



“Ambitious for Carers”

## **Training Opportunities**

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## Training Courses

Sefton Carers Centre organises training courses for carers. The Carers Centre realise that providing substantial support within the caring role can be quite isolating and can mean that people lose skills or don't develop skills they might otherwise have been able to more freely. The training courses look to support individuals to train or re-train to develop those skills, and also provide a means of social contact.

## Types of Courses

The courses that are run by Sefton Carers Centre, in conjunction with local colleges, vary according to the needs of the carers. Examples of courses recently available include:

- Computer courses at all levels, from e-mail for beginners through to CLAIT
- Complementary therapies
- Crafts
- Healthy living
- Social, health and wellbeing
- Health and safety

And many more. Some of these are designed to meet educational training needs for carers, such as IT courses; while some are designed to support them within their caring role, such as the complementary therapies courses.

## Benefits of Training

Carers are often isolated as a result of their caring role, and may have little social contact with anyone other than the person they care for and other family members. As well as providing the opportunity for carers to gain qualifications and certificates, the training courses can also provide an opportunity for carers to meet and get to know people who may be in similar positions to themselves. Many carers feel they have benefited greatly from the courses they have taken, as well as the social relationships and genuine friendships they have developed throughout the courses.

## Needs-led courses

The courses are designed around the needs of carers. The morning courses, for example, start at around 10:00 am to give carers

enough time to arrive comfortably; and the afternoon courses finish at around 3:00 pm to enable carers to return home in good time. The courses run for 2 hours, with a break for refreshments. They are designed to be enjoyable as well as educational.

## Training Co-ordinator

The Training Co-ordinator at STEPS is able to meet people individually to discuss carers' own training needs, and will facilitate accessing courses either through STEPS or through local or other colleges.

If you are looking to return to work, the Training Co-ordinator can also provide one-to-one support with tasks such as completing CVs and application forms, and job searching and improving interview techniques.