



What's inside:

- **Welcome**
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Welcome to the August 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

For Assistance and support out of hours: For our out of hours and 24/7 support please call our AI Assistant Anne who can provide registration and support information via the number above.

www.sefton-carers.org.uk

T: 0151 288 6060

Stay updated
on social media!



News & updates

Success of Ince Hall short breaks

Since it opened in November 2025 the short breaks for carers have been very successful.



- **In partnership with Sefton Council via the Accelerated Reform Fund we have developed a voucher scheme which has supported over 130 carers to access a 1 or 2 night break at the Hall.**
- **A successful event during carers week also enabled carers to visit the Hall and meet a range of other partner agencies.**

The Centre is looking forward to many more opportunities to work with Ince Blundell Hall in supporting carers.





Carers Voice - Approach

The Centre is launching **a new approach to ensuring that your voice is heard**. We appreciate that as carers your time is precious and attending a face-to-face meeting can be difficult.

Our new approach which will be supported via our website and dedicated email will provide an opportunity for carers to contribute to a wider range of topics, including any new processes, consultations and actions being considered not only by the Centre but via our partners and commissioners i.e NHS – Sefton Council etc.

Carers can contribute, when, how and to what they may wish to contribute or comment on as suits them. The dedicated email will provide the mechanisms for this two-way communication in addition where they wish to some online and face to face meetings throughout the year.

Details for carers who are interested and who may want to register can be found via the link [here](https://sefton-carers.org.uk/carers-voice/) which also includes the application: <https://sefton-carers.org.uk/carers-voice/>

Carer Feedback

The Centre welcomes feedback from carers to help us improve our services, our staff and volunteers really appreciate your comments too.

You can add feedback in lots of ways:

- ✓ **Let our staff know when you are in our facilities or at an event or coffee morning**
- ✓ **Via our website – where there is a facility to provide feedback on our Carers website: Carers Voice & Involvement (<https://sefton-carers.org.uk/carers-voice/>)**
- ✓ **Via any requested feedback methods – surveys etc**
- ✓ **Via Google**

Please note – Currently feedback through Healthwatch is unavailable as the systems are under review.

Carers UK Digital Resource

We are reminding carers of the valuable resource available through our website from Carers UK.

Sign up **HERE:** <https://sefton-carers.org.uk/carersuk-digital-resource-for-carers/>



Digital Resource



What is it?

The Digital Resource is a platform launched by Carers UK and we have partnered with them to bring instant practical, emotional and financial advice to help carers across Sefton in their caring role.

-  **Guides & Practical Information**
-  **Short Helpful Videos**
-  **E-Learning**
-  **Jointly App!**

And the best part is it's...

FREE FOR CARERS!

What's on there?

The Digital Resource is full of information and can help with:

-  **Health & Wellbeing**
-  **Support for Caring**
-  **Financial Planning**
-  **Technology**
-  **Working and Skills**

...And more!

Jointly App!

Jointly combines group messaging and to-do lists with other useful features, including medication lists, calendar and more.

How to Sign-up!

<https://sefton-carers.org.uk/carersuk-digital-resource-for-carers/>



-  **Visit CarersUK Digital Resource Website**
-  **Click on the 'Register' button**
-  **Enter the access code: Sefton**
-  **Enter name, email & password**
-  **Explore!**



www.carersdigital.org
Code: Sefton

Play the Sefton Community Lottery Today!



Support Sefton Carers Centre, help us raise money and be in with the chance to win weekly cash prizes up to £25,000!



Sefton Community Lottery, promoted by Sefton Council for Voluntary Service is a Small Society Lottery licensed by Sefton Council. Sefton Council Registration No: 022616. Administered by Gatherwell, T&S apply. All players must be 18 or over and reside in Great Britain.

Community Lottery

The Sefton Community Lottery is a new, exciting initiative for Sefton run in partnership between Sefton CVS and Gatherwell, an established and award-winning ethical External Lottery Manager.

Enter the weekly draws for a chance to win cash prizes up to £25,000!

60% of each ticket sale goes directly to local causes, helping strengthen communities across Sefton. Supporters benefit from a weekly lottery draw, with tickets costing £1.

