

Knowsley Carers Centre



Winter 2017

Registered Charity No. 1082311



“WE’RE HAVING A PARTY”

Knowsley Carers Centre will be hosting a Christmas Party for carer and cared for on 4th December 2017 at St. Mary’s Social Club, Kennelwood Avenue, Kirkby, L33 6UE

Transport will be provided for carers who are coming from out of Kirkby. Please contact us on 0151 549 1412 to put your name forward (please note: Facebook requests won’t be taken) however this is not an automatic guarantee of a place.

If chosen for a place, there will be a £3 contribution which will confirm your place.

Compering will be our very own Ian McBriars and Judy Cope alongside a DJ and there will be a buffet along with quizzes and high quality prizes.

Places are limited to 120 people due to occupancy regulations- however we will be taking a reserve list.”

4th December 2017 at St. Mary’s Social Club

Carers Health Awareness Day

Monday 27th November 2017, 11.00am to 2.30pm

at The Venue, Civic Way, Poplar Bank, Huyton, L36 9GD

‘Take good care of yourself’

- Demonstrations
- Information Stalls
- Holistic Therapies
- Free Raffle

Lunch Provided - Transport provided from Halewood and Kirkby

To reserve a place please contact - 0151 549 1412

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
- 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 at the times stated below and will be happy to answer any questions regarding the treatments.

Sessions are held at:

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

Working Carers therapies are held fortnightly of a Thursday evening

Halewood

10:30am start

12:45pm last client

First and fourth Wednesday of the month to be held in the New Hutte Neighbourhood Centre, Lichfield Road, Halewood.

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

Mental Health Support Team



Ilona Delis, Sarah Bird and Peter Cowley

The Mental Health Support Workers of Knowsley Carers Centre provide advice, advocacy, support and information to carers of those suffering from mental ill health such as depression, bi polar, schizophrenia and personality disorders. Typically this may involve visiting a carer at home and advising them of the services on offer at the Carers Centre such as counselling, holistic therapies, benefits advice and emergency planning. We will also ensure that they are aware of other resources, services and support that will help them in their role as a carer.

Caring for a loved one with mental health issues can be overwhelming, we aim to help carers navigate their way through services and understand the process involved. We are also able to offer a confidential listening ear and emotional support in times of distress

and crisis. We run a fortnightly coffee/ support group and arrange regular trips. We have recently worked in partnership with John Chiochi a Specialist Peer Support worker from NHS North West Boroughs; he delivered a 2 day training course called TES to some of our carers. The feedback was excellent and we intend to run more training sessions in the future. TES is a family skills based education programme, providing problem solving techniques for carers of people with severe and enduring mental illness.

The next training event is Mental Health Awareness which takes place Monday 15th January 2018 and Thursday 25th January 2018.

Please ring **0151 549 1412** for more information and to book a place on the course.

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

Halewood

Wednesday
every fortnight
10:30am - 12:00noon
at the New Hutte
Neighbourhood Centre
Lichfield Road,
Halewood
0151 448 9771

Huyton

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

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 Carer Support Workers or require more information about the Coffee Groups, please telephone one of the Centres on the numbers above.

COUNSELLING SERVICE

Knowsley Carers Centre offers a counselling service to all adult carers who would like to speak confidentially about their situation.

The experience of looking after a relative, friend or neighbour can be very isolating. It can be difficult for carers to share their concerns with other people. Often the focus of attention is on the person being cared for and the carers can feel guilty about having and expressing some of their own feelings. Sometimes these feelings can seem overwhelming and may lead to ill health

and a sense of hopelessness.

Counselling can help to unravel these feelings, thoughts and difficulties and can help to recharge the batteries and work towards important decisions.

Counsellors assist by listening carefully and accepting your concerns. You are not told what to do or given advice. The aim is to help you make your own choices and put them into practice. If you are interested in having counselling and would like more information, please contact Pam on 0151 549 1412



Alzheimer's Society

www.alzheimers.org.uk

Around 850,000 people in the UK have dementia. Dementia is not a normal part of ageing. It's caused by changes to the structure and chemistry of the brain. The chance of developing dementia increases with age.

