

# The Princess Royal Trust Knowsley Carers Centre

Winter 2014

Registered Charity No. 1082311



INVESTORS  
IN PEOPLE



## ‘NEW SERVICES’ FOR WORKING CARERS



From 27th February, Knowsley Carers Centre will be establishing two new services for working carers.

We will be setting up a Support/Coffee Group and at the same time we will be offering three holistic therapy slots (only for working carers) from 5:30pm - 7:00pm.

These services will take place at the Huyton Office, The Old Schoolhouse, St

John's Road, Huyton. Both services will take place on a fortnightly basis.

We are aware that working carers miss out on the opportunity to speak with staff during the hours of 9:00am - 5:00pm and are hoping that working carers are able to attend.

To book a therapy or to attend a Support/Coffee Group, please contact Knowsley Carers Centre.

# THE CARER'S EMERGENCY CARD



*Peace of mind for Carers in Knowsley*

## **What is the carer's emergency card?**

If you look after your partner, disabled child, relative or friend who relies on your support you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be confident that the person won't be left without the support they need.

## **How much does it cost?**

Nothing – the card and any emergency care that may be needed in the first 48 hours is free to all carers resident in Knowsley.

For a registration form, contact:

Knowsley Carer's Centre, 143 Bewley Drive,  
Kirkby L32 9PE or call **0151 549 1412**

## *Drawing Class*

Learn how to draw with basic techniques and principles. Classes will be held 5:30pm - 7:00pm in the Huyton Office, Old School House, St John's Road, Huyton

*6th February*

### **Basic Illustrating Techniques**

*6th March*

### **Shading and Materials**

Looking at different shading techniques and different medium e.g. pen, pencil, ink.

*3rd April*

### **Portraits**

*1st May*

**Carers draw a piece illustrating their caring role**  
(and ask any specific art related questions).

All levels of artistic ability and experience welcome, from beginner to advanced.

Some materials (pencils, paper, erasers) will be provided. However anything more than basic materials will have to be provided by the carer.

Due to staffing, classes will be limited to 10 people. Please contact Iain Thomas on **0151 549 1412** if you are interested.

# Knowsley Carers Forum

Have you had a look at our Knowsley Carers Internet Forum yet?

At [www.knowsleycarers.proboards.com](http://www.knowsleycarers.proboards.com)

This is a place where you can ask advice from other carers, offer support to each other or just go and have a chat!! This service is only open to people registered with Knowsley Carers Centre, this way we can make it a safe environment for everyone.

We really hope that lots of our carers will access the forum as the more people get involved the better the forum it will be!! Using the forum is a fantastic way to get hints and tips from other carers or just that little bit of extra social support.

It's also a great way to keep in touch with the Carers Centre. Four members of our staff, and one of our volunteers, moderate the site and are always on hand to let you know about all our services. There's also a calendar to let you know about all our upcoming trips, training and events.

Don't worry though if you are new to Internet forums and don't know how to use them, we have put together a (very simple) 'How To' guide to explain it which can be found on our website. Or if you prefer one to one training you are more than welcome to make an appointment to pop in to the Kirkby offices and we can show you how it works.



**JOIN US ON  
TWITTER AND  
FACEBOOK**



**We'd love you to join us!!  
So sign up, get involved and  
help us promote the work of  
Knowsley Carers Centre.**

# WELFARE BENEFITS ADVICE

Here at Knowsley Carers Centre we have a Benefits Advisor who can help you with your queries. As we have a large number of carers needing help, it would be really appreciated if you could provide us with as much notice as possible for completing your forms.

We need to book an appointment which provides us with enough time to complete forms and send them to the correct organisation

Unfortunately we **do not** have a drop in service available for carers to call in and be seen to. So please don't leave your forms till the last minute as we might not be able to fit you in. For further information, please contact Ann Burke on **0151 549 1412**.

## **FREE AND CONFIDENTIAL COUNSELLING SERVICE FOR CARERS**

Knowsley Carers Centre's counselling service is free and confidential in a safe, friendly and relaxed environment.

We are pleased to announce that we will now offer appointments in our Huyton Office.

Counselling sessions last approximately one hour and absolute confidentiality is assured. Due to the high demand in the service, there is a waiting list.

Registered carers with the Centre are able to access Counselling by contacting the Carers Centre on **0151 549 1412** to arrange an appointment.



New Start Living, based in Huyton Village operates specialist children's homes and has recently opened our latest service, a detached property in Huyton, just minutes away from the centre of the community. This has become the home for three young people who have Autism who will receive support that is specifically tailored for them, and their identified needs. We pride ourselves in providing excellent standards of care and support, with a dedicated enthusiastic and extremely experienced team. We will provide opportunities for the young people to participate in various activities and to encourage them to be a valued part of the community. They will also be

supported to learn life skills which will take them through to adulthood. We welcome parents and other family members to drop in as we recognise the importance that regular contact has in maintaining relationships.

Also, Newlands, our school for young people with Autism is due to open in early 2014. The school will be registered for up to ten people with Autism, aged between ten and nineteen years old. It will provide bespoke, individualised education specifically adapted to meet the needs of each young person, and will be able to accommodate day placements as well as those children in registered homes.

Our model of support within our service is totally person centred and based upon the needs of each young person. Our ABA trained positive behaviour specialist is actively involved with each young person and his/her support team.



## Carers Christmas Party

The Carers Christmas party was a huge success. Over 100 people enjoyed the fun and games. The prize conga got most people on their feet, the raffle and card bingo meant lots of people went home with prizes. The buffet was excellent and the karaoke revealed some real stars. Above is a picture of carers

Richie Carroll, Harry Philips and Amanda Boyle (left to right) with Support Worker Matt Eabry enjoying their day.