Play the lottery, tickets are available at:

www.seftoncommunitylottery.co.uk/support/find-a-good-cause

Play Local. Make a Difference.

Please play responsibly. Participation in the lottery is entirely voluntary. T&Cs apply and players must be aged 18 or over and reside in Great Britain. If you feel gambling may be affecting you or someone you know, support is available through organisations such as GamStop and GamCare.





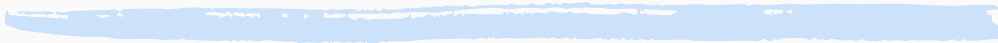
The next blue badge surgery dates at the centre are **Thursday 17th September 1-4pm & Thursday 12th November 1-4pm**

How to apply

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/)
<https://sefton-carers.org.uk/2025/10/16/blue-badge-drop-in-session/>



Living Well Sefton Updates

From Saturday 1st August, The Martin Gallier Project, in partnership with Alfie's Squad, will begin delivering the Cheshire & Merseyside Suicide Bereavement Service.

The service will offer support for anyone suffering from bereavement due to suicide, referrals are simple and contact will be made within 24 hours.

Cheshire & Merseyside Suicide Bereavement Service

Working together for those affected by suicide loss



Support is needed following a suicide loss.

- All age service
- Day 1 or decades later
- Cheshire & Merseyside
- Any person impacted by suicide loss



Complete the referral form via our website.

- Click "Access Help" anywhere on our website to complete the referral form
- 3 minutes to complete
- Ensure you have consent



Suicide Bereavement Team make contact.

- Initial contact will be made via phone within 24 hours
- We'll begin with a compassionate conversation, understand individual needs, and agree the most appropriate next steps together.

Participant feedback



Comfy, friendly, welcoming and safe, thank you.

I have not felt this positive in a long time.

I have felt cared for, respected all whilst learning lots of coping mechanisms...

Helps to see you are not alone, being surrounded by positivity. Great facilitators - caring and professional.

How to refer

- Ask your GP or any health professional to refer you to the programme.
- Contact the team directly via phone or email to self refer. Follow this link to refer yourself on the South Sefton PCN website:
- Or scan the QR code below:

<http://southseftonpcn.nhs.uk/what-we-do/aces-programme/>



Get in touch

cmicb-ss.adult.aces.southseftonpcn@nhs.net



07721 596 433



Find us on Facebook



Find us on Instagram



Sefton Council



SOUTH SEFTON
PRIMARY CARE NETWORK

ACEs

10 WEEK
GROUP PROGRAMME

Educate, Empower, Support



"Understanding the past for a better future"

A free 10 week group programme for residents with a South Sefton GP

What are ACEs?

ACE stands for Adverse Childhood Experiences. These are highly stressful, traumatic experiences faced in childhood and/or adolescence.

In England, nearly half of all adults have at least one ACE.

We may or may not be aware of the link between what happened to us when we were younger and the impact it can be having on us today.

ACEs can be **ANY** early traumatic events but may include:

- Any form of abuse Domestic
- Abuse Neglect
- Bereavement
- Bullying

Growing up in a household with:

- Substance misuse
- Parents separation
- Adults with mental health issues
- Adults in prison
- Witnessing domestic abuse

Aims of the programme



Developing healthy coping strategies

Making positive connections



Healthy lifestyles

Managing emotions



Building resilience



SOUTH SEFTON
PRIMARY CARE NETWORK



What we offer:

A free 10 week group programme, once a week, held in the local community by trained ACE Facilitators

Interactive activities

A safe, relaxed and friendly environment

Confidential discussions

Individual Health and Wellbeing Coaching in preparation for group and throughout, supporting you with your goals.

Petmobile Scheme – Freshfields Animal Rescue

Freshfields Animal Rescue have launched a new Petmobile service, providing much needed support in the local community in order to help tackle problems before they become a crisis and avoid unnecessary placement of animals into rescue centres which are already overwhelmed. They have already seen the impact this support can have on pet owners who perhaps wouldn't pro-actively seek out advice or support for their pets.

