



YOUR CHANCE TO QUIZ THE EXPERTS

Sefton Carers Centre is giving carers the chance to quiz experts about issues that are important to them and their caring role at a "Carers Question Time" event.

The event open to all carers, is part of national **Carers Rights Day** and is taking place at the

**RAFA Club, Victoria Road, Freshfield,
Formby
Friday, December 5, 10.30am - 2pm.**

The Mayor of Sefton, Councillor Paul Tweed, will introduce the panellists;

- Sefton Council's Health and Social Care Directorate, Assistant Director - Adult Services, Robina Critchley
- Sefton Council's Children Services, Assistant Director - Inclusion, Colin Oxley
- NHS Sefton, Director of Provider Services, Alison Shaw
- Pension Service, Partner Liaison Manager, Elaine Waddington
- JobCentre Plus, Carers Partnership Manager, Representative TBC
- Estate Planning Specialist, Lorraine Snyder

at 11am, who will then go on to answer questions that have been submitted to the carers centre before the event.

The "Carers Question Time" will finish at 1pm when carers will be offered a free lunch and the chance to visit the information stands set up around the venue.

We are asking carers to submit their questions for the panel to the carers centre by MONDAY, DECEMBER 1

Let us know whether you want to ask the question yourself or would like the chair to ask on your behalf. We cannot guarantee that every

individual question will be asked but we will ensure that a range of relevant themes and topics are covered.

CONTACT DETAILS

Sefton Carers Centre, 27-37 South Road,
Waterloo, L22 5RF. Tel no: 0151 288 6060.
e-mail: help@carers.sefton.gov.uk



Sefton Carers Centre is one of more than 1000 organisations across the UK, taking part in Carers Rights Day, a national awareness day organised by Carers UK.

The aim of the day is to inform carers of the rights, benefits and services they are entitled to.



SEFTON CARERS CENTRE

CARERS CHRISTMAS PARTY

**SEFTON CARERS CENTRE,
27-37 SOUTH ROAD,
WATERLOO**

11.30AM to 2.30PM

FRIDAY, DECEMBER 19.

**JOIN US FOR A FESTIVE
SING-A-LONG AND BUFFET**

**PLEASE RSVP BY FRIDAY,
DECEMBER 11.**



PLEASE NOTE THAT SEFTON CARERS CENTRE AND STEPS WILL BE CLOSED FOR CHRISTMAS FROM TUESDAY, DECEMBER 23 AND WILL RE-OPEN ON MONDAY, JANUARY 5

Four New Faces

Sefton Carers Centre welcomed four new faces to South Road last month.

Fallon Sunderland and Sylvia French are new CERT Team members and replace Chris Whittle and Brian Jones. Chris has become the centre's Carers Keyworker - Substance Mis-use. Karen Ward joins the team as a Generic Advocate and Sue Trish is the new STEPs Training Co-ordinator.

WINTER HANGING BASKETS

ARE YOUR SUMMER BASKETS LOOKING A LITTLE TIRED?

STEPS will refresh and refill your hanging baskets for £8.00 or supply you with a new 14" basket for £10.00

The refills contain a miniature conifer in the centre surrounded by pansies, violas and evergreens.

Place your order with Jeanette Threadgold at STEPS, The Esplanade, Waterloo.

Tel no: 0151 282 5478.

CARERS' SUPPORT GROUP

Do you care for someone who misuses alcohol or drugs?

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.**

For further information please contact Substance Mis-use Service Development Officer, Jane Williams on

0151 288 6088

e-mail: Jane.Williams@carers.sefton.gov.uk

**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

Website: 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.**

SHORT BREAKS FOR COUPLES

PSS (Liverpool Personal Service Society) has extended its Adult Placement service to provide breaks for "couples."

The Adult Placement carers who provide short breaks for "couples" can give the service user and their partner, sibling, friend or carer a chance to spend quality time together, without having the normal caring routine they would have at home. This in turn allows them both to completely relax and enjoy each others company.

Short Breaks Together provides individual personalised care within a homely environment. If you choose to have a short break with a specially recruited adult placement carer, you will be given real choices and their requirements will be matched. It's your break, therefore it should be your choice where and how you spend it. They offer city, seaside and countryside breaks in North Wales, Liverpool, Southport, Glasgow and the West Coast of Scotland. So whether you're looking for a little peace and quiet or you want to experience the hustle and bustle of the city, there is something for everyone.

For further information call Annie Kilroy at PSS on 0151 281 0942 or 07808 784478.

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

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.

Volunteer Opportunities

CHILL OUT AT STEPS

STEPS (Sefton Training and Enterprise Projects) as a non-profit making community business is pleased to offer everyone affordable and relaxing therapies next year.

And anyone who books a therapy in January will receive **£5** off their first appointment. One hour therapy sessions cost **£15.00** and **£10** for half hour sessions.

