

Knowsley Carers Centre



Winter 2018

Registered Charity No. 1082311



Carers' Christmas Party

Following on from last year's success, Knowsley Carers Centre will be again holding a Christmas Party for carers

on Monday 3rd December 2018, 11:00am - 3:00pm
at St Mary's, Kennelwood Avenue, Northwood, Kirkby L33 6UE

There will be transport available for those carers who live in Halewood, Huyton, Prescot and Whiston.

If you would like to book a place,
please call Knowsley Carers Centre on 0151 549 1412
A donation of £3 is suggested.

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 offer appointments in our Huyton and Kirkby Offices.

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

Carers registered with the Centre are able to access counselling by contacting Knowsley Carers Centre on 0151 549 1412.

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 offices on the numbers above.

EVENING MASSAGE FOR WORKING CARERS

Knowsley Carers Centre has 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.**

YOUR MND SUPPORT GROUP LIVERPOOL (Motor Neurone Disease).

The group is held at the Brain
Charity, Norton Street,
Liverpool L3 8LR.

For more information you can
email me at
wallshaw3@hotmail.co.uk
Or call

07738271002

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.

How to register with the Carer's Emergency Card scheme

For a registration form, contact:
Knowsley Carer's Centre, 143 Bewley Drive,
Kirkby L32 9PE or call **0151 549 1412**

ID CARD LAUNCH

The first Carers ID cards rolled off the production line



Give Judy a call on 0151 549 1412 to get yours

Knowsley Carers Centre has begun issuing ID cards for carers.

Many places offer concessions for carers and some shops even offer discounts. However, proving that you are a carer can be a barrier to this, especially if you are not getting any benefits in respect of your caring role.

You will need to arrange to drop in to one of our offices in person with proof of your ID and have a photograph taken so the card can be issued. The ID cards will be valid for one year and there will be an annual renewal charge of £1.

For more information, and to request your ID card, please call Judy on 0151 549 1412.

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**.

LMA CHOIR HAS THE 'X' FACTOR



Hi All, just to ask if we can all support some local talent who are through to the X Factor final. A registered carer's son Joel is part of the absolutely brilliant LMA Choir. The LMA Choir have smashed the auditions and absolutely shone in week one of the finals. For me, they were the star performers on the night and they are hugely talented. Let's get behind them, it's lovely to see local talent being given a platform to show what they can do. The LMA Choir are showing us all just how talented they are. Good luck Joel and good luck to all associated with the LMA Choir.

Now bring it home

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 for you to join us!! So get involved and help us promote the work of Knowsley Carers Centre

Opening Times

Kirkby Office

Monday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 549 1412

Halewood Office

Tuesday - Thursday

9:00am - 5:00pm

Tel: 0151 448 9771

Huyton Office

Tuesday - Thursday

9:00am - 5:00pm

9:00am - 4:00pm Friday

Tel: 0151 482 6279

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

FORTHCOMING TRIPS AND

Date	Trip/Activity	Cost	For
<p>Weds 21st Nov</p> 	<p>Christmas Candle Making, Cheshire</p> <p>Join us to attend this workshop which is a popular choice for an exciting day out. Let your imagination run wild while you learn a new skill.</p> <p>Not only are the workshops fun but they are also educational. This trip is for carers only and there will be lunch provided.</p> <p><i>Transport available</i></p>	<p>£3</p>	<p>Carer</p> 
<p>Thurs 22nd Nov</p> 	<p>Christmas Soap Making Old Schoolhouse, Huyton</p> <p>This is a fun workshop where you learn how to make soaps. No prior knowledge or experience is needed. All the materials will be provided and you will take home a soap that you've made. The workshop starts at 10am and finishes around 12.30pm</p>	<p>£3</p>	<p>Carer Only</p> 
<p>Weds 28th Nov</p> 	<p>Bury Market</p> <p>Bury Market has plenty to offer visitors including over 350 stalls on full Market Days every Wednesday, Friday and Saturday.</p> <p>People come from all over the UK, shoppers really do get the opportunity to shop till they drop.</p>	<p>£3</p>	<p>Carer and Cared For</p> 

