



Prior to lockdown, Knowsley Borough Council was beginning to look at the Carers Strategy for 2020-2025. Since then, and more than at any other time, the Covid 19 outbreak has demonstrated how vitally important is the role that carers play in the community. How would people have coped without the support given by partners, relatives and friends? Our experiences during lockdown have highlighted some important issues which though there before have now been put under the spot light during lockdown, for instance mental health and wellbeing. Knowsley Carers Centre would now like to hear about your experiences of services to support you during this time.

What specific difficulties have carers encountered during lockdown and as we move slowly back to the 'new normal' are there changes that would help to address these issues. Please contact us regarding the following questions.

Are there issues that current services do not address?

Are you personally experiencing problems that the team at Knowsley Carers Centre could assist you with?

We would love to hear from you and perhaps working together we can bring about some of those changes. Please send us your thoughts on these questions to enquiries@knowsleycarers.co.uk
In the meantime, Keep Safe!

To access services from Knowsley Carers Centre please Tel 0151 549 1412
leaving clear contact details or email to enquiries@knowsleycarers.co.uk

A Carer's Experience of Lockdown



My experience of being a carer during the lockdown didn't get off to a very good start. I was looking forward to the pause not realising it was going to be a full stop. The day after lockdown began on 24th March I started to feel ill with Covid-19 symptoms and as my partner and pregnant daughter were vulnerable I had to isolate myself into the bedroom and only ventured out to the toilet taking with me disinfectant and hand gel (my new best friends) everywhere I went, relying on my disabled partner to bring me drinks and food. All of us wearing face masks to protect each other.

My persistent coughing and fever symptoms lasted 9 days and at first, I thought I was getting better as my fever seemed to break but then as I was still self-isolating, I felt ill again and rang my GP who said getting over Covid-19 symptoms can take time. This wasn't the best news as we were unable to shop for food or go to the chemist to collect

medication and I started to panic. As a carer being unable to care due to feeling so weak caused me extreme anxiety and as my pregnant daughter was staying with me during lockdown too, this added an extra layer of concern. I ended up ringing Knowsley Councils Support Line to ask for support. A foodbank delivery was made and the Fire Brigade arranged to pick up my partner's prescription.

By this time my fever had reached 37.9 and I still had a cough but after a few days of my symptoms seeming to ease I had to ring 111 as I started struggling to say a sentence, needing to take a breath after just a few words. My son, who has Asperger Syndrome had phoned me from St Andrews in Scotland but I struggled to speak and had to put the phone down on him and I must admit I cried. Luckily my daughter was able to explain to him that I was feeling ill. I was once again advised to self-isolate and call an ambulance if my temp went up to 38 or I found it more of a struggle to breathe. By this time, I had not been able to leave my bedroom, was texting my daughter in her bedroom and my partner sleeping on the couch in the front room, unable to have contact with either of them except for receiving trays of food and drink. Netflix and Punk music helped keep me sane as we had no garden.

I was ill in total for 5 weeks of the lockdown but I count myself very lucky because my partner and daughter were ok and never got symptoms and were able to take care of me. We managed as best we could under the circumstances but I felt a lot of guilt especially as I was

worried not only for my partner, who has a spine injury and diabetes, but also for my pregnant daughter and baby Sebastian due to be born on 8th August. Thankfully, I had regular check-in calls from the Council Support Line throughout this difficult few weeks but as a qualified Person-Centred and Cognitive Behavioural Therapist with over 18 years' experience of working in schools, rehabs, hostels and probation services I was also able to implement tried and tested coping strategies to get me through the times I struggled. I thought it would be helpful to share a few of these strategies in hopes that other carers may find them useful: Please remember that 'Self Care is not selfish' – as carers we can quite often forget to prioritise our own physical and psychological well-being but who cares for the carer? You are a priority too!

