

Knowsley Carers Centre News Bulletin September 2023

Calling All Carers



What can your Carers Centre do for you?

We would love to hear what carers like you would like to see provided by Knowsley Carers Centre?

Have you an idea for a course or a trip out? Would you like more information about a particular topic or take part in a particular activity? Taking into account financial constraints we will endeavour to respond to what carers tell us will best suit their needs.

Are there other services for carers that you would like to see provided in Knowsley? We can pass this information on to commissioners who would like to understand better what carers want from local services. There will be information about further consultation soon.

The cost of living is still a big issue for most people so in this bulletin we have provided some local numbers that you may find useful. If you have information that other carers would benefit from please let us know and we may be able to include in future bulletins.

If you'd like to get involved and make a difference for other carers, see the information below about our carers training group Carers Vision. We will be issuing our full newsletter late October and in the meantime look forward to hearing from you on Tel 0151 549 1412 or by email to enquiries@knowsleycarers.co.uk

COME ALONG TO OUR COFFEE MORNINGS

Join us for coffee and a chat. Catch up on what services are available for carers in Knowsley and tell us about what activities and trips you'd like us to provide. Meet up with other carers and enjoy their company in a relaxed atmosphere. The next dates for the coffee groups are as follows.

Kirkby

**Carers Centre,
143 Bewley Drive, Kirkby**

**Thurs 7th Sept
Thurs 21st Sept
Thurs 5th Oct
Thurs 19th Oct
Thurs 2nd Nov
Thurs 16th Nov
Thurs 30th Nov**

Halewood

**New Hutte Neighbourhood
Centre, Lichfield Road,
Halewood**

**Wed 20th Sept
Wed 18th Oct
Wed 15th Nov**

Huyton

**The Old Schoolhouse,
St John's Road, Huyton**

**Wed 27th September
Wed 25th October
Wed 22nd November**

**All coffee mornings run
from 10 am – 12.00 noon**

ALL CARERS WELCOME!



Have you requested a Carers ID card?

Carers report that the card is useful in a variety of situations.

- Proof that you are a carer when attending medical appointments with the person you care for
- To gain reduced admission to local attractions such as the Safari Park, cinemas, bowling
- To prove you're a carer if attending a sports or leisure facility with the person you care for.
- With certain businesses who offer discounts and concessions to carers.



Telephone 0151 549 1412 or email idcards@knowsleycarers.co.uk

Regarding renewals. If you have been in touch with us recently, your new card will be sent out automatically as we know you are still caring. If it is twelve months since your last card was issued and we haven't heard from you, we will contact you in plenty of time just to see how you're doing and check you're still at the same address.



CARERS VISION

Make a difference for carers

Later in September we will be inviting anyone interested in becoming a member of our Carers Vision Group to attend an information session. Carers Vision is our carers training group. Members co-facilitate carer awareness training alongside our Health Link, Jan Box. Health and social care staff learn about the carer's experience from listening to the carers story so this is an extremely valuable element of carer awareness training. Before taking part in sessions carers are provided with training and there is ongoing support. Health and social care staff tell us that listening to the carer changes the way they work with carers. If you'd be interested to find out more contact Knowsley Carers Centre on **0151 549 1412** or via enquiries@knowsleycarers.co.uk

Useful numbers to help with the Cost of Living



Discounted Food & Social Supermarkets:

Torrington Drive Community Association, New Hutte Community Centre, Lichfield Road in Halewood – open Monday to Friday 9.30am to 3.00pm. Call **0151 443 2168**

Stockbridge Community Hub, Unit 2, Leach Croft in Stockbridge Village – open Tuesdays 12noon to 2pm.

The Park Pantry Community Food Hub, The Pavilion, Eaton Street in Prescot – open Wednesdays 11am to 2pm.

Community Food Hub at Court Hey Park, Huyton - Incredible Edible run a Community Food Hub from Court Hey Park in Huyton offering discounted food as well as home grown vegetables. Call in on Tuesdays from 12pm until 2pm or Fridays from 11am until 2pm.

Centre 63 Social Supermarket, Old Hall Lane, Kirkby, every Wednesday 10 – 2pm. Call 0151 549 1494

Emergency Food Support in Knowsley:
Knowsley Foodbank 0151 538 8243.

