to go back!"

For more information about the Sefton Young Carers Service please visit [www.sefton-carers.org.uk/young-carers](http://www.sefton-carers.org.uk/young-carers) or call 0151 288 6060.

## FREE COURSES FOR UNPAID CARERS

COURSE TITLE	DAY	TIME	START	WEEKS
<b>Sefton Carers Centre, Waterloo</b>				
Movement To Music	Monday	10:15am-11:00am	10/09/18	6
Guitar For Beginners (own guitar required)	Monday	1:00pm-3:00pm	10/09/18	5
Care After Wills	Monday	1:00pm-2:30pm	17/09/18	1
Care After Wills	Monday	1:00pm-2:30pm	15/10/18	1
Care After Wills	Monday	1:00pm-2:30pm	12/11/18	1
Care After Wills	Monday	1:00pm-2:30pm	03/12/18	1
<b>CRISP</b>				
Carers Information & Support Programme	Monday	10:30am-1:00pm	05/11/18	4
Computer Essentials with Windows 10	Tuesday	10:00am-12:00pm	11/09/18	6
Tai Chi	Tuesday	1:00pm-2:00pm	18/09/18	5
Christmas Arts & Crafts	Tuesday	11.00am-1.00pm	30/10/18	5
Cup Cake Decorating	Tuesday	1.15 pm-3.15 pm	30/10/18	5
Healthy Cooking	Wednesday	1:00pm-3:00pm	12/09/18	4
Mini Health Checks	Wednesday	1:00am-3:00pm	10/10/18	2
Yoga Nidra	Thursday	1:00pm-2:00pm	13/09/18	7
Relax & Revive	Thursday	1:00pm-2:00pm	08/11/18	6
Mindful Meditation	Thursday	10.30am-11.30am	13/09/18	6
Mindful Meditation	Thursday	10.30am-11.30am	01/11/18	5
Christmas Advent PowerPoint	Friday	10.00am-12.00pm	02/11/18	5
Christmas Crafts Using The Computer	Friday	1:00pm-3:00pm	02/11/18	5
<b>Crosby Lakeside Adventure Centre</b>				
Gym Taster Sessions	Monday	10.00am-11.00am	5/11/18	5
Water Sports Taster	Tuesday	10.00am-12.00pm	30/10/18	1
Pilates	Wednesday	9.30am-10.30am	12/09/18	6
Pilates	Wednesday	10.00am-11.00am	14/11/18	5
<b>Crosby Leisure Centre</b>				
Swimming Confidence Course (Instructor provided)	Friday	10.00am-11.00am	14/09/18	12
<b>Sefton Corporate Learning Centre, Ainsdale</b>				
Introduction to ADHD	Tuesday	9.30am-4.30pm	27/11/18	1
Dementia Awareness	Tuesday	9.30am-4.30pm	04/12/18	1
Introduction to ADHD	Wednesday	9.30am-4.30pm	31/10/18	1
Dementia Awareness	Thursday	9.30am-4.30pm	27/09/18	1
<b>The Life Rooms (for service users and carers), Southport</b>				
Confidence and Assertiveness	Monday	2.00pm-4.00pm	17/09/18	
Understanding Psychosis	Wednesday	2.00pm-4.00pm	19/09/18	
Managing Anxiety	Wednesday	2.00pm-4.00pm	26/09/18	
Women and Mental Health	Thursday	10.00am-12.00pm	20/09/18	

To attend any of the courses at Sefton Carers Centre, Crosby Lakeside Adventure Centre (CLAC), Crosby Leisure 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 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)

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Sefton Council LLOYDS BANK FOUNDATION England & Wales

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

make carers count 34,500 reasons to care Sefton

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