If you're affected by dementia and live in Knowsley, you're not alone- Alzheimer's Society is able to help. Our specialist one to one service will help you:

- Get tailored information and advice from our compassionate and experienced staff
- Keep your independence and improve your well-being
- Feel confident and supported knowing that someone is here for you when you need help

We also have support groups where you can meet people in a friendly, fun and social environment:

- Singing for the Brain® is based around the principles of music therapy, singing a huge range of familiar old and new songs.
- Dementia Café provides useful information in a structured and relaxed setting. You can chat and share your experience of dementia, and what that means, with others.

Get in touch today on **0151 426 4433** if you would like information, guidance and support:

Alzheimer's Society Knowsley, Willow House, 168 Dragon Lane, Whiston L35 3QY, knowsley@alzheimers.org.uk

VISIT OUR WEBSITE

Knowsley Carers Centre website is updated with all our latest news, training courses and day trips. It includes a 'What's On' section where you can see, at a glance, when the next coffee morning, special event or evening session is taking place. You can find lots of information about what happens here at the Carers Centre and the different services we can offer.

Visit www.knowsleycarers.co.uk

WE WANT YOUR IDEAS!

Do you have any ideas for trips or activities that you would like to take part in?

Please call Knowsley Carers Centre on **0151 549 1412**.

If we advertise and there is enough response, we will put them on.

VOLUNTEERS WANTED

Would you like to make a real difference in your local community?

Would you like to learn new skills and gain valuable work experience and improve your CV? Would you like to meet new people and improve your confidence?

We are currently looking for volunteers for a range of different opportunities in the Kirkby, Huyton and Halewood areas. This is where you can make a real difference.

At Knowsley Carers Centre we recognise that the responsibility of caring for someone who cannot manage at home without help can place great physical and emotional strain upon the carer. Carers are often isolated and have financial and health problems due to their caring responsibilities.

As a volunteer you will receive full support and training and will have all out of pocket expenses, such as travel, reimbursed.

If you feel you may be able to help then please contact Ian McBrias, Volunteer Coordinator on 0151 549 1412 or email ian@knowsleycarers.co.uk for more information.

EVENING MASSAGE FOR WORKING CARERS

Knowsley Carers Centre have evening sessions for working carers which are held every other Thursday in:

The Old Schoolhouse,
St John's Road, Huyton
5:30pm - 7:00pm.

Please ring 0151 549 1412 to book your appointment if you are a working carer.

Opening Times

Kirkby Office

Monday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 549 1412

Huyton Office

Tuesday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 482 6279

Halewood Office

Tuesday - Thursday

9:00am - 5:00pm

Tel: 0151 448 9771

**Drop in and telephone services
are operated between
9:30am - 4:30pm
Monday - Thursday
and 9:30am - 3:30pm Fridays**

A Carer's Story

Hi my name is Doreen my carer journey goes back over 40 years caring for both my parents and my father in law. We dealt with cancer, strokes and COPD. Both my husband and I never really saw ourselves as carers we were just looking after our family and we coped alone as we are both only children we did not have an extended family but it never felt a problem

As we got older Eveline my mother in law developed vascular dementia not long after my husband had a stroke. I felt I should cope as I had always done but found myself spiralling out of control and when I was at my lowest ebb I was directed to the Carer Centre and found the help I didn't know I needed. A friendly phone call to see if I was ok each week, introduction to other carers, help setting up care with Eveline including care at home and day centre, courses on Dementia, respite weeks which I didn't know about all helped to keep me sane and able to cope.

Most importantly it made me realise I needed me time to recharge my batteries and be able to care for those living with me. Thanks to the support from the Centre it gave me more energy, helped relieve the stress and made me realise I should not feel guilty for asking for help.

Without the help from the Carers Centre I would not have got through and the knock on effect would have been that Eveline and Ken would have suffered . I came though the stress stronger and able to cope with the day to day problems realising it was ok to ask for help or sometimes just a cup of tea and a kind word.

