

Weekly Coffee Morning



**Every Wednesday
At Sefton Carers Centre
South Road
Waterloo, L22 5RF**

**Drop in any time between
10-12**

Come in for a cup of coffee and a chat

**Come and Join and find out
what's going on in the Centre.**

For more information call in
Or ring Petra McCauley, Volunteer Coordinator on 0151 288 6066

Monthly Social

What's it all About?

When you care for someone you rarely get time to yourself. The idea behind the Monthly Social is to give you a chance to come in to the drop in and relax.

To meet other people.

To learn more about the services the Centre offers.

To learn new skills and to share the skills you have.

Ideas and tasters for quick healthy snacks.

A chance to have holistic therapies

The Drop-in at the Carers Centre is always available for you to drop in. We know that time is precious to you so to make it more comfortable here are some ideas we've thought of

Getting some nice squashy sofas

Getting some games - scrabble, chess etc

Getting some knitting and sewing stuff

Possibly getting a bowls team together

Maybe starting a ramblers group.....

The possibilities are endless! Come and share your ideas with us and we'll try and get some 'me' time sorted out.