

Carers Rights Day Thursday 25th November



On **Thursday 25th November at 1.00-2.30 pm**, Knowsley Carers Centre will be hosting a Carers Rights Forum at our main office at 149 Bewley Drive, Kirkby.

During the Covid 19 pandemic many people have found themselves taking on a new caring role. The vital role that unpaid carers play in helping people to remain living in the community has never been more evident. Whether you're a new carer or you've been a carer for many years, knowing your rights is important to help you continue caring for a family

member or friend and overcome the impact that a caring role can have on your own life. You may wish to know more about employment rights, your rights to a carers assessment or your entitlement to welfare benefits. Our panel will address your questions and introduce you to other ways to get involved to change the lives of carers across the borough for the better. If you would like to attend the event, please express your interest by contacting our main office in Bewley Drive, Kirkby on Tel 0151 549 1412 or to enquiries@knowsleycarers.co.uk

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

Carers Views Needed!

Healthwatch Knowsley is taking part in a national piece of work to understand the views of carers. Working with the Commitment to Carers Programme team at NHS England and Improvement, we are keen to hear from carers about the important topic of Hospital Discharge. **The aim is to learn more about recent experiences of carers when the person they care for has been admitted to hospital, during their time in hospital, immediately prior to discharge from hospital and after discharge from hospital.**

We want to understand how we can improve the way carers are identified, recognised and supported during this stressful time.

If you are a carer for a family member or friend who has been in hospital for an elective or emergency hospital admission in the last six months, then we would really appreciate hearing from you.

It is expected that anyone taking part would be willing to undertake an informal interview (face to face or online) which should take approximately one hour depending on how much information you would like to share.

If you would like to take part then please email or contact Paul Mavers, Team Manager at Healthwatch Knowsley on 0151 449 3954 or via email on paul.mavers@healthwatchknowsley.co.uk

Dementia Support Knowsley



Living with dementia at any time brings challenges. If you need support we are here for you in 2021.
knowsley@alzheimers.org.uk

How to get person- alised one-to-one support

Contact our Knowsley dementia support worker between 9:00am - 5:00pm Monday to Friday

Melanie Campbell
melanie.campbell@alzheimers.org.uk
07525 403 832 or 0151 426 4433

We can help with issues such as:

- Understanding a diagnosis of dementia
- Legal matters including Lasting Power of Attorney
- Managing your money and benefit entitlements
- Living well with dementia and keeping active
- Support with everyday tasks and getting further help

Targeted Lung Health Checks now available in Kirkby



Kirkby residents are urged to look after their lungs and have a lung check-up.

Targeted lung health checks are a simple check-up to see how well your lungs are working. They are currently available to people aged 55-74, who have ever smoked and are registered to a GP practice within the town. Those eligible will receive a letter from the NHS inviting them to make an appointment. Most people who attend a lung health check receive a clean bill of health and those that do feel very reassured. One of the main aims of the lung health check however, is to diagnose lung cancer at the earliest opportunity.

Lung cancer is a major issue in Kirkby and Knowsley as a whole, with local



incidence 73% higher than the national average and the majority of people diagnosed at late stage, when curative treatment is no longer available.

Targeted lung health checks can significantly improve earlier diagnosis within the region and save lives. Jo attended a similar programme in Liverpool and was diagnosed with early stage lung cancer

despite having no symptoms. She has since had surgery to remove the tumour and is now fully recovered. She said, "I'm at the stage where I really can't believe how lucky I have been. To be back now and feeling fit, joining in with things that make up the fabric of my life, is pretty amazing"





call 0151 449 3706

Companions – Options – Respect – Excellence

Core is a new service from KPAIS (Knowsley Pensioners Advocacy and Information Service) and a natural extension of our successful SHOP service, providing practical support for people in their own homes, to achieve greater independence through valued support.