EVENTS FOR YOUR DIARY

Date	Trip/Activity	Cost	For
Mon 3rd Dec 11am - 3pm	<p align="center">Carers Christmas Party</p> <p align="center">Come along and join staff from the Carers Centre to celebrate Christmas.</p> <p align="center"><i>Transport is included from Halewood and Huyton.</i></p>	£3	Carer and Cared for
Fri 7th Dec	<p align="center">Christmas Soap Making</p> <p align="center">Carers Centre, Kirkby</p> <p>This is a fun workshop where you learn how to make soaps. No prior knowledge or experience is needed apart from allowing your imagination to run wild!</p> <p>All the materials will be provided and you will take home a soap that you've made in the workshop.</p>	£3	Carer Only
Mon 10th Dec	<p align="center">Peter Pan Pantomime</p> <p>If you enjoy a pantomime, then you will love this. Come and join us in St Helens Theatre Royal for a morning of laughter and entertainment. The show commences at 10am and once it has finished, we will be going for lunch – a carvery no less!!!</p> <p align="center"><i>Transport is included</i></p>	£3	Carer Only



Carers Rights Day - Nov 30th, 2018

Carers Rights Day 2018 takes place on Friday 30th November. The theme for this year's Carers Rights Day is Caring for your Future. Knowsley Carers Centre will be holding an

information event on Carers Rights Day (Lunch will be provided). For further information and to book a place please telephone Knowsley Carers on **0151 549 1412**.



Could you
help
someone
with dementia
to keep doing
the things they love?



So whether you're a social butterfly, shopaholic or nature lover, we need volunteers like you.

Side by Side is a free service we have introduced in Wirral, Liverpool and Knowsley which links a volunteer to a person with dementia to help them get out and about and continue enjoying the

activities they love to do. From watching football to going for a walk in the park. We are looking for volunteers to help achieve this. As a volunteer you can do this on weekdays, evenings and weekends at various times, either in person or over the phone – so it's a flexible way to give your time to suit your availability and can make a huge difference to someone's life.

For more information phone 0151 426 4433

or email

sidebysideliverpoolandknowsley@alzheimers.org.uk

Direct Payments

Giving you CHOICE and CONTROL

Do you have health and social care needs - or know someone who does?

did you know?

- you can choose how your care and support is provided
- you can decide who does your care and when it happens

To find out more about Direct Payments and how they can help.

Call us on **0151 480 8873**

Email: info@kdc.org.uk

Visit our website: www.kdc.org.uk

We make it simple and straightforward for you to use Direct Payments and with our help you can employ your own carers (personal assistants).



KEEP CALM AND GET YOUR FLU JAB

Knowsley Carers Centre urges carers to ask their GP for a free flu jab this winter. If you're looking after someone, tell your GP if you receive Carer's Allowance or are the main carer for the person you are looking after. You can explain your concerns for the welfare of the person you're looking after if you should fall ill, for example if there is no one else who would be able to step in. If you have health problems of your own, your GP should also check to see if you fall into one of the clinical risk groups. Your GP will decide whether you need a flu jab based on this information.

MENTAL HEALTH COFFEE GROUP

Fortnightly on a Wednesday
10.30am – 12noon

Prescot Town Hall,
1 Warrington Road,
Prescot L34 5QX

Does the person you care for experience Mental Health issues? If so, come along to one of our Carers Mental Health Coffee groups where you will be able to speak with one of our Mental Health Support Workers and meet other carers.

For more information please call
0151 549 1412

Christmas Closure

The last working day of the Carers Centre will be Friday 21st December 2018 and we will reopen on Wednesday 2nd January 2019

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

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 Prescot 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

Changes to Data Protection

You have probably all been receiving letters and emails from your banks and other businesses letting you know how they are responding to the new legislation. If a business might want to sell you something they need your consent to hold your data.

We are holding your information so we can continue to offer you a service that matches your needs. The Lawful Basis for holding your information is Legitimate Interest. You can find a copy of our **Privacy Notice** on our website www.knowsleycarers.co.uk This explains why we have chosen **Legitimate Interest** as our Lawful Basis for holding your information. There are details of **How** we store your information, **What** we use it for and **Who** we might share it with. The Privacy Notice also gives details of **Your Rights** regarding your personal information.

If you don't have access to the internet and would like a copy of the Privacy Notice give the Kirkby Office a call and ask for Judy.

Don't forget to keep us updated if there are any changes to your personal details including phone/address/email or changes to your caring role

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
- Reflexology

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

Sessions are held at:

Kirkby

10:00am start

12:30pm last client

Weekly on a **Thursday** at the Centre on Bewley Drive

Huyton

10:30am start

12:00noon last client

First and Third **Wednesday** at The Old Schoolhouse, St John's Road, Huyton

Halewood

10:30am start

12:45pm last client

Fourth **Wednesday** of the month at the New Hutte Neighbourhood Centre, Lichfield Road, Halewood.

Still unsure? Why not speak to Mary who will be available at the times stated above and will be happy to answer any questions regarding the treatments.

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