

## CARING WITH CONFIDENCE



Sefton Carers Centre is running an exciting new programme for carers that are looking for support, advice, information or perhaps help in how to manage their caring role a bit better.

Free for carers aged 18 and over in England, **Caring with Confidence** aims to help improve your health and wellbeing and that of the person you care for.

You can get involved with **Caring with Confidence** by attending a local group session, which we are running at our STEPs training centre in Waterloo.

The programme is made up of seven sessions covering different aspects of a carer's role and you can choose which you want to do depending on your own circumstances.

The programme is designed to help you build on your own skills and knowledge and it's a great opportunity to meet other carers and share experiences. The first session **Finding Your Way** begins on Friday, May 29, so hurry and book your place now to avoid disappointment.

To get started book on the first session, which is:

### Finding Your Way

This will help you look at what matters to you and decide which other sessions you might want to do.

### The next 6 sessions available are:

#### Caring and Coping

Gives you time and space to look at the emotions involved in looking after someone. What strategies you use and what you could do to cope with the stress more effectively.

#### Caring and Me

How to be fit for life and caring. Discussion and planning around your own health and wellbeing.

#### Caring Day-to-Day

Look at the essentials of caring for someone day-to-day, from medication to emergencies at home.

#### Caring and Resources

How you can maximise your income and access other resources which save you money as a carer.

#### Caring and Life

Invites you to take time out and think about how you juggle competing demands and how your caring role fits with other aspects of your life.

#### Caring and Communicating

Uses real-life caring situations to help you get the best from communication with professions and service providers.



For further information and to book your place on the **Caring with Confidence** sessions, call freephone **0800 073 3871**



**CARERS WEEK, JUNE 8-14, 2009**  
**See inside for a list of informative, relaxing and fun events, including, a day trip to Blackpool for Substance Misuse Carers.**

Do you care for someone who is dependant on prescribed or non prescribed drugs or alcohol?  
If yes, then go to page 6 to find out how Sefton Carers Centre can support you.

**CARERS' SUPPORT**

**SUPPORT GROUP FOR PARENT CARERS AND CARERS OF CHILDREN WITH ADDITIONAL NEEDS.**

**Parent Carers Support Group**  
Every Thursday during term-time,  
9.30am-11.30am

Netherton Children's Centre, Magdalen Square, Netherton.

**"SpecialTime"**

Every Friday during term-time,  
9.30am-11.30am

Parenting 2000, The Lodge, Mornington Road, Southport.

These informal groups give carers the chance to meet and exchange ideas and information with other parents. There are also guest speakers.

For further info contact, Parent Carer Advocate, Sue Neal on **0151 288 6060**

**FORMER CARERS SUPPORT GROUP**

Are you a former Carer? If yes, then come and join us at our

**COFFEE MORNING**

held on the last Thursday of each month  
Sefton Carers Centre, "Drop-in", 27-37 South Road, Waterloo.

Telephone: 0151 288 6060 for further info.

Hairdresser Fallon-Louise is offering a mobile hairdressing service to carers and the person they care for in the comfort of their own home.

Fallon, who has 7 years of hairdressing experience, covers the areas of Old Roan, Aintree, Crosby, Thornton, Netherton, Seaforth, Bootle and Litherland.

Please call 07855031911 for further info and prices.

**OPEN DAY FOR LEARNERS WITH LEARNING DIFFICULTIES AND/OR DISABILITIES**

The HughBaird College - Learning for Life Open day takes place on **Tuesday, June 23** in the college's **Pembroke Centre** - why not drop in any time between **10am - 2pm** on the day and find out what they have to offer learners with learning difficulties and/or disabilities.

**The Princess Royal Trust for Carers**  
**Sefton Carers Centre**  
27-37 South Road, Waterloo, Merseyside,  
L22 5RF

Telephone: 0151 288 6060  
Fax No: 0151 330 5723  
email: [help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk)  
Website: [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)  
**Chief Executive: Liz Williams**

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.**

**PLEASE KEEP US INFORMED**

To provide the highest quality services to you, we need to ensure that all the information we hold is correct. If any of your details or circumstances have changed please contact us as soon as possible. Please complete this form and return to:

**Sefton Carers Centre, 27-37 South Road,  
Waterloo, Merseyside, L22 5RF  
Tel: 0151 288 6060  
email: [help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk)**

Name \_\_\_\_\_

Address \_\_\_\_\_

Comments \_\_\_\_\_

All information is held in accordance with the Data Protection Act 1998; we understand the information that you provide is of a sensitive nature, therefore all staff are bound by a confidentiality agreement.

**CARERS WEEK EVENTS, JUNE 8 - 14, 2009**

*National Carers Week, which this year has the theme "Carers....the UK's secret service", is an annual event which recognises and celebrates the huge contribution the UK's six million carers make to those they care for, and to their communities.*

*Staff at Sefton Carers Centre have been busy putting together a 5 day programme of free events, that will be informative, fun and most importantly relaxing.*

**MONDAY, JUNE 8****DAY TRIP TO SKIPTON, YORKSHIRE**

Skipton, a pretty market town, has a castle, canal trips, Victorian style shopping arcade and modern shopping arcade.

