

Your participation matters!

Carers Strategy Coproduction Event

Following the Carers' Survey 2020 you are warmly invited to this event to develop the new
Knowsley Carers' Strategy 2020 – 2025

Carers Date: Wednesday 25th March 2020
Time: 9.30am for 10am start – 1pm
Location: The Old Schoolhouse, St Johns Road,
Huyton L36 0UX

Refreshments will be provided at the event. Parking is available on site.

Please book your place by **Friday 13th March** with Emma or Kym by telephone: 0151 443 2924 or email: wlct@knowsley.gov.uk

If you need help with transport, replacement care or something else in order to attend the event, please contact us using the details above.

Come along to one of our Support/Coffee Group Sessions

Kirkby
Thursdays
every fortnight
10:30am - 1:15pm
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.**

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

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

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. There are also theme nights and days out providing a much needed break for carers.

Prescot Caring Companions meet every Monday evening in Prescott 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

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 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.

Registered carers with the Centre are able to access counselling by contacting the Carers Centre to arrange an appointment 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**

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**

Training Sessions

Autism & Mental Health
Workshops for carers. Participants
must be able to attend both dates
on

**April 21st & May 5th
10:00am – 1:00pm**

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.

I have used my card with work as proof that I am a carer when they have tried to move my location, which is important to me to be closer to home.

I use my card when supporting my adult son, it's proof that I am his carer and gives me consent to speak on his behalf.

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.

I've used mine when we have been together to the cinema so I have got in for free.

Help me get the Sunflower Lanyard at Manchester airport so we could use the quiet room and be fast tracked checking in.

Helped us get seats with more legroom on the plane.

I forgot the Disability Concessions Card but my Carers Card was taken as proof instead.

Sometimes when booking events I show the card as proof that I need the same access as him.

What's been happening in the Carers Centre?

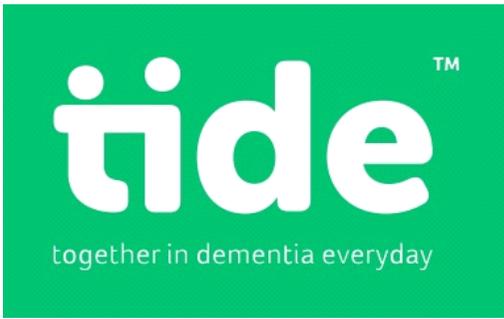
Another fun crafting session at the Carers Centre with some Jewellery Making and Decoupage.

If you're interested in attending the upcoming craft sessions please ring the Centre on 0151 549 1412 to express your interest.



Andrea and Ian had a ball with our carers at The Hotwater Comedy Club. A great night enjoyed by all with lots of laughter





together in dementia everyday

Are you a carer or former carer of someone living with dementia? Do you want to make your voice heard? Tide, together in dementia everyday is a UK-wide involvement network for carers & former carers of people living with dementia.

Carers tell us that their voices are often not heard & their own needs go unrecognised.

We work with you to ensure that your voice is heard. For some of you, this might be through supporting you to become more confident in talking to professionals about the person you care for. For others, it might mean supporting you to share your experience & ensure that carer voices are heard by decision makers. You can be as involved as much or as little as you would like to be. Our main activities include:

Carers Involvement Network:

Connect with other carers & meet face-to-face at various events & via social media; receive our newsletter

Carer Development Sessions: For example, you can choose sessions on -

- Welcome to tide - An informal introduction to getting involved
- Maze Runner - Understanding the health & social care system
- You Can't Pour from an Empty Cup - How to look after your emotional health
- Speaking to Influence - Speak with confidence to achieve your goals

Opportunities to Influence: Have your say on services, policy & research

If you'd like to get involved, you can sign up at www.tide.uk.net & click on 'Join tide'.

You can also talk to **Sarah**, who is our Carer Involvement Lead for Merseyside & Cheshire. She'll be very happy to talk you through what we do & answer any questions. She can be contacted on: **0151 237 2669** or SarahB@lifestorynetwork.org.uk

FORTHCOMING TRIPS AND ST GEORGE'S DAY at the PROMS

Join us at St Georges Hall in Liverpool on St George's Day, for a rousing, 'Best of British' celebration of some of the finest music composed on these shores.

Professor Ian Tracey on the Willis Organ, Mezzo Soprano Danielle Louise Thomas and the Royal Liverpool Philharmonic Chamber Choir will lead you on a musical journey through green and pleasant lands.

This concert celebrates some of the

country's finest music, to lift the spirits and get toes tapping, so be sure to bring your flags and your best singing voices as audience participation is inevitable.

The event takes place on St Georges Day Thursday 23rd April 7.00pm - 9.30pm. Transport will not be provided although the venue is easy enough to get to via bus and train.

