

Knowsley Carers Centre



Spring 2018

Registered Charity No. 1082311



CARERS WEEK STARTS JUNE 11th

Following on from the success of our
Carers Health Awareness Day
in November last year, we are holding a

*'Helping Carers to be
Healthy and Connected'*

event during Carers Week on

Monday 11th June 2018 from 10.30am – 3.30pm

Kirkby Leisure Centre, 105 Cherryfield Drive, Kirkby, L32 8SA

Transport available from Halewood and Huyton

Lunch is provided

There will be

- Demonstrations
 - Holistic therapies
 - Information stalls
- and much more

To reserve a place,
please contact Knowsley Carers Centre on 0151 549 1412



FREE HOLISTIC THERAPIES AT KNOWSLEY CARERS CENTRE

Massage is a wonderful, relaxing experience which can be an effective treatment for a range of physical problems. Treatments currently available are:

- Indian Head Massage
- Holistic Facial
- Aromatherapy Massage
- Hot Stone Massage
- Crystal Facial
- Reflexology

Massage has many physiological effects such as:

- It helps to reduce stress and anxiety by relaxing both mind and body
- Creates feelings of well being
- Helps to ease emotional trauma through relaxation
- Provides renewed vitality

Sessions are held at:

Kirkby

10:00am start

1:15pm last client (every Thursday)

Weekly on a Thursday at the Centre on Bewley Drive

Huyton

10:30am start

12:00noon last client

First and Third Wednesday at The Old Schoolhouse, St John's Road, Huyton

Halewood

10:30am start

12:45pm last client

Fourth Wednesday of the month at the New Hutte Neighbourhood Centre, Lichfield Road, Halewood.

Still unsure? Why not speak to Mary who will be available at the times stated above and will be happy to answer any questions regarding the treatments.

Please inform us if you cannot make your massage appointment. This service is very much in demand. Some carers are simply not turning up depriving other carers on the waiting list

Carers Strategy Group



Come along and 'Have YOUR Say' about the Carers Strategy for Knowsley

The sessions are specifically for Carers to come along and meet with Healthwatch and Knowsley Council to discuss some of the issues faced by Carers.

At the sessions we will be discussing the progress of the Carers Strategy for Knowsley, this will be a great opportunity to share your views and look at how Carers within Knowsley can be supported.

Each month the group will be focusing on a different priority within the Carers Strategy.

Your input will be valued and attendees from the Knowsley Council Commissioning Team will be in attendance to hear your views. This is an opportunity to have your voice heard and share your experiences as a Carer.

Upcoming 2018 Dates:

Thursday 8th March
Thursday 12th April
Thursday 10th May
10.30am–12.30pm at the
Old Schoolhouse,
St Johns Road, Huyton,
L36 0UX

healthwatch
Knowsley

If you are interested in coming along to the Carers Strategy group or would like more information, please contact Healthwatch Knowsley:

0151 449 3954 or email

Nicky.Greening@healthwatchknowsley.co.uk

Please note that transport is available upon request.

Refreshments are provided free of charge please and transport is available on request please contact us on 0151 449 3954 or Email: enquiries@healthwatchknowsley.co.uk



Come along to one of our Support/Coffee Group Sessions

Kirkby

Thursdays

every fortnight

10:30am - 12:00noon

at the Carers Centre,
143 Bewley Drive,
Kirkby

0151 549 1412

Halewood

Wednesday

every fortnight

10:30am - 12:00noon

at the New Hutte
Neighbourhood Centre
Lichfield Road,
Halewood

0151 448 9771

Huyton

Wednesdays

every fortnight

10:30am - 12:00noon

at The Old Schoolhouse,
St John's Road
Huyton

0151 482 6279

Biscuits and refreshments are provided and everyone is welcome. It's a chance to see what's happening for carers across the borough, find out about our services in Knowsley and say what you would like us to provide. Anyone can pop in for a drink and a chat, and you can stay for two minutes or two hours!

If you would like to speak to one of our Carer Support Workers or require more information about the Coffee Groups, please telephone one of the Centres on the numbers above.

Would you like to help train health and social care staff in Knowsley?

Carers Vision is the name of a group of carers who as volunteers and alongside staff from Knowsley Carers Centre, co facilitate carer awareness training.

Knowsley Carers Centre offers carer awareness training to all health and social care staff working directly with residents across the Borough. It's important that people who deliver health and social care services such as Nurses, Occupational Therapists, GP staff and Social Workers understand the vital role that informal, unpaid carers play in supporting people to remain living as independently as possible

in the community. Carer awareness training focuses on the lived experience of the carer and the services available to support them. By talking about their experiences as carers, members of Carers Vision help staff to understand and value the role that carers play and promote referral to services offering information, advice and support.

