

# Knowsley Carers Centre



Winter 2019

Registered Charity No. 1082311



## Carers Christmas Party

Knowsley Carers Centre will be holding  
a Christmas Party for carers and cared for  
on 4<sup>th</sup> December 2019 from 10.30am - 3.30pm  
at Quarry Green Club, Daleside Road,  
Northwood, Kirkby L33 8XS

There will be transport available from  
Halewood, Prescot and Huyton.

If you would like to book a place, please ring  
Knowsley Carers Centre on 0151 549 1412

*A donation of £3 is required*

# 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.



This year, Carers' Rights Day takes place  
on Thursday 21<sup>st</sup> November 2019.

If you would like more information, please contact  
Knowsley Carers Centre 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 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 at Knowsley Carers Centre can access counselling by contacting us on 1051 549 1412 to arrange an appointment.

## 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. 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 Knowsley Carers Centre on

**0151 549 1412**

# 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**

# CRAFTY CARERS

We will be starting a new craft class for carers. It will take place once a month at our Kirkby office.

As this is a new class, I will be asking for your ideas about what you would like to do during the sessions.

Come along have a coffee and a chat, learn new skills and meet new people.

Our sessions will run on Thursdays on the following dates:

12<sup>th</sup> December 2019  
16<sup>th</sup> January 2020  
20<sup>th</sup> February 2020  
19<sup>th</sup> March 2020  
10:30am - 12:00noon

*No transport available*

For more info phone Angela  
on **0151 549 1412**

## 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**

## 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.**

**If you are a working carer,  
please ring 0151 549 1412 to  
book your appointment.**

## Carers ID Card

Hundreds of carers have had their ID card issued but there are still thousands that haven't taken up the opportunity. Carers are finding them a useful form of photo ID to prove they are a carer.

Being a carer entitles you to free or reduced entry to a number of venues including cinemas and sports events.

Other uses can be:

- getting adjacent seating on flights, etc.
- proving that a cared for person is cared for when they have a hidden disability and don't claim any benefits
- confirming you are a carer at your surgery when the person you care for has a different GP.

## 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

# What's been happening in the Carers Centre?



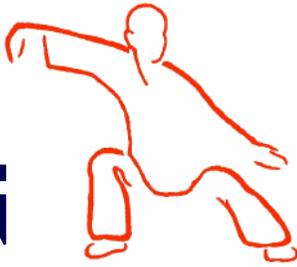
## Well Funny Comedy Workshop

A number of carers attended the workshop held on Thursday 10<sup>th</sup> October. It was a great morning enjoyed by all who attended. Staff were smiling, whilst listening to the giggles heard throughout the building.



On 9<sup>th</sup> October, Lucy Rennie (MUA) attended again and provided a Master Class for some of our female carers.

# Tai Chi



**22<sup>nd</sup> November 2019**

**8 Week Tai Course for Carers Over 55  
10:30am - 12:00noon  
in the Carers Centre**

Tai Chi is a mind-body practice combining relaxation, slow deliberate movements and breathing exercises.

Tai Chi can help to reduce stress and improve posture and general mobility.

This eight week course is run by a qualified Tai Chi instructor and can help to improve your physical and emotional well-being. Your instructor can adapt sessions for all fitness levels.

If you would like to put your name down for the course please contact Knowsley Carers Centre.

***No transport available***

## Carers Strategy

Shortly we will be distributing a Carers survey to gather your opinions on the priority areas for the development of the new Carers Strategy 2020-25.

It is important that you complete the survey so we can gather your views on the priority areas for the new Carers Strategy.

## Personality Disorder Course

**Tuesday 3<sup>rd</sup> December 2019  
10:00am - 3:00pm**

The Personality Disorder Hub Service of North West Boroughs Healthcare are pleased to invite carers of people who have a Personality Disorder diagnosis to a workshop at Knowsley Carers Centre, the Old Schoolhouse, St John's Road, Huyton.

The workshop will cover:

- What is a personality disorder
- Treatment and Therapies
  - How to help

Here's some of the feedback we have received from these workshops:

- "I think it is very valuable to make us feel less isolated".
- "I would like to see more training".

