

Encouraging Families to Get Creative!

The Plaza Community Cinema, on Crosby Road North in Waterloo is teaming up with Sefton Carers Centre to seek funding for two exciting and innovative projects!



Community Cinema!

Creative Workshops

The second, a series of 3 half day creative workshops for siblings of children with Autism to explore art, creative writing and dance. Each workshop will be led by a experienced practitioner and will provide a creative outlet for young people aged 8 - 16 in a safe and supportive environment.

If the funding bids are successful each project will be offered free of charge to participants!

Film and Media Project
The first, a film and media project will take place over 5 full days/10 half days to enable siblings and parents to work together with support from a filmmaker to produce a documentary exploring issues about identity and the role/impact of caring

upon family dynamics, from the viewpoint of different generations.

Participants will be able to gain new skills in film production and editing. The completed film will be showcased at the Plaza

For more information contact Christine at the Plaza Cinema on 0151 928 1530

Chill Out at STEPs.

The New Improved Beauty & Wellbeing Experience at STEPs in Waterloo

STEPs are welcoming new therapist, Toni Salmon, aged 20, to their improved, purpose built beauty room! STEPs are now able to offer professional beauty treatments such as facials, massages, manicure and pedicures at knock down prices in a comfortable

and relaxed setting. Treatments start from just £10 with a full body 1 hour massage costing just £15.00! Toni is a fully trained therapist who lives locally and studied at Hugh Baird College.

Contact STEPs now to book your appointment on 0151 282 5477!

Open to All
Mon to Fri
9am-3pm
**DISCOUNTED
PRICES for
CARERS
GET 1/3
OFF!**



Carers Week 2011

The True Face of Carers

Monday 13th June - Saturday 18th June



Yes, it's that time of year again and Carers Week, the biggest celebration on the carers' calendar, is fast approaching! This year we have worked hard to produce a schedule of activities and events with something to suit everyone!

Highlights include a shopping trip in Fleetwood, a Tea Dance at the beautiful Palm House in Sefton Park, picnics at Southport's Botanic Gardens and Derby Park, and our grand finale on Friday at the Rafa Club - an all day event with fun activities see page 8 for details.



Sefton Carers Centre

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What's on at STEPs/Plaza

Creative Competitions at the Centre!

For Carers Week this year we would like to invite our creative carers to submit their own artistic expressions into our competitions that will be exhibited and judged at the grand finale event during Carers Week.

Poetry Competition

In line with this years Carers Week theme the title should be 'True Face of Carers'. Poems should be sent to us and those short-listed will be invited to perform their poem at the Doing Day on Friday 17th June, at the Rafa in Formby.

Art Competition

Submit your art to the Carers Centre to be exhibited and Judged again, at the Rafa Club on Friday 17th June! We welcome any medium, if it is a picture/painting must be framed and ready for hanging.

Submit your entry, to Sefton Carers Centre, 27 - 37 South Road, Waterloo, L22 5RF. CLOSING DATE MONDAY 6th JUNE
If you require further information contact 0151 288 6066.
STRICTLY ONE ENTRY PER PERSON

Blue Badge Changes

Major reforms to the Blue Badge Scheme disabled parking system, which helps 2.5 million disabled people, are being implemented.

The measures, which started to come into force from April, include:

- Providing local authorities with an on-the-spot power to recover badges that have been cancelled and misused
- Shared administration between authorities - including an online application facility - resulting in faster renewals, reduced abuse and operational efficiency savings of up £20 million a year.
- Wider use of independent mobility assessments to determine eligibility.
- Extending the scheme to more disabled children under three and severely disabled Armed Forces personnel and veterans; and removing residency requirements for disabled service personnel and their families who are posted overseas on uk bases.

The cost of the badges goes up from £2 to £10.
Visit www.direct.gov.uk for more information.

Your Newsletter

If you would like to contribute an article to the Carers Contact then please get in touch:

Rachael Howard
rachael.howard@carers.sefton.gov.uk

0151 288 6084

**Deadline for next edition:
24th June 2011**

Whilst every care is taken to provide accurate information, neither Sefton Carers Centre, nor the Executive Committee nor the Editorial Team undertake any liability for any error or omission. We do not endorse any company or organisation who features in adverts or articles. The editor reserves the right to alter any material for publication.

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 contact us using the address on the front of this newsletter.



Tuesday

The **Rambling Group** meet at 10.30am on the first and third Tuesday of the month at the Carers Centre. They go for local walks until 12.30pm.