CORE will provide dedicated One-to-One Supporters to build relationships with people, help them to regain confidence in getting back to some social activities after Covid restrictions, or spend quality time with them in their homes. Each partnership will be individually tailored to the needs of the person, always embodying options, respect and excellence – the key tenets of all of our delivery.

The services within this project are free at the point of use to the people who need it. The CORE project is specifically



JOIN US ON FACEBOOK 

Knowsley Carers Centre has another way that you can stay in touch with us. Using Facebook you can keep up to date with all our news and events.

We'd love you to join us!

Get involved and help us promote the work of Knowsley Carers Centre

aimed at people who are experiencing loneliness and isolation through the experiences of Covid-19 and is fully funded by a grant from The Knowsley Foundation until March 31st 2022 Please contact us on 0151 449 3706 for further information or to make a referral into this project.

Have you had your flu jab?

Don't put it off. Get your flu jab straightaway.

**STAY WELL
THIS WINTER**



Did you know that carers are entitled to a free flu vaccination to protect themselves and those they care for from flu?

People who are in receipt of Carers Allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill, are eligible for a free vaccination. Knowsley Councils Public Health team is appealing to all vulnerable groups to protect themselves this winter by getting vaccinated. As flu and Covid 19 will be circulating at the same time this year, it is more important than ever to protect those most at risk from flu.

If you're a carer you should inform your GP practice so this can be recorded, and you will then be eligible for a free vaccination and should contact your practice to arrange a vaccination. You can also have a free flu jab at your local pharmacy if you are recorded as a carer. Other at risk groups eligible for free

vaccinations are people aged 50 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 frontline health and social care workers.

All children aged 2 -15 years (on 31 August 2021), those aged over 6 months in at risk groups receive a nasal spray vaccine 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.

TO CONTACT KNOWSLEY CARERS CENTRE

Knowsley Carers Centre continues to provide services during the Covid 19 outbreak.

You can contact us in the following ways:

By Tel: 0151 549 1412 (please leave a clear message and contact details)

or by email to enquiries@knowsleycarers.co.uk



Hate Crime Update

Merseyside Police has always been at the forefront in tackling hate crime after the terrible murders of Anthony Walker and Michael Causer. The force introduced dedicated hate crime investigation teams called SIGMA units in 2007 with Knowsley being the first area to have one. The rest of the force then followed the successful trial of the unit and now every Policing area in Merseyside has their own dedicated units.

The teams consist of uniform officers and detectives who investigate all reports of hate crimes under the protected characteristics list. This includes Disability, Race, Religion and Beliefs, Sexual Orientation and Transgender. Merseyside Police was also the first force in the country to class all crimes against sex workers as hate crimes and now a number of other Police forces have followed suit.

The SIGMA units also have a dedicated Hate Crime Coordinator who is responsible for the care of victims and witnesses. They are specially trained officers who have a wealth of experience in coordinating support, partner agencies involvement and overseeing the investigations.

We in Merseyside strive to increase hate crime reporting from all sections of our community and also work to raise awareness of hate crimes in an attempt to get people to report such incidents but also to educate possible offenders. Education is key to tackling hate crime and to this end we offer training sessions to all our partner

agencies, community groups, voluntary sector workers, schools an education establishments and any other organisations that require it.

Like any other crime, hate crimes should always be reported so we can tackle it effectively and provide the victims with the support they require. We can also identify the causes and deal with them effectively to prevent the victim being subjected to further incidents. To assist us we work very closely with partner agencies from across the area with each agency having their part to play in safeguarding the victims and the wider community.

Hate crime does not only affect the victim, it has a ripple effect and can affect family members and other relatives, friends and the wider community. Therefore the support services we can offer, via the Police and Crime Commissioners funded agencies, are available to anyone affected by such crimes.

We therefore urge anyone who is or has been a victim of hate crime to come forward and report it to the Police. We will ensure that they will be listened to and we will treat the victim and witnesses with dignity, compassion and respect. Even if you are not the victim but know of anyone who is being subjected to such incidents or are aware of anyone committing such crimes then please contact us. Any information provided to us will be treated with the strictest confidence.

