



Welcome to the **February 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

What's inside:

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

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!



News & updates



The NEW Sefton Carers Centre website has been officially launched!



We're excited to announce the new Sefton Carers Centre website
<https://sefton-carers.org.uk/>

We have built this website to provide **easier access for carers to learning more about our services** in addition to **discovering information relevant to them**.

Our website **allows for referrals to be made either by carers themselves or professionals** as **online referrals** can now be made **for adult carers, young carers and parent carers** through our webpages.

Carers are also able to **request for welfare benefits appointments** whilst there are **plenty of resources and information** on our website around the **benefits that carers are entitled to claim**. We will consistently be adding to this in the aim to clear the process and ease stress on carers as they navigate through the world of benefits.

From carers being able to **book themselves on any activities and courses** we run, clearer **information and resources around direct payments**, the opportunity to **provide feedback** and **regular news articles** to assist carers **on specific issues** then we are excited about utilising and continuously improving the website to remove barriers to carers in their caring role.

All Age Carers Strategy

The Sefton All Age Carers Strategy has been agreed and is **now live**.
<https://www.sefton.gov.uk/carersstrategy>



One of the priorities has been the implementation of a Carers Partnership Board, which will be chaired by Vicky Keeley CEO of the Carers Centre. Vicky's role will be to oversee and assess the ongoing impact of the implementation and progress of the strategy on carers and to set challenges for the council and other commissioners i.e. NHS where the strategy is not having the impact outlined.

Further information will be shared once the terms of reference and activities of the board are in place including how carers can have direct input into the board and the role of the Carers Voice Group.

Living Well Sefton will be attending a number of events in the coming months, including a Weight Loss and Hydration workshop with Active Sefton at Netherton Activity Sefton on the 19th of March.

Any unpaid carers interested in attending, please do let us know by emailing lynne.butterworth@carers.sefton.gov.uk or ringing 0151 288 6060.

Emma Wood will also be attending our shared Carers Support Group with Brighter Living Partnership in Southport on the **5th of March** to talk about **Welfare Benefits support for unpaid carers** and the people they care for.

If you would like to become a member of this support group, please email Lynne on the above email address.



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Mental Health Carers Support

The Centre will be working with NHS MerseyCare Trust on a programme supporting carers who care for an adult with mental health issues during 2025.

We will be facilitating regular coffee mornings at our base in Waterloo and Southport, where carers can access peer support and a listening ear, where carers views will be used to inform services with regards to the support carers need.

We will also provide a dedicated team member to work alongside individual carers and again be there to support them and look at what services would be of support. More information will be available shortly.

If you would like more information about this service, email; help@carers.sefton.gov.uk



Sefton Young Carers

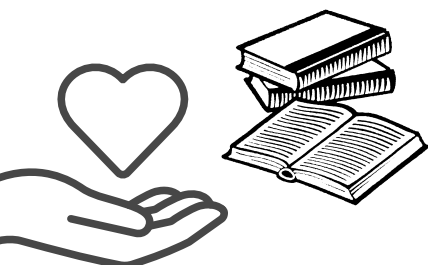
The young carers team have gratefully received some generous donations this year from across the Sefton community.

Southport Old Links Golf Club have given a cheque for £2,200 which was raised by the ladies' section of the club during the last year.

Dowhigh Ltd, a Liverpool-based civil engineering company who provide highway maintenance and road surfacing agreed to fund a range of books for our library for young carers.

The books will be used by the team in our one-to-one and group work with young carers, and they will also be available for young carers to loan to read at home.

If you would like more information please email yc@carers.sefton.gov.uk



SEND Parent & Carer Annual Survey 2025

Sefton Council, on behalf of the SEND Partnership Board are launching a consultation in March, to gather feedback from parents and carers who have a child with special educational needs or disabilities.

This is a consultation that is run every year to get feedback on what is going well in the local area and what needs to be improved.

The feedback is reported to the SEND Partnership Board, which includes Sefton Parent Carer Forum, Local Authority (Sefton Council), Mersey Care, Alder Hey Hospital, Sefton Council for Voluntary Service, Healthwatch Sefton & NHS Cheshire and Merseyside Integrated Commissioning Board who develop an improvement action plan.