The Petmobile gives people free, friendly and non-judgmental support and advice. They offer microchipping, health checks, flea and worm treatments, access to neutering services and guidance on common behavioural problems. *Their mission is to keep pets with their people.*



freshfields
animal rescue
Petmobile

We're coming to see you!



Our Petmobile is a **FREE**, friendly drop-in service for you and your pet.



Free practical help & advice



Support for you and your pet



Helping pets & people together

We can help with:

 Pet care & wellbeing advice

 Behaviour & training support

 Access to pet food & essentials

 Microchipping

 Parasite treatment

 Signposting to further support

 A listening ear & a friendly face

 Keeping pets and people together

Everyone welcome! 

Scan me!



or visit freshfields.org.uk



MERSEYSIDE POLICE **Economic Crime Team**

Did you know 1 in 4 of us become a victim of fraud?

Would you know what to do if you realised you were a victim of a scam?

Most people use obvious passwords like their kids/pets/football team names, and have the same password for everything. **Are you guilty of this?**

Common frauds: Courier fraud, Romance/Relationship fraud, Investment fraud, Bogus traders, online shopping fraud, Hi Mum fraud...

We will be here to help raise awareness to the latest scams, and how to ensure you are kept safe online to minimise your chances of becoming the next fraud victim.

The Centre is currently working with Merseyside Police protection unit around fraud prevention. As you will know criminals will target vulnerable people with a range of fraud and so we have invited the officers to attend coffee mornings going forward.

Some of the information from the team is below:

APP Fraud

We have seen invoices being intercepted and bank details being changed to the fraudsters account. If there is a Company that you regularly pay, and their bank details have changed, pick up the phone to confirm that the new details are correct. Contact them on the normal number you have for them, not the phone number on the invoice you are querying. If it's been intercepted, the chances are the contact number is different. Don't assume.

Refund fraud

We had instances with a few vets in Merseyside, where the customer was refunding themselves from the payment terminal. See attached link for a description of this, as this can affect anyone that uses a payment terminal.

Refund scams - Business | Take Five

<https://www.takefive-stopfraud.org.uk/protect-your-business/refund-scams-business/>



PREVENTATIVE MEASURES: STOP! Take 5 minutes...

- **Don't be pressured into making any purchase.**
- **Check the invoice details,**
- **check the email address,**
- **check with the contact,**
- **then double check again.**



THE BIG CONVERSATION ON CARE

Help shape a fairer future

Baroness Casey of Blackstock (29 July) launched The Big Conversation on Care, the most ambitious public conversation in a generation, handing the public a direct role in shaping the future of adult social care in England.

Between now and April 2027, The Big Conversation will give people across England the opportunity to say what they want and expect from a future National Care Service, including on the tough questions on who it should support, what families should reasonably be expected to do, and how the country should pay for care in a fair and sustainable way.

The launch follows warnings from Baroness Casey that the adult social care system is “broken”, and that previous attempts to reform social care have too often failed because they have tried to resolve fundamental questions without first building public understanding and consent.

The Big Conversation will aim to engage with one million people across England. It is open to everyone through a new online platform; caseycommission.co.uk/bigconversation
<https://caseycommission.co.uk/bigconversation/>

Starting the conversation by asking people: when we are old or disabled, or have a serious illness, who should support us and how?

The Big Conversation will conclude by April 2027. Baroness Casey has agreed to provide the Independent Commission's recommendations by summer 2027.

Follow the link here for more information and to access an online consultation.

<http://caseycommission.co.uk/bigconversation/>



THE BIG CONVERSATION ON CARE

Help shape a fairer future

THE SUPPORT TO LIVE INDEPENDENTLY

How should we support older people, people living with disabilities or serious illness?

HAVE YOUR SAY

EVERYONE HAS A SAY ON THE FUTURE OF CARE

How can we make sure good care is there when people need it most?

JOIN THE CONVERSATION

CARE AFFECTS US ALL

How can we make sure nobody has to face caring responsibilities alone?

JOIN THE CONVERSATION

BUILDING A FAIRER ADULT SOCIAL CARE SYSTEM

Who should support us when we might need it?