To register your interest please call the Carers Centre on 0151 549 1412



Date & Time	Trip/Activity	Cost	For
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<p>14th May 2020</p>	<p>Candlemaking Crafts & Lunch</p> <p>Cheshire</p>		<p>£5</p> <p>Carer Only</p>
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EVENTS FOR YOUR DIARY

Date & Time	Trip/Activity	Cost	For
25th June 2020	Llangollen Two hour aqueduct canal trip and lunch	£5	Carer Only



16th
September
2020

BLACKPOOL LIGHTS

Leaving in the afternoon, returning late evening

£3 Carer
and
Cared
For



Do you know someone with dementia and hearing and/or vision difficulties?

We are running a study which will provide an **exciting opportunity** to participate in research:

A '**sensory support**' intervention where if eligible, you may receive hearing aids and/or glasses and home based support from a sensory support therapist of up to 10 home visits, or be allocated to be usual care group.

People we are looking for:

- **Mild to moderate** dementia
- Some **hearing** and/or **vision** difficulty
- Over age **60** years
- Living at **home**
- Has a **relative or friend** who is also **willing** to participate

If you know anyone interested in taking part please contact:

Research Department, North West Boroughs Healthcare:

01925 664475 or research.department@nwbh.nhs.uk

SENSE-Cog Website: <http://www.sense-cog.eu/>

Twitter: [@sense_cog](https://twitter.com/sense_cog)

SENSE-Cog RCT recruitment advert
Version 2.0 22.12.2017
IRAS ID: 213875

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 or visit www.knowsley.gov.uk and search for "Telecare".

TRUSTEES WANTED

Knowsley Carers Centre are looking for volunteers to join the Trustee Board and play an active part in developing the services for carers across the Borough of Knowsley.

If you are willing to commit two hours on a bi monthly basis, please contact Knowsley Carers Centre on 0151 549 1412 for more information.

Healthy Hydration

Spotting the signs of dehydration and how to prevent it

Dehydration is caused by not drinking enough fluids or by losing fluid and not replacing it. Having good hydration levels can help prevent urinary tract infections, headaches, constipation, kidney stones, poor oral health and pressure ulcers, along with dizziness and confusion which could lead to falls.

Signs of dehydration:

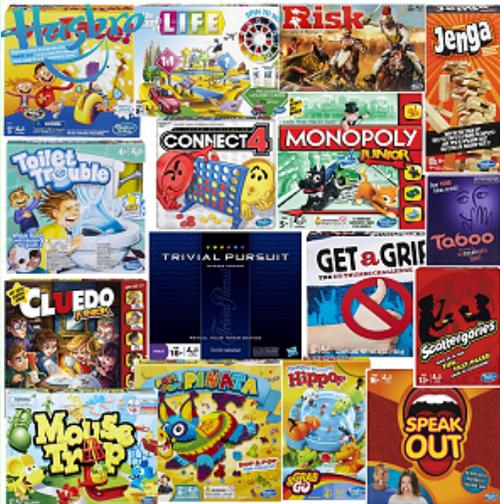
- Feeling thirsty
- Dry mouth, lips and tongue
- Headaches and tiredness
- Sunken eyes
- Dry, inelastic skin
- Reduced ability to concentrate
- Dizziness
- Low blood pressure
- Passing small amounts of pee
- Pee that is dark, cloudy or smelly

You, or someone that you care for, can be at risk of dehydration if you/they:

- Are dependent on others for access to fluids or live alone, have swallowing problems, are unwell and have a raised temperature, have diarrhoea and/or vomiting, limit drinks due to difficulty getting to the toilet and to reduce toilet visits during the night.
- Aim to drink at least 1.5 to 2 litres (6 to 8 glasses/mugs) of fluid per day, water is best, unless advised not to for medical reasons such as following a fluid restricted diet.

If you need any more information; search dehydration on the NHS website nhs.uk or telephone NHS 111.

BOARD GAMES DAY



Are you your house champion of Ker-Plunk? Do you enjoy Operation and removing the funny bone without the game buzzing or would you like to challenge people to a game of Connect 4 or Buckaroo?

If any of this appeals to you then why not get yourself along for a fun day of playing board games, having a laugh and winning the title of our Gamer of the Month Award.

Our first Board Game day takes place on Thursday 23rd April 10am-2.00pm at the Carers Centre in Kirkby.

To register your interest please call **0151 549 1412**

Do you fancy a day of playing board games at the Carers Centre.

It'll be great to see you there!

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

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.