**Coach pick up points**

Southport Tourist Office	9.30am
Cross Keys, Formby	9.45am
Crosby Civic Hall	10am

Please inform us of your pick up point on the Request Form.

**TUESDAY, JUNE 9, 11AM - 3PM  
SEFTON CARERS CENTRE "OPEN DAY"  
FOR CARERS AND POTENTIAL  
VOLUNTEERS**

**CARERS**

Carers come along and meet the staff and join us for tea and buns. Plus find out about the free services that are available to carers who are looking after a relative, friend or neighbour who without your help could not manage.

**VOLUNTEERS**

Have you got time to spare? Would you like to help us provide a first class service to carers?

We are looking to recruit volunteers to assist us with administration, carers activity sessions, marketing and promotion, newsletter production, counselling, befriending, gardening and holistic therapies.

If you have got the skills we are looking for and can spare the time, why not come along to our open day and find out more.

**WEDNESDAY, JUNE 10, 1.30PM - 4PM  
SANDPIPERS-VITALISE OPEN DAY  
FAIRWAY, SOUTHPORT**

The holiday/respite centre for people with physical disabilities opens its doors to carers. Free refreshments, relaxation therapy taster sessions and a falconry display.

Telephone: 0845 3451970 for more info.

**THURSDAY, JUNE 12, 10AM - 3PM  
HEPATITIS C AWARENESS TRAINING FOR  
SUBSTANCE MISUSE CARERS**

If you would like to attend this course or would like more information please contact Substance Misuse Service Development Officer, Jane Williams on 0151 288 6068. Places are limited (please do not contact STEPS to arrange a place on this course).

**THURSDAY, JUNE 12  
DAY TRIP TO BLACKPOOL**

Join us on a day trip to the seaside town of Blackpool.

**Coach pick up points**

Southport Tourist Office	9.30am
Cross Keys, Formby	9.45am
Crosby Civic Hall	10am

Please inform us of your pick up point on the Request Form.

**THURSDAY, JUNE 12  
CARERS PAMPER SESSION  
AT STEPS, THE ESPLANADE, WATERLOO**

Carers take time out and relax with our trained therapist Beatriz Vaz. Choose from a half session on one of the following, Reflexology, Reiki, Indian Head Massage, Facial Massage, Back Massage or Neck Shoulder Massage.

Please inform us which therapy you would like on the Request Form. We will contact you with available times if your name is chosen from the draw.

**CARERS WEEK EVENTS (continued)****FRIDAY, JUNE 12 , 9.30AM - 1.30PM  
TASTER PAMPER SESSION  
FAMILY LIFE, ASH STREET, SOUTHPORT**

Carers take time out from your busy caring role and come along to a relaxing therapy pamper session.

Refreshments will be provided.

The taster pamper session is limited to one place per carer

**SEFTON HEALTH AND  
SOCIAL CARE DIRECTORATE  
DEMENTIA AWARENESS EVENT**

The Directorate will be holding an event for carers of people with dementia during the week. The event will highlight the Government's five year Dementia Strategy.

For further info call the Carers Centre 0151 288 6060 or visit the Sefton Council website: [www.sefton.gov.uk](http://www.sefton.gov.uk)

**FRIDAY, JUNE 12****CELEBRATING CARERS WEEK AND  
NATIONAL TACKLING DRUGS WEEK  
FUN DAY OUT TO BLACKPOOL FOR  
SUBSTANCE MISUSE CARERS**

Take a break from your caring role and join us on a day trip to this popular seaside town. As Carers Week and Tackling Drugs Week coincide we will also be joined by members of Sefton Service User Forum.

Coach pick up points

Southport Tourist Office 9.45am

Crosby Civic Hall 10.15am

Departing Blackpool at 6pm

**FRIDAY, JUNE 12****LIGHTHOUSE PROJECT OPEN DAY.**

The project in 8 Church Street, Southport, provides free confidential support and advice to substance misusers.

**REQUESTING A PLACE FOR AN EVENT**

- Please note that all the events are free, however some have a limited number of places.
- Substance Misuse Carers please contact Jane Williams on Tel 0151 288 6068 for the Hepatitis Training and Day Trip to Blackpool events.
- There is no need to book a place for the Carers Centre Open Day and the Sandpipers-Vitalise Open Day, just come along.
- If you would like to attend any of the other events please complete the request form indicating your 1st, 2nd and 3rd choice in order of preference. Send to **Sefton Carers Centre, 27-37 South Road, Waterloo, L22 5RF**, by Friday, May 29 or telephone 0151 288 6060.
- Your name will then be entered into a draw which will take place on **Monday, June 1**. If your name is drawn you will be notified by **Wednesday, June 3**
- You can bring the person you care for on the day trips, however, please note you remain responsible for their care at all times.

**THE REQUEST FORM FOR CARERS WEEK 2009  
EVENTS IS ON PAGE 5**

REQUEST FORM FOR CARERS WEEK 2009 EVENTS

Name(s) (You and second person if applicable) .....

Address .....

Daytime Contact No. ....