Lisa's top coping tips:

1 Mindful Breathing

Sit comfortably, feet firmly grounded and relax your shoulders. Close your eyes. Breathe in gently for a count of 3 through your nose if possible, if not, through your mouth is fine too.

Hold for a count of 3 if you can
Breathe out gently for a count of 4 through your mouth
Repeat 5 times.

2 A quick mindful moments exercise is to take in 5 steady calming breaths then focus on:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell

1 thing you can taste - helpful for anxiety or to focus your mind and relax for a few minutes.

3 Try and get enough Sleep

Sleep is restorative, it gives your body and mind a chance to rest. Create a relaxation routine before bed, try a calming chamomile or Yogi sleep tea just before bedtime. Switch off your devices before going to sleep – have a balanced routine throughout the day – don't get over-tired and rest when you can.

4 Create a Coping with Stress checklist of helpful people or local support services, keep it handy and remember if it's causing you stress it's often worth seeking help rather than to try and deal with things alone. Join a support group, sign up for counselling, talk to your GP, start a hobby, download an app.

5 Reflection – Before going to sleep, take in a calming breath and reflect upon the day but do not dwell – the secret here is not to overwhelm yourself or focus too much upon the negative but to look at what you did well? Think of 3 positive things about the day eg. 1) I set a deadline to write this and I was able to complete it without causing myself stress. 2) I did some light exercise and didn't eat a bag of crisps straight after. 3) I chatted to a friend I haven't seen for a while and planned a catch up when lockdown is over.

I hope you find some of these strategies helpful.

Take care of precious you

Lisa James MBACP

healthwatch

Knowsley

Your views and comments are important to us

Healthwatch Knowsley makes sure your views on local health and social care services are heard. If you have received a service from Knowsley Carers Centre—whether that be information support, advice or any other service, please feedback your comments to the Knowsley Healthwatch website www.healthwatchknowsley.co.uk

If you are using the Healthwatch Knowsley website to leave feedback about Knowsley Carers Centre, why don't you leave feedback about your GP surgery at the same time? It is really important for us to hear how people are accessing services.

Information Advice and Support

Our Carer Support staff including Mental Health Carer Support Workers continue to offer information and advice about anything concerning your caring role. As well as providing support, they can also signpost you to other agencies that may be better placed to address your particular needs such as the Alzheimer's Society, Knowsley Pensioners Advice and Information Service or Healthwatch. The Carers Centre is a gateway to many other agencies and services.

WELFARE BENEFITS ADVICE



Our Benefits Advisor, Paul Murphy continues to provide telephone advice, information and benefits calculations though he is currently unable to help complete forms. Please call on 0151 549 1412 leaving clear contact details or email enquiries@knowsleycarers.co.uk

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

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

You can download a registration form from :

http://www.knowsleycarers.co.uk/forms/6084.18_carers_registration_form.pdf

Once completed it should be posted to :

Home Care Link (CC)

Freeport LV5348

Ormskirk, Lancashire, L39 2HT



Young Carers Service

During the lockdown our Young Carers Service is still accepting referrals and we are completing Young Carers Assessments over the telephone.

We can provide advice or support over the phone and are available to chat.

The Me Time programme provided by KYM however has been postponed but they are providing our Young Carers with activities that they can do at home.

Please feel free to contact us on 07717 301 325 – Chris Wong or 07760 991 108 – Mike Kehoe if you would like further information or know any child/young person who is looking after someone during the lockdown and would like support.



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

Do you have a Carers ID Card?

The Carer ID card is a useful form of photo ID to prove you have a caring role. During the Covid 19 outbreak these cards are proving useful for carers as proof that they are supporting someone if they are stopped while travelling, and carers have also used the card to gain entry to the supermarkets during the key worker opening times.

Under normal circumstances the card can help you to gain free or reduced entry to a number of venues including cinemas and sporting events.

Please contact us on 0151 549 1412 or email to enquiries@knowsleycarers.co.uk

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

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

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.