Knowsley Carer's Chorus



**Friday 17th April 2020
to Friday 12th June 2020
8 week singing group
for all carers and *all* abilities**

**10:30am-12:00noon
In the Carers Centre**

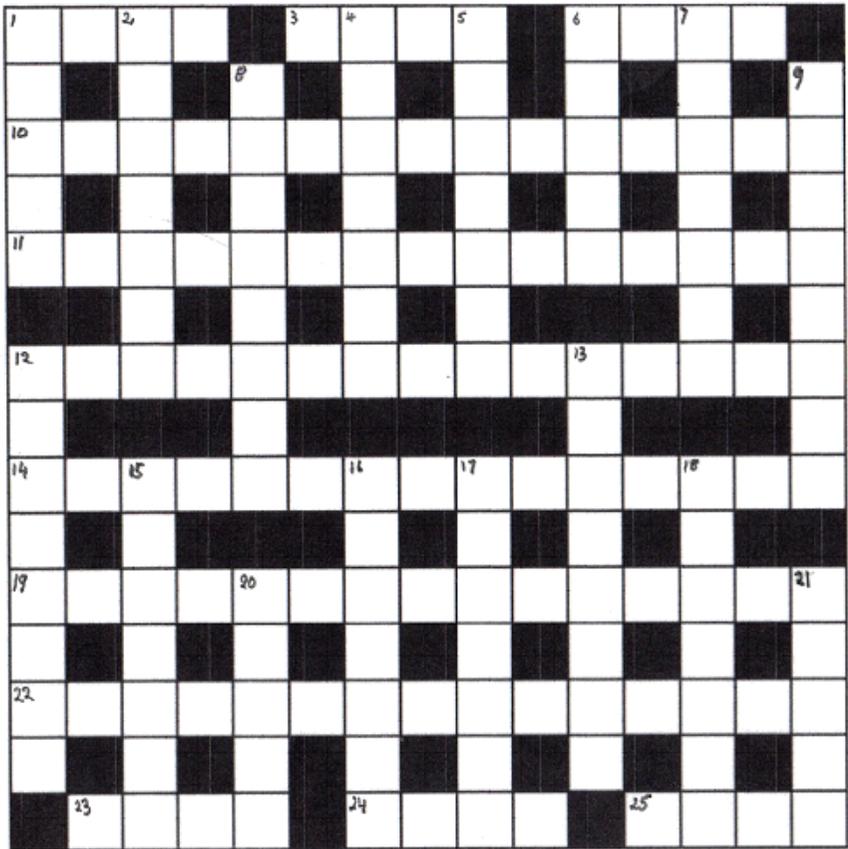
Research shows that group singing reduces stress, anxiety and feelings of depression. It can also lower the heartbeat and blood pressure and improve respiratory function... all this without stepping foot in the gym!

If you have never sung before, think you can't sing or want to surprise us with your hidden talent, come and embrace your inner Whitney or Elton. Feel the physical and emotional benefits of singing in a group, led by a qualified singing teacher and musician.

If you would like to put your name down for the course, please contact Knowsley Carers Centre.
(There will be a break on 8th May for the Bank Holiday)

No transport available

CROSSWORD



Across

- 1) What you all do 4
- 3) Player on the bench 1,3
- 6) Fastens with a key 4
- 10) Ask Terry for one of these but it doesn't count towards your 5 a day 9,6
- 11) Do you need one of these to drive a paint brush? 8,7
- 12) Songs we sing in December 7,8
- 14) Unplugged instruments 8,7
- 19) You've got to be in it to win it 8,7
- 22) Gets you to hospital in a hurry 9,6
- 23) An oyster needs this to make a pearl 4
- 24) For storing water 4
- 25) Women's Libbers burnt theirs 4

Down

- 1) Hot, night time drink 5
- 2) Male chicken 7
- 4) Place where football or other sport is played 7
- 5) Not John, Paul, George and Ringo exactly 7
- 6) Line of song 5
- 7) Opposite of unable to fasten 3,4
- 8) Made up of 7
- 9) Goes backwards 8
- 12) You use one to chop down a tree 8
- 13) Pretty as... 1,7
- 15) 10th month 7
- 16) You can tie string 2,1,4
- 17) Old sailing ship 7
- 18) Builds dams 1,7
- 20) Baby owl 5
- 21) There are 1760 of these in a mile 5

BOWEL SCREENING FIT TEST

What is the FIT Test?

FIT stands for Faecal Immunochemical Test. It is a type of faecal occult blood test which uses antibodies that specifically recognise human haemoglobin (Hb). It is a new screening test introduced in 2019 to replace the faecal occult test (FOBT). It is used to detect, and can quantify, the amount of human blood in a single stool sample. An abnormal result suggests that there may be bleeding within the gastrointestinal tract that requires further investigation.

What is bowel screening?

The bowel screening programme is intended for people without any signs or symptoms suggestive of bowel cancer. Screening aims to check the bowel for cancer or abnormalities e.g. polyps, that could lead to bowel cancer.

What is bowel cancer?

Bowel cancer is cancer that starts in the large bowel (colon) or back passage (rectum). It is also known as colorectal cancer. Cancer is when abnormal cells start to divide and grow in an uncontrolled way. The cells can grow into surrounding tissues or organs, and may spread to other areas of the body.

Who can have bowel screening?

Men and women between the ages of 60 and 74 years are eligible for screening.

People aged over 74, can request a screening kit every 2 years by contacting the bowel cancer screening programme on **0800 707 6060**.

What does the test look like?

The FIT kit - packaging



FIT Test Kit

How to complete the test

The kit contains easy to follow instructions on how to collect and send off the poo sample.

How do I get the results?

You should receive a letter within 2 weeks, if blood is detected in your poo you will be called for further tests, a bowel screening nurse will speak to you about this first.

For further information
<https://www.gov.uk/government/publications/bowel-cancer-screening-easy-guide>

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

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