Improving Hearing Services for People with Learning Disabilities and Autistic People

NHS

Health Education England

MANCHESTER
1824

The University of Manchester



Have you used Hearing Services (Audiology)?

Could you tell us what you think about these services?

We would like to talk to people with a learning disability and their carers and families about their experiences of using hearing services

Hearing loss is a common problem in children and adults with a learning disability. Research suggests that hearing problems are up to eight times more common in these groups and may affect up to 45% of people with a learning disability. However, hearing problems can often be overlooked or undermanaged by healthcare providers. Hearing loss can impact on a child's language and social development. In adults, hearing loss can reduce leisure, work and educational opportunities and have negative impacts on independence, quality of life and mental health.

Researchers at The University of Manchester are working with Health Education England to look at the challenges that children and adults with a learning disability face when they access Hearing Services (Audiology). We want to speak to people with a learning disability who have used these services (e.g., for a hearing test or to get a hearing aid) or tried to use these services. We also want to speak to family members and/or carers who have been involved in accessing hearing services for an adult or child with a learning disability. We will ask about positive and

negative experiences of accessing hearing care, and for suggestions for how these services could be improved. Our aim is to produce recommendations for audiologists for how they can improve their hearing care for people with learning disabilities.

We are holding **focus groups** (online or face-to-face) and **interviews** (online) to talk to people about their experiences. Interviews are 1-to-1 with a researcher. Focus groups include up to 6 participants. Groups and interviews last between 30 minutes to 1 hour. Participants can choose whether they would prefer to do a focus group or an interview.

If you would like more information, or if you are interested in taking part, you can visit our study website:

<https://sites.manchester.ac.uk/aldap/> or

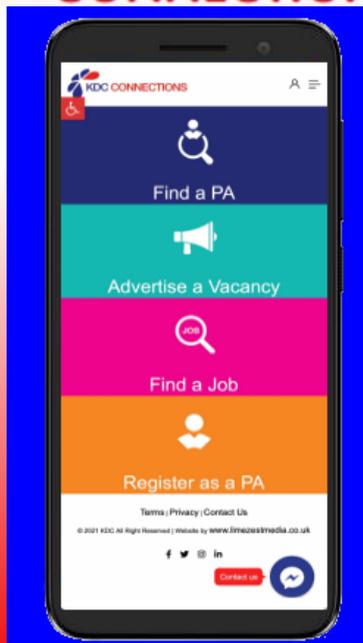
you can email: Marianne Day
Marianne.Day@manchester.ac.uk or
phone: 07917605544.



MANCHESTER
1824

The University of Manchester

This project has been reviewed and approved by the University of Manchester Research Ethics Committee. Project no.: 2021-11556-19992



KDC is excited to report that their project to develop a brand new PA-finder website for Knowsley is now well underway – thanks to customers who have helped shape its design and functionality.

The all-new KDC-Connections will be fully mobile, making it faster and easier for people to find new PAs and advertise vacancies. PAs looking for work will be able to quickly find suitable jobs and upload their profile to be 'matched' with potential employers.

For further details call 0151 480 4090, email info@kdc.org.uk

Activity Group

Knowsley



New for Autumn 2021

Our activity group is a structured group based around a variety of engaging activities. We also include a regular Love to Move light exercise session from December. Activity groups are also a chance to relax and socialise.

Activity groups are run by a facilitator and volunteers who will encourage and support people to take part.

Our activity group is for people living with dementia, and a carer or companion is welcome to attend. Refreshments are provided.

Knowsley Activity Group is run **fortnightly** from **1pm - 2.30pm**



Whiston Town Hall

Old Colliery Road

Whiston

L35 3QX



(Next to the Primary Care Resource Centre off Dragon Lane)

Wednesday 3rd & 17th November 2021

Wednesday 1st & 15th December 2021

For more information and to book a place please contact us on
0151 426 4433 or **knowsley@alzheimers.org.uk**



LOOK WHO DROPPED IN TO THE HALLOWEEN COFFEE MORNING!