All members of Carers Vision receive appropriate training and ongoing support. Helping to change the way health and social care staff think about carers can be a very rewarding experience and we would like to hear from any carer who would like to get involved.

For more information please contact Jan Box, Health Link at Knowsley Carers Centre on **0151 549 1412**



Advocacy Together Hub Knowsley

Our Advocacy Together Hub Knowsley service launched on 1st July 2017 and brings together all advocacy services in Knowsley and provides a single point of referral.

Advocacy plays a crucial role in giving people choice and control by ensuring their voice is heard. By making sure that people understand their rights and can express their views and wishes, our advocates promote equality of opportunity and create a safe and comfortable environment for people to make sense of their circumstances and options. Our advocates aim to empower people to be able to self-advocate in the future.

Our service offers Independent Advocacy in;

Independent Mental Capacity Advocacy (IMCA)

Independent Mental Health Advocacy (IMHA)

Independent Advocacy under the CARE ACT (CAA)

NHS Independent Complaints Advocacy (ICA)

Independent Preventative Advocacy

Independent Parent Advocacy

Support to Self Advocacy

Advocates and volunteers will be delivering services at various venues in partnership with agencies across the Borough.

Our phone line and email will be answered by a duty advocate who will be able to provide information and guidance about all advocacy services and who can access them. If you think you or someone you are supporting may need advocacy support, please contact our team and we will be happy to help.

Contact details: Telephone: 0151 486 4045 Mobile: 07484935748

Email: knowsley-advocacy@together-uk.org

We are also seeking to recruit Volunteers to help support our new Advocacy Service based in Knowsley.

Do you have time available to volunteer with our team of Advocates providing much needed support in promoting independence, equality, empowerment and inclusion.

Are you passionate? Do you have an interest in people? Good listening and communication skills? If the answer is YES we would like to hear from you.

For more information about our work please visit our Website www.together-uk.org

VOLUNTEERS WANTED

- Would you like to make a real difference in your local community?
- Would you like to learn new skills and gain valuable work experience and improve your CV?
- Would you like to meet new people and improve your confidence?

We are currently looking for volunteers for a range of different opportunities in the Kirkby, Huyton and Halewood areas.

This is where you can make a real difference.

At Knowsley Carers Centre we recognise that the responsibility of caring for someone who cannot manage at home without help can place great physical and emotional strain upon the carer. Carers are often isolated and have financial and health problems due to their caring responsibilities.

As a volunteer you will receive full support and training and will have all out of pocket expenses, such as travel, reimbursed.

If you feel you may be able to help then please contact Ian McBrias, Volunteer Coordinator on 0151 549 1412 or email ian@knowsleycarers.co.uk for more information.

Linda's Story

Telling my story I hope will give new carers a chance to discuss their needs and give them the support they truly need. I never saw myself as a carer; only as a daughter. My parents, both in their 80's have needed help and support in later life. Caring for my mother until the end was the hardest thing ever; being the only daughter, everything was left to me and now grieving and caring for my father is a whole different world. When someone close to you is experiencing serious pain and health problems it can be an emotional and stressful time. You think you're the only one with problems. Sharing experiences with others can help.

I've found accessing any health and social care services very confusing, isolating and frightening. I need someone on my side to voice my concerns, worries, questions and choices and generally be there for me with support because I know I have another tough fight on my hands.

Being registered as a carer I found the support I needed, it is reassuring to know I'm not the only one with problems. Making friends and sharing experiences with other carers helped me recharge my batteries when I was at my lowest point. The Carers Trust has been my life line. Once I was registered, it opened up a whole new world to me.



If you are looking after a friend or relative, Caring with Confidence can help you to make a positive difference to your life and that of the person you care for. Aimed at improving support for carers aged 18 and over, this course aims to develop your caring knowledge and skills. The sessions are free at your Carers Centre. Take a look below at what is covered over a period of the course:

- Finding Your Way
- Caring and Coping
- Caring and Me
- Caring Day-to-Day
- Caring and Resources
- Caring and Life
- Caring and Communicating

If you would like to attend Caring with Confidence training or require more information, dates and times then contact the Centre on **0151 549 1412**.

Does your GP know you are a carer?