Knowsley Libraries

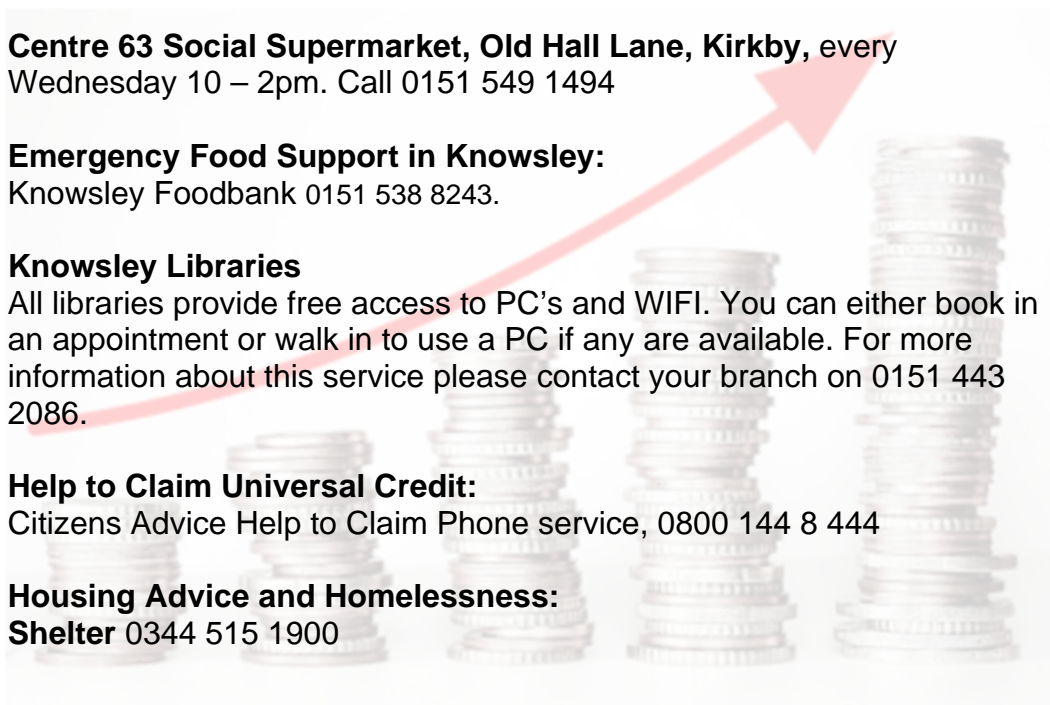
All libraries provide free access to PC's and WIFI. You can either book in an appointment or walk in to use a PC if any are available. For more information about this service please contact your branch on 0151 443 2086.

Help to Claim Universal Credit:

Citizens Advice Help to Claim Phone service, 0800 144 8 444

Housing Advice and Homelessness:

Shelter 0344 515 1900



STOP HATE CRIME **0800 138 1625** **24 HOUR HELP LINE** **Text Relay 1800108001381625**

Crimes committed against someone because of their disability, transgender-identity, race, religion or belief, or sexual orientation are hate crimes and should be reported to the police. The police take hate crimes very seriously and will record and investigate these offences which can include name calling or verbal abuse, graffiti or abusive writing, damage to property, threats or intimidation, threats or intimidation, bullying or harassment, physical attacks or violence. You can report hate crime via Tel no 101, on-line third-party reporting or at a Police station..

A hate crime is any behaviour that someone thinks was caused by hostility, prejudice or hatred of their:

Disability (including physical impairments, mental health problems, learning disabilities, hearing and visual impairments

Gender Identity.

Race, skin colour, nationality.

Religion, faith or belief

Sexual orientation.

Merseyside's Police Commissioner funds a national charity called **Stop Hate UK** to deliver a pan-Merseyside 24/7 helpline for all victims of hate crime. They can be contacted on Tel no **0800 138 1625**. The Commissioner also funds three dedicated hate crime support services to help victims of hate crime on Merseyside.

The Anthony Walker Foundation - hate crime motivated by a person's race or religion.

Daisy UK - disability hate crime.

Citizens Advice Liverpool - support for victims of LGBTQ+ hate crime

**THE POLICE WILL NOT TOLERATE HATE CRIME SO
NEITHER SHOULD YOU.**

Carer Information & Support Programme



Knowsley Carers Centre Kirkby



CRISP aims to improve the knowledge, skills and understanding of people caring for a person with dementia, by providing effective support and up-to-date and relevant information. Each programme is delivered to small groups of up to 12 people. The full day session will cover five topics:

1. Understanding Dementia
2. Changing Behaviours
3. Activities
4. Legal & Money Matters
5. Carers Looking After Yourself & Next Steps

Wednesday 27th September 2023

Knowsley Carers Centre, Bewley Drive, Kirkby L32 9PE

10am - 4pm

A light lunch and refreshments will be provided

Booking essential

To register your interest or find out more please contact us on:

knowsley@alzheimers.org.uk or 0151 426 4433

FALLS PREVENTION WEEK

Celebration Event

18 September | 1-4pm
The Blue Base, Salop Street, L4 4BZ
(free parking available)

The event will include:

- Tailored physical activity taster sessions (boccia, curling, bowling).
- Graduation ceremony for all 'Safe and Steady' participants.
- Relaxation sessions (mindfulness and massage).
- Musical entertainment and high tea.
- Quiz and active bingo.