We will be holding another party in Carer's Week, so if you are interested in coming along, please give us a call and put your name on the list. Date and venue will be confirmed nearer the time.

# Courses at Knowsley Carers Centre

## Craft Group

Every Monday 1:00pm - 3:00pm

This is a very relaxed session where you can learn to sew/knit/crochet and make decorative items for the home or for presents. No need to book just come along and join in.



## IT Drop In

Wednesday 10:30am - 1:30pm  
(Except first Wednesday of the month)

This is a non-structured session for anyone wishing to improve their computer skills. It is suitable for complete beginners and for those who are more expert but want to know how to do specific tasks. No need to book. We have a variety of computers and laptops available but if you have your own laptop or ipad bring it with you as it is better to learn on the computer you are using regularly.

## Aromatherapy Course

Tuesdays 18th, 25th March and  
1st April 10:30am - 12:30pm

Come along to our aromatherapy workshop and learn about the uses, benefits and precautions of using essential oils.

You will also learn about various massage techniques and how to apply them on yourself or the person you care for.

This is an interactive workshop with teacher demonstrations, Q&A, quizzes and small group work.

If you need any more information please give Judy a call on **0151 549 1412**.

All the courses are at our Kirkby Office. If you need transport to get here, please give Judy a call to book a lift in the minibus.



# FORTHCOMING DAY TRIPS

*Wednesday 5th March*

## National Football Museum

The National Football Museum shows how and why football has become 'the people's game', a key part of England's heritage and way of life. It also shows why England is the home of football, the birthplace of the world's most popular sport.

*£3 for transport plus 2 free credits for activities*



*Friday 11th April*

## Botany Bay, Chorley

A fantastic shopping centre experience sprawling across the five floors of Canal Mill. Botany Bay is full of the finest brands in clothing, furniture, homeware, gifts and crafts.

*£3 transport only, no entrance fee*



*Wednesday 7th May*

## Williamson Tunnels

Take a guided tour through a section of the network of tunnels and view exhibits and displays which depict the life and times of one of Liverpool's most eccentric characters.

*£3 includes transport and entrance fee*



*Thursday 12th June*

## Antiques Road Show

Lowther Castle, Penrith

Come and see the show in the making, bring small items to be valued, maybe even get on TV!

*£3 transport only, bring own packed lunch*



# Come along to one of our Support/Coffee Group Sessions

## Kirkby

Thursdays, every fortnight  
10:30am - 12:00noon  
at the Carers Centre,  
143 Bewley Drive, Kirkby  
0151 549 1412

## Huyton

Wednesdays, every fortnight  
10:30am - 12:00noon  
at The Old Schoolhouse,  
St John's Road, Huyton  
0151 482 6279

## Halewood

The First Wednesday  
of every month  
10:30am - 12:00noon  
at the Halewood Centre,  
Roseheath Drive, Halewood  
0151 448 9771

Biscuits and refreshments are provided and everyone is welcome. It's a chance to see what's happening for carers across the borough, find out about our services in Knowsley and say what you would like us to provide. Anyone can pop in for a drink and a chat, and you can stay for two minutes or two hours!

If you would like to speak to one of our Carers Support Workers or require more information about the Coffee Groups, please telephone one of the Centres on the numbers above.

# Take a look at our brand new website

In November Knowsley Carers Centre launched a fantastic new website.

This website will be kept updated with all our latest news, training courses and day trips. It also includes a 'Whats On' section where you can see, at a glance, when the next coffee morning, special event or evening session is taking place.

You can also find lots of practical information about what happens here at the Carers Centre and all the different services we can offer.

Our new website address is:

[www.knowsleycarers.co.uk](http://www.knowsleycarers.co.uk)

## Opening Times

### Kirkby Office

Monday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

### Huyton Office

Tuesday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

### Halewood Office

Tuesday - Thursday

9:00am - 5:00pm

Drop in and telephone services

are operated between

9:30am - 4:30pm

Monday - Thursday

and 9:30am - 3:30pm Fridays

# **FREE HOLISTIC THERAPIES AT KNOWSLEY CARERS CENTRE**

Massage is a wonderful, relaxing experience which can be an effective treatment for a range of physical problems. Treatments currently available are:-

- Indian Head Massage
- Holistic Facial
- Aromatherapy Massage
- Hot Stone Massage
- Crystal Facial
- Reiki (only available at Huyton)
- Reflexology (only available at Huyton)

Massage has many physiological effects such as:-

- It helps to reduce stress and anxiety by relaxing both mind and body
- Creates feelings of well being
- Helps to ease emotional trauma through relaxation
- Provides renewed vitality

**Still unsure?** Why not speak to Mary or Julie our highly qualified

therapists. Mary and Julie will be available on the times stated below and will be happy to answer any questions regarding the treatments.

Sessions are held:

## **Kirkby**

**10:00am start, 11:30am last client  
(on Wednesday appointments)**

**10:00am start, 1:15pm last client  
(on Thursday appointments)**

Weekly on a Thursday and also the second and third Wednesday of the month at the Centre on Bewley Drive

## **Huyton**

**10:30am start, 12:00noon last client**

Weekly on a Wednesday at The Old Schoolhouse, St John's Road, Huyton

## **Halewood**

**10:30am start, 12:45pm last client**

First Wednesday of the month in the One Stop Shop.

**Please inform us if you cannot make your massage appointment. This service is very much in demand. Some carers are simply not turning up and depriving other carers on the waiting list**