

# Shining the Spotlight on Young Carers

The 16th March 2022 is **Young Carers Action Day** – an annual event led by Carers Trust. The event raises awareness of young carers and calls for action to increase support for young people with caring responsibilities.

This year's theme is about taking action on isolation for carers. Carers Trust are working to make sure all young and young adult carers get the support and access to services they need to live full and varied lives, alongside their caring roles. Find out more information about Young Carers Action Day here or visit: [www.carers.org/young-carers-action-day-2022/young-carers-action-day-2022-1](http://www.carers.org/young-carers-action-day-2022/young-carers-action-day-2022-1)

## Young Carers Transitions Service

Sefton Young Carers Transitions supports 16-25 year old carers throughout their caring journey through to adulthood. Personalised support is offered to each individual and focuses on protecting the futures of Sefton's Young Adult Carers. The Young Carers Transitions Project has recently been successful in securing funding for the next 6 months from a grant funded by Carers Trust and Quilter PLC. This new funding will further enhance young carer transitions support and aim to encourage our young carers to work towards their personal goals in education, training and employment.

To find out more about the support we offer to young adult carers, contact **Andrew Deacon** t: **07813 725644** or Email: [andrew.deacon@carers.sefton.gov.uk](mailto:andrew.deacon@carers.sefton.gov.uk)



- THE GRANT WILL ALLOW US TO:
- dedicate additional staff time to offer more personalised support to more carers.
  - offer group workshops and sessions facilitated by us and partners around the themes of education, employability and wellbeing.
  - create an Aspirations Fund for young adult carers which will incentivise engagement with the service – carers will be rewarded with a financial benefit that will support their continuing education, training or employment.

## The Ukraine Humanitarian Appeal



Sefton CVS are encouraging local organisations, businesses and individuals who wish to support the humanitarian efforts in Ukraine to donate to the urgent appeals coordinated by specialist charities including the Disasters Emergency Committee (DEC), the British Red Cross and UNICEF. Please Visit the below websites to donate.

[donation.dec.org.uk/ukraine-humanitarian-appeal](http://donation.dec.org.uk/ukraine-humanitarian-appeal) to donate to the Disasters Emergency Committee (DEC) Humanitarian Appeal

[donate.redcross.org.uk/appeal/ukraine-crisis-appeal](http://donate.redcross.org.uk/appeal/ukraine-crisis-appeal) to donate to the British Red Cross Ukraine Appeal

[unicef.org/emergencies/conflict-ukraine-pose-immediate-threat-children](http://unicef.org/emergencies/conflict-ukraine-pose-immediate-threat-children) to donate to UNICEF's work with children in Ukraine

Sefton Carers Centre is a registered charity and is here to support you in your caring role by providing you with information, support, guidance and advice. All our services are free at the point of contact. We support all unpaid carers who live in the borough of Sefton from the age of 5 years old via our Young Carer Team, through to adult carers who are supported by our Carer Support Team.



# CARERS TRUST

## Sefton Carers Centre

Please keep a lookout for our **SEASONAL NEWSLETTER** that will be available on our website, or can be collected from our Centre on South Road in Waterloo, and also from the Life Rooms on Scarisbrick Avenue in Southport .

## 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](https://twitter.com/seftoncarers)

 [seftoncarerscentre](https://facebook.com/seftoncarerscentre)

 [seftoncarers](https://instagram.com/seftoncarers)




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](http://www.sefton-carers.org.uk) Email: [help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk)

## Join our friendly team of volunteers

No matter how much time you have available to volunteer – from a couple of hours a fortnight to a day or two each week – the benefits of volunteering can be enormous. By volunteering, your skills and experiences can help support Carers in Sefton – a little of your time goes a long way!

## Volunteers... the heart of Sefton Carers Centre



**The Listening Ear Service**  
A team of volunteers ring Carers who may be feeling isolated, lonely or just simply want to have a chat with a friendly voice. The chats can last from anything from a quick 5 minutes or an hour, its really dependent on the Carers needs and what's happening in their lives that week. The listening ear service has always been popular but throughout the pandemic the demand for the service has grew.

**The Sitting Service**  
Volunteers support Carers by sitting in the home of the person they care for, keeping them company enabling the Carer to have a bit of a break to go do some shopping, go for a walk, go to appointments or just to have a bit of 'me' time. This can be for a few hours per week/ fortnight – No personal care is involved. The sitting service coordinator will try to match a volunteer who has similar interests. Ideally we would like volunteers who can travel throughout the borough.