Open to anyone wanting to find out more about services available to support those at risk of a fall, recovering from a fall or have a fear of falling. Local support agencies will be on hand to provide specialist information, guidance and support.



[Click here](#) to sign up

For more information please contact
healthreferrals@evertonfc.com or call **0151 319 4018**.



Consultation on the New Extra Care Allocations Policy

The new draft Extra Care Allocations Policy has been developed based on how well the previous policy worked whilst taking into account best practice from other Local Authorities. It has also been updated to take into account the draft Property Pool Plus Allocations Scheme alongside the changing landscape of Extra Care in Knowsley.

Knowsley residents and existing Extra Care residents in our schemes are being invited to share their views on the draft Extra Care Allocation Policy, which details the eligibility and process for applying to Extra Care Housing in Knowsley. Respondents will be asked to comment on a draft policy which covers areas such as age, care and financial eligibility.

Have your Say

Knowsley Council has launched an online consultation to help capture your views. This can be completed by filling the online survey form on the web address below:

<https://www.knowsley.gov.uk/your-council/consultations/knowsley%e2%80%99s-draft-extra-care-allocations-policy>

Should you require help to complete the online survey, please see a member of the housing staff in your scheme. They can also help direct you to the correct web page on your device.

Alternatively, if you wish for a paper copy to be sent out, please contact us via email at housing@knowsley.gov.uk or telephone our Contact Centre on 0151 443 2333.

The consultation will close at 5pm on Wednesday 13th September 2023



Look out for your liver

Free liver screening is coming to Knowsley.

Liver damage develops silently – with no signs or symptoms!

In the UK there are more than 10,000 deaths due to liver disease each year*. Having your liver screened can help catch any liver damage as early as possible and ensure that your NHS Nurse can plan treatment quickly.

Visit the bus for:

- Free Liver screening
- Free Hepatitis C screening and treatment
- Guidance on how to keep your liver healthy

No appointment needed.

| Date | Time | Location |
|------------------------|-------------------|---|
| Friday 1 September | 10.00am – 15.30pm | Leach Croft Car Park, Stockbridge Village |
| Tuesday 12 September | 10.00am – 15.30pm | Huyton Town Centre - Derby Road, Huyton, L36 9UL (outside of Home Bargains) |
| Wednesday 13 September | 10.00am – 15.30pm | Millbrook Surgery, Ebony Way, L33 1XT |
| Tuesday 19 September | 10.00am – 15.30pm | Newtown Gardens, Kirkby Town Centre, L32 8RR |

Find out more visit www.knowsleynews.co.uk

* <https://britishlivertrust.org.uk/information-and-support/statistics>

The earlier liver disease is diagnosed, the better chance of successful treatment.

How the does the scan work?

On the bus, you can access a **FREE** FibroScan. It is a non-invasive (does not break skin or enter your body) scan of your liver using a device similar to that of an ultra-sound and takes less than 15 minutes. It doesn't hurt.

You will go to a private room on the bus where a member of the team will complete the scan. Once the scan is complete, a member of the team will be able to talk you through your results straight away. You won't get a diagnosis, but we can help you understand and advise on next steps.

Who needs a liver health check?

Anyone can access a liver health check. However, they are generally most helpful for people who are at higher-than-average risk or those who already have a diagnosis of hepatitis B, hepatitis C or liver disease.

To find out if you might be at a higher risk, speak to one of the team. They might ask some questions that seem personal. However, these answers will help us determine possible risk.

Where can I find out more information on liver disease?

There is lots of information and tons of resources available via the British Liver Trust:
www.britishlivertrust.org.uk

Hepatitis C Testing

The Bus also offers the chance to undertake a hepatitis C test. If you think you may have been exposed to Hepatitis C, taking a test will put your mind at rest or, if the test is positive, allow you to start treatment early.

The test will be taken through a simple finger prick test (dried blood spot test), and will be tested rapidly using an:

- Antibody test – to find out if you have ever been exposed to the hepatitis C virus
- PCR test – to find out if the virus is still active and needs treating

If positive the nurses on the bus can advise of the next steps to ensure you are treated effectively. If left untreated Hepatitis C can cause serious and life-threatening damage to your liver over time, but with modern treatment it is usually possible to cure the infection and live with a normal life expectancy.