Carer Information and Support Programme



Places still available

We are running our programme virtually on Zoom to support family carers who are supporting a person living with dementia. There are 5 sessions in total covering topics including:

1. Understanding dementia - Weds 8th July 2pm-3.30pm

The physical, psychological & emotional implications that dementia may have on the person with dementia.

2. Changing Behaviours - Weds 15th July 2pm-3.30pm

Practical support strategies to address changes in behaviours that may arise for a person with dementia.

3. Activities - Weds 22nd July 2pm-3.30pm

Practical advice on activities to support a person to live well with dementia.

4. Legal & Money Matters - Weds 29th July 2pm-3.30pm

Legal and financial issues, welfare benefits and entitlements, planning for the future.

5. The Carer- Coping day to day & next steps Weds 5th July

Relationships, looking after yourself and action planning.

Singing for the Brain (Virtual) - Join us for a chat and a sing!

Every other Monday from 22nd June @ 2pm

Contact us to book or for dementia support on:

07545 094 846 or knowsley@alzheimers.org.uk

Your Carers Centre Needs You

Are you looking to increase your work skills, make a real difference or maybe just chat with like-minded people. There are lots of reasons that people volunteer and if you'd like to see if we can help you then why not give us a call and have a chat with Ian 0151 549 1412 to see what's available. We look forward to your call and who knows where it will lead.

Volunteer with us

1) You'll Be Giving Something Back

A prominent reason why people volunteer is because they want to do something good for others.

2) New Opportunities

Volunteering with the Carers Centre offers unique opportunities.

3) Use Your Skills to Benefit Others

Use your strengths to help others! Bring the skills you'd use during your 9-5 to the table. Some of our projects do require a specific skill set but in general all we ask for is the desire to succeed and make a difference!

4) Experience Personal Growth

Many volunteers say they've evolved as a person once they have volunteered.

5) Stand Out

If you're looking to stand out from the crowd, volunteering is a great talking point in all forms of life - from future interviews with new employers to life stories down the pub!

6) Recognition, A Sense of Achievement and Feedback

Recognition of your efforts is another thing that keeps volunteers coming back again and again. Telling someone that they are doing a good job inspires confidence, pride and the feel - good factor.

7) Learn New Things

Speaks for itself, come in and try your hand at different things.

8) Friendships and Belonging

Making friends with staff and other volunteers is a strong motive for many of those who choose to volunteer. Many volunteers make lifelong friendships that come from working within a close knit centre such as the Carers Centre.

9) Skills and Experience

Want to gain a whole new host of skills? By getting stuck in on one of our volunteering projects you'll be picking up loads of handy new skills as you go.

10) See the Difference You've Made

Stand back and take a look. Pausing to take a moment to see what you've achieved during your time with us.

11) Do something out of your comfort zone

Life is about challenging yourself, so why don't you try something a little different to what you're used to?

12) Gain Confidence

Volunteering is sure to make your confidence soar. Get stuck in and speak to the board, the staff, the carers and make new friendships with your new volunteering friends.

13) Build Your CV

During your time with us you'll find out so much about yourself. You'll learn new skills and build on your current experience, and all of the above is great for padding out your CV.

We're waiting to chat to you, call Ian **0151 549 1412** for more information.

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".



A 'CUPPA' For Carers

Mobilise is an organisation providing a daily e-support package for carers through the Covid19 pandemic. Carers can sign up for the daily mailing here:

<https://james816492.typeform.com/to/NZSI88>

They are running a virtual 'Cuppa' for carers at 4pm, which is proving popular:

www.mobiliseonline.co.uk/cuppa



Looking after your own health and wellbeing

Looking after your own health and wellbeing is really important and there are simple actions and activities you can do to keep well especially at

the moment.

Keeping active

...can help boost your wellbeing in lots of different ways. It lifts your mood, improves your self-esteem, increases fitness levels and can help you get a better night's sleep too.