Both services run Monday to Friday 9am-5pm and full training is provided.

If you are interested in any of the roles listed above please contact **Louise Stewart** t: **0151 288 6060**, via our [contact page here or www.sefton-carers.org.uk/index.php/contact-us](http://www.sefton-carers.org.uk/index.php/contact-us).

## Fancy a cuppa and a chat?

Join one of our Carers Coffee Mornings, share experiences, make friends and just have time for you!

**FORTNIGHTLY CARERS COFFEE MORNINGS:**  
**Tuesdays - 60+ Older Carers Support Group**  
29th March 2022 (then every fortnight after) 10:30am – 12 noon  
Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE  
**Wednesdays - 18+ Carer Support Group**  
30th March 2022 (then every fortnight after)  
10:00 am – 12 noon  
Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE

**MONTHLY CARERS COFFEE MORNINGS:**  
**Tuesdays - Open to ALL Carers (mixed age group)**  
**5th April** (3rd May, 7th June, 5th July) 10:30 am – 12:30 pm  
The Life Rooms, 22-33 Scarisbrick Ave, Southport, PR8 1NW

**Call 0151 288 6060 for more info or message us online:**  
[www.sefton-carers.org.uk/index.php/contact-us](http://www.sefton-carers.org.uk/index.php/contact-us)



## FREE COURSES FOR UNPAID CARERS

DAY	COURSE TITLE	TIME	START	WEEKS
Sefton Carers Centre, Waterloo				
Monday	<b>Total Tone</b> <b>Dance Fit</b> (chair based) <b>Dance Fit</b> <b>Easter Crafts Workshop</b> (New for 2022)	11am-12noon	04/04/22	10
Monday		12.15pm-1pm	04/04/22	10
Monday		1pm-1.45pm	04/04/22	10
Monday		10.30am-1pm	04/04/22	1
Tuesday	<b>Walking Group</b> <b>Weigh Forward</b> Weight Management (NEW for 2022) <b>Ukulele</b> <b>Tax, Care, Wills &amp; Lasting Power of Attorney</b>	10.30am-12.30	March 2022	Weekly
Tuesday		Please call 0151 288 6060 to register your interest	TBC	
Tuesday		11am-1pm	05/04/22	5
Tuesday		1pm-2.30pm	12/04/22	5
Wednesday	<b>Carers Coffee Morning</b> <b>Carers Health Checks</b> <b>Zumba Gold</b> <b>Chair Yoga</b> <b>Mini Book-making Using Collage Workshop</b>	10am-12.30pm	16/03/22	Weekly
Wednesday		10.30am-11.30am	TBC	Ongoing
Wednesday		12.30pm-1.30pm	20/04/22	10
Wednesday		1.30pm-2.30pm	20/04/22	10
Wednesday		10.30am-1.30pm	06/04/22	1
Thursday	<b>The Notorious Mrs Gallagher</b> Local History <b>Restorative Yoga &amp; Relaxation</b> <b>Think Differently Cope Differently</b>	11am-1pm	TBC	10
Thursday		2pm-3pm	17/04/22	
Thursday		Please call 0151 288 6060 for future dates	TBC	
Friday	<b>Carers Art Group</b> (Carer Lead) <b>Crafty Carers</b> (Carer Lead) <b>Knitting Group</b> (Carer Lead) <b>Art Group</b> (Carer Lead)	10am-12.30pm	Ongoing	Fortnightly
Friday		1pm-4pm	Ongoing	Fortnightly
Friday		10am-12.30pm	Ongoing	Fortnightly
Friday		1pm-4pm	Ongoing	Fortnightly

## Liverpool Swimming Academy

Monday	<b>Sonic Aqua</b> (Booking required)	11am-12noon	21/03/22	8
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## Life Rooms, Southport

Tuesday	<b>Carers Coffee Morning</b>	10.30am-12.30pm	05/04/22	Monthly
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For information or to book onto one of the following courses please call **Peter Blundell** t: **0151 288 6060** or email [peter.blundell@carers.sefton.gov.uk](mailto:peter.blundell@carers.sefton.gov.uk)

For a list of all the course available, visit [Sefton Carers Activities & Training page](http://Sefton Carers Activities & Training page) [www.sefton-carers.org.uk/index.php/carers-service/free-training-courses-for-carers](http://www.sefton-carers.org.uk/index.php/carers-service/free-training-courses-for-carers)