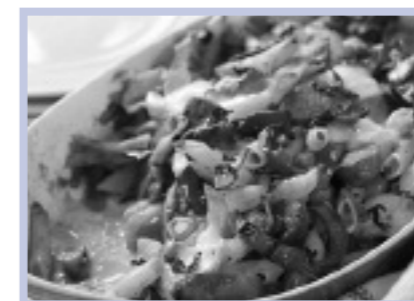
Wednesday

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

3 Week Healthy Cookery Course

25th May - 8th June at STEPs
This course follows the Weight Management Course.
Booking is essential

mmmm....



Saturday

Wildlife Group meets alternate Saturdays from 10.00am - 12noon at various locations. Please contact us for details

Contact Petra on 0151 288 6060
for more information about
Carers Groups.

What Do You Want to do Today?

FREE Activities for Carers in Sefton

Monday

Birdwatching Group
Meeting at Sefton Carers Centre at 12noon
Birdwatching held at various locations, call for details!

Thursday

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

Friday

Weekly Art at STEPs
Freestyle Art Workshops
10am - 12noon
Working with Watercolours
1pm - 3pm

STEPs
The Esplanade, Waterloo, L22 5RN

Wednesday
Quilting Group at
STEPs!
Every Wednesday
from 2pm - 4pm

Benefits Information - Will Changes Affect You?

Carers and the Welfare Reform Bill - Your Questions Answered

CARERS UK
the voice of carers

Carers UK has put together a list of frequently asked questions to explain what the Government's plans for reforming the benefits system will mean for carers and disabled people. Here is some highlights of the information included within the report

What is Universal Credit?

To simplify the benefits system, the government has announced that they are creating a new benefit called Universal Credit, to replace most existing benefits and tax credits for people of working age. The benefits being replaced include Working Tax Credit, Child Tax Credit, Housing Benefit, Council Tax Benefit, Income Support,

Income-based Jobseekers Allowance, income-related Employment & Support Allowance.

The Universal Credit will be means-tested which means that anyone who applies will have their income and savings assessed, and if they, or a partner, earn over a certain amount or have a certain amount of savings they will be unable to get the Universal Credit. These amounts will be set later by the Government so we do not know yet who would be eligible.

Universal Credit will be paid either on an individual basis if claimants are single, or to couples jointly. There will be a basic rate called the 'standard allowance' and extra amounts for people in different circumstances - for example they have children, a disability or need help with housing costs.

If you would like a copy of this report in full please contact Rachael on 0151 288 6084

Carers Benefits....



What is happening to Carers Allowance?

There are currently three main groups of people getting carers benefits:

1) Carers who currently do not qualify for means-tested benefits and just get Carer's Allowance at £53.90 a week. Carers in this group will not be directly affected by the introduction of the universal credit - this group will remain outside the new system and the government has not announced any plans to reform the allowance they receive.

2) Carers who receive means-tested benefits like Income Support or Jobseekers Allowance, with a Carer Premium. Carers in this group will

have their means-tested benefits moved onto Universal Credit, which will also include an additional amount for carers. So carers who are currently on benefits like Income Support or Jobseekers Allowance will have those benefits replaced by the standard allowance Universal Credit and may get an extra amount for caring similar to the Carer Premium.

3) Carers over State Pension Age, who qualify for Carers Allowance but do not get it at the same time as their State Pension because of the rules of the benefits system. These carers may get a Carer Addition. These carers will also not be directly affected by the introduction of Universal Credit and will continue to receive the same benefits and Pension. However the Government has announced that it is simplifying the process for claiming the Carer Addition in Pension Credit. New rules should mean that these carers would not have to apply for Carers Allowance, even though they cannot receive it, in order to get Carer Addition.

Changes to Charges

for Non-Residential Services

A Briefing from John Corscaden, Chair of the Sefton Carers Forum Committee

By the time you read this all those Carers and Service Users accessing Day Centres will have had a letter from C. Speight detailing the changes to charging. The Carers Forum has been working to get answers to questions we think important

There are TWO areas; in particular those with assets above £23,250 and those below. Taking the points in the order they were highlighted in the Council's letter:

SAVINGS:

Above the threshold, Day Centre Charge will be up to £45.00/day
Below up to £17.50/day

INCOME:

For all groups the letter is clear on what the Council intends to use as a basis for deciding the level of charges

TRANSPORT:

Above the threshold the Charge will be £6.50 a journey.
Below, then if you are currently paying £3.00/day or a proportion then that will remain the same

DAY CENTRE/TRANSPORT ABSENCE:

Having spoken to Council Officers I have been informed that, in addition to hospital admissions, other circumstances of emergency, within reason, may be taken into account (e.g – Sickness). General absences will incur a charge.

