

Carers Week™

7-13 June 2021

Sefton Carers Centre provides free advice and guidance for unpaid carers living in Sefton. Next week, their staff will be on hand to support carers in a number of ways from the Centre on South Road, Waterloo. Carers Week is a national awareness campaign to celebrate and recognise the vital contribution made up by the UK's 6.5 million unpaid carers. In Sefton, over 34,000 residents provide support to a family member or friend who could not manage without this help. Anyone could be a carer, a 15-year-old looking after a parent with a long term health condition, a 40 year old caring for their partner who has terminal cancer or an 80 year old looking after their partner who has Alzheimer's disease.



Events		
7/6/21	Carers Well-Being Day 11am - 12pm: HAND MASSAGE DEMONSTRATION This session will look at simple ways we can care for ourselves, taking a little time to ease aching joints and feeling more relaxed in the process. 2pm - 3pm: SELFCARE AWARENESS SESSION This session will seek to ensure that caregivers take time to acknowledge the important role they have in the lives of others, and how to simply yet effectively find ways to improve resilience by identifying what is important and nurturing yourself free of guilt.	Waterloo Office
8/6/21	Coffee Morning 10am - 11am & 11.30am - 12.30pm with advice sessions on welfare benefits and carers services and support	Waterloo Office
11/6/21	Parent Carer Coffee Morning 10.30am - 11.30am	Zoom Event
11/6/21	Wills, Power of Attorney and Tax 3 sessions from 10am - 1pm The Think Differently, Cope Differently Session 1.30pm - 3.30pm - 4 SESSIONS: Helps you to learn simple and effective skills to develop more positive and healthy ways of thinking. It can teach you to easily identify the areas that you can improve upon, to develop ways of managing anxiety and to gain confidence. If you would like to know more about this programme, we will be presenting some short taster sessions at Sefton Carers Centre for Carers Week. Carers Health Checks 10am - 12pm	Waterloo Office
All events will require a booking via 0151 288 6060		

For information regarding our wider range of courses and activities please contact **Peter Blundell** on **0151 288 6092** or email **peter.blundell@carers.sefton.gov.uk**



CARERS TRUST

Sefton Carers Centre

FREE PACK OF PPE FOR ALL UNPAID CARERS

During National Carers Week Sefton Council are supporting unpaid carers by providing free PPE packs which can be collected from Sefton Carers Centre in Waterloo from 7th of June to 11th June.

Covid 19 Vaccination for unpaid carers

The definition for carers entitled to the vaccination in this group is detailed below: Unpaid carers are classed in Priority Group 6 if they are in receipt of a carer's allowance, or those who are the main carer (those who are the sole or primary carer) of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

If the above criteria applies to you as a carer you can now register for the Covid-19 vaccination as follows:

1. You will need to contact your GP to register as an unpaid carer. They may ask for a copy of this letter as evidence of registration with Sefton Carers Centre.
2. The GP will then be able to make arrangements for you to receive a vaccination.

If you are taking the person you care for to a vaccination appointment you may be able to receive yours at the same time, please discuss this with your GP prior to the appointment. Your GP practice is unlikely to be able to offer you an appointment at the time you contact them, you will be called as the practice works through its list of patients

Sefton Carers Centre

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

[@seftoncarers](https://twitter.com/seftoncarers) [seftoncarerscentre](https://facebook.com/seftoncarerscentre)

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The Active Older Carers Project

Are you 60 years old or over and care for someone?

If so, the Active Older Carers Project is for you!

The aim of this project is to focus on the health and well being activities of older carers (60+) living in the borough of Sefton. The project offers a range of activities which are tailored to suit the individual needs, and these include face to face groups, home sessions and activity packs.

Activities are based upon an individual's expression of interest and include

- Mindfulness
- Local History
- Art and Crafts
- Baking and Cooking
- Information Technology
- Learn how to play the Ukulele
- Dance fit
- Yoga
- Singing Bowl Meditation

To access the project and indeed all our services for free you will need to register with us.

If you would like to know more about the project you can contact the Older Carers Activities Project Officer by telephone on 0151 288 6060 Monday to Wednesdays 9-5, or via email at caroline.hesketh@carers.sefton.gov.uk

Look out for our NEW Social media and YouTube channels launching soon:

seftoncarers

Sefton Carers Centre

SEFTON'S INDEPENDENT CARERS ACTION GROUP

We are an independent group from any organisation. We are carers and former Carers working for strategic improvements in lives of unpaid Carers and the people they care for.

Would you like to help in this project? Have one spare morning a month? Want to learn more? Contact John Corscaden (Chair) on johncorscaden@talktalk.net