

Knowsley Carers Centre

Spring 2019

Registered Charity No. 1082311



Summer Masquerade Ball



Wednesday 12th June 2019

Quarry Green Club, Daleside Road, Kirkby, L33 8XS

Knowsley Carers Centre are holding a Masquerade Ball with food and entertainment to celebrate Carers Week with carers and the person they care for.

"Don your glad rags and don't forget your mask!"



Please call Knowsley Carers Centre on **0151 549 1412** to put your name down for a place at the ball.

There is a cost of £3 per person

Transport available Halewood, Prescot and Huyton

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 offices on the numbers above.

Carers' Evening Coffee Group

Starting on Thursday 18th April 2019
5pm – 7pm

The Old School House, St Johns Road,
Huyton, L36 0UX

Tea, coffee, biscuits are available as well as a warm welcome.

We are now providing an evening coffee group for busy carers to drop in, meet other carers and find out what's happening for carers across Knowsley.

Next 5 coffee group dates:

Thursday 30th May	5 - 7 pm
Thursday 27th June	5 - 7 pm
Thursday 25th July	5 - 7 pm
Thursday 22nd August	5 - 7 pm
Thursday 19th September	5 - 7 pm

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 Knowsley Carers on **0151 549 1412**.

EVENING MASSAGE FOR WORKING CARERS

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

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

**If you are a working carer,
ring 0151 549 1412 to book
your appointment.**



As a Health & Social Care Service Provider, Knowsley Carers Centre are one of a number of organisations listed on the Health Watch website.

We currently have a 5 star rating and would love carers to go to the link below and give feedback on the support we have given to you, the carer:

[www.healthwatchknowsley.co.uk/
services/knowsley-carers-centre-l32-
9pe/](http://www.healthwatchknowsley.co.uk/services/knowsley-carers-centre-l32-9pe/)

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.

How to register with the Carer's Emergency Card scheme

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

FREE AND CONFIDENTIAL COUNSELLING SERVICE FOR CARERS

Knowsley Carers Centre's counselling service is free and confidential in a safe, friendly and relaxed environment. We are pleased to 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.

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

Do you have Counselling or Holistic Therapies appointments booked?

In the last 3 months 23% of carers did not turn up for their counselling appointment and 17% of carers did not turn up for their holistic therapy session.

Non-attendance of appointments is costing the Carers Centre over £200 per month.

If you are unable to attend your appointment please let us know!

These services are very much in demand and by not turning up other carers are being deprived of their chance to benefit from this much needed care and support.

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 operate
between 9:30am - 4:30pm

Monday - Thursday
and 9:30am - 3:30pm Fridays

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 for you to join us!!
So get involved and help us promote the work of Knowsley Carers Centre



Knowsley Carers Centre will be collecting items for the food bank. We will always welcome donations and promise to pass them on to provide help to people in crisis. Any unopened and in date items would be greatly appreciated.

Last year some of our carers were given support in crisis from the food bank and we would like to show our appreciation by giving something back. They are currently looking for items such as cereals, tins, dried pasta, UHT milk and tea bags/coffee. Other items to consider are animal food and toiletries. You can drop them in to our Kirkby Office. Unfortunately no clothes, books or toys will be collected – only food and toiletries.

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- 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



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

knowsley@alzheimers.org.uk

www.alzheimers.org.uk

Alzheimer's Society Knowsley, Willow House, 168 Dragon Lane , Whiston L35 3QY

Life after Bereavement

This 8 week programme of talks and activities offers support and the chance to talk to other people with a similar experience.

You may have lost someone recently or perhaps a while ago but are only now experiencing the emotional impact. Getting your life back on track can be hard especially if you have no one to talk to or don't want to worry your family.

The group will be meeting every Wednesday afternoon starting on 8th May at the Carers centre, Bewley Drive, Kirkby, 2.00pm til 4.00pm.



If you would like to book a place, please contact Judy at Knowsley Carers Centre on Tel 0151 549 1412.

ID Cards

Knowsley Carers Centre have begun issuing ID cards for carers.

Lots of places offer concessions for carers and some shops even offer discounts. However, proving you are a carer can present a barrier, especially if you are not getting any benefits in respect of your caring role.

You will need to arrange to drop in to one of our offices in person with proof of your ID and have a photograph taken so the card can be issued. The ID cards will be valid for one year. For more information, and to request your ID card, please call Judy on 0151 549 1412.

"Hi all, just like to say thanks to me having my carers card now I have been to the cinema this afternoon with my boys and my partner and I went free of charge! We watched the lego movie 2, and it was awesome. It was the odeon at switch Island in the isense showing, which is in fully reclining seats and floor to ceiling screen and dolby atmos sound!! My boys loved it! The saving on my ticket paid for the popcorn and drinks, so brilliant! Xxx Michelle"

Changes to Data Protection

You have probably all been receiving letters and emails from your banks and other businesses letting you know how they are responding to the new legislation. If a business wants to sell you something they need your consent to hold your data.