Keeping active does not have to be anything strenuous such as the high intensity workouts you may see on social media or TV. It's about doing what you can within your own ability and enjoying it. Even just 10 minutes a day can make a difference to how you feel.

If you are unable to go outside at the moment, there's lots of activities you can do at home to keep active, have a look at this NHS website for some easy 10 minute home work-outs <https://www.nhs.uk/oneyou/for-your-body/>

[move-more/home-workout-videos/](https://www.nhs.uk/oneyou/move-more/home-workout-videos/)
The website <https://weareundefeatable.co.uk/> provides tailored information for people of all ages and abilities who are managing long term health conditions such as diabetes, arthritis or dementia. If you're uncertain, check with your GP first. Gardening, chair based exercises and even housework count as being active – just do what you can, the most important thing is to keep moving!

Making time

...to look after yourself is important especially if you're looking after others. It can help you to relax, recharge and focus on your own needs and help build your resilience to cope with the stresses of daily life.

If you've got a garden, just taking 5 minutes to step out into the fresh air can help recharge the batteries sometimes.

Getting enough sleep can be challenging for many carers. If you are having trouble sleeping you can find out more on getting a good night's sleep on the every mind matters website <https://www.nhs.uk/oneyou/every-mind-matters/>

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Looking after your own health and wellbeing

If you would like more information on looking after your general wellbeing or lifestyle support such as keeping active or eating better, our friendly wellbeing advisors from the Healthy Knowsley Service can offer you support and guidance. You can contact the Healthy Knowsley Hub on 0800 0731 202 or 0151 289 9555 or visit www.healthyknowsley.co.uk

You can find more information on keeping well at home in this booklet which also contains some simple exercises you can do to keep active. The booklet is available to download from <https://www.healthwatchknowsley.co.uk/news/keeping-well-at-home/> and a limited quantity of printed copies are also being distributed locally.

Any health concerns

If you or the person you care for are feeling unwell or have any unexplained or unusual changes to the body don't put off telephoning your GP practice for advice. They are still available for telephone and video consultations and can offer reassurance or referral to other specialist services if necessary. If you're looking for health information and advice the best website to visit is <https://www.nhs.uk/> or call NHS 111 if you are unable to get online.



Kind to your mind campaign
www.kindtoyourmind.org

During the coronavirus outbreak having access to resources which support good mental health is vitally important as many of us are finding ourselves outside of our usual routines and have less social contact. The Kind to your mind website was developed for people who live or work in Cheshire and Merseyside as a one stop shop for information. The website links to the NHS Every Mind Matters website which contains expert advice and lots of practical tips to help you look after your mental health and wellbeing.

The website also promotes awareness of a wellbeing portal – ALMA. ALMA provides free access to resources such as approved apps to improve health and wellbeing and free self-referral access to online cognitive behavioural therapy. There are short courses which focus on dealing with stress and anxiety, building mental resilience and getting better quality sleep.

The campaign also has its own Podcast (search Kind to Your Mind) to support people during this time.

"Pensioners Supporting Pensioners"

KPAIS



SHOP *for* **YOU**
SUPPORTERS HELPING OLDER PEOPLE

Here at KPAIS our SHOP for You service is continuing to deliver shopping support to our existing clients and any new clients who need a regular shopping service. As you know this is a charged service but thanks to funding from LCR Cares, we are able to make sure we are only charging for one hour even when the shopping is taking longer due to queues. We can put in place a reliable weekly shopping call with one of our DBS checked supporters. **Call 0151 449 3706** to make a referral or pass on our details to older people and their

families. We have postponed all support packages which were providing cleaning or other support services in light of social distancing rules, and have replaced those visits with a welfare phone call. We are making sure that those people still have contact and connection and to maintain the relationship already growing. The calls have been a great success. So although the dust may be building up, what is important is that we have had some lighthearted chat and in many cases a good laugh to continue to raise spirits and look after people's wellbeing whilst reducing social isolation for our most vulnerable clients. Our TASK line remains open for calls, if people have any maintenance jobs that need doing, all of our traders are practising safe working, using gloves and masks and social distancing so if the boiler breaks down you can still access a reputable trader through **TASK on 0151 546 6680** and gardeners don't even have to come into the home!