Many carers miss their own health appointments and screening because they are so busy with their caring role that they forget about their own needs. But looking after someone can have an impact on your health so it's important that your GP knows you have a caring role. Being identified as a carer also means that the practice staff will be aware of the challenges you may be facing and can do their best to support you.

Each year, carers registered with their GP practice are offered the flu jab. It's very difficult to care for someone if you get flu so by protecting yourself against flu you are also helping to protect the person you care for.

Ask to be identified as a carer at your practice. This will help your GP and other health and social care staff to help you.

- You may be offered a health check.
- Staff can explain protocols regarding information sharing
- Appointments that fit around your caring role may be available
- You may be signposted to services to support you such as Knowsley Carers Centre
- You may be offered the seasonal flu vaccination.

Opening Times

Kirkby Office

Monday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 549 1412

Halewood Office

Tuesday - Thursday

9:00am - 5:00pm

Tel: 0151 448 9771

Huyton Office

Tuesday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 482 6279

**Drop in and telephone services are operated between 9:30am - 4:30pm
Monday - Thursday and 9:30am - 3:30pm Fridays**

A BRILLIANT FUN DAY



Knowsley
Parent Carers
Voice

Together we can
Make a difference



The Knowsley Parent Carers Voice would like to thank all of our wonderful parent carers and their fab children for making our February fun day so successful. The day was based on fun for the children and pampering and information for the parents. The kids enjoyed the bouncy castle, facepainters, glitter tattooists, a caricaturist, the messy play area, the disco, the games, popcorn,

FOR PARENT CARERS

candy floss.

There were guest appearances from Mike Wazowski, Elsa and Anna, Chase, Poppy Troll and the brilliant Spiderman.

For the parents we had some fab make up tutorials from Lucy, some



soothing hand massages from Mary and info and advice from Hop, Skip & Jump, Healthwatch Knowsley and MYA. The day was superb and our parents and children had an absolute ball. Thanks to everyone who attended and made the day such a success. Here's to our next one.....

Please visit our Facebook page 'Knowsley Parent Carers Voice' to keep up to date with coffee groups and events

FORTHCOMING TRIPS AND

Date	Time	Trip/Activity	Cost
April 2018	TBC	<p>Tips and Toes Day (for both male and female carers)</p> <p>Prescriptive Manicure.... Includes soaking of the nails, cuticle removal, shaping of the nails, hand and arm massage and painting of the nails (male carers do not have to have the painting of the nails).</p> <p>OR</p> <p>Prescriptive Pedicure.... Includes soaking of the feet, hard skin buffing, foot exfoliation, cuticle removal, shaping of the nails, foot massage and painting of the nails.</p>	£3

Date	Time	Trip/Activity	Cost
18 th April 2018	TBC	<p>Blackpool Would you like to join us for a spring day out? The coach will be leaving early morning from local pick up points and return in the early evening. Once in Blackpool you will have free time to enjoy the day as you please.</p> <p>This trip is open to carers and their cared for</p>	£3

Date	Time	Trip/Activity	Cost
9 th May 2018	TBC	<p>Cheshire Oaks Would you like to join us at Cheshire Oaks, Designer Outlet Shopping Centre? You will have free time to enjoy the day as you please.</p> <p>This trip is open to carers and their cared for</p>	£3

EVENTS FOR YOUR DIARY

Date	Time	Trip/Activity	Cost
13 th June 2018	TBC	Haydock Races Fancy a day at the races? Why not join us at Haydock. This trip is for carers only. Transport will be provided.	£3

Date	Time	Trip/Activity	Cost
26 th June 2018	TBC	Clay Pigeon Shooting We will be visiting Catton Hall in Frodsham. This is a slightly physical activity with small amounts of walking on uneven surfaces. Transport is provided. Only 10 places available.	£3

Date	Time	Trip/Activity	Cost
Tuesday 11 th September 2018	10.30am Meet in the cafe	Terracotta Army Come and visit the Terracotta Army with us in the World Museum, William Brown Street (by St Georges Hall) Make your own way there and back	£3





Around 850,000 people in the UK have dementia. Dementia is not a normal part of ageing. It's caused by changes to the structure and chemistry of the

brain. The chance of developing dementia increases with age.

If you're affected by dementia and live in Knowsley, you're not alone- The Alzheimer's Society is able to help.

Our specialist one to one service will help you:

- Get tailored information and advice from our compassionate and experienced staff
- Keep your independence and improve your well-being
- Feel confident and supported knowing that someone is here for you when you need help
- We also have support groups where you can meet people in a friendly, fun and social environment:
- Singing for the Brain® is based around the principles of music therapy, singing a huge range of familiar old and new songs.
- Dementia Café provides useful information in a structured and relaxed setting. You can chat and share your experience of dementia, and what that means, with others.

