CARERS TRUST
Sefton Carers Centre

MAY 2026

SEFTON CARERS

What's inside:

- Welcome
- News & updates
- Coffee Mornings & carers groups
- Courses & Activities

Welcome to the May Edition of Sefton Carers newsletter!

Sefton Carers Centre is a registered charity and is here to support you in your caring role by providing you with information, support, guidance and advice. All our services are free at the point of contact. We support all unpaid carers who live in the borough of Sefton from the age of 5 years old via our Young Carer Team, through to adult carers who are supported by our Carer Support Team.

Our quarterly newsletter will provide up-to-date news and information about Sefton Carers, resources and support available to you, and how to access online courses and activities throughout the year. We would also like to share your day-to-day stories and celebrate the amazing support you give to the people you care for.

We would love to hear from you
Please send your suggestions, comments or stories to:
help@carers.sefton.gov.uk or via the contact page on the website:
www.sefton-carers.org.uk/index.php/contact-us

Contact Us:

For assistance and support: Call 0151 288 6060
Monday - Thursday: 9am - 5pm.
Friday: 9am - 4:30pm.

Email: help@carers.sefton.gov.uk

Website: www.sefton-carers.org.uk

For up-to-date information and advice, visit: www.sefton-carers.org.uk

Telephone message facility: Due to high demands on our services you may need to leave a telephone message with your name and contact number. Your call will be returned as soon as possible.

www.sefton-carers.org.uk **T: 0151 288 6060**

Stay updated on social media!

Sefton Council
NHS Cheshire and Merseyside
NHS Mersey Care NHS Foundation Trust
ISO 9001 Certificate No. GB2005570
SVQM BRONZE
NHS Cheshire and Merseyside SOCIAL VALUE AWARD
Liverpool City Region Fair Employment Charter
disability confident COMMITTED
Sefton CVS Supporting Local Communities

Registered in England as a company limited by guarantee. Registration Number 03124430. Registered Charity Number 1050808

News & updates

Annual Carers Survey

The Annual Carers Survey has now closed and we wish to thank all carers who took the time to complete this. It provides valuable information and feedback about services which help us and partner agencies to improve and plan services.

The prize draw for those who opted in has been completed via a random AI selection and carers selected have received their Aldi Vouchers.

Out of hours contact number

Our **interactive "out of hours" telephone line 07886 080 996** is now in place and provides a point of contact when our services are closed.

The line can provide referrals, information, and advice, and will advise our duty officer of the call and will make contact with you when the office is open again.

The number will pick up out of hours calls automatically when the Centre is closed.

Learning Disability & Autism Social Work Team Coproduction Group

Details of the next meeting dates for the coproduction meeting are listed below.

The team are keen to work with people who use services, and their families, to better understand needs. Please contact the centre or drop in.

Learning Disabilities and Autism Social Work Team

Sefton Council

Learning Disabilities and Autism Social Work Team Coproduction Group.

Co-production means people who use services, family carers and social workers work together as equals.
Everyone's views are important.

They work together to make social work services better and easier to use.

- **Talk about what works well.**
- **Talk about what does not work well.**
- **Find better ways of working.**
- **Help improve social work services for this team.**

Scan this code to go to the Your Sefton Your Say Working Stronger Together website. Find out more about this group and let us know you are coming.

Dates of Meetings

June 16 — **16th June 2026. 1pm – 3pm**

September 15 — **15th September 2026. 1pm – 3pm**

November 17 — **17th November 2026. 1pm – 3pm**

Where: Sefton Carers Centre

27-37 South Rd, Waterloo, Liverpool L22 5PE

Young Carers & Parent Carers

Thank you to all the young carers who completed our annual survey and to staff and other school professionals who also competed the survey.

The survey is a good way for us to make sure we are reaching young carers and this year we focused on school staff too in order to help us understand and improve our interactions with schools in supporting young carers.

Parent Carers...

National Autistic Society | EarlyBird Licensed

EarlyBird Programme

Join the National Autistic Society's EarlyBird programme for parents and carers of autistic children aged under 6 years.

The six-session programme covers:

- understanding autism
- communication
- understanding autistic experiences
- supporting daily living
- health and wellbeing
- connections.

"This has made a real difference to me. In general, life-changing." Parent

The EarlyBird programme aims to empower parents and supporting professionals to understand more about autism and discuss useful strategies on how to support autistic children.