CARING COMPANIONS

Caring Companions came into being when a number of carers decided to form a group and provide a meeting place for carers. They knew from experience that the best people to understand the problems facing carers are other carers.

Caring Companions provides a safe and friendly place to meet once a week in Kirkby and Prescott areas. There are also theme nights and days out providing a much needed break for carers.

Prescot Caring Companions meet every Monday evening in Prescot Guild Hall and Kirkby Caring Companions meet every Thursday evening in the RAFA Club.

For more information, please contact the Centre on **0151 549 1412**.

Knowsley Parent Carers Voice



Together we can make a difference

Knowsley Parent Carers Voice is an independent, parent-carer led group developed to support local families along their disability journey. We aim to provide all parents and carers with a platform to express what really matters to them. We're working in partnership with local disability service providers, raising awareness of what additional

future of our children is a bright one. Part of my role within the Carers Centre is to provide support to parent carers in Knowsley (anyone looking after a child or young adult aged 0-25 who have additional needs). The KPCV committee have a joint chair of Deb Smith and Rita Lawler and 6 other committee members.



services are required, what existing services can be improved and the daily issues faced by Knowsley children and their parents, families and carer's. KPCV will share parents experiences and knowledge as well as ensuring that the

A big part of the committees values is to work with local organisations and groups and ensure that our larger group of members are up to date with what's happening in their area (Knowsley) and what type of support is available to

them.

We hold information fun days a number of times a year with our last information fun day being held on August 25th at Kirkby Leisure Centre. The event was themed for 'Information & Advice', so after consulting with our members we invited relevant organisations along to present to our parents in a market place style event. Some of the those who attended were Knowsley Carers Centre, Knowsley Disability Concern, Knowsley Sendiass, Willis House, PSS Person

The idea is that the parents can attend with their children and enjoy the activities. The parents will be free to speak with the organisations and gain vital knowledge of services, what help and support they provide and what's available to them in Knowsley. The information they gain can then help them and their children to enjoy a better future. Some of the parents feedback has been brilliant with many telling us they didn't know what was available in Knowsley and from a



Shaped Support, YARS Young Adult Respite Services and Healthwatch Knowsley. As well as inviting organisations along we also look to put on some fun activities for the children such as animal visits, a bouncy castle, arts & crafts, cake decorating, popcorn & candy floss machines and of course the local Fire Brigade (White Watch) which has become a firm favourite with our children over the last couple of years.

personal point of view it's nice to know that you've helped in a small way in helping someone put their foot on the ladder and gain some much needed knowledge that will help them in their caring role.

If you would like to know more about the KPCV or if you have any questions or issues you'd like to put to us then please contact us on 0151 549 1412 or parentcarersvoice@knowsleycarers.co.uk

COMPETITION COMPETITION COMPETITION



WHAT IS IT?

For the chance to win a secret prize why not have a guess at what this is.

A clue is that Ian took this photo in the Carers Centre. To have a guess please contact the centre and register your guesses with Ian

0151 549 1412 or email your guesses across ian@knowsleycarers.co.uk

Good luck all, you've got to be in it to win it

Carers Assessments

A carers assessment is for adult carers of adults (over 18 years) who are ill, elderly, or disabled. It is an opportunity to discuss what support or services you need as a carer. The assessment will look at how caring affects your life.

If you would like an Assessment or a Review if you have had one in the past please call us at Knowsley Carers Centre on 0151 549 1412.

Please keep us informed and help us to keep your information updated
If any of your details have changed, particularly your name, address or telephone number.

Please return this slip to:
Knowsley Carers Centre,
143 Bewley Drive, Kirkby
L32 9PE.

You can also ring 0151 549 1412 to change your details.

Name: _____

Address: _____

Post Code: _____

Please tick if you want your details to be removed from our database

Are you interested in Quizzing ?

If you are then why not get yourself along to the Carers Centre quiz day that takes place every month at our premises in Kirkby.

With subjects ranging from movies and music right through to local knowledge we try and make it as diverse as possible. That said you don't need to be Einstein to attend as our quizzes are themed more on enjoyment and fun with the odd sing along thrown in.