Get in touch today on 0151 426 4433 if you would like information, guidance and support:

Alzheimer's Society Knowsley, Willow House, 168 Dragon Lane, Whiston L35 3QY
knowsley@alzheimers.org.uk
www.alzheimers.org.uk

CEA Card

The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA card or not.

The card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

Telephone: 01244 526 016

Textphone: 18001 01244 526 016

Email: info@ceacard.co.uk

UK Call Centre. Calls charged at standard UK Landline rates.

Office Hours 9am to 5pm Monday to Friday excluding Bank Holidays.

Alternatively, you can write to us using our Post Box address: CEA Card, PO Box 199, Deeside, CH5 9BW.



Knowsley Dementia Care and Support – Memory Lane.

We are a local community interest company, run by local residents for local families. We work with people in Halewood, Huyton, Whiston and are developing services across Knowsley. We are a not for profit organisation currently run by volunteers from the community.

Why we are needed

There is little or no support 'out there' for people who are caring for loved ones with dementia at home. This is true even though the number of people with dementia is rising every year. We are all people who have faced this dilemma and experienced this situation. We decided that the only solution was for local people to get together, get organised and come up with a solution. 2 years later, it is clear that dozens of other people feel the same way – we have 2 thriving groups and more than 100 people who benefit from our services.

What we do

We run a unique, not-for-profit service that enables people who have dementia and their carers to come together in a warm and welcoming environment to help people overcome the isolation and loneliness they feel when faced with dementia

Memory Lane provides activities and support for Dementia sufferers and their carers. It is run by volunteers from the local community. Memory Lane brings together people who share the same problems. The members that attend are at different levels of dementia and their carers are able to share experiences and information. We provide activities that help stimulate whilst being fun for Dementia sufferers and their carers such as singing for memories, crafts, Happy Times (arm chair exercises), Tai Chi, Nature/History walks, massage and Poetry. Volunteers also provide a listening ear for



carers to share their problems and anxieties. We help carers link with other organisations such as benefits advice, Admiral Nurses, Social Services, Local Council etc. Some of our carers have lost their loved ones but still come to Memory Lane as we continue to support them through this sad time. Some of our bereaved carers now volunteer at Memory Lane by giving the carers a short break during the day, sitting with those with dementia and assisting them during activities. I asked our members, who are mostly from the local community, how they feel about their time at Memory Lane and they said they have found it to be invaluable.

Arncliffe Sports and Community Centre

Arncliffe Road, Halewood, L25 9PA
Wednesdays 10.00am – 2.00pm

The Old School House

St Johns Road, Huyton, L36 0UX
Thursdays 10.00am – 2.00pm

Robert Foulkes Centre

Brook Street, Whiston, L35 2UJ
Tuesday 1.30 – 4.30pm

St Columbas Church Hall

Hillfoot Avenue, Hunts Cross, L25 0NR
Fridays 12.30pm – 3.00pm

Contact numbers for further information:
Pat Mairs: **0785 803 2490**
Jacky Rotherham: **0784 206 4034**

Life after Bereavement

“The meaning of Life is Life”

Have you suffered the loss of a loved one?

Getting your life back on track after the death of a partner, family member or a close friend, who you did everything with/for, can be hard.

Life After Bereavement offers you the opportunity to explore your “What now?” as part of a small group of people of all ages similarly coming to terms with their life.

A 12 week programme of talks, activities and social events offering practical help, including introductions to possible new hobbies, interests and the chance to talk.

The group meets at Knowsley Carers Centre, Bewley Drive, Kirkby running for one afternoon a week for 12 weeks from 1.30 until 3.00 pm

*INTERESTED ? Contact Pam at Knowsley Carers Centre on **0151 549 1412***

EVENING MASSAGE FOR WORKING CARERS

Knowsley Carers Centre have evening sessions for working carers which are held every other Thursday in:

**The Old Schoolhouse,
St John’s Road, Huyton
5:30pm - 7:00pm.**

Please ring 0151 549 1412 to book your appointment if you are a working carer.

EVENING OPENING FOR WORKING CARERS

Knowsley Carers Centre operates an evening opening service for working carers between 5pm-7pm in the Old Schoolhouse, Huyton.

The service is held on Thursday evenings on a fortnightly basis.