Come along to our Information Morning
Tuesday 19th May 11:30-12:30
Marie Clarke Family Centre
Linacre Lane, Bootle, L20 5AQ

Our sessions will run:

9:30am – 12:00pm Every Thursday for 6 weeks

From Thursday 11th June to Thursday 16th July

For more information or to apply:
Louise Lawton louise.lawton@sefton.gov.uk

Closing date for applications - Friday 29th May. Places allocated 1st June

CARERS TRUST
Sefton Carers Centre

kooth

FREE PARENT SESSION

Supporting Young People's Mental Health

What is Kooth?

Kooth provides free, safe and anonymous online mental health support for children and young people in Sefton.

Scan to visit

www.kooth.com

DATE: Tuesday 2nd June
TIME: 11:00am - 11:30am
WHERE: Microsoft Teams

What Parents Will Learn

- Expert advice from Kooth Engagement Lead - Elena
- What Kooth offer to Young People
- How your child can access support
- How Kooth can help with worries, emotions, and mental health

How to Join

To request a Teams meeting link, please email:

parent@carers.sefton.gov.uk

0151 288 6060
Sefton-carers.org.uk
help@carers.sefton.gov.uk
@Seftoncarers

Living Well Sefton

Reality of Unpaid Carers:
Voices of Sefton unpaid carers

In April, our Living Well Sefton Team, spent time with a group of unpaid carers focusing on their lived experience of caring and what that means for their own lives. What carers shared was honest and powerful. Many talked about *constant emotional pressure, feeling exhausted, anxious, and at times overwhelmed.*

Caring can shrink your world, which reduces time for friends, interests, or even getting well deserved rest. Some carers talked about losing parts of themselves – forgetting who they are, outside their caring role.

There were also concerns about money, health, and the future, which is often uncertain and frightening. For unpaid carers, pressures build up and affect every part of your life.

At the same time, we encouraged carers to recognise their strengths. Many spoke about;

> **"Growing in resilience, patience and confidence.**
>
> **Being part of a group, feeling heard, feeling less isolated, helped people feel less alone.**
>
> **Connection really mattered."**

This session reinforced how important it is to create safe, accessible spaces where carers can talk, reflect and feel heard. When we listen to carers, we learn what support really needs to look like.

At the end of the session, we created a powerful graphic picture of the messages we had heard from carers. This powerful picture is a huge symbol of the feelings, needs and concerns of carers and we will be seeking to use it widely in our own communication messages and those of our partners.

Are you an unpaid carer? You're not alone.

If caring is affecting your wellbeing, support is available. Sefton Carers Centre and Living Well Sefton offer emotional support, peer groups, practical advice and space to talk.

Get in touch:
Sefton Carers Centre, 27–37 South Road, Waterloo, L22 5PE
0151 288 6060

Connecting with us at the Sefton Carers Centre – and other carers - can make you feel a little lighter.

Carers Allowance Overpayments update 2026

The Exercise to reassess Carers Allowance Overpayments has begun in April 2026 and will include considering all claims from April 2015 to Sept 2025.

The DWP will contact affected carers directly to inform them of the outcome of their case. Where a carer is found to have been overpaid due to unclear guidance, they may receive a reduction or refund and confirmation from the DWP has stated that no assessment will result in a carer owing money.

There is no need for carers to contact the DWP or the Carers Centre. The DWP will automatically contact any carers affected directly.

Crisis and Resilience Fund

As advised in the last newsletter the new crisis and reliance fund is being rolled out to Councils. This funding replaces the temporary Household Support Fund and offers a broader range of support.

Carers have been included in the group of people who may need to access this support. Sefton Council are currently refining its processes in line with the guidance for the funding and the centres CEO has been working closely with officers to ensure that carers are included as the new scheme had intended.

https://www.sefton.gov.uk/advice-benefits/information-about-crisis-payments/

More information will follow as we understand these processes.

Sefton at Work - Connect to Work

Sefton at Work are promoting the 'Connect to Work' programme which supports people with a disability or long term health condition to find and retain work.

UK Government

Connect to Work

Whether you have a disability, long-term health condition or are facing more complex barriers that make finding or keeping a job more difficult, we are here to support you.

