



CHILL OUT AT STEPS

**Everyone is welcome to come along and have a relaxing time at STEPS with our therapist Toni.
Tues – Thur 9am – 5pm**

**Affordable treatments from £7 available including:
Full Body Massage
Manicure, Pedicure, Facials.**

**Discounted Price for Carers,
Gift Vouchers available**

**To Book an Appointment or to find out more please contact us on.
0151 282 5478**



About us:

Sefton Training and Enterprise Projects (STEPS) provide free training courses for Carers and Former Carers.

Contact:

Telephone 0151 282 5477

Email:

Rebecca.elliott@carers.sefton.gov.uk

Address:

STEPS
The Esplanade,
Waterloo
L22 5RN.

Rooms available for hire for meetings and conferences please call telephone number above for details.



Sefton Carers Centre

Sep – Nov 2011



**All Courses Free for
ALL UNPAID
CARERS.**



| Course Title | Day | Start Date | Start | Finish Time | Course Length | Venue |
|--|------------------|----------------------------|--------------|--------------------|----------------------|-----------------------------|
| Healthy Cooking | Wednesday | 07 th Sept 2011 | 10.00am | 12.00pm | 3 Weeks | STEPS |
| STEPS Allotment produce at farmers market | Friday | 09 th Sept 2011 | 09.30am | 2.30pm | 1 Day | Old Christchurch - Waterloo |
| Estate planning, Wills, Power of Attorney | Monday | 19 th Sept 2011 | 1.00pm | 3.00pm | 1 Day | STEPS |
| Physical Conditions Affecting Older People | Wednesday | 21 st Sept 2011 | 9.30am | 12.30pm | 1 Day | Ruthven Road |
| Infection Control | Wednesday | 21 st Sept 2011 | 9.30am | 12.30pm | 1 Day | STEPS |
| Nutrition and Hydration | Friday | 23 rd Sept 2011 | 9.30am | 4.30pm | 1 Day | STEPS |
| Moving and Handling (Client) Refresher | Thursday | 29 th Sept 2011 | 9.30am | 12.30pm | 1 Day | STEPS |
| Chill out SPECIAL OFFER Book any treatment in OCT for only £10 | Tues, Wed, Thurs | OCT 2011 | 09.00am | 12.00om | 4 Weeks | STEPS |
| Weight Management Programme | Wednesday | 05 th Oct 2011 | 1.00pm | 3.00pm | 7 Weeks | STEPS |
| Alzheimer's Society-Dementia training for carers | Friday | 07 th Oct 2011 | 10.00am | 12.00pm | 1 Day | STEPS |
| First Aid for carers | Tuesday | 11 th Oct 2011 | 10.00am | 12.00pm | 1 Day | STEPS |
| First Aid for carers | Tuesday | 11 th Oct 2011 | 1.00pm | 3.00pm | 1 Day | STEPS |
| Fire Safety Awareness | Wednesday | 12 th Oct 2011 | 09.30am | 12.30pm | 1 Day | STEPS |
| Getting Started on Email | Monday | 17 th Oct 2011 | 1.00pm | 3.00pm | 5 Weeks | STEPS |
| Autism Awareness Training | Tuesday | 18 th Oct 2011 | 10.00am | 12.00pm | 6 Weeks | STEPS |
| Getting started on the Computer | Friday | 21 st Oct 2011 | 10.00am | 12.00pm | 5 weeks | STEPS |
| Lifting and Handling for carers | Wednesday | 26 th Oct 2011 | 10.00am | 12.00pm | 1 Day | STEPS |
| Lifting and Handling for carers | Wednesday | 26 th Oct 2011 | 1.00pm | 3.00pm | 1 Day | STEPS |
| Stress Awareness | Monday | 31 st Oct 2011 | 9.30am | 4.30pm | 1 Day | STEPS |
| Be your own PC Doctor | Friday | 04 th Nov 2011 | 10.00am | 12.00pm | 5 Weeks | STEPS |
| Alzheimer's Society-Dementia Training for carers | Friday | 25 th Nov 2011 | 1.00pm | 3.00pm | 1 Day | STEPS |
| Healthy Cooking | Wednesday | 23 rd Nov 2011 | 10.00am | 12.00pm | 3 Weeks | STEPS |
| Stress Awareness | Thursday | 24 th Nov 2011 | 09.30am | 12.30pm | 1 Day | STEPS |
| Computers with Digital Cameras | Friday | 25 th Nov 2011 | 10.00am | 12.00pm | 5 Weeks | STEPS |
| Stroke Association-Caring for Stroke Survivors | Friday | 04 th Nov 2011 | 10.00am | 12.00pm | 1 Day | STEPS |
| Bingo | Tuesday | 06 th Sep 2011 | 12.00pm | 2.00pm | Weekly | STEPS |
| Zumba | TBC | Sep 2011 | TBC | TBC | Weekly | STEPS (£3.00) |
| Crafty Carers | Thursday | Ongoing | 10.00am | 12.00pm | Weekly | STEPS |
| Organic Growing and Gardening Club | Tuesday | Ongoing | 10:00am | 12:00pm | Weekly | STEPS |
| Freestyle Art Group | Friday | Ongoing | 10:00am | 12:00pm | Weekly | STEPS |
| Watercolours | Friday | Ongoing | 1.00pm | 3.00pm | Weekly | STEPS |
| Yoga | Friday | Ongoing | 1.15pm | 2.00pm | Weekly | STEPS (£3.00) |