We are aware that working carers miss out on the opportunity to speak with staff during the hours of 9am-5pm and are hoping to run a telephone enquiry system to deal with any issues.

If you are a working carer and would like to access this service, please feel free to contact a member of staff at the Huyton Office on 0151 482 6279.

FREE AND CONFIDENTIAL COUNSELLING SERVICE FOR CARERS

Knowsley Carers Centre’s counselling service is free and confidential is delivered in a safe, friendly and relaxed environment. We are pleased to announce that we offer appointments in our Huyton and Kirkby Offices. Counselling sessions last approximately one hour and offer absolute confidentiality. Due to the high demand in the service, there is a waiting list.

Registered carers with the Centre are able to access counselling by contacting the Knowsley Carers Centre on **0151 549 1412** to arrange an appointment.



Blue Badge Holders

If you are a Blue Badge holder you can cross both bridges unlimited at no extra charge once you have successfully registered with Merseyflow and paid a £5 registration fee.

It makes sense to register. If you don't you will have to pay the full fee each time to use the Mersey Gateway or Silver Jubilee Bridge, and you could even get a penalty charge of £60 if you fail to pay the toll on time. The Blue Badge holder must be present in the vehicle when crossings are made.

Before you start

- You can only register one vehicle to get your Blue Badge discount – so make sure you register the vehicle you will use most
- You don't have to be the registered owner of the vehicle to register it in your name and qualify for unlimited crossings, but ...
- As the Blue Badge holder you have to be in the vehicle to qualify for the unlimited crossing – if someone else is using the vehicle on their own they will have to pay
- You will need to provide current copies of both sides of your Blue Badge to qualify. When your Blue Badge expires, you will need to submit copies of both sides of your new badge to qualify for your Blue Badge discount

Stockbridge Village Carers Coffee Morning

**Thursday 15 March 2018,
commencing at 10.00 am**

Join us for a coffee at
the Community Centre,
Roughsedge House
Spruce Grove,
Stockbridge Village, L28, 1SY.

Councilor Marge O'Mara, MBP,
Knowsley Council, will open the event.

Jan Box from Knowsley Carers Centre
will talk about services available
for carers in Knowsley.

Members of Knowsley Carers Centre's
Carers Vision group will give a personal
view.

Further coffee mornings will take place
each 1st and 3rd Thursday of the month.

TRUSTEES WANTED

**Knowsley Carers Centre are
looking for volunteers to join
the Trustee Board and play an
active part in developing the
services for carers across the
Borough of Knowsley.**

**For more information please
contact Knowsley Carers
Centre on 0151 549 1412**

“GOOD BYE”



I have been working at the Carers Centre in the Mental Health Team for the last 3 years. I have been very happy and enjoyed working with my colleagues who have been supportive and have

helped me to do my job and to hopefully help all those carers who I have supported.

I would like to thank the carers I have supported over the years; it has been an immense privilege. Sometimes you don't realise how much you help us in our lives as well.

I am now going to begin another phase in my life as I retire from paid work and become a senior citizen. I will have to find things to do to keep me occupied so I don't go rusty as it were.

I have as I have said above been very happy at the Carers Centre and I would like to put it on record my admiration for all the work done by all my friends and colleagues who each have their own gifts and skills that make up the team. I would like to thank Paul Rowan for his understanding of me and for his support in supervision. I would like to thank the Mental Health team for the close knit working we have done and especially the trips and coffee groups we have attended and run together.

During my retirement I will continue my role as a part time Priest at Prescot Church and now also a Chaplain at Whiston Resource and Recovery Centre, so if you see me in a dog collar - every good wish to you all. *Peter Cowley*



Give Us Your View

Knowsley Older People's Voice (KOPV) and Knowsley Council have co-produced older people's strategies since 2008. We are looking to update the Strategy for 2018-2021 and would encourage older residents of the borough to let us have their views.

We believe that older people should take a leading role in highlighting the issues that are important to them, and that these should guide the direction of the refreshed strategy. We are therefore undertaking a survey among older residents which highlights a number of issues that have already been identified as important by this age group. Participants are asked to rank these themes in the order they believe are of highest priority (1-9). There is also an opportunity to add additional issues of your own for consideration.