Please contact **Sefton@Work**
Telephone **0151 934 2610** Email **connect-to-work@sefton.gov.uk**

Sefton Council

LIVERPOOL CITY REGION
COMBINED AUTHORITY

METRO MAYOR
LIVERPOOL CITY REGION

CONNECT TO WORK
Funded by **UK Government**

Carers Week

Building Carer Friendly Communities

Carers Week

8-14 June 2026

We are pleased to be working in partnership with Ince Blundell Hall during Carers Week. Please check our social media and web pages for updates regarding activities and events for Carers Week.

Ince Blundell Hall - Carers Break Update

As you may be aware the Carers Break service being offered at Ince Blundell Hall launched in Nov 2025. Carers can access vouchers which offer 1 or 2 night breaks at the hall and so far since Nov 2025 we have supported over 35 carers to access a break.

Feedback has been really positive!
"I had a lovely time at Ince Blundell Hall, thanks to the Sefton Carers Centre. "

"Please if you get offered this break take it up it helped me so much."

To access more information and a voucher please contact the centre on: **0151 288 6060** or email help@carers.sefton.gov.uk

Blue Badge Support

The next blue badge surgery dates at the centre are: 18th June and 16th July.

Carers can book a 30 minute appointment to be supported to complete a new or renewal blue badge application.

Please call reception **0151 288 6060** or email **help@carers.sefton.gov.uk** for more information or to book an appointment.

When coming in for your appointment you need to bring in some documents which can be found from this link **Blue Badge Drop-in Session - carers website. https://sefton-carers.org.uk/2025/10/16/blue-badge-drop-in-session/**

Useful information for Summertime

With summer approaching, we have included links to some places and events which offer access to carers or their cared for with reduce or free rates – there may well be others which it is always useful to seek out.

Access for everyone | National Trust (essential companion card)
https://www.nationaltrust.org.uk/who-we-are/about-us/access-for-everyone

Tickets | WWT Martin Mere (Free carer ticket)
https://www.wwt.org.uk/wetland-centres/martin-mere/plan-your-visit/tickets

Southport flower show – carer tickets Frequently Asked Questions
https://southportflowershow.co.uk/faqs/

Crosby Plaza – carer tickets Prices | Plaza Cinema
https://plazacinema.org.uk/prices

The Atkinson – Essential Companion (carer) tickets
https://theatkinson.co.uk/box-office/

Coffee mornings & carers groups

Carers Coffee Mornings

Fancy a cuppa and a chat?
Join one of our Carers Coffee Mornings.
Share experiences, make friends and just have time for you!

Fortnightly Carers Coffee Mornings:

Tuesdays - Carers Corner
10:30am – 12 noon
Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE

Thursdays - All Carers
10:30am - 12 noon
Harrows Drive playing fields, Aintree, Liverpool, L10 8LD.

Weekly Coffee Mornings:

Wednesdays - 18+ Carer Support Group
10:00 am – 12 noon
Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE

Monthly Carers Coffee Mornings:

First Tuesday of the month - All Carers (mixed age group)
10:30 am – 12:30 pm
The Life Rooms, 23-25 Scarisbrick Ave, Southport, PR8 1NW

Call 0151 288 6060 for more info or message us online: **www.sefton-carers.org.uk**

Sefton Support Group – Formby Drop in Coffee Morning

Our first joint coffee drop in event was well received and we are hoping that more carers or potential carers drop in for a coffee. The next drop in event will be on **25th June 2026, 12- 3pm at Sefton Support Service, 1 Duke St, Formby, L37 4AL**

And following on:
25th June 2026 – 12-3pm
27th August 2026 – 12-3pm
29th Oct 2026 – 12-3pm

Sefton Support Group offer a friendly space and facilities to welcome anyone who needs support or just a friendly face, their centre is open Monday to Friday each week.

Sefton SupportGroup

Where Community meets Health + Wellbeing

Dedicated to fostering a supportive community that aids in personal and collective growth.

Our comprehensive services are designed to meet the diverse needs of our members, ranging from therapeutic interventions to emotional support, all structured within a caring and inclusive environment.

Relaxing & Rejuvenating
Therapies at Sefton Support Group

Each session is a step towards enhanced well-being, offering:

Personalised Care: Tailored treatments that address your unique needs.
Expert Practitioners: Experienced therapists dedicated to your health and happiness.
Holistic Healing: A comprehensive approach that nurtures body, mind, and spirit.

Unlock the Door to Wellness.
Exceptional Value, Unforgettable Experiences.

Any funds generated via therapies provided goes towards the continuation of the services SSG provides.

Counselling

A Safe and Confidential Space. At Sefton Support Group.

