

Carers Contact

A Newsletter for Sefton Carers

May 2010 Edition

Carers Week

2010

Monday 14th June - Saturday 19th June

A **Life** of my **own**
carers week

Free Events
For Sefton Carers



Health Checks

Yoga

Llandudno

Freebies

Pamper Day



Swimming

Chester

Belly Dancing



Turn to page 3 for our full schedule and booking info



Charges for Specialist Transport - Update

Specialised Transport.

Many carers have now received bills for transport to and from Day Centres. Some of these have been either yellow or red following up the original invoice.

If you have received a RED Bill, have you had a Financial Assessment?

If not, then ring the One Stop Shop and ask for an assessment, and contact Councillor Bob Brennan **0151 934 3361** and ask him to get in touch with the Council and block the red bill until the matter is resolved.

If you have had an assessment were you satisfied?

If not then you have the right to request a review and have the matter put in abeyance until a satisfactory outcome is achieved.

Remember also to check that you have NOT been charged for any journey not undertaken, providing you have notified the Council that your relative/friend will not be needing transport on that particular day(s). May I also remind you to keep to one side any monies owed until any "dispute" is settled.

I hope this will go some way to clarifying the situation as the Committee is constantly monitoring what carers are saying and taking action as and when necessary. The Forum Committee arranged 2 Meetings at the end of March attended by Councillor Bob Brennan to discuss the above policy. Unfortunately the number of carers present was disappointing but both discussions were informative and it was useful to have a Councilor present.

If you would like any further information please contact John Corscaden on 01704 568 287

John Corscaden - Chair, Carers Forum - a campaigning group independent of Sefton Carers Centre

Parent Carers

Parent Carer Employment Officers How can they help you?

The Carers Centre now employs two Employment Officers, based in both the north and south of the borough (from June), specifically to support parent carers who would like to find employment, education and training.

They can do this by:

- Offering support and advice
- Job searching
- Helping you to write your CV
- Teaching interview techniques
- Looking at what training is on offer
- Finding appropriate childcare
- Informing you of your rights



If you would like any further information, please contact Claire Lee (Waterloo) 0151 282 5477 or Sheila McCoy (Southport) 01704 546654.

Family Week 2010 Wildflower Garden

**Wednesday 9th June 2010
From 3.30pm-5pm**

Do you want to spend more time with the kids but struggling to come up with the ideas **or** the money to entertain them? STEPs in Waterloo, are offering **4 free sessions** for you & the kids to come along & **have a fun old time** in the garden! Work with plants, discover wildlife & look at **BUGS** urghh!

**Fully inclusive
Disabled kids will be accommodated
Sound like fun?**

**Contact Rebecca at STEPs on
0151 282 5477 to book now!**

Congratulations to Our Poetry Competition Winner!

A big well done to Francis Braithwaite, whose poem was chosen as the winner by local writer Colette Cain. Our runner up was Frank Gill.

Francis will present his
Winners will be presented with their prizes by actor Nick Moss at our Carers Week Working Carers Pamper Evening, Thursday 17th June at the Carers Centre from 5.30pm.

Whilst every care is taken to provide accurate information, neither Sefton Carers Centre, the Executive Committee nor the Editorial Team undertake any liability for any error or omission. The Editor reserves the right to alter any material for publication. **Please contact us if you would like the Carers Contact in another language or format.**



Celebrate Carers Week with us!

Monday 14th June - Saturday 19th June

There's something for everybody!

For more information on any of our events call
Petra or Rachael at the Carers Centre 0151 288 6060

Day Trips

Monday 14th June 2010

Coach trip to Chester

Friday 18th June

Coach Trip to Llandudno

To request a place

Go to request form on page 6 (for Day Trips & events marked with a blue circle)

Health Checks

Tuesday 15th June

Drop in for a health check between 10am - 3pm at our Bootle Town Hall Open Day

Thursday 17th June

Appointments are available between 5pm - 7.30pm at the Carers Centre.

For working carers only.

Pamper Sessions

Tuesday 15th June

Drop in for a [hand, head or back massage](#) between 10am - 3pm at our Bootle Town Hall Open Day! **NO NEED TO BOOK**

Carers Pamper Day Thursday 17th June

Appointments are available between 10am - 3pm At the Carers Centre.