**To book a place, please  
contact the Knowsley  
Carers Centre on  
0151 549 1412**

# FORTHCOMING TRIPS AND

Date & Time	Trip/Activity	Cost	For
26 <sup>th</sup> Nov	<p><b>Trafford Centre Christmas Shopping</b></p> <p>Why not join us in a visit to the Trafford Centre where you will be able to purchase some of your Christmas presents.</p> <p><i>Transport available</i></p>	£3	Carer only
12 <sup>th</sup> Dec Starts 10.30am	<p><b>Pantomime &amp; Carvery</b></p> <p>Join us having a giggle watching Aladdin at St Helens Theatre Royal followed by a Carvery.</p> <p>Please note, there is limited access and this is an early morning show commencing at 10.30am.</p> <p><i>Transport available</i></p>	£3	Carer only
21 <sup>st</sup> Dec 2019  1.00pm - 5.00pm	 <p>Is there a pantomime in the Quarry Green Club - Oh yes there is ....</p> <p>Parent carers why not take yourself and your children along to the Quarry Green Club in Kirkby for a Christmas showing of Cinderella. We have a limited number of tickets available for this fab pantomime. There'll be loads of fun and games on the day, food and drink and then on with the show</p> <p><b>No transport available</b></p>	Free	Parent carers and cared for only

# EVENTS FOR YOUR DIARY

Date & Time	Trip/Activity	Cost	For
TBC	<p style="text-align: center;"><b>Pop up Painting</b></p> <p>Due to the success of our last pop up painting event we have decided to hold another....</p> <p>Do you have the ambition to paint like Monet, Rembrandt or even a Banksy!!Then sign yourself up on one of our pop up painting days...dates are yet to be confirmed but we are looking at February and March. One of our events will be an evening session so that working carers can get involved.</p>	£3	Carer only
<p>Friday 17<sup>th</sup> Jan 2020</p> <p>6.30pm - 9.30pm</p>	<p><b>Hotwater Comedy Club</b></p>  <p style="text-align: center;"><b>The Very Best in Live Comedy in Liverpool</b></p> <p>Why not join us for a fun filled Triple Headline Show hosted by the brilliant Paul Smith whose quick wit and affable nature make him popular with any crowd. If you have been to Hot Water you will have undoubtedly witnessed his skill in interacting with the audience, drawing material from the smallest suggestion and turning it into hilarious comedy. If you haven't seen him then you should come to one of the shows, just don't sit at the front. Because of the nature of the acts we ask that if you are easily offended then please do not attend. Also please be advised that transport is not available so you would need to make your own way to and from the venue: 45 Hardman Street, Liverpool</p> <p>Please note that carers who attend with their cared for's will need to show their carers cards as proof of caring upon entering the premises</p> <p style="text-align: center;"><b>No transport available</b></p>	<p>£3 for Carers</p> <p>Cared for go in free</p>	<p>Carer and Cared for</p>

# MORE TRIPS AND EVENTS

Date & Time	Trip/Activity	Cost	For
<p>Tues 14<sup>th</sup> Jan 2020</p> <p>9.30am – 4pm</p>	<p><b>Female Spa Day</b></p> <p>Join us having the ultimate relaxation and pampering experience. As well as receiving an indulgent spa treatment you will have use of the relaxation room, and access to the Sauna, Steam Room and Jacuzzi.</p> <p>You will be provided with a robe, slippers and light refreshments.</p> <p><b>Please only put your name down if you intend to stay for the full day.</b></p> <p><b>No transport available</b></p>	<p>£3</p>	<p>Carer only</p>
<p>Wed 12<sup>th</sup> Feb 2020</p> <p>12.30pm start</p>	<p><b>Royal Court Variety Club</b></p> <p>Join us for an afternoon of fun and laughter in Liverpool's Royal Court.</p> <p><b>Lunch is provided</b></p>	<p>£3</p>	<p>Carer only</p>
<p>15<sup>th</sup> Feb 2020</p>	<p><b>Join us at <i>Belle Vue Dogs</i> for an action packed night of fun and racing!</b></p>	<p>£5</p>	

**What makes the best nights out?** Laughs that just won't quit, great food, drink and racing entertainment with good friends; nights where you come home fizzing - from all the excitement of an evening spent in an atmosphere so electric it crackles. Nights that get talked about! Fancy one of those nights? Good: Because you're in the right place

**What's on offer ?** Travel to and from the Stadium and a 3 course meal with seats situated overlooking the winning line.

**Transport available**



**If you would like to attend any of our trips/activities, please ring Knowsley Carers Centre on 0151 549 1412 to express an interest. As always, places will be allocated using our traffic light system.**

# Free offer to help people stay safe and independent at home

Telecare equipment, which can help both carers and the people they care for, is being offered on a 12 week free trial by Knowsley Council.

Telecare uses remote monitoring technology to send out an alert if people need assistance, such as if they have a fall. Alarm calls can be picked up either by an operator who assesses the problem and organises help, such as contacting families or alternatively, alerts can be sent direct to the carers' own smart phones.

Anyone getting involved with the trial is supplied with a lifeline alarm pendant and smoke alarm which can be connected either to the 24/7 contact centre or to a carer.

Other devices such as falls and flood detectors or door and epilepsy sensors can also be provided free of charge following an assessment.

If you don't want to keep the equipment after the 12 weeks, it will be removed free of charge. If the aids are still required, they will still be provided free of charge, but there will be a monitoring charge of £1.11 per week for the pendant and base unit.