Recognising that each person's experience is unique, our counselling sessions are tailored to meet your individual needs.

Learn more about our counselling: seftonsupportgroup.org/counselling/

Join our Tai Chi & Qigong for Health Class. *Free taster session!*

This class is ideal for beginners, providing a gentle introduction to these mindful practices that can significantly enhance your well-being.

Benefits

Reduce Stress, Enhance Physical Strength, Improve Flexibility, Support Mental Clarity, & Boost Your Energy.

After your free taster, a £5 donation is appreciated to support the ongoing work of Sefton Support Group.

join us Last Friday of the Month *Community* Wellbeing Sessions

We are offering monthly Community Meet Ups to support mental and physical wellbeing.

These sessions are designed to help reduce isolation, foster peer support, and create a sense of belonging within the community.

Learn more about our Community Wellbeing Sessions. Visit:
seftonsupportgroup.org/wellbeing-sessions/

SCAN ME

The warmth of community meets the broad needs of wellbeing.

Landline
01704 879 352

Website
seftonsupportgroup.org

Our Location
1 Duke Street, Formby, Liverpool, L37 4AL.

CARERS TRUST
Sefton Carers Centre

NHS
Mersey Care
NHS Foundation Trust

Sefton Carers Cafe
at the Life Rooms, Southport

Come and join us for the opportunity to meet other carers, take time out for yourself and get information and advice to support you in your caring role.

- Chat to staff from the Carer Engagement Team and Sefton Carers Centre
- Spend time with other carers
- Take part in an art and craft activity
- Enjoy a hot drink.

Dates:
3 March 2026 from 10.30am to 12pm
2 June 2026 from 10.30am to 12pm
1 September 2026 from 10.30am to 12pm
1 December 2026 from 10.30am to 12pm

Venue: The Life Rooms, 23-25 Scarisbrick Avenue, Southport, PR8 1NW

To confirm attendance or for further information, please contact the Carer Engagement Team: **carers@merseycare.nhs.uk** or **01925 972 801**

Details of other coffee mornings & drop ins are listed at the end of the newsletter.

Carers courses & activities

April - June 2026

Please note sessions & courses are subject to change (courses & sessions will be added throughout the terms) Most sessions do not run through holiday periods, half term, bank holidays, summer holidays etc. Please check our Bluesky social, YouTube & Facebook social media platforms for regular updates. If you are interested in attending any of our sessions, please register by calling the centre on 0151 288 6060 or using the booking form on our website.

Please note: Carers Sessions are subject to sufficient attendees to run. Carers/ workshops & courses are subject to change.

FREE COURSES FOR UNPAID CARERS

Course/Session	Date	Time	Tutor/ Facilitator	Venue	Platform	No of Weeks	Requires Booking
Chair Fit	**MONDAY** 13/04/2026 20/04/2026 11/05/2026 18/05/2026 1/06/2026 8/06 2026 15/06/2026 22/06/2026 29/06/2026	11:15am-12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	9 weeks No sessions 27th April Bank holidays 4th & 25th May	•
Dance & Tone	**MONDAY** 13/04.2026 20/04/2026 27/04/2026 11/05/2026 18/05/2026 1/06/2026 8/06 2026 15/06/2026 22/06/2026 29/06/2026	12noon 12:45pm	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 Weeks (16th Feb Banks hol 4th & 25th May	•
Mental Health Support Group-Waterloo	**MONDAY** 13/04/2026 20/04/2026 27/04/2026 11/05/2026 18/05/2026 1/06/2026 8/06 2026 15/06/2026 22/06/2026 29/06/2026	1:00pm-2:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		10 Weeks)	•
New) Mindfulness & Meditation	**MONDAY** 13/04.2026 20/04/2026 27/04/2026 11/05/2026 18/05/2026 1/06/2026 8/06 2026 15/06/2026 22/06/2026 29/06/2026	2:00pm-3:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		11 weeks (16th Feb is half term -no Sessions)	•