**EVENTS**

**CHOICES**

**1    2    3**

Mon, June 8 - Day Trip to Skipton  
Pick up point? .....

    

Thursday, June 11 - Pamper Session at STEPs  
(limited to one place and therapy per carer)  
Which Therapy? .....

    

Thurs, June 11 - Day Trip to Blackpool  
Pick up point? .....

    

Fri, June 12 - Taster Pamper Sessions, Southport  
(limited to one place per carer)

    

**THE DIGNITY IN CARE CHALLENGE**

Sefton Health and Social Care Directorate are set to address the 10 points laid out on in the Government's Dignity Challenge with the formation of a "Dignity in Care" Planning Group.

The Dignity Challenge set up in 2006 by Health Minister at that time, Ivan Lewis, focuses on 10 different aspects of dignity that the public should expect from care services. The Dignity Challenge will empower the public to test out how their local services measure up and tackle rather than tolerate those services that don't take the points into consideration.

Sefton Health and Social Care Directorate are keen to embed "Dignity in Care" into all it's processes and policies, including end of life, prevention and safeguarding. The planning group will be working to promote "Dignity in Care" throughout other council departments and organisations within Sefton over the next few months. The group will also be ensuring that people know who to contact if they feel they are not being treated with dignity or respect.

For more information please contact : Lynn Billingham, Marketing and Publicity Manager, Health and Social Care Directorate :

**lynn.billingham@hsc.sefton.gov.uk**  
**Tel: 0151 934 3695**

**DIGNITY IN CARE - THE 10 POINTS**

- 1) Have zero tolerance of all forms of abuse
- 2) Support people with the same respect you would want for yourself or a member of your family
- 3) Treat each person as an individual by offering a personalised service
- 4) Enable people to maintain the maximum possible level of independence, choice and control
- 5) Listen and support people to express their needs and wants
- 6) Respect people's rights to privacy
- 7) Ensure people feel able to complain without fear of retribution
- 8) Engage with family members and carers as care partners
- 9) Assist people to maintain confidence and positive self-esteem
- 10) Act to alleviate people's loneliness and isolation.



# Carers Direct

Information, advice and support for carers

[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

Freephone: 0808 802 02 02

## NEWS FOR SUBSTANCE MISUSE CAR-

### SUPPORT GROUP

Do you care for someone who is dependant on prescribed or non prescribed drugs or alcohol? If yes, then come along for a cuppa and a chat with other carers in a similar position. The group is held on the first **Thursday** of every month at **Sefton Carers Centre, 2-4pm**. Next meetings will be held on Thursday, June 4, July 2 and August 6.

### RE-LAUNCH OF SUPPORT GROUP

Do you feel you would benefit from attending a support group in the north of the borough? Let me know your views.

### NEW SUPPORT GROUP

We are launching a support group for people who have lost someone they cared for suddenly/tragically as a consequence of substance misuse.

### SUBSTANCE MISUSE CARERS FORUM

Are you interested in getting your voice heard and helping us develop new services by joining our dedicated forum?

### OUTREACH DROP IN - BOOTLE

Carers are welcome to come and see me at the Lighthouse Project, Stanley Road, Bootle, every Wednesday, 2-4pm, for a chat, information or if they require support on a particular issue.

### FREE THERAPIES

Carers, don't forget that you can book for Equinox Treatment sessions (electronic acupuncture) on Wednesdays and an Aromatherapy Massage on Thursdays.

### TRAINING

Benefits Awareness Training, Monday, June 1, 10am-3pm and Meetings Training, Friday, June 19, 10am to 3pm

For further info on all the above contact Substance Misuse Development Officer, Jane Williams on **0151 288 6068** or e-mail: [Jane.Williams@carers.sefton.gov.uk](mailto:Jane.Williams@carers.sefton.gov.uk)

## TRANSPORTATION FEEDBACK

Notes from Sefton Carers Forum - Transport Consultation, which was held at Crosby Civic Hall in April.

The Forum members voted unanimously on the following motion:

“This meeting wishes to express its concern that the shortfall in Sefton MBC's budget will be disproportionately suffered by vulnerable people whose needs have been assessed for this specialist service. Additionally, this meeting rejects these proposals, until clearer description is available, and that the status quo remains.”

The motion is based on other matters of concern raised in the meeting which are summarised as follows:

- The extent of the consultation - letters stated implementation of proposed policy was due to take effect on April 1 - this did not allow enough time for a full consultation to take place
- The transport charge will only recuperate £60K towards the £2.5M deficit - the rest will have to come from elsewhere
- Regarding the £10 option - there is an issue regarding amount of parking space to safely handover to day centre staff if there was a big increase in numbers arriving by taxi or using own transport
- Safety issues of people travelling unsupported and with no escort - e.g. dementia sufferers
- Questionnaires and letters sent out to service users did not provide enough information (e.g. some people may be exempt from charges - ILF)
- Benefits increases not enough to cover proposed charges
- No elected members attended Forum meeting - e.g. Sue Maguire invited
- Questionnaire should have included a third option - to leave things as they are with a nil charge for transport
- £10 a day option would create inequity - e.g. for service users living closer to day centre they would have lower costs.