Build your support network and find out information about dementia in Knowsley

Get information to help you support someone with dementia and look after yourself

Our Information Programmes are for family, friends and carers of people living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time.

The sessions are run by skilled, compassionate and experienced staff.

Where to find us?

Knowsley-based venue
to be confirmed

Our information programme runs

For 5 weeks from: 22nd February 2022
Weekly on Tuesdays: 1pm - 2.30pm
Please contact your local office before attending



'The sessions have given me confidence that I will cope in the future.'

Anna, who cares for someone with dementia

To find out more contact us on:

knowsley@
alzheimers.org.uk

0151 426 4433

alzheimers.org.uk



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 have proved useful for carers as proof that they were supporting someone if they were stopped while traveling, and carers 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 discounted 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

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.



"I used the card when I took my cared for to a medical appointment and I was able to stay with them."

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

Do you have a Carers ID Card?

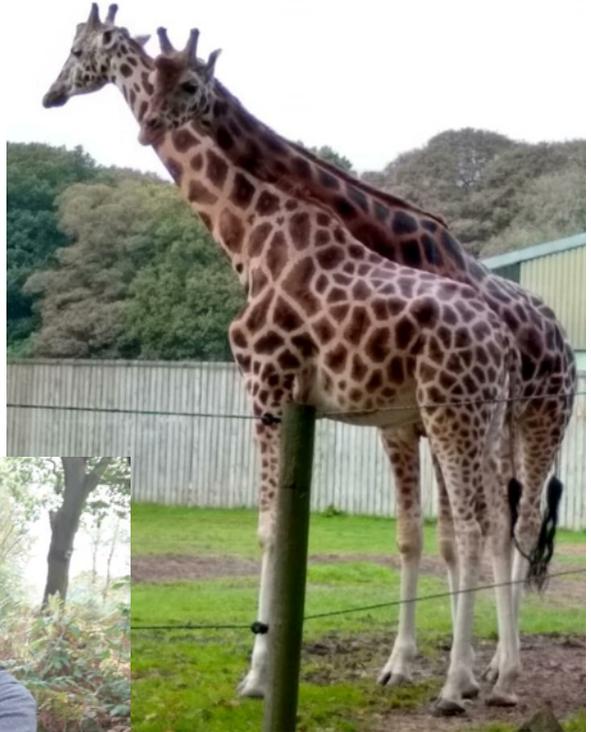
I forgot the Disability Concessions Card but my Carers Card was taken as proof instead.

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

CARERS GO WILD AT KNOWSLEY SAFARI PARK

A Trip to Knowsley Safari Park

It's been lovely to start our trips again after such a long time –The staff and the carers really enjoyed our 3 trips to the Safari Park – it was really relaxing to walk around the park with the keeper and learn about all the animals and ask questions we've always wanted to



know the answer to. Watching the meerkats eat their dinner was really interesting and the giraffes were so beautiful and graceful; it was amazing getting so close up. It's definitely a trip we will be booking again in the future.

Alan Swift writes, 'We were picked up by minibus at the old

A TRIP TO KNOWSLEY SAFARI PARK

schoolhouse in Huyton and shortly arrived at Knowsley Safari Park, Prescot. The weather was fine and cloudy. There were about 10-12 carers on the trip. We were given a short introduction by one of the staff before she gave us a guided tour of the grounds. We witnessed the meerkats being fed and saw many exotic animals and birds. We walked quite a bit and explored the woodlands before having a meal in the cafeteria. I



enjoyed chilli con carne and a can of coke. My partner Joan had fish and chips and a tea. It was an enjoyable day and good to meet up with familiar faces and some new ones too. Many thanks to Knowsley Carer's staff for organising the event. *Alan Swift*



Gym Invite For Carers

Are you interested in free Gym membership.