Working Carers Pamper Thursday 17th June

Appointments are available between 5.30pm - 7.30pm

For working carers only.

ALL WEEK MON- SAT - NO NEED TO BOOK

[Drop in for a hand, head or back massage](#) between 11am - 2pm At the Wayfarers Arcade, Southport

Just for Fun!

Tuesday 15th June

[Open Day at Bootle Town Hall](#) from 10am - 3pm. We have a full schedule of events planned which includes belly dancing, yoga, food demo and more! Come and join the fun! **NO NEED TO BOOK**

Wednesday 16th June

[Rambling & Birdwatching](#) meet at Marshside Sanctuary in Southport at 10am. **NO NEED TO BOOK**

ALL WEEK -Free swimming session at Dunes

Leisure Centre - just pop down to our Bootle Town Hall Open Day on Tues 15th June or the Wayfarers Arcade in Southport any day of the week between 11am - 3pm **to collect a voucher.**

Free Bikes available for a lead Bike ride in Southport - Call to Wayfayers Arcade any day of the week between 11am-3pm for more info!

Info & Support

All Week at the Wayfarers Arcade in Southport. Drop in between 11am - 3pm to speak to a member of staff from Sefton Carers Centre or Southport Shopmobility.

Tuesday 15th June - Bootle Town Hall Open Day. Drop in between 10am - 3pm to find out about a wide range of support organisations, including benefits advisors and local services such as Emergency Respite and aids & equipment for the home.

Friday 19th June - Step into STEPs between 10am - 2pm if you would like to find out more about training and employment opportunities for carers and parent carers - see page 4 for more info!

NO NEED TO BOOK!

Everything is completely & utterly & absolutely FREE

What's on at STEPS?

Courses and Training for Sefton Carers

| | |
|---|---|
| <p>Intermediate Microsoft Word - 5 Weeks Starting Thursday 3rd June 2010 Update and build upon your word processing skills and knowledge, aimed at those who have had previous training. Each week from 1pm - 3pm.</p> | <p>Basic First Aid - Half Day Thursday 3rd June 2010 This course provides a basic foundation of first aid, assessing casualties & offering emergency aid. From 9.00am - 12.30pm</p> |
| <p>Getting Started on the Computer - 5wks Starting Friday 4th June 2010 Clueless when it comes to the computer & would like to learn more? This is the course for you. Each week from 10am - 12noon.</p> | <p>Assertiveness - 1 Day Saturday 26th June 2010 Learn what assertive communication is and how to communicate honestly & directly. From 10am - 12noon</p> |
| <p>Problem Solving - Half Day Thursday 1st July 2010 Develop a solution based strategy when dealing with difficult problems. From 10am - 12.00noon</p> | <p>Nutrition & Special Diets - 1 Day Thursday 1st July 2010 Gain a basic understanding of the importance of each nutrient & the the right balance of their consumption. From 9.30am - 4.30pm</p> |
| <p>HOLISTIC THERAPIES DIPLOMA COURSE STARTING SOON CONTACT STEPS IF YOU WOULD LIKE MORE INFORMATION OR TO BOOK YOUR PLACE</p> | <p>All courses take place at STEPS unless stated otherwise - Places are limited so please book as soon as possible! For more information contact Rebecca 0151 282 5477</p> |



Step



Into STEPS

An Open Day to Promote Training and Employment for Carers

Friday 18th June
10am - 2pm

As part of national Carers Week STEPs are welcoming carers, parent carers and professionals along to find out more about training and employment opportunities for carers.

Event includes a **free buffet lunch & cookery demonstration**. We are also providing **activities for kids** so Parent carers, please feel free to bring your children along too! Held at STEPs, The Esplanade, Waterloo, L22 5RN.



Hanging Baskets now on sale at STEPs!

Our hanging baskets are lovingly and skilfully made by local people with learning disabilities. They are priced at just £10 each or special offer price of 2 for £18. All proceeds go towards the facilities and services of STEPs.

Contact Rebecca now to place your order!