SHARE YOUR VIEWS



Part of the

**Casey
Commission**

Independent Commission
on Adult Social Care

Minimum standards have been introduced in regard to planned care or treatments agreed ahead of time or what is sometimes referred to as “elective care.”

These standards set out what you, as a patient or an unpaid carer, should expect when you or someone you are supporting are referred for planned (non-urgent) NHS care in England. These standards have been developed with patients, unpaid carers and patient representatives, alongside clinicians and NHS teams.

The standards act on feedback the NHS have heard and, for the first time, set a benchmark for knowing what is happening and who to turn to.

This includes improvements in general practice, so it is easier to contact your GP practice by phone, online or in person, and so you know how your request will be handled. It also includes work to make primary care, community services and hospitals join up better, so you get the right care in the right place.

Improvements are also being made to the NHS App in 2026/27 so that you, or someone you care for, have the option to see and manage appointments, get clearer updates, and find information and support while you wait.

We are also working to improve communication earlier in your care, including before your referral has been accepted.

Together, these changes should make your care clearer, more joined up and easier to manage. The standards apply to care for all adults, children and young people and apply from the moment your referral is received by the hospital or clinic until:

- your treatment starts
- you and your clinician decide no treatment is needed
- or you choose not to go ahead with treatment

The role unpaid carers

Patients and, where appropriate, parents, unpaid carers or family members, play an important part in care. You can help by:

- attending appointments
- letting the service know as soon as possible if you need to change an appointment or no longer need it
- giving notice if you can't attend, so other patients can be seen sooner
- responding to communications from your provider, such as confirming you still need an appointment or providing information relevant to your care
- reading information sent ahead of appointments

For more information follow this link: <https://www.england.nhs.uk/long-read/minimum-standards-planned-patient-care/>

The Government has published a policy paper on the 14 th July 2026 regarding the role of Unpaid Carers.

The paper recognises that, while caring can be deeply rewarding, it can also be physically and emotionally demanding and that these pressures can affect a person's physical and mental health and financial stability, as well as their ability to study, work or enjoy a fulfilling retirement.

The government is committed to ensuring unpaid carers receive the support they need through, for example:

- the NHS
- the benefits system
- schools
- adult social care services
- employment rights

This is in addition to organisations which provide support to unpaid carers and their families, including:

- carer-focused and health condition-related charities
- employers
- employment services
- community organisations

To make this change, the government has developed this action plan to improve the lives of unpaid carers in England, and concentrated on 3 central themes - **recognise, refer and reach**.

One of the practical steps about making carers more visible as set out in the **10 Year Health Plan (<https://www.gov.uk/government/publications/10-year-health-plan-for-england-fit-for-the-future>)** includes the introduction of a new MyCarer section within the NHS App, so people can easily indicate that they look after someone and manage important aspects of that person's care on their behalf, such as appointments and prescriptions.

For access to the document and action plans agreed for each theme follow the link here:

[Unpaid carers action plan: recognise, refer, reach - GOV.UK](https://www.gov.uk/government/publications/10-year-health-plan-for-england-fit-for-the-future)

<https://www.gov.uk/government/publications/10-year-health-plan-for-england-fit-for-the-future>

Useful Information - Days out over the summer...

Summer 2026

Days out in Merseyside for families and community groups.



Arts, Culture and Museums

- [The Birkenhead Priory - The Birkenhead Priory : The Birkenhead Priory](#) – carry out group tours but prior booking is needed.
- [Bluecoat | What's On](#) – along with art and crafts, the Bluecoat has its own courtyard garden, which is a nice safe space to relax with groups.
- [Lady Lever Art Gallery | National Museums Liverpool](#) and [Home | Port Sunlight Village](#) based on Wirral
- [Home | Shakespeare North Playhouse | Theatre | Venue | Café | Bar |](#)
[Performance Space](#) and [Summer Shows And Activities | Shakespeare North Playhouse](#) *there is a cost for some activities. Location is in Prescot.
- St George's Hall [Minton Tiles Reveal](#) – only open for a short time and children (under 5's) can go free.
- [Sudley House | National Museums Liverpool](#) - [Sudley House - schools and groups info | National Museums Liverpool](#)
- [Victoria Gallery & Museum - Victoria Gallery & Museum - University of Liverpool](#)
 - o [Free Family Films - Victoria Gallery & Museum - University of Liverpool](#)
 - o [Journey Through the Stars - Victoria Gallery & Museum - University of Liverpool](#)
 - o [Bee Curious! - Victoria Gallery & Museum - University of Liverpool](#)
 - o [Bug Detectives: Mosquito Mania! - Victoria Gallery & Museum - University of Liverpool](#)
 - o [Free Family Festival Fun - Victoria Gallery & Museum - University of Liverpool](#)
- [Walker Art Gallery - schools and groups info | National Museums Liverpool](#)
- [World Museum | National Museums Liverpool](#)