A Good Life Project is taking referrals for any kind of advice and support that people may need. **Call 0151 949**

5441 to make a referral. We recognise that Covid-19 has taken over everyone's thoughts but sometimes there are still other problems behind that and the Good Life also has the **Someone to Talk To service on 07934 171 195** so people don't need to feel alone. If you have any questions or would like to talk through any potential referrals for any of our services, please don't hesitate to contact us.

Update on Carers Support at St Helens and Knowsley NHS Trust

The Trust remains committed to ensuring that we work together with Carers as partners in care and to recognise their needs. Unfortunately during the current pandemic, it has not been possible to implement all aspects of the 'Carers Passport' as individual risk assessments are required to ensure the safety of patients and carers before we can accommodate open visiting and overnight stays.

However, we are keen to continue to promote our Carers Charter to ensure that all Carers are:

- Identified at an early stage and their caring role recognised
- Treated with privacy, dignity and respect
- Listened to and their expertise acknowledged
- Appropriately supported, consulted and kept informed
- Involved in discharge planning to ensure safe, ongoing care
- Signposted to ongoing community support

We are aiming to relaunch the Carers Passport in the future in partnership with local Carers groups.

In the meantime, the Patient Experience Team have introduced a **Family/ Carer Support Service** to provide Carers/family members with information regarding their relatives/friends on the ward, and support newly discharged patients and their Carers when they return home. The services introduced as part of this initiative include:

- 1. PenPALS** – Carers/relatives can email messages, photos and pictures in to the team to be delivered to their relatives on the ward daily
- 2. Post discharge welfare calls** – Patients/Carers are given a welfare call in the 7 days following their discharge from hospital to check how they are and if they need any further advice or support.
- 3. Virtual visiting:** iPhones have been introduced on ward areas to support virtual visiting services.

Carole Slocombe, Quality Matron for Patient Experience

Muriel - My Story

My name is Muriel O'Hanlon and I was my husband John's carer for many years until his death at the age of 67 in 2015.

The years of caring caused a stroke in 2004 due to working full time as a teacher and my 24/7 caring role.

Being ill myself and recovering brought me into contact with Knowsley Carers Centre and a course of therapy called "What about me?"

Ever since then I have been involved with the Carers Centre as a volunteer. This has brought many rewards, not least the support of both staff and other carers both in good times and bad.

My worst time in 2015, led me to seek help from the Carers Centre to set up a support group for bereaved carers.

The opportunities to help yourself as well as other carers are many. Staff, at the Carers Centre always have time to explain and involve you.

I am now a member of the Board of Trustees at the Centre, a role that is very rewarding and a chance to be really involved. Carers interested in doing this should speak to staff.

Personally, I am still grateful for that helping hand in 2004 and always will be. In these difficult times keep yourselves and your loved ones safe.

Befriending Scheme

Hi, the Knowsley Carers Centre are looking at setting up a telephone befriending service. Our Service will be for carers who live in Knowsley.

Being a carer in Knowsley can become a lonely experience especially if you can't get out and about as you used to. Having someone to talk to can make all the difference.

Our Befriending Service will look to match a volunteer with a carer in Knowsley who feels isolated and would welcome a friendly call.

The befriending recruitment will involve completing references, befriending training and having an interview with our team. We will then match you with a suitable carer based on mutual interests

Do you feel you would be able to give a few minutes every week to chat to someone who may be feeling isolated.

To register your interest please call **0151 549 1412** leaving your name and contact number or email us at enquiries@knowsleycarers.co.uk.

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 feel you can make a contribution and are interested in becoming a trustee, please contact Knowsley Carers Centre on **0151 549 1412** for more information.