We are holding your information so we can continue to offer you a service that matches your needs. The Lawful Basis for holding your information is Legitimate Interest. You can find a copy of our **Privacy Notice** on our website www.knowsleycarers.co.uk This explains why we have chosen **Legitimate Interest** as our Lawful Basis for holding your information. There are details of **How** we store your information, **What** we use it for and **Who** we might share it with. The Privacy Notice also gives details of **Your Rights** regarding your personal information.

If you don't have access to the Internet and would like a copy of the Privacy Notice give the Kirkby Office a call and ask for Judy.

Don't forget to keep us updated if there are any changes to your personal details including phone/ address/email or changes to your caring role

FORTHCOMING TRIPS AND

Date	Trip/Activity	Cost	For
<p>30th April 2019 9:30am – 5:00pm</p>	<p>Anderton Boat Lift</p> <p>The Anderton Boat Lift has earned its nick-name of Cathedral of the Canals - the Carers Centre is planning a day trip to experience the boat lift and enjoy an afternoon cruising on the canal. The trip includes breakfast and afternoon tea.</p> <p>Transport available from Kirkby, Huyton and Halewood</p>	<p>£5</p>	<p>Carer only</p> 
<p>17th May 2019</p>	<p>Madness</p> <p>Come and join us watching Madness live at Aintree Racecourse (this is an evening trip)</p> <p>Transport available from Kirkby, Huyton and Halewood</p>	<p>£3</p>	<p>Carer only</p> 
<p>12th June 2019 11am - 4pm</p> 	<p>Summer Masquerade Ball</p> <p>Come and join staff celebrate Carers Week at our Summer Masquerade Ball.</p> <p>This is a day time event for carers and the person they care for.</p> <p>Transport available from Halewood, Prescot and Huyton</p>	<p>£3</p>	<p>Carer and Cared for</p> 

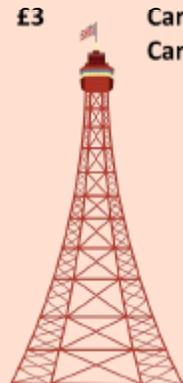
If you have any ideas for forthcoming trips and activities, please get in touch.

We would love to hear your views.

0151 549 1412

EVENTS FOR YOUR DIARY

Date	Trip/Activity	Cost	For
<p>17th July 2019</p> <p>2pm-4pm</p>	<p>Unleash your creativity PAINT JUST LIKE VAN GOGH</p> <p>PopUp Painting invites you to unleash your creativity! No experience needed. Do you see yourself as the next Banksy or Van Gogh?</p> <p>We are going to have some fun playing with rich and saturated colours to create your own dream work of Art.</p> <p>Since 2013 PopUp Painting's mission has been to bring art out of the classroom and gallery and into the places people meet on an everyday basis. You'll be guided step by step by a practicing artist, while you drink tea, eat cake, paint and create your way to becoming an artist for the afternoon!</p> <p>Your experience will include:</p> <ul style="list-style-type: none"> All art supplies - including paint, brushes, apron Guidance from a qualified and practicing artist A themed playlist to immerse you in your experience Light refreshments which will be tea, coffee and cake <p>No transport available</p>	<p>£3</p>	<p>Carer only</p>
<p>Weds 21st August 2019</p>	<p>Blackpool</p> <p>Would you like to join us for a day out at Blackpool? From fish and chips on the pier to donkey rides on the beach or white knuckle rides at Blackpool's Pleasure Beach the choice is yours! The coach will be leaving early morning from local pick up points across Knowsley and returning in the early evening. Once in Blackpool you will have free time to enjoy the day as you please.</p> <p>Transport available</p>	<p>£3</p>	<p>Carer and Cared for</p>



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 McBriars, Volunteer Coordinator on 0151 549 1412 or email ian@knowsleycarers.co.uk for more information.

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**

Would you like to join a Reading Group?

Knowsley Carers Centre is looking to run weekly Reading Groups. The groups give you a chance to relax and listen to really good literature. Each week we start with a short story and then read and discuss a poem (there is never any pressure to attend and no equipment is needed – the necessary reading materials are provided by the Reader Leader).

It is really lovely to share ideas (and a cup of tea and biscuits) with others, the interaction is great fun! Some of the discussions are very deep and meaningful,

whilst others are pretty hysterical and just cheer everybody up. It is also a refreshing change to meet and share stories and poems with so many interesting people.

If you would like to join a Reading Group, please ring Knowsley Carers Centre on **0151 549 1412**. As soon as we know there is enough interest, we will organise some dates and times.



If you are caring for someone who served in the Armed Forces or you have served yourself, do get in touch with Veterans HQ to see what support they can give you. Visit them at www.veteranshq.org.uk or call 0151 261 9878

Veterans HQ provide a holistic support service and engagement programme for ex armed forces personnel, reservists and their families across Merseyside. Their services include information, advice, support and resources covering such things as social activities, employment and job search, housing support, gym and fitness sessions.