Carers registered with Sefton Carers Centre will receive 1/3 off the price of all therapies throughout the year

Therapies available on Thursdays are:

Hopi Ear Candles (one hour)

through the chimney effect of the candle, impurities are drawn up from inside the ear, the gentle noise created from the flame creates a gentle massaging effect within the ear.

Reiki (one hour)

a Japanese technique for stress reduction and relaxation that also promotes healing.

Reflexology (one hour)

a form of massage in which pressure is applied to parts of the feet in order to promote relaxation and healing elsewhere in the body.

Indian Head Massage (one hour)

traditional Indian therapy consists of massage to the back, shoulders, neck and scalp while the client remains fully clothed sitting in a chair.

Facial Massage (half hour)

Back Massage (half hour)

Neck and Shoulder Massage (half hour)

All therapies take place at **STEPS, The Esplanade, Waterloo, L22 5RN.**

To book an appointment with our trained therapist or for further information telephone **0151 282 5478.**

Any profits made will go towards supporting unpaid carers through our work at STEPS and Sefton Carers Centre.

Are you sitting at home, twiddling your thumbs and wondering what to do today?

If yes, then why not put your spare time to good use and come join us at STEPS (Sefton Training Enterprise Projects).

STEPS, The Esplanade, Waterloo, is looking for volunteers to take part in a number of non-profit making community business projects next year.

Any profits made from the businesses will go towards supporting our work at STEPS and Sefton Carers Centre. Therefore, you will not only be learning new skills but helping the thousands of unpaid carers in the Sefton area.

We are looking for volunteers in the following areas;

- sociable people to help support the running of STEPS, by meeting and greeting visitors and making refreshments.
- trained therapists that would be willing to provide holistic therapies to carers and the general public.



Carers/Former Carers on a holistic therapy course run by Southport College at STEPS, The Esplanade.

- people that would be happy to take part in training to be a therapist with a view to volunteering their skills after they qualify.
- a handyperson to help us paint and decorate STEPS. Plus other low maintenance jobs.
- people that would be willing to undertake NVQ care training with a view to providing a valuable sitting service for carers.

If any of the above interests you then why not find out more by calling Sue or Jeanette at STEPS on **0151 282 5478.** We look forward to hearing from you.

PROTECT YOUR HOME AND FAMILY

Lorraine Snyder LLB of Collective Legal Solutions, an estate planning specialist provides the following insight into Will planning:

Irrespective of your age or the value of your estate, making a Will is one of the most important ways you can ensure your family and assets are protected.

Dying without a Will - known as intestate - means that certain rules dating back almost 100 years will decide how your assets are divided and this may not be as you intended.

- Without a Will, if you are married and have children, your spouse may only inherit part of your estate.
- If you have no children, your spouse may have to share your estate with parents-in-laws.
- If you are unmarried, your common law partner may not get anything at all from your estate, even if you have children together and disregarding how long you have lived together.
- Further, you would have no say on who you would wish to take care of your children in the event of your death or the age that you would want them to inherit.

A Will can ensure that your share of your property will eventually pass to your children/other beneficiary rather than being used to fund the survivors care should that become an issue in the future. A Will can resolve Inheritance Tax issues for those whose assets are worth over £312,000. A Will can also ensure that your assets will eventually pass to your children/other beneficiary rather than to any new spouse in the event of a surviving spouse remarrying.

Failing to make any provision in a Will for a disabled child on the grounds that another family member or the State will provide for them is unwise. It could lead to Social Services and the Department of Social Security challenging the Will on the ground that insufficient provision has been made. Far better would be to create a Disabled Discretionary Trust in the Will which will allow the disabled child to benefit from your estate while not affecting their entitlement to State benefits or funding for care.

Contact Lorraine on either 0151 722 0511, or 07736070685 for further information.

OT INFO SESSION

Sefton Carers Centre is giving you the chance to find out more about the range of occupational therapy services provided by NHS Sefton, at an

OCCUPATIONAL THERAPIST INFORMATION SESSION at Sefton Carers Centre, 27-37 South Road, Waterloo on Tuesday, January 13, 10.30am to 12.30PM



Referrals to the OT teams can be made by anyone. Clients need to be at least 18 years old, have a physical health problem, and reside in Sefton. The service offers assessment and rehabilitation programmes within people's homes or within the community setting. The aim is to promote independence following illness / injury - providing advice, practising skills, increasing confidence and many other activities.

The Occupational Therapists are part of the Community Rehabilitation Teams. The contact number for South Sefton residents is 0151 521 4000 ext. 147 and for North Sefton residents, 01704 385080.

CARERS AND CARED FOR JOIN

**OZZY AND FRIENDS
FOR AN AFTERNOON OF LISTENING TO
THE OLD SONGS AND LAUGHING AT THE
GOOD OLD DAYS**

on
FRIDAY, DECEMBER 12, 1-3PM
at
STEPS, The Esplanade, Waterloo

Places are limited so book early to avoid missing out on the fun. Refreshments provided.