Educational Visits

- [Hesketh Park Observatory - Go Stargazing](#) – Southport
- [Mersey Tunnel Tours | Merseytravel](#) **there is a cost attached to these visits

- The Recycling Discovery Centre at Gillmoss offers FREE visits for you to delve into the world of waste! [Recycling Discovery Centre](#)
- [The Visitor Experience - The World of Glass](#) – located in St Helen's.

Nature and Environmental Visits

- [Animal Farm Tourist Visitor Childrens Attraction North West Family Days Out - Acorn Farm](#)
- [Bridge Inn Farm - Bridge Inn Community Farm](#) - Bridge Inn Community Farm in Formby is the perfect place to immerse yourself in the countryside, learn more about nature or simply relax in serene surroundings. Prior booking is necessary.
- Canal and River Trust - [Canals & Rivers Near Me | Events Local to You](#) – visit for local walks and events information.
- [Fairy Glen, Appley Bridge - West Lancashire Borough Council](#) - this is a lovely walk and close to Parbold and the canal, which is a nice place to go for a picnic before or afterwards.
- [Lunt Meadows | The Wildlife Trust for Lancashire Manchester and North Merseyside](#)
- Sunflower Stroll, Hightown - [Sunflower Stroll | Liverpool | Facebook](#)
- [Tam O' Shanter Urban Farm - Visit Wirral](#)
- [Visiting The Dream: St Helens' Landmark Sculpture](#) - as well as the sculpture there are nature walks.

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

Sefton Support Group - Formby Drop-in Coffee Morning

Thursdays (every other month) - anyone who needs support or just a friendly face.

12:00 pm - 3:00 pm

Sefton Support Service, 1 Duke St, Formby, L37 4AL

Next meetings: 27th August 2026 - 12-3pm & 29th Oct 2026 - 12-3pm.

All our Coffee Mornings/Drop-ins including dates, times and venues are listed at the end of this newsletter. We are launching a **NEW Coffee Morning in Ainsdale THIS AUTUMN** and remember the Coffee Morning Drop-in at Duke Street, Formby, which is in Partnership with Sefton Support Group.

Our Coffee Mornings/Drop-ins are a good way for carers to access peer support and discuss anything they need to in a safe space.

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

Carers courses & activities

Sept – Dec 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 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/10/2026 16/10/2026 23/10/2026 30/10/2026	11:15am- 12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 weeks No sessions 26 th Oct Half term	•	
Dance & Tone	MONDAY 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/10/2026 16/10/2026 23/10/2026 30/10/2026	12noon 12:45pm	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 Weeks No session 26 th Oct Half term	•	
Mental Health Support Group- Waterloo	MONDAY 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/10/2026 16/10/2026 23/10/2026 30/10/2026	1:00pm- 2:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		10 Weeks No session 26 th Oct Half Term	•	