If you know anyone whether they are a carer or not who might benefit from their help pass the details on.

MENTAL HEALTH COFFEE GROUP

Fortnightly on a Wednesday
10.30am – 12noon

Prescot Town Hall,
1 Warrington Road,
Prescot L34 5QX

Does the person you care for experience Mental Health issues? If so, come along to one of our Carers Mental Health Coffee Groups where you will be able to speak with one of our Mental Health Support Workers and meet other carers.

For more information please call
0151 549 1412

KNOWSLEY CARERS CENTRE
FREE SEMINAR ON WILLS, POWERS OF ATTORNEY
AND OTHER IMPORTANT LEGAL MATTERS



Our service, supported by Knowsley Carers Centre, is to provide legal knowledge and education to help carers to better support those that they care for.

We are a local private client law firm giving advice on wills, powers of attorney and such matters. We think education is really important and a lot of what we do is just about that - giving information and knowledge to members about how to look after their property and welfare and deal properly with things if they become ill or pass away.

If you are interested in attending a seminar, please call Knowsley Carers Centre on 0151 549 1412.

Seminars will be arranged once we have at least eight names per session.

SEND SYMPOSIUM

(Special Educational Needs and Disabilities)

On Friday 15th February 2019, 12 Parent Carers from Knowsley attended the SEND Symposium in Speke to listen to a number of guest speakers including Helen Meredith, Chief Nurse NHS Knowsley CCG, André Imich, DfE SEN and Disability Professional Adviser and Dame Christine Lenehan, Director, Council for Disabled Children and author of "These are our Children" - a review commissioned by the DoH. Topics spoken about on the day were as follows:

- **Embedding the Children and Families Act 2014 across a local area – Progress and challenges.**
- **An update on the key requirements of Health, Social Care, and Education services in relation to the 2014 Children and Families Act.**
- **An outline evidence of progress being made across the country,**

drawing upon a range of evidence including outcomes from local area inspections.

The feedback received from the parents was that the speakers were really good and they all said that they would like to attend similar events in the future. Once the speakers had finished, our parents were given the chance to speak directly with council officials relating to issues that were affecting them directly. This was very much appreciated with parents again feeding back to us how much they appreciated being listened to. A special mention must go to the stars of the show, the schoolchildren from Alt Bridge School who sang so beautifully for us all ensuring that there wasn't a dry eye in the building. Well done to you all, absolutely amazing.

Team Smyth's Trekking Nepal for Marie Curie Hospice Liverpool



Registered carer Daniel Smyth and family members will be trekking Nepal, 17th-25th January 2020.

If you would like to donate, please visit:
<https://www.justgiving.com/fundraising/team-smyth>

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 (not in Halewood)
- 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

12:30pm last client

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

Tell your GP you have a caring role

Carers self-identification letter

If you're caring for someone, it's useful to let your GP know as this will help staff at the practice to look after you. When a carer identifies themselves to a GP surgery and gives their consent, the staff are able to highlight on the individual's medical records that they have a caring role. This will help them to care for you by offering you the flu vaccination or possibly a health check. Staff may also encourage you to take up screening you may have missed as well as doing their best to accommodate you with appointments that fit around your caring role.

When new carers register with Knowsley Carers Centre we now issue a self-identification letter in the information pack sent out.

Here is the format of the letter slightly adapted for you to take along to your GP surgery.

You can cut the letter out along the dotted line.

If you are caring for someone and you haven't yet registered with Knowsley Carers Centre, contact us on Tel 0151 549 1412 for more information about our services.

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Dear Practice Manager,

I am a carer registered with Knowsley Carers Centre.

The person I care for is(Optional)

Could you please ensure that I am identified as a carer on my medical records using the appropriate Read Code. Please keep me informed of my eligibility for annual health checks and flu vaccination.

I would appreciate it if staff could bear in mind my caring role when booking appointments at the practice.

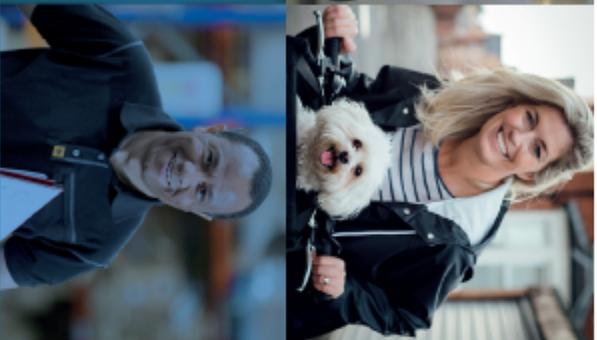
Thank you for your attention,
Yours sincerely

Signed



Aged 40-74? Find out about our **FREE NHS Health Check**

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Contact your local GP practice
to find out more and
book your appointment.

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

NHS



Knowledge Council