The scheme is available to anyone who lives in Knowsley and has a long-term illness, sight



or hearing loss or physical or learning disability. It is also available to support people who suffer with dementia, are at high risk of falling or just need help to remain living independently. Since the free trial was launched in March 2018, nearly 900 Knowsley residents have signed up for the scheme.

The equipment can help carers feel more confident and reassured about the safety of those they are caring for.

If you are interested in this scheme, please contact the Council on freephone 0800 073 0043, email [assistive.technology@knowsley.gov.uk](mailto:assistive.technology@knowsley.gov.uk) or visit [www.knowsley.gov.uk](http://www.knowsley.gov.uk) and search for "Telecare".

## What is it?

This item is located within the Carers Centre in Kirkby, but what is it?

To be in with a chance of winning a prize please send your guesses in to Ian at the Carers Centre 0151 549 1412 or email [ian@knowsleycarers.co.uk](mailto:ian@knowsleycarers.co.uk)



# DO YOU WISH YOU WERE MORE CONFIDENT IN MEETINGS?

## DO YOU WANT TO ASSERT YOURSELF MORE WHEN AT PROFESSIONAL APPOINTMENTS?

Knowsley Carers and the ROAR project will be running a series of 2½ hour workshops in November.

'Assert Yourself' will be facilitated by Lisa James a qualified CBT counsellor who is also a carer for her partner and a parent/carer to her son who has Asperger Syndrome and Dysexecutive Syndrome. Lisa is a member of Carers Vision.

Lisa knows how it feels to face lots of meetings and appointments as a carer/advocate for the people you care for and on the 'Assert Yourself' workshop she will be passing on hints and tips on how to feel more confident and assertive when dealing with professionals,



which can also be used in other areas of your life too.

To sign up please contact Knowsley Carers to book your place.

**'ASSERT YOURSELF'**  
**WHERE: KNOWSLEY**  
**CARERS CENTRE**  
**WHEN: 25<sup>TH</sup> NOV 2019**  
**TIME: 11AM – 2PM**

# 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 wants 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](http://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 on **0151 549 1412** and ask for Judy.



*Together we can make a difference*

## Coffee/SEND info dates 2019/2020

**Tuesday 12/11/19**  
Knowsley Carers Centre, 6-8 pm

**Thursday 14/11/19**  
Yew Tree

**Tuesday 26/11/19**  
Stockbridge Village Primary

**Friday 06/12/19**  
Bluebell Park

**Monday 13/01/20**  
All Saints

**Wednesday 26/02/20**  
Alt Bridge

**Tuesday 24/03/20**  
Yew Tree

**Friday 24/04/20**  
Bluebell Park

**Thursday 14/05/20**  
Finch Wood

**Monday 15/06/20**  
Northwood County Primary

**All Morning sessions 10am-12pm**

Guest speakers and agenda will be available nearer the dates.

# 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
- 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

1:15pm 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

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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



# Protect yourself and those you care for from **FLU**

Have you had your flu jab? If you fall into one of the 'at risk' categories for flu then now is the time to take up the offer of a free vaccination.

Knowsley Council's Public Health team is appealing to all the vulnerable groups to protect themselves this winter by getting vaccinated.

If you're a carer you should inform staff at your GP practice so this can be recorded. As a carer, you are eligible for a free vaccination, so just ask, contact your GP surgery to make an appointment. You can also have a free flu jab at your local pharmacy if you are recorded as a carer. Other risk groups eligible for free vaccinations are people aged 65 years or over, pregnant women, people with long-term medical conditions including heart

disease, diabetes, severe asthma, bronchitis, liver and kidney disease. Free vaccines are also offered to people with weakened immune systems and their household contacts, the morbidly obese, people living in long stay residential care homes and people who are in receipt of a carer's allowance.

Two and three year old children and under-16s in 'at risk' groups receive a nasal spray vaccine, as well as primary school pupils in a bid to slow down the spread of the virus.

The flu vaccine changes every year to fight the latest strains of flu, so even if you had a vaccination last winter you need another one this year to stay safe from flu.

Further information about the flu vaccine can be found on the NHS Choices website.

## ***WHAT IS A HATE CRIME?***

Merseyside Police define a hate incident as "Any incident which the victim or anyone else thinks is based on someone's prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender."

At the Centre we have a Hate Crime Ambassador. A Hate Crime Ambassador is someone who has received training to provide support and information to anyone who has experienced a hate crime. They can also help you to report the incident to the police if you wish.

If you have suffered a hate crime and wish to report it, please contact Nicola on 0151-549-1412.



Public Health  
England

**NHS**

Are you  
a carer?  
Get your  
free flu jab.

**HELP US  
HELP YOU**

**STAY WELL THIS WINTER**