Bootle Baths Swimming sessions	**MONDAY** 08/06/2026 15/06/2026 22/06/2026 29/06/2026 06/07/2026 13/07/2026	10:30am-11:30am	Caroline Hesketh |	Bootle Leisure Centre, Washington Parade, L20		6 weeks	•	
Walking Group	**TUESDAY** 14/04/2026	10.30am-12.30pm	Active Sefton	Meet outside Waterloo Train Station		Weekly		
Tax, Care, Wills & Lasting Power of Attorney	Ongoing	Please call 288 6060 to book a Phone Appt		Lorraine Snyder & Victoria Stalker	Please Call Sefton Carers Centre to request a telephone Appt	Upon request	•	
Beginners Ukelele	**TUESDAY** 14/04/2026 21/04/2026 28/04/2026 05/05/2026 12/05/2026 19/05/2026 02/06/2026 09/06/2026 16/06/2026 23/06/2026 30/06/2026	11.00am-1.00pm	Ed Ford	Sefton Carers Centre Reception Area		10 Weeks (26th May is half term-no session)	•	
IT Lessons (Drop in)	**TUESDAY** 14/04/2026 21/04/2026 28/04/2026 05/05/2026 12/05/2026 19/05/2026 02/06/2026 09/06/2026 16/06/2026 23/06/2026 30/06/2026	1.30pm-3.30pm	Ed Ford	Sefton Carers Centre		10 Weeks (26th is half term-no session)	•	
Over 60's Coffee Corner **Waterloo**	**TUESDAY** 14/04/2026 28/04/2026 12/05/2026 26/05/2026 09/06/2026 23/06/2026	10-30am-12noon	Edna Osbourne/Sue Rimmer/Lillian Skelton	Sefton Carers Centre		Fort nightly	•	
Carers Coffee Morning **Southport**	**TUESDAY** 07/04/2026 05/05/2026 02/06/2026	10.00am-12.30pm	Caroline Hesketh/ Ruth Horsley	Life rooms Southport Scarisbrick Avenue PR8 1NW		First Tuesday of each Month	•	
Carers Health Checks- **Southport**	**TUESDAY** 07/04/2026 05/05/2026 02/06/2026	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarisbrick Avenue PR8 1NW		Monthly	•	

(New) Carers Mental Health Skills Training	**TUESDAY** 21/04/2026 28/04/2026 05/05/2026	2-4pm	Jeff Robinson Merseycare Carer Engagement Officer	Sefton Carers Centre		3 weeks	•	
Carers Coffee Morning	**WEDNESDAY** 1/04/2026 8/04/2026 15/04/2026	10am-12 noon	Ann McKenzie	Sefton Carers Centre		Weekly	•	
	22/04/2026 29/04/2026 06/5/2026 13/05/2026 20/05/2026 27/05/2026 03/06/2026 10/06/2026 17/06/2026 24/06/2026							
Carers Health Checks-**Waterloo**	**WEDNESDAY** 22/04/2026 13/05/2026 24/06/2026	10.30pm-11.30pm	Louise Stanley	Sefton Carers Centre		Monthly (please call To check Dates)	•	
The Reader Shared Reading Group	**WEDNESDAY** On hold at present	12.15pm-1.30pm	The Reader	Sefton Carers Centre		Weekly	•	
(New) Mental Health Support Group-Southport & Sound Meditation	**WEDNESDAY** 13/05/2026 17/06/2026	1-3pm	Debbie Campbell/ Caroline Hesketh	The Liferooms Scarisbrick Avenue		Monthly		
Sacred Drumming	**THURSDAY** 16/04/2026 23/04/2026	10:15am-11:00am	Debbie Campbell	Sefton Carers Centre		10weeks (28th May	•	
	30/04/2026 07/05/2026 14/05/2026 21/05/2026 04/06/2026 11/06/2026 18/06/2026 25/06/2026					half term -no Session)		
(NEW) Carers Coffee Morning Aintree Village	**THURSDAY** 16/04/2026 30/04/2026 14/05/2026 28/05/2026 11/06/2026 25/06/2026	10:30am-12 noon	Caroline Hesketh	Aintree Parish Council Committee Room Harrow Drive Playing Fields		Fortnightly	•	
Guided Meditation	**THURSDAY** 16/04/2026 23/04/2026 30/04/2026 07/05/2026 14/05/2026 21/05/2026 04/06/2026 11/06/2026 18/06/2026 25/06/2026	11.00am-12 noon	Debbie Campbell	Sefton Carers Centre		10 weeks (28th May is half term-no session)	•	