For more information about any of the events at STEPs
contact Rebecca on 0151 282 5477



What Do You Want to do

FREE Groups for Carers Each Day of the Week

Today?

Monday

Our **Local History Group** runs on the 1st and 3rd Monday of every month between 1.30pm and 3.30pm

Tuesday

The **Rambling Group** meet at 10.30am every other Tuesday at the Carers Centre. They go for local walks until 12.30pm.

Wednesday



Mornings from 10am - 12noon **Morning Social** at the Carers Centre
 Afternoons from 2pm -4pm **Mens Social** (male carers) at STEPs
 Evenings from 6pm - 7.30pm **Community Choir** at the Carers Centre
Each of these groups run every week.

Thursday

The **Crafty Carers arts and crafts group** meets weekly from 10am - 12pm at STEPs

Contact Petra on 0151 288 6060 for more information about joining our groups

Friday

Every Friday from 4th June, **Art Workshops** - freestyle art workshops exploring sculpture, recycled materials and various paint mediums.

Go on - express yourself!

And there's more!



Learn how to play Crown Green Bowling

Come and give it a try on **Monday 14th June**, at the Liver Pub, South Road from 2pm-4pm.

Environmental and Biodiversity Group

Be part of a national recording programme which includes tracking hares, bat trails and bluebell watch and much more! Alternate **Tuesdays and Saturdays from 10.30am-12.30pm at STEPs.**

Birdwatching Group

A monthly group meeting on various dates. Next meeting **Wednesday 16th June** at Marshside Sanctuary in Southport - see page 3 for details.

Request Form for Carers Week 2010

Name: _____

Address: _____

Guest Name _____

Daytime telephone number: _____

Day Trips

Monday 14th June - Coach Trip to Chester

Pick up point _____

Friday 18th June - Coach Trip to Llandudno

Pick up point _____

Carers Pamper Sessions

Thursday 17th June between 10am - 3pm

Therapy _____

Working Carers Pamper

Working Carers Only

Thursday 17th June from 5.30 - 7.30pm

Therapy _____

Health Checks - Working Carers Only

Thursday 17th June from 5.30pm - 7.30pm

This is a request form only. All requests will be drawn from a hat. If successful, you will be informed in writing from 4th June 2010. Please contact the us on 0151 288 6060 if you require any assistance to complete this form.

Please return to Sefton Carers Centre, 27-37 South Road, Waterloo, L22 5RF by 31st May 2010.

Please number 1, 2 & 3 ↓

Choice

Choice

Choice

Choice

Choice

Conditions - Day Trips

Day trips will have 3 pick up points, >9.30am at Southport Tourist Info >9.45am at Formby Crosskeys Pub >10.00am at Crosby North Road Civic Hall. Times are approximate - please allow for traffic etc.

Carers are permitted to bring **one guest only** to accompany them on the day trips.

Pamper Sessions

Choose from **Aromatherapy, Reiki Therapy, back massage or Indian Head Massage.**

Carers can book one place only for Pamper Sessions - no guest spaces are available.

Using the form

Please tell us your 1st, 2nd and 3rd choice of activity by placing the numbers 1, 2 & 3 in the choice boxes next to your chosen activity, in order of preference, 1 being your most preferred option and 3 being your least.

Names will be drawn from a hat to ensure allocation is fair.

Bargain Bargain Bargain Bargain Bargain Bargain

Southport Shopmobility Link

Southport Flower Show

The Flower Show is on at Victoria Park for 4 days from 19th August to 22nd August. Southport Shopmobility will be providing wheelchairs and mobility scooters again, and will be taking bookings from Tuesday 4th May. The cost of each hire will be £5 payable in advance and is non-refundable.

If you would like more information or would like to make a booking please call Southport Shopmobility on 01704 546654.

Scooter For Sale

We have a LiteWay 4 Plus available for purchase at the bargain price of £1000. The scooter was purchased in March for £1400 and has been used just once, as the user found it didn't suit her ; it's in 'as new' condition. There is just under a two year warranty included. Comfortable padded seat, puncture proof tyres and modern tubular design.



If you would like any further details, please contact Denise at the Carers Centre on 0151 288 6060.