Call STEPS on 0151 282 5478 to book your place

Parent Carers Support Group

PARENT CARERS OF CHILDREN WITH ADDITIONAL NEEDS ARE WELCOME TO COME ALONG FOR A CUPPA AND A CHAT AT WEEKLY SUPPORT GROUPS IN NETHERTON AND SOUTHPORT.

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 information Call Sue Neal at Sefton Carers Centre on **0151 288 6060**

Protest March

A national protest march to highlight the poverty suffered by carers for doing what they do out of love is taking place at Westminster, London, next April.

Sefton Carers Forum Committee realise that many carers will be unable to travel to London, therefore they are hoping to organise a local march on the same day.

Committee Chair, John Corscaden is keen to hear from anyone interested in taking part in a local protest march. He says: "Whilst April is some way off advance notice is being given so if anyone is interested for/against then time is available to make your views known."

John can be contacted on **01704 568287** or e-mail:
johncorscaden@talktalk.net

WAYS TO KEEP WARM THIS WINTER

Sefton Council's Affordable Warmth Worker,



Christina Smith is on hand to help you make your home more energy efficient and beat rising fuel costs.

Contact her at Sefton Council to see if you are eligible to access any of the grants and loans listed below

Grants and support projects currently available are:

Warm Front - A government grant providing a package of heating and insulation measures up to the value of £2700 available to homeowners and private tenants in receipt of certain benefits/allowances

SEARCH - Small grants for loft and cavity wall insulation and home visiting support where a member of the household suffers from a cold related/respiratory illness Neighbourhood Renewal Fund (NRF) areas only)

Home Energy Loans Project (HELP) - Up to £1,000 interest free loans offered to home owners for energy efficiency measures such as boilers,

insulation and solar water heating (subject to acceptance)

Health Through Warmth - Provides a crisis fund to finance heating and insulation measures for people with an illness or disability who fall outside of government and other grant schemes

Carbon Emissions Reduction Target (CERT) - Offered by various utility companies to provide insulation measures free or at reduced cost.

The above grants and loans are available to homeowners and tenants in privately rented properties. Housing association and council tenants should contact their local Area Housing Office for heating and insulation enquiries.

CONTACT DETAILS

Affordable Warmth Worker, Christina Smith,
Sefton Council, Energy Team/Special Projects,
4th Floor, Magdalen House, Trinity Road,
Bootle, Merseyside, L20 3NJ

Tel no: 0151 934 4705
Mobile: 07974 765 310

e-mail: christina.smith@technical.sefton.gov.uk

Training Courses at STEPS

Below are a list of new training courses taking place at STEPS this January. STEPS courses are very popular, so book now to avoid disappointment!

Contact Training Co-ordinator Sue Trish on 0151 282 5478. By post: Sue Trish, STEPS, The Esplanade, Waterloo L22 5RN.
E-mail: Sue.Trish@carers.sefton.gov.uk

Basic First Aid (one day session) **Wednesday, January 14** **9.30am to 4pm**

This one day training will provide a basic foundation of first aid. Lunch provided.

Moving and Handling People **(one day session)**

Tuesday, January 27
9.30am to 4pm

The course will give you an overview of the special issues relating to the moving and handling of people. This includes practical work upon a range of moving and handling situations relating to people. Lunch provided.

Sefton Carers Centre's Therapist, Ron Storey is holding three five week massage courses next year. Ron will teach you basic massage techniques that are ideal to try out on friends and family.

Hand Massage

Tuesday, January 6 (5 weeks)
1.30pm to 3.30pm

Topics covered include oil blends, oil safety and massage techniques.

Facial Massage

Tuesday, February 10 (5 weeks)
1.30pm to 3.30pm

How to use essential oils for a relaxing facial massage.

Foot Massage

Tuesday, March 10 (5 weeks)
1.30pm to 3.30pm

Sooth tired feet with a relaxing essential oil massage.

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.

Did you know that Sefton Carers Centre has a massaging chair available for carers and former carers to use at their leisure?

If you didn't, then why not contact the centre on 0151 288 6060 to find out more and book a relaxing session.

FREE ENERGY SAVING LIGHT BULBS

We have a limited number of free energy saving light bulbs to give away to carers who are in receipt of welfare benefits.

Carers can either pop into Sefton Carers Centre or STEPS, The Esplanade, Waterloo, to pick up their free Compact Fluorescent Lamps (CFL's), which have been supplied by Powergen.

The Princess Royal Trust in partnership with the Royal College of General Practitioners has published a new guide for general practitioners to help them support carers.

"Supporting Carers" aims to ensure carers are recognised in practices so that they and those they care for are in better health.

PRTC, Acting Chief Executive, Carole Cochrane, said the guide "will help to improve further support and understanding from GP's that carers so desperately need."

The guide is free and can be downloaded from the PRTC website, www.carers.org

POSTAL SCAM WARNING

With Christmas fast approaching, the Trading Standards Office are making people aware of the following scam.

A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a premium rate number). DO NOT call this number, as this is a mail scam originating from Belize.

If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call.