Gentle Yoga	**THURSDAY** 16/04/2026 23/04/2026 30/04/2026 07/05/2026 14/05/2026 21/05/2026 04/06/2026 11/06/2026 18/06/2026 25/06/2026	12.30pm-1.30pm	Louise Rooney	Sefton Carers Centre		10 weeks (28th May is half term-no session)	•	
Restorative Yoga & Relaxation	**THURSDAY** 16/04/2026 23/04/2026 30/04/2026 07/05/2026 14/05/2026 21/05/2026 04/06/2026 11/06/2026 18/06/2026 25/06/2026	1.30pm-2.30pm	Louise Rooney	Sefton Carers Centre		10 weeks (19th Feb is half term-no session)	•	
(NEW) Basic French Conversation	**FRIDAY** 24/04/2026 01/05/2026 08/05/2026 15/05/2026 22/05/2026 05/06/2026 12/06/2026 19/06/2026 26/06/2026	10.00am-12noon	Arjun Paudel	Sefton Carers Centre		9 weeks (29th May No session as half term)	•	
Crafty Carers/Art Group (Volunteer Lead)	**FRIDAY** **Every Friday Afternoon**	1.00pm-4.00pm	Doreen Brockett/Pat Jones/Valerie Vandis	Sefton Carers Centre		Weekly ongoing	•	
Knitting Group (Volunteer Lead)	**FRIDAY** **Every Friday morning**	10.00am-12.30pm	Joan Murphy/Anne Stack/Valerie Vandis	Sefton Carers Centre		Weekly ongoing	•	
Enjoy a movie for our Carers. At the Plaza Cinema Waterloo (Limited Places) Film and time & day are at a time to suit				Plaza Cinema Waterloo	Please Call 0151 288 6060 To register your interest (Tickets Must be allocated by SCC prior to attending)		•	

(NEW) CarersUK Online Courses

Venue: CarersUK
Visit: carersdigital.org
Access Code: SEFTON (to create account and start your e- learning journey)

List of courses:

Your rights as a carer
This bite-sized course gives an overview of carers' legal rights, including the right to an assessment, looks at carers' statutory rights at work and gives an overview of financial support available to unpaid carers.

Help with finances for carers
This bite-sized course gives an overview of the financial support available to unpaid carers and those they look after. We outline key benefits and other financial help for health costs, debt, household finances, disability-related expenses
and pensions.

Having the care conversation
This course prepares you to have the care conversation and looks at how others can help support you in making the care conversation easier.

Thinking ahead: the cost of care and support
Caring is a life event that you don't plan for but could have a major effect on you and your finances. This course will help you understand the cost of care and support, the impact of caring on work and the impact of caring on household expenditure and will discuss how to manage money and what help might be available: the cost of care and support.

Managing someone's affairs and protecting them from fraud
This course looks at understanding mental capacity, the different ways to manage someone's affairs in England, Scotland and Northern Ireland and how to use services to help keep someone safe.

Aids, home adaptations and equipment to support caring
This course looks at aids, home adaptations and equipment that can support someone to live more independently for longer. It provides information on the different types of aids and equipment to support care and caring, where to find products and how to fund them.

Technology to support care and caring
This course looks at the different types of technology-enabled solutions available to help make life easier for carers and those they look after.

About Me: building resilience for caring
This e-learning course will help you understand how to build a support network, find local resources and services and will give you tips to help you in your caring role. It will also help you understand the benefits of technology and how it can support you and the person you look after.

Working and caring
This e-learning course covers your legal rights, flexible working and leave arrangements and explores topics such as telling your employer and colleagues you are a carer and leaving and returning to work.

You and your wellbeing
This e-learning course is designed to help you build strategies to maintain your physical and emotional wellbeing whilst caring for someone.

Coping with stress as a carer
This course looks at the signs and symptoms of stress as well as an overview of the causes and its impact and provides useful information and tips on ways to manage stress.

Managing sleep as a carer
This course looks at why sleep is important, the causes and impact of poor sleep and provides information on ways to improve sleep quality.

Coping with behaviour that's challenging
This course looks at understanding behaviour that's challenging and its impact to carers and provides support and strategies for coping.

Managing difficult emotions as a carer
This course looks at feelings and emotions you may experience as a carer, the steps you can take to help recognise and manage your emotions as well as looking at how others may be able to support you.

Managing time
This course looks at why it is important to make time for yourself as a carer and the different ways in which you can manage your time more effectively.

Nutrition and caring
Carers UK has teamed up with Nutricia to develop an e-learning course which aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

Published by Sefton Carers Centre: Registered in England as a company limited by guarantee. Registration Number 03124430.
Registered Charity Number 1050808. Sefton Carers Centre, 27-37 South Road, Waterloo, Liverpool L22 5PE.