OTHER:

Under no circumstances, will any potential Service User be denied access to Day Centres on financial grounds alone.

IT IS ABSOLUTELY VITAL THAT:

You understand that NO-ONE will be turned away from any service provided at Day Centres on the grounds that they cannot afford to pay (please tell any of your friends). Don't forget that it is your RIGHT to ask for Financial Assessment/Re-assessment as it could be in your interest as you may well end up "better off."

If you find yourself in difficulties due to the change in charges, contact the Carers Centre 0151 288 6060 or your local councillor.

Local Library Announces New Home Visit Service!

The service, which operates from individual libraries across the borough, aims to enable anyone who is unable to reach their library, for reasons of health or mobility, to have a selection of books and audio books delivered to their homes.

You do not have to be completely housebound, perhaps just difficult walking, carrying books, or using public transport. The service also caters for those who come to borrow on behalf of others.

Loans do not accrue fines in any case, though reminder notices are sent out when the due date has passed.

For more information, contact Ruth Bord, Home Visits Services Librarian, on 0151 330 5793 or Laurence Atter, SDM Social Inclusion, on 0151 330 5233

Talk it Over

with Our
Counselling Service

Pam Alty and Sue Yilmez, volunteer counsellors at Sefton Carers Centre, are set to soon qualify as fully fledged Counsellors once they finish their training in June.

The pair, who are required to perform 100 hours of volunteer counselling to qualify, both share a passion for helping the people they talk to.

"I love being with the clients" says Pam, who will have completed her hundred hours in time for her qualification in June.

Sue, who has already completed her hundred hours, was interested in working with people and said "Counselling seemed interesting".

"Watching the change in people from when they first start; talking and working through it" Sue explained, "makes you want to carry on".

The Sefton Carers Centre

Counselling service offers confidential counselling to individual carers, focusing on working through feelings of conflict, coping with crisis and resolving issues on a personal and individual basis".

"If everybody had a bit of counselling, or somebody to listen" said Sue, "we'd all be a bit better off"

"Sefton Carers has been very supportive" admitted Pam, who has been given help and training from the centre, "I feel valued here"

If you would an appointment with one of our counsellors, or are interested in volunteering, contact the Carers Centre on 0151 228 6060.



Southport Community Service Station



The Community Service Station, which is a new independent living centre in Southport, where people with disabilities and carers can go to find out what equipment and resources are available to help them to live as independently as possible. There will be a full range of services at the new Centre, anticipated to open fully in late Summer 2011, which includes benefits advice, access to occupational therapists, showrooms displaying independent living equipment and much more, all under one roof.

The relocation of Southport Shopmobility is just the first step to be taken to create this valuable service for the community.

John Driffil, Centre Manager said 'It is an exciting time for Shopmobility and for Sefton residents. The arrival of our new Community Service Station means a great deal to people who have a disability and their carers. They will have a one-stop facility, built and created to assist them to improve their lives by actively promoting

personal choice and independent living. It will also enable us to build upon eleven, already successful years of the Shopmobility Service where we continue to offer those who would normally have a difficulty with mobility, a more accessible town and holiday resort in Southport.'

Relocation Relocation!



Shopmobility relocated to the new Community Service Station on 4th April. Open Now!

Tel: 0151 288 6885
Fax: 0151 288 6886

Contact Us at:
Community Service Station
23 – 35 Scarisbrick Avenue
Southport
PR8 1NW

Community Service Station
Reception: 0151 288 6890



Carers Week 2011

The True Face of Carers

Monday 13th June - Saturday 18th June

Monday 13th June

Birdwatching Meeting at Sefton Carers Centre at 12noon. Location to be confirmed - contact us for details!

Thursday 16th June

Big Coffee Morning at Southport Community Service Station*

Drop in From 10am-12noon

Picnic at the Botanic Garden in Southport

From 12pm - 2pm
Then guided tour from 2pm. Bring your own picnic! Meet at CSS. Bus fare required.

Cookery Demo & Pamper Sessions for Parent Carers at Netherton Children's Centre, Magdeline Sq.