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.

Covid 19 Plans

**Being prepared gives you
peace of mind**

Staff from Knowsley Carers Centre are contacting carers on our data base to ask them if they would like to make a simple plan for any adult person they care for should they, the carer, be taken ill with the virus. Carers know that it's always good to be prepared and think ahead and that's what Covid 19 plans are about. We're all hoping that the worst is past but the government is telling us that for the time being we must get used to the new normal. The virus hasn't gone away. Discussing your plan with a member of staff, it may be that you're able to indicate other relatives or friends who should be contacted to provide care while you're unwell. But it could also be the case that additional care provided by agency care workers would be needed or residential/nursing home care. Having taken some outline details for the plan, Knowsley Carers Centre with the consent of the carer, forwards these details to staff in Knowsley Council Adult Social Care. You may not have been contacted yet as we have many people on our data base but if you think it's important that you make a Covid 19 plan, please contact the Carers Centre on Tel 0151 549 1412 or email enquiries@knowsleycarers.co.uk

We all hope you never need to put the plan into action but it gives some peace of mind to be prepared.

JUDY'S FUN TIME MESOSTIC

See how many of the Carer Centre staff you know.
Some answers are first names only.

Clues

1 She keeps rabbits

2 The ID card queen

3 Make up artist

4 Long way to drive to her county

5 A convert from KMBC

6 30 mins with her will relax you

7 Their secret passion is computer games

8 The boss

9 The joker in the pack

10 Good things come in small packages

11 Benefits guru

12 The creative one

13 Speak to her if you need to talk

14 In charge of the money

15 Our latest recruit

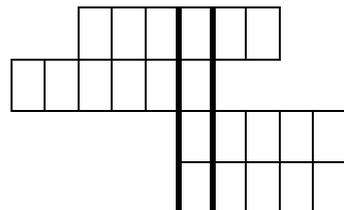
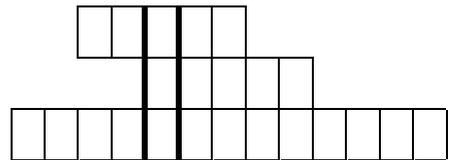
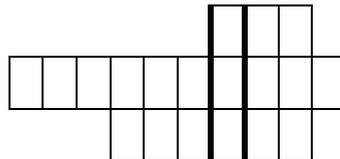
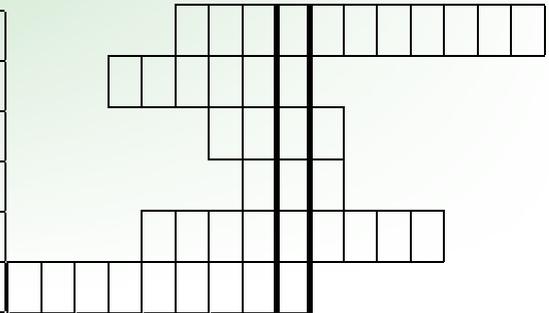
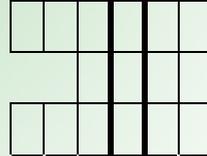
16 NHS Liaison and website wonder

17 Our longest serving staff member

18 Bubbly red head

19 Together we are a

Answers



WE'RE HERE TO HELP

KNOWSLEY'S COVID 19 COMMUNITY SUPPORT LINE

If someone you care for falls into any of these groups, we're here to help.

- 70 or over (or under 70 with an underlying health condition)
- self-isolating without support from friends
- facing financial hardship

We can:

- do the shopping
- walk the dog
- pick up prescriptions
- signpost to other services

Or one of our volunteers can ring you for a chat.



FREEPHONE

0800 073 0043

9am – 5pm Mon – Fri 10am – 2pm Weekends and Bank Holidays



Knowsley Council working in partnership with The Big Help Knowsley Foodbank and community organisations across the borough.