The Training Station in Kirkby have opened up their doors in Kirkby and are offering FREE membership to all Carers Across Knowsley.

Whether it's taking part in themed classes with Hannah or just going it alone on the machines and working out at your own pace then this opportunity cannot be missed.

What have you got to lose, you can improve your health and wellbeing and all you need to give is your time.

For more information and details of how to join in and get yourselves registered with the gym please give us a call at the Knowsley Carers Centre, 0151 549 1412



TRAINING WITH HANNAH

FREE CLASSES
CARERS FITNESS GROUP

Do you care for someone

COME AND JOIN US

For further information or to join message us on instagram
[ttskirkby](#) or [trainingwithhannah_](#)

- Have you time
- Have a place to escape
- Meet new friends
- Look after yourself

COMMUNITY
FOR LIFE

TRAININGWITHHANNAH_ TTSKIRKBY



Young Carers Service

Our Young Carers Service is accepting referrals and we can now conduct home visits to complete Young Carers Assessments. Alternatively, this can be done over the telephone if you are not comfortable with us visiting. We can provide advice or support over the phone and we're available to chat. The Me Time programme provided by Vibe is up and running, they are providing our Young Carers with activities that they can do together in a safe environment like in the park. Please feel free to contact Chris Wong on 07717 301 325 or Tracy Mythen 0791911273 if you would like further information or know any child/young person who is looking after someone and would like



Carer Passport

We are delighted to announce that as of Monday 22nd of November we are launching the new Carers passport at Liverpool University Hospital Foundation Trust. This launch is in conjunction with 13 local Trusts across the Mersey and



Cheshire region.

The Carers passport has been developed to highlight the importance of carers and it will be a powerful steer at the Trust to promote a culture that recognises carers, their value, and their needs.

The Carers Passport should be issued for anyone who meets the carer definition after discussion with the Ward Manager/Nurse in Charge. The agreement should be completed in accordance with the patient / carer needs and what can be accommodated within the environment for that episode of care.

We hope that the passport will make an enormous difference to patients and

Knowsley Tourettes Support Group

KNOTS is coming at the start of February

Do you support someone who has Tourettes Syndrome?

Maybe a friend, your child or other family member.

We are pleased to announce that Knowsley Tourettes Syndrome Support Group will be running at

**Knowsley Carers Centre
from
Friday 4th, February, 2022**

KNOTS is a friendly, informal group where you can chat with others who know what it's like to support someone with Tourettes Syndrome.

KNOTS will be there from 10am to 12noon and is on the 1st and 3rd Friday of each month.

If you are interested please give Michelle or Brian a call on

07845648934

Or

07957164765

What's on at Knowsley Carers Centre

In the run up to Christmas, extend your shopping horizons and go hunting for bargains!



Trafford Centre 25th November All Day



Bury Market 1st December All Day

Both trips are open to the carer and the cared for.

To register your interest please call
Tel: 0151 549 1412 or email at
enquiries@knowsleycarers.co.uk

Coffee Morning **Christmas Bingo and Buffet**

Book Your Place

For our coffee morning Specials

Bingo - Fun - Prizes

 Tel 0151 549 1412 or 
enquiries@knowsleycarers.co.uk

Places are limited so please
contact us to express your interest

Huyton Coffee Morning
Tuesday 30th November
The Old Schoolhouse
St Johns Road L36 0UX

Halewood Coffee Morning
Wednesday 8th December
New Hutt
Lichfield Road L26 1TT

Kirkby Coffee Morning
Venue and Date TBC

Coffee mornings in January

Huyton - Tues 4th Jan 2022
Halewood - Weds 5th Jan 2022

 **Resuming Soon** 

Holistic Therapies: Time to book in a relaxing holistic therapy.

IT Drop-in: We've needed IT more than ever over the past two years. Now it's time to brush up your skills and learn something new. The IT crowd will be meeting again as of this coming Tuesday 23rd November, 10am - 12noon at our main office in Bewley Drive, Kirkby L32 9PE

Congratulations!