**You Said,
We Did**

Every year we produce a You Said, We Did from the feedback received. This shows what the feedback has been and explains what has changed as a result of the feedback.

The consultation will run from the 1st – 31st March 2025.

We want to hear views about the Education, Health and Social Care services and the information and support services you receive.

By taking part in this survey, you have the option to be entered into a prize draw, where winners will be randomly selected to win one of three £50 shopping vouchers.

Take part in the consultation and have your voice heard.

Please use this link or QR code:

<https://bit.ly/SENDparentandcarersurvey2025>

(It will be live from the 1st March 2025)



Carers Dedicated Respite Facility

Sefton Carers Centre is pleased to be working with the team at Ince Blundell Hall regarding their plans to open a dedicated Carers Respite facility at Ince Blundell Hall during 2025.

The focus initially will be to support Adult Carers, however, the team are keen to engage with Sefton Carers to help them better understand your needs.



An initial event was held on the 20th February however more will be planned to engage with carers. More information to follow.

Emma can be contacted directly for more information on 07864 072723.



NHS Women's Health & Maternity App

The Cheshire and Merseyside Women's Health and Maternity App, launched by NHS Cheshire and Merseyside, provides a convenient one-stop shop for trusted sources of women's health information.

Women are encouraged to download the new **NHS health app - NHS Cheshire & Merseyside**.
<https://www.cheshireandmerseyside.nhs.uk/posts/women-encouraged-to-download-new-nhs-health-app/>

The NHS app is available on iOS and Android.

You can also use the **NHS website**: <https://www.nhsapp.service.nhs.uk/login>

To use the NHS app you must be aged 13 or over and registered with a GP surgery in England.

Find out more about who can use the NHS app here:

<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/getting-started-with-the-nhs-app/who-can-use-the-nhs-app/>

STRAND BY ME

Bootle New Strand

The "Strand-By-Me" is in Bootle Strand Shopping Centre (opposite B&M) and offers Community and Health Services and is managed by Living Well Sefton in partnership with Sefton Council.



Each week there are many drop in services including health advice, blood pressure checks, help with giving up smoking alongside help with IT skills and many other practical advice and signposting. Sefton CVS also provide many other services within the hub.

You can follow the hub [@StrandByMeShop](https://www.instagram.com/StrandByMeShop)

Alzheimer's Society

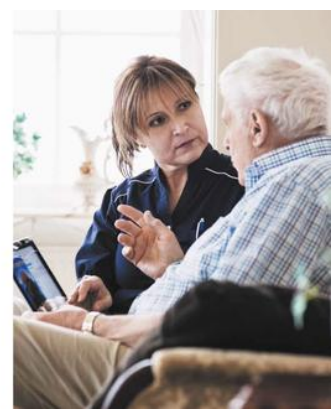


Alzheimer's Society is offering a Dementia Drop-in Service at 'Strand-by-Me, Bootle Strand (opposite B&M) Every Monday from 10am to 3pm.

**If you or someone you know concerned about memory loss?
Do you or someone close to you live with dementia?**

You can drop in and speak with one of our friendly Dementia Advisors, who can provide practical and emotional support along with connecting you with others in similar situations.

For more information, please contact **Caroline at 07860 394 142** or **Rosie at 07856 480 043** or else just drop in.





Netherton Community Grocery

The Netherton Community Grocery is now open for the people of Netherton helping to keep families fed and give members access to support too.

The Grocery offers a bridge between food banks and supermarkets, helping keep families fed so that no-one goes hungry.

The scheme runs across the UK in partnership with The Message Trust. Locally the trust is in partnership with Emmanuel Baptist Church and is located in the church on Fleetwoods Lane, address and contacts below:

**Emmanuel Baptist Church,
Fleetwoods Lane,
Netherton,
Bootle,
L30 0QG**

Tel 0151 660 6511

Opening times are Mon – Fri: 10am – 2:30pm

“To sign up to be a member at one of our Community Groceries, all you need to do is visit the store and let one of our team know it’s your first time. We will then get you a form to fill in and explain all about how the groceries work.

All you need to do is bring £5 for your annual membership fee*, and a couple of shopping bags to put your £5 shop in and then start shopping. It’s as simple as that!

Being a Community Grocery member means you can shop in store multiple times each week, helping you save on your shopping budget. We have stores across the country and your membership can be used in them all”.