Mindfulness & Meditation	MONDAY 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/10/2026 16/10/2026 23/10/2026 30/10/2026	2:00pm-3:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		10 weeks 26 th Oct no Session Half term	•	
Walking Group	TUESDAY	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 22/09/2026 29/09/2026 06/10/2026 13/10/2026 20/10/2026 27/10/2026 03/11/2026 10/11/2026 17/10/2026 24/10/2026	11.00am-1.00pm	Ed Ford	Sefton Carers Centre Reception Area		10 Weeks No session 27 th Oct Half Term	•	
IT Lessons (Drop in)	TUESDAY 22/09/2026 29/09/2026 06/10/2026 13/10/2026 20/10/2026 27/10/2026 03/11/2026 10/11/2026 17/10/2026 24/10/2026	1.30pm-3.30pm	Ed Ford	Sefton Carers Centre		10 Weeks No session 27 th Oct Half Term	•	
Over 60's Coffee Corner Waterloo	TUESDAY 01/09/2026 15/09/2026 29/09/2026 13/10/2026 27/10/2026 10/11/2026 24/11/2026 08/12/2026 22/12/2026	10-30am-12noon	Edna Osbourne/Sue Rimmer/Lillian Skelton	Sefton Carers Centre		Fort nightly	•	

Carers Coffee Morning Southport	TUESDAY 01/09/2026 06/10/2026 03/11/2026 01/12/2026 12/01/2027	10.30am- 12 noon	Caroline Hesketh/ Ruth Horsley	Life rooms Southport Scarlsbrick Avenue PR8 1NW		First Tuesday of each Month	•	
Carers Health Checks- Southport	TUESDAY 01/09/2026 06/10/2026 03/11/2026 01/12/2026 12/01/2027	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarlsbrick Avenue PR8 1NW		Monthly	•	
(New) Strengthening Family Relationships Skills for Carers	TUESDAY 22/09/2026 29/09/2026 06/10/2026	2-4pm	Jeff Robinson ~~Merseycare~~ Carer Engagement Officer	Sefton Carers Centre		3 weeks	•	
Carers Coffee Morning	WEDNESDAY 02/09/2026 09/09/2026 16/09/2026 23/09/2026 30/09/2026 07/10/2026 14/10/2026 21/10/2026 28/10/2026 04/11/2026 11/11/2026 18/11/2026 25/11/2026 09/12/2026 16/12/2026 13/01/2026	10am- 12 noon	Ann McKenzie	Sefton Carers Centre		Weekly	•	
Carers Health Checks- Waterloo	WEDNESDAY TBC	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 16/09/2026 21/10/2026 18/11/2026 16/12/2026	1-3pm	Debbie Campbell/ Caroline Hesketh	The ~~Liferooms~~ Scarlsbrick Avenue		Monthly		
(New) Free swimming sessions	WEDNESDAY	TBC	Caroline Hesketh	Dunes Southport		TBC		
Sacred Drumming	THURSDAY 24/09/2026 01/10/2026 08/10/2026 15/10/2026 22/10/2026 05/11/2026 12/11/2026	10:15am- 11:00am	Debbie Campbell	Sefton Carers Centre		9 weeks No session 29 th Oct Half Term	•	

	19/11/2026 26/11/2026							
(NEW) Carers Coffee Morning Aintree Village	THURSDAY 10/09/2026 24/09/2026 08/10/2026 22/10/2026 05/11/2026 19/11/2026 17/12/2026	10:30am- 12 noon	Caroline Hesketh	Aintree Parish Council Committee Room Harrow Drive Playing Fields		Fortnightly	•	
Guided Meditation	THURSDAY 24/09/2026 01/10/2026 08/10/2026 15/10/2026 22/10/2026 05/11/2026 12/11/2026 19/11/2026 26/11/2026	11.00am- 12 noon	Debbie Campbell	Sefton Carers Centre		9 weeks No session 29 th Oct Half Term	•	
Gentle Yoga	THURSDAY 24/09/2026 01/10/2026 08/10/2026 15/10/2026 22/10/2026 05/11/2026 12/11/2026	12.30pm- 1.30pm	Louise Rooney	Sefton Carers Centre		9 weeks No session 29 th Oct Half Term	•	
	19/11/2026 26/11/2026							
Restorative Yoga & Relaxation	THURSDAY 24/09/2026 01/10/2026 08/10/2026 15/10/2026 22/10/2026 05/11/2026 12/11/2026 19/11/2026 26/11/2026	1.30pm- 2.30pm	Louise Rooney	Sefton Carers Centre		9 weeks Half term 29 th Oct	•	
Wellbeing Course	THURSDAY							
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)				Plaza Cinema Waterloo	Please Call 0151 288 6060		•	
time & day are at a time to suit					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.