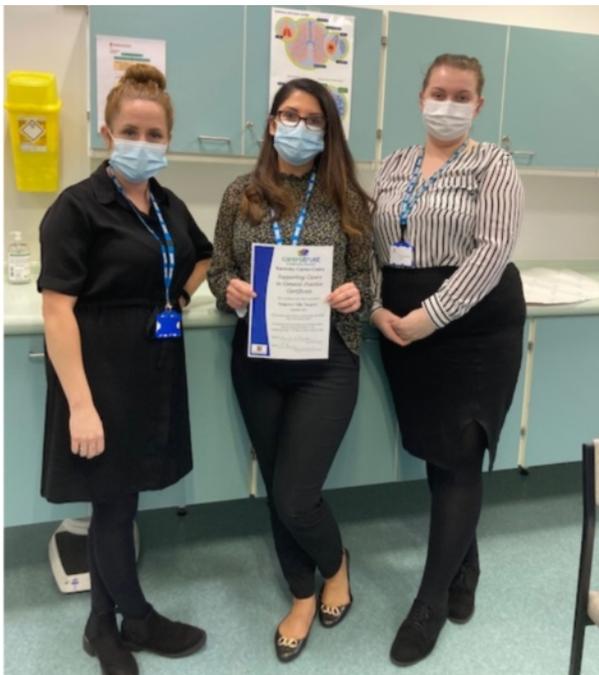
Nutgrove Villa Surgery achieves Supporting Carers Certificate

The staff at Nutgrove Villa GP surgery have been working hard to achieve the Supporting Carers Certificate which is awarded by Knowsley Carers Centre in recognition of the practice's efforts to support their patients who are carers and carers of their patients.

Pictured here are Practice Manager Ginena Lyon, (centre) with Lyndsey Reid, Deputy Practice Manager (left) and Sarah Bryan (right). Liam Clarke, not pictured is the carer link for the practice who has worked closely with Ginena to achieve the award. Given the tremendous pressure staff working in GP surgeries have been under since Covid 19 appeared, it is

commendable that staff have persisted in their efforts to improve practice with regards to carers and achieve the certificate. The Supporting Carers Certificate is based on the *Supporting Carers; 10 steps to better practice guide*. To achieve the award staff must provide evidence to demonstrate that they are working with the 10 steps which are as follows:

- 1 Treat carers as partners**
- 2 Identify carers**
- 3 Signpost to carers services**
- 4 Appoint and support your carer link**
- 5 Provide information**



- 6 Develop your carer awareness through training**
- 7 Take care of carers physical and mental health**
- 8 Provide information for emergencies**
- 9 Assist carers with negotiating confidentiality issues**
- 10 Consider the needs of carers when designing internal practices and procedures**

If you would like to be more involved in promoting good practice when working with carers in GP surgeries please contact Knowsley Carers Centre on Tel **0151 549 1412**

KPCV COFFEE MORNINGS 2022

10/01/22 Altbridge (Mon)

15/02/22 Stockbridge VP (Tues)

16/03/22 Northwood CPS (Wed)

28/04/22 Knowsley Central (Thur)

20/05/22 Bluebell Park (Fri)

20/06/22 Yew Tree PA (Mon)

12/07/22 Stockbridge VP (Tues)

14/09/22 Knowsley Central (Wed)

13/10/22 Northwood CP (Thur)

18/11/22 Bluebell Park (Fri)

05/12/22 Yew Tree PA (Mon)

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).

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 you care for 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

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.

WELFARE BENEFITS ADVICE



Our Benefits Advisor, Paul Murphy continues to provide telephone advice, information, benefits calculations, and support to help complete forms.

Please call on 0151 549 1412 leaving clear contact details or email enquiries@knowsleycarers.co.uk



Public Health
England

NHS

Are you
a carer?
Get your
free flu jab.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Contact your GP or pharmacist to arrange your vaccination.

NHS
Cheril Sowell
Nurse