No need to book, just turn up and then we will select a number of teams from those who attend. The good news is you don't have to worry if your team doesn't win because in our quiz, you're all winners in our eyes.

The quiz takes place every 4 weeks on a



Thursday with the date for the next quiz being Thursday 23rd November. Get yourselves along, it'll be great to see you there.

SNAP - HAPPY!

We love taking photos of happy faces! Here are some of our lovely carers on the various trips and activities we have on throughout the year. Pictured are Craft classes (on every week) and our Make Up Master Class and residential trip to the Lakes. Please let us know if you have any suggestions for the trips, as we try to cater to what is most popular. Follow our facebook page - Knowsley Carers Centre, to see more photos and up to date news!





Christmas Creations

Crafts for Christmas

Boost your wellbeing through creative
Christmas crafts!

- Explore your creative side
- Create Christmas themes art and crafts
- Learn how to use decorative techniques like gilding and decoupage to create your own crafts at home!
- Meet new people with similar interests
- Boost your wellbeing

Where & When:

FREE 4 week course!

Starts: Monday 20th November 2017
3pm- 4:30pm

Knowsley Carers Centre, 143 Bewley Dr,
Kirkby, Liverpool, L32 9PE

To book your **FREE** place:
Please call Knowsley Carers Centre
On [Tel:0151 549 1412](tel:01515491412)

Library Home Delivery Service



Do you or anybody you know have difficulty getting to and from your local library?

Our friendly Home Delivery Service offers a range of books including audio books and large print.

To find out more just give us a call on
0151 443 4202



Carers Coffee Morning

Are you looking after someone?
Come along to a carers coffee morning at

Roughsedge House,
Spruce Grove,
Stockbridge Village,
Knowsley L28 1SY

Friday 3rd November
Friday 17th November
and every 1st and 3rd Friday
of the month.

Time. 10:00am

All welcome to have coffee
and find out what's available
for carers in Knowsley.

Carers Partnership Board

If you have any questions you would like raising at the Carers Partnership Board or would like to attend the Carers Partnership Board can you please contact Paul Rowan on 0151 549 1412 or email paulrowan@knowsleycarers.co.uk

Christmas Closure

The last working day of Knowsley Carers Centre is
Friday 22nd December 2017
and we will reopen on Tuesday 2nd January 2018.

If you have any emergencies during this time, please ring the Knowsley Access Team on 0151 443 2600

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 for Welfare Benefits 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**.

JOIN US ON FACEBOOK



Knowsley Carers Centre has a new way that you can stay in touch with us. We have a Facebook page for those of you who use it. This way we can keep you up to date with all our news and events.

We'd love you to join us!! So get involved and help us promote the work of 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**

Did you know that
you can ask for a

NHS

FREE flu jab

if you look after someone,
without pay, who can't get
by without your help?

**Ask your GP practice
for details.**

© Carers Trust 2013. Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32-36 Loman Street, London SE1 0EH.

CARERS UK
the voice of carers


carerstrust
action · help · advice

DATES FOR YOUR DIARY

Date	Time	Trip/Activity	Cost
Every Monday at the Carers Centre	11:00am - 2:00pm	Craft Class This is a very relaxed session where you can learn to knit/sew/crochet and make decorative items for the home or for presents. There is no need to book, just come along!!	
Every Tuesday at the Carers Centre	10.30am - 12.30pm	IT Drop In 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. There is no need to book, just turn up. 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.	
Every Tuesday at the Carers Centre	1:00pm - 3:00pm	Mindfulness A meditation session for carers held at the Centre. If you are interested, please come along.	
18th Dec 2017	TBC	The Scouse Nativity Royal Court Theatre Trip	£3
January 2018	TBC	Make Up Master Class The course will cover applying foundation, face contouring, applying day and evening eye make-up, applying false eyelashes and shaping eyebrows This is a 6 hour course offered by Knowsley Work World.	£3
TBC	TBC	Manicure Master Class A 4 hour class learning how to properly manicure nails and apply Shellac (UV gel nail polish).	£5