As well as affordable food shopping members are invited to attend free courses offered by the partner church (also available to non-members).

To find out more and book your place(s) visit:

[Netherton Community Grocery - Community Grocery](https://communitygrocery.org.uk/netherton/)

<https://communitygrocery.org.uk/netherton/>



0151 660 6511



Community Grocery Netherton



[@nethertoncommunitygrocery](https://www.instagram.com/nethertoncommunitygrocery)



netherton@communitygrocery.org.uk

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

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, 22-33 Scarisbrick Ave, Southport, PR8 1NW

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

Carers courses & activities

January - March 2025

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 X (formerly Twitter), 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.

If you require further information, or would like to register your interest on a course or activity, please call **Caroline Hesketh on 0151 288 6060** or email: caroline.hesketh@carers.sefton.gov.uk

FREE COURSES FOR UNPAID CARERS

Day	Course/Session	Date	Time	Tutor/ Facilitator	Venue	Platform	No of Weeks	Requires Booking	
Monday	(New) Free Swimming Sessions	24/02/2025	10:30- 11:30am	Caroline Hesketh	Bootle Leisure Centre		6	•	
Monday	Chair Fit	13/01/2025	11:15am- 12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	11 weeks No sessions half term (17 th Feb)	•	
Monday	Dance & Tone		12noon	Collette Purcell	Sefton Carers Centre	YouTube Stream		•	
		13/01/2025	12:45pm				11 (17th is half term-no session)		
Monday	Heritage walks complimentary coffee and cake at local venue.	03/02/2025	10.30am- 2.30pm	Rachel Rick	Little Crosby (Meeting point TBC)		2	•	
		03/03/2025	10.30am- 2.30pm		Maghull (Meeting point TBC)				
Monday	(NEW) Built Around Us- Heritage Project	27/01/2025 17/02/2025 24/02/2025 10/03/2025 17/03/2025 24/03/2025 31/03/2025 07/04/2025	11am-1pm	Rachel Rick /Caroline Hesketh	Liferooms, 23-25 Scarlsbrick Avenue, Southport, PR8 1NW		8	•	

Monday	(NEW) Japanese Bookbinding Workshop	03/02/2025	1.30-3.30pm	Zulay Sayalero	Sefton Carers Centre		1	•	
Monday	Preparing For Professional Meetings (Self Advocacy)	24/02/2025	10:30-12:30pm	Caroline Roberts	Sefton Carers Centre		1	•	
Tuesday	Walking Group	January 2025	10.30am-12.30pm	Active Sefton	Meet outside Sefton Carers Centre		Weekly		
Tuesday	Tax, Care, Wills & Lasting Power of Attorney		Please call 288 6060 to book a Phone Appt		Lorraine Snyder & Victoria Stalker	Please Call Sefton Carers Centre to request a telephone Appt	Ongoing	•	
Tuesday	Beginners Ukelele	14/01/2025	11.00am-1.00pm	Ed Ford	Sefton Carers Centre Reception Area		11 (18 th Feb is half term-no session)	•	
Tuesday	IT Workshop Drop In (Bring your own devices)	14/01/2025	1.30pm-3.30pm	Ed Ford	Sefton Carers Centre		11 (18 th Feb is half term-no session)	•	
Tuesday	(NEW) Dementia Friendly Fish & Chip Bingo session (Please note there is a £5 per person charge for this event, please contact Sefton Carers Centre to book your tickets 0151 288 6060)	25/02/2025	11am-2.00pm	Sefton Carers Centre, Alzheimer's Society & Silcocks	Silcock's Embassy Restaurant Neville St, Southport	Carer & Cared for friendly event	1 day event	•	
Tuesday	Over 60's Coffee Corner Waterloo	14/01/2025 28/01/2025 11/02/2025 25/02/2025 11/03/2025 25/03/2025 01/04/2025	10-30am-12noon	Edna Osbourne/Sue Rimmer	Sefton Carers Centre		Fort nightly	•	
Tuesday	Carers Health Checks-Waterloo subject to confirmation, please call before attending	28/01/2025 25/02/2025 25/03/2025	10.30-am 11.30am	Louise Stanley	Sefton Carers Centre				
Tuesday	Carers Coffee Morning Southport	14/01/2025 04/02/2025 04/03/2025 01/04/2025 06/05/2025 02/06/2025 01/07/2025 05/08/2025	10.00am-12.30pm	Caroline Hesketh/ Ruth Horsley	Life rooms Southport		First Tuesday of each Month	•	
		02/09/2025 07/10/2025 04/11/2025 02/12/2025							
Tuesday	Carers Health Checks- Southport subject to confirmation, please call before attending	14/01/2025 04/02/2025 04/03/2025 01/04/2025 06/05/2025 02/06/2025 01/07/2025 05/08/2025 02/09/2025 07/10/2025 04/11/2025 02/12/2025	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarisbrick Avenue PR8 1NW		ongoing	•	

