

**Thursday
25th November
2021**



On Thursday 25th November, local charity Sefton Carers Centre will be holding a special Carers Rights Day Coffee Morning to help unpaid carers understand their rights and find out how to get the help and support they are entitled to. The event is being held between 10:00am – 12:00pm at the centre, 27-37 South Rd, Waterloo, L22 5PE.

This year as part of Carers Rights Day there will be an opportunity for you to hear a presentation from Sefton Council about a Day Opportunities Consultation that is currently running in Sefton until 9th January 2022. Please see more information about this and other planned consultation sessions in the Sefton Day Opportunities section below. Every day 6000 people in the United Kingdom become carers something few have been able to plan for.

Sefton Carers Centre offers free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton. To book a place please call us on 0151 288 6060.

Sefton Day Opportunities Consultation

The way people have been using day opportunities has been changing for some time. The impact of COVID meant people had the chance to access support in different ways. Sefton Council would like to know if the pandemic has changed how you would like to be supported. This consultation is called 'Your Day Your Say'. For more information please see - <https://yourseftonyoursay.sefton.gov.uk/strategic-support/your-day-your-say-consultation-2021/>

The following consultation meetings have been arranged for carers to give their views, please call 0151 288 6060 to book a place.

DATE	TIME	VENUE
23rd November	10.30 – 11.30am	Carers Voice Virtual Event
25th November	10:00 – 12:00pm	Sefton Carers Centre, Waterloo
7th December	10.00 – 12.00pm	The Life Rooms, Southport
9th December	11.00 – 12.00pm	Parent Carer Virtual Event

There will also be a number of drop in sessions, please see the list below:

DATE	TIME	VENUE
23rd November	17.00 – 20.00pm	Dunes Leisure Centre
24th November	10:30 – 16:00pm	Netherton Library
7th December	10.30 – 14.00pm	Formby Library
9th December	17.00 – 20.00pm	Meadows Leisure Centre
14th December	10.30 – 16.00pm	Atkinson Centre

Sefton Carers Centre

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

@seftoncarers seftoncarerscentre seftoncarers



CARERS TRUST

Sefton Carers Centre

Carers Health and Wellbeing

PROTECT YOURSELF AND THOSE YOU CARE FOR FROM FLU
 Carers who are in receipt of Carers Allowance or are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill are eligible for a free flu vaccine. As flu and COVID-19 will be circulating at the same time this year, it's more important than ever to get vaccinated to protect you and those you care for.

Coronavirus booster vaccine

Carers over 16 who were eligible for the first two COVID-19 vaccinations are also eligible for the booster vaccine. COVID-19 booster vaccines are available to carers who had a second dose of vaccine at least six months ago (182 days). Any carer that has not had a first or second COVID-19 vaccine can still access one. Those over 16 can book a first vaccine online or go to a walk in and children aged 12-15 are being offered a first dose in school. First doses for children aged 12-15 can also be booked online. **To book a vaccine please visit – www.nhs.uk/conditions/coronavirus-covid-19/ or call 119.**

Affordable Warmth

With the colder months upon us and increasing energy costs it can be difficult to keep our homes warm.

Sefton Councils Affordable Warmth team can help Sefton residents to;

- Repair/replace broken boilers
- Insulate homes
- Install small energy saving measures such as LED light bulbs, thermostats, to become more energy efficient
- Reduce/clear fuel and water debt
- Switch to a cheaper tariff
- Liaise with an energy supplier

The affordable warmth Team can be contacted on 0151 934 2222.

Positive Paint

Looks good... Does good!

MASONRY & ECO-FRIENDLY CHALK PAINT

Positive Paint is an environmentally friendly paint initiative allowing people in the community to purchase quality paint at affordable prices. All of our paint can be purchased from Sefton Carers Centre and there are **20 COLOURS** available from the Community RePaint ReColour range.

- ✓ Carbon Neutral
- ✓ Environmentally Friendly
- ✓ High Quality
- ✓ Value for Money



White & Magnolia
5 litres **£8**
Various Colours
5 litres **£12**
Smooth Masonry
White & Magnolia
5 litres **£14**
Chalk Paint
5 litres **£7.50**



Christmas Party

Sefton Carers Centre are inviting unpaid carers and the people they care for to join them for some festive fun and a mince pie or two at their free Christmas Party on 2nd December from 11.30am – 2pm. There will be a special performance by the In Another Place Gospel Choir. This however is subject to change and government Covid-19 Guidelines. **For more information or to book a place please contact 0151 288 6060**

Please be aware that Sefton Carers Centre will be closed from 27th-28th December and on Monday 3rd January 2022.



FREE COURSES FOR UNPAID CARERS

DAY	COURSE	DATE	TIME	DURATION	VENUE/PLATFORM
MONDAY	Total Tone	17/01/22	11am-12noon	4/5	SCC/Facebook
	Dance Fit (chair based)	17/01/22	12.15am-1pm	4/5	SCC/Facebook
	Dance Fit	17/01/22	1pm-1.45pm	4/5	SCC/Facebook
TUESDAY	Tax, Care, Wills & Lasting Power of Attorney	7/12/21	1pm-2.30pm	4	SCC
	Christmas Bauble Painting	1/12/21	10.00am-1pm	1	SCC
WEDNESDAY	Sustainable Christmas	8/12/21	11am-2pm	1	SCC
	Wreath Making				
THURSDAY	Carers Health Checks	8/12/21	10.30am-11.30pm	2	SCC
	Carers Coffee Morning	19/01/22	10am-12.30pm	Weekly	SCC
	Relax & Restore	19/01/22	11am-12noon	10/5	SCC/Facebook
	Zumba Gold	19/01/22	12.30pm-1.30pm	10/5	SCC/Zoom
	Chair Yoga	19/01/22	1.30pm-2.30pm	10/5	SCC/Zoom
	Relax, Restore & Energise	20/01/21	2pm-3pm	9/5	SCC/Zoom
	NEW! Think Differently Cope Differently	20/01/21	9.30am-12.30pm	5	SCC
FRIDAY	Dance Fit	20/11/21	12noon-12.45pm	2	Unit 6 Glenn Building Moor Lane, Crosby/FB
	Total Tone	20/11/21	1pm-2pm	2	Unit 6 Glenn Building Moor Lane, Crosby/FB

Please note courses are subject to change, for further information on the sessions being offered or to register your interest please contact Peter Blundell on 0151 288 6092 or email: peter.blundell@carers.sefton.gov.uk

Support for Young Carers & Young Adult Carers – Assessments

A carer's assessment is a discussion with you to find out about your life and your caring role. The focus is on making sure you are getting the help and support you need. Sefton Carers Centre offers free assessments to carers of all ages as part of our wider support, and you can request an assessment at any time. You can also choose to not have an assessment.



If you are under 18 – Young Carer's Assessment
 You have a right to an assessment under the Children and Families Act 2014. A young carer's assessment focuses on the caring you do and how it affects your life. It helps to get the right support for you and your family.

If you are 15-17 – Transition Assessment for Young Adult Carers
 You have the right to a transition assessment under the Care Act 2014. A transition assessment focuses on the challenges and changes young carers face when transitioning from childhood to

adulthood. It considers different parts of your life and what your hopes and wishes for the future are.

If you are 18 or older – Carer's Assessment
 You have the right to an assessment under the Care Act 2014. A carer's assessment focuses on building a picture of your day to day caring responsibilities and finding out about different forms of support you can access to help you in your caring role.

To talk to us about your rights to support email help@carers.sefton.gov.uk or call 0151 288 6060.