The survey can be completed in two ways:

Paper version – available from our office at the Old School House, any of the Knowsley One Stop Shops, or <http://www.kopv.org.uk/wp-content/uploads/2018/02/OP-Strategy-Consultation-2017-v5.pdf> to download (pdf)

Online – at Survey Monkey <https://www.surveymonkey.co.uk/r/Y288BGJ>

WELFARE BENEFITS ADVICE

Here at Knowsley Carers Centre we have a Benefits Advisor who can help you with your queries. As we have a large number of carers needing help, it would be really appreciated if you could provide us with as much notice as possible for completing your forms. We need to book an appointment which provides us with enough time to complete forms and send them to the correct organisation. Unfortunately we **do not** have a drop in service for Welfare Benefits available for carers to call in and be seen to. So please don't leave your forms till the last minute as we might not be able to fit you in. For further information, please contact Ann Burke on **0151 549 1412**.

JOIN US ON FACEBOOK



Knowsley Carers Centre has a new way that you can stay in touch with us. We have a Facebook page for those of you who use it. This way we can keep you up to date with all our news and events.

We'd love you to join us!! So get involved and help us promote the work of Knowsley Carers Centre

THE CARER'S EMERGENCY CARD



Peace of mind for Carers in Knowsley

What is the carer's emergency card?

If you look after your partner, disabled child, relative or friend who relies on your support you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be confident that the person won't be left without the support they need.

How much does it cost?

Nothing – the card and any emergency care that may be needed in the first 48 hours is free to all carers resident in Knowsley.

For a registration form, contact:
Knowsley Carer's Centre, 143 Bewley Drive,
Kirkby L32 9PE or call **0151 549 1412**

COPRODUCTION DAY

MONDAY 19 MARCH 2018

9.30am to 3.30pm

New Hutte Neighbourhood Centre
Lichfield Road, Halewood,
Merseyside L26 1TT

Knowsley's Day Services are changing

This is your invitation to help shape services for the future

Knowsley Council wants to make sure that people who use services, their families and carers have a chance to influence the way adult social care services are designed and delivered. This is your chance to sit down alongside the decision-makers and get involved. Lunch and refreshments will be served.

Reserve your place now!

Call Johanne at KDC -
Phone: 0151 480 4090 or
Email: johanne.ross@kdc.org.uk



Knowsley Disability Concern

263A Tarbock Road, Huyton, L36 0SD

Coproduction means:

Professionals and citizens sharing power to design, plan and deliver support together. We all have an important part to play to help improve quality of life for people and communities.

Healthy KNOWSLEY



small steps to a healthier YOU

Do you:

- Want to get more active?
- Want to lose weight and eat more healthily?
- Want to find out how to improve your wellbeing?
- Need support to quit smoking or reduce your alcohol intake?

Or simply interested in finding out about our latest health campaigns?

Visit

www.healthyknowsley.co.uk

To find out more

Our website is full of hints and tips to help you make those small steps to a healthier you!



CARING COMPANIONS

Caring Companions came into being when a number of carers decided to form a group and provide a meeting place for carers. They knew from experience that the best people to understand the problems facing carers are other carers.

Caring Companions provides a safe and friendly place to meet once a week in Kirkby and Prescot areas. There are also theme nights and days out providing a much needed break for carers.

Prescot Caring Companions meet every Monday evening in Prescot Guild Hall and Kirkby Caring Companions meet every Thursday evening in the RAFA Club.

For more information, please contact the Centre on **0151 549 1412**.

CONGRATULATIONS



Andrea presenting the voucher to Hannah

Massive congratulations to Hannah who correctly guessed our 'What is it?' photo in the last edition of our newsletter. We had many guesses coming in and it was great fun, the correct answer was the underneath of an Ironing Board. Hannah is seen here collecting her £20 LTS voucher from Andrea at the Carers Centre.

VISIT OUR WEBSITE

Knowsley Carers Centre website is updated with all our latest news, training courses and day trips. It includes a 'What's On' section where you can see, at a glance, when the next coffee morning, special event or evening session is taking place.

You can find lots of information about what happens here at the Carers Centre and the different services we can offer.

Visit www.knowsleycarers.co.uk



Living Life to the Full

(Exclusive to Knowsley carers Centre)



12 hours that can change your life- Free course

Sleep better, feel happier, have more energy and gain confidence

This FREE course has been designed to-

- Help you tackle the everyday problems that everyone faces from time to time
- Teach you life skills that will help you feel better, happier and more in control of your life

Knowsley Carers Centre Tel: 0151 549 1412

Where & When: Knowsley Carers Centre, 143 Bewley Drive, Kirkby, L32 9PE

Tuesday 1st May

10.30 am-12.00 noon

FREE for 7 weeks with a break for half term

To book your **FREE** place:
Contact Knowsley Carers Centre on