Wednesday	Carers Coffee Morning	08/01/2025 15/01/2025 22/01/2025 29/01/2025 05/02/2025 12/02/2025 19/02/2025 26/02/2025 05/03/2025 12/03/2025 19/03/2025 26/03/2025 02/04/2025	10.30am-12 noon	Ann McKenzie & Jan Tranter	Sefton Carers Centre		Weekly	•	
Wednesday	Carers Health Checks-Waterloo	15/01/2025 12/02/2025 12/03/2025 09/04/2025	10.30pm-11.30pm	Louise Stanley	Sefton Carers Centre		Ongoing	•	
Wednesday	The Reader Shared Reading Group	15/01/2025	12.15pm-1.30pm	James Hawkins	Sefton Carers Centre		Ongoing & Weekly	•	
Wednesday	Relax & restore	15/01/2025	11.00am-11:45am	Collette Purcell	Sefton Carers Centre	Youtube Stream	11 19 th Feb is half term-no session)	•	
Wednesday	(NEW) Craft Work shops	26/02/2025 Macrame 30/04/2025 Mandala Embroidery 14/05/2025 Felt Cactus	1:30-3:30pm	Becca Buttons	Sefton Carers Centre		3 Separate workshops	•	
Wednesday	(NEW) Rainbow Relaxation Routine (Self care reflexology)	22/01/2025	1:30-2:30pm	Liz Keeble	Sefton Carers Centre		4 Weeks	•	
Wednesday	(NEW) Free Swimming Sessions	26/02/2025	10:30-11:30am	Caroline Hesketh	Dunes Splash World-Southport		6 weeks	•	
Thursday	Sacred Drumming	16/01/2025	10:15-11:00am	Debbie Campbell	Sefton Carers Centre		11 weeks (20 th Feb is half term -no Session)	•	
Thursday	Guided Meditation	16/01/2025	11.00am-12 noon	Debbie Campbell	Sefton Carers Centre		11weeks (20 th Feb is half term-no session)	•	
					Centre		half term-no session)		
Thursday	Gentle Yoga	16/01/2025	12.30pm-1.30pm	Louise Rooney	Sefton Carers Centre		11weeks (20 th Feb is half term-no session)	•	
Thursday	Restorative Yoga & Relaxation	16/01/2025	1.30pm-2.30pm	Louise Rooney	Sefton Carers Centre		11 weeks (20 th Feb is half term-no session)	•	
Thursday	(NEW) Make Your Own Natural Products	16/01/2025	1.00pm-2:30pm	Louise Stanley	Sefton Carers Centre		4	•	
Friday	Carers Art Group (Carer Lead)	17/01/2025	10.00am-12.30 pm		Sefton Carers Centre		Weekly ongoing	•	
Friday	Crafty Carers (Carer Lead)	17/01/2025	1.00pm-4.00pm		Sefton Carers Centre		Weekly ongoing	•	
Friday	Knitting Group (Carer Lead)	17/01/2025	10.00am-12.30pm		Sefton Carers Centre		Weekly ongoing	•	
Friday	Art Group (Carer Lead)	17/01/2025	1.00pm-4.00pm		Sefton Carers Centre		Weekly ongoing	•	
Waterloo Plaza	Enjoy a movie for our Carers. At the Plaza Cinema Waterloo (Limited Places) Film and	January 2025			Plaza Cinema Waterloo	Please Call 0151 288 6060 To register your interest (Tickets Must be allocated by SCC prior to attending)		•	
	time & day are at a time to suit								