Drop in from 9.30am - 2pm

Afternoon Social at Plaza Cinema, Waterloo

£4.00 per ticket
From 2pm - 4pm
Film, bingo & drink

Tuesday 14th June

Rambling at Sefton Park, followed by Tea Dance at the Palm House*

From 11am - 4pm
£6.50 per ticket including coach transport

Bowling Tournament at the Liver Pub in Waterloo

From 2pm - 5pm

Community Service Station
23 - 35 Scarisbrick Avenue
Southport
PR8 1NW

Friday 17th June

Doing Day at the Rafa Club in Formby

From 11am - 3pm
See overleaf for details!

Cookery Demo & Pamper Sessions for Parent Carers at Parenting 2000, Southport, Mornington Road

Drop in from 9.30am - 11.30am

*See overleaf for details
Contact us for a more detailed timetable.

Weds 15th June

Big Coffee Morning & Pamper Drop in at Sefton Carers Centre, Waterloo*

Drop in From 10am-3pm

Sing Along Choir Social Evening with Cake & Coffee at Sefton Carers Centre, Waterloo

Drop in From 6.30pm - 7.30pm

Saturday 18th June

Wind in the Willows play & picnic at Derby Park - Tickets Limited

Meeting at the Park
From 2.30pm - 5.30pm
Buy one get one free on tickets £6.00 adults £3.00 for children/over 65's

To purchase tickets contact the Carers Centre on 0151 288 6085 Places are allocated on a first come first served basis!

Doing Day at the Rafa The Grand Finale!

Friday 17th June 11am - 3pm

What a treat we have in store for you this year with a celebration extravaganza event at the Rafa Club in Formby, which is completely, utterly FREE .

Doors open at 11am with a full schedule of activities including an art exhibition, poetry competition, crafts demonstrations,

information stalls, fashion show and much more. The event is completely free and open to carers and the person you care with no need to book. Just drop in and see us!

The Rafa Club
Victoria Road, Freshfield, Formby, Lancs, L37 1LG
See you there!

Making a Booking..... Information you should know

Ordering Your Tickets

Simply call the Carers Centre on 0151 288 6085 to book your tickets. Events are open to you as a carer and the person you care for if you wish to bring them along. You can make payment by cheque, payable to Sefton Carers Centre, which you can send to us and tickets will be posted or simply pop into the Centre to purchase.

Sefton Carers Centre
27 - 37 South Road
Waterloo, L22 5RF

Coach Transport Pick up Points

Our rambling and tea dance trip listed overleaf has coach transport included. There are 3 pick up points available:

10.00am at Southport Tourist Information
10.15am Cross House Inn, Formby
10.30am Crosby Civic Hall

Please inform the operator of your desired pick up point when making your booking.



Merseytravel

We would like to thank Merseytravel for contributing £50 towards our transport for our Carers Week Trips

Coffee Mornings & Pamper Days

So whats Goin on?

We are holding two Big Carers Coffee Mornings during Carers Week, one at South Road, Waterloo and one at our new Community Service Station in Southport (see overleaf). They are to give our carers the chance to get together over a nice hot drink and to have a leisurly chat!

We are also offering pamper sessions at our coffee morning in Waterloo, if you would like a massage on that day, please give us a call on 0151 288 6085 to book your place!

What's On at STEPS

STEPS, THE ESPLANADE, WATERLOO, L22 5RN

ESTATE PLANNING, WILLS & POWER OF ATTORNEY- 1 DAY

Thursday 10.00am-12.00pm

19 May 2011 at STEP's

HEALTHY COOKING-3 WEEKS

Every Wednesday 10.00am-12.00pm

Starting From 25th May 2011 at STEP's

WELLBEING AFTERNOONS-ONGOING

1.30pm

To be confirmed May 2011 at STEP's



Edible Garden Buddies

Learn How to Grow Your Own Food!

ORGANIC FRUIT & VEGETABLE

GROWING

Every Thursday 1.00pm-3.00pm

Starting From 21st April 2011 at STEP's Allotments

There are many benefits to growing your own fruit and vegetables such as saving money, eating the freshest tasting produce and of course knowing exactly where your food has come from and what practices and chemicals have been used to produce it!

Furthermore, 'growing your own' can really be great fun. Join us at STEPs to get outdoors with friendly people! We have purpose built allotments where you can learn all about growing your own organic fruit and veg whilst trying your hand at planting and maintenance! Why not join us? Its FREE!



Please contact us for information
on any of the courses listed, or to
reserve your place on
0151 282 5477

