



Welcome to the **Summer 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](http://www.sefton-carers.org.uk/index.php/contact-us) 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!





One Year On - Southport Together

Our thoughts are with the families affected by the Southport tragedy at the one-year anniversary.

We recognise that the impacts will be felt long to come and that emotions are still high.

For those who may need support, please click on the links below for information and services available.

<https://www.sefton.gov.uk/southport-together/support-for-you/>

News & updates

Mental Health Support

The Centre has been working with MerseyCare NHS Trust in supporting carers who support someone with mental health issues.



This includes support groups north and south of the borough and which are steadily expanding and becoming a valuable support network.

Also we offer 121 sessions with a counsellor, which can offer guided support to help you manage and work towards your goals. Please contact us at; help@carers.sefton.gov.uk for more information.

The support is funded to the end of the year and so please take advantage of this offer. We can also offer signposting and advice on next steps.

All-Age Carers Strategy & Annual Survey

The Centre will be working with Sefton Council and other partners to take forward the priorities agreed in the All-Age Carers Strategy.

The priorities are:

Priority 1 - Early Identification, Recognition & Appreciation of Carers

Priority 2 - Information & Advice

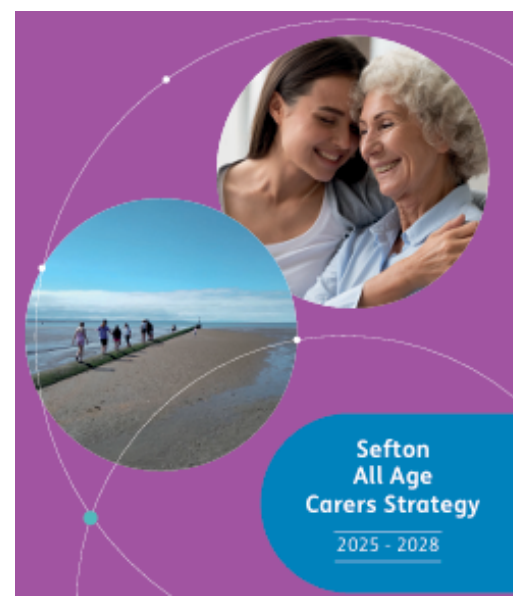
Priority 3 - Young Carers

Priority 4 - Empowering Carers

Priority 5 - Health & Wellbeing

Priority 6 - Carers Assessment

We are looking to focus these themes within our annual survey which will be available in Sept/Oct 2025 and provide your voice as carers to how these priorities are taken forward.



Details of the survey will be available on the SCC website and posted out to carers.

The Carers Voice Group have also been focusing on these priorities and will feedback into the newly established Sefton Partnership Board.

A copy of the Strategy is also available using the link below;

[sefton-all-age-carers-strategy-2025-2028.pdf](#)

If you have anything you would like to add or say about these priorities, please contact us at help@carers.sefton.gov.uk for the attention of Carol Cater.



**A UK-wide emergency alert test will take place on
Sunday 7th September 2025
at 3:00 PM**

This alert will be sent to all compatible mobile phones and will include a loud siren-like sound and a message on the screen, even if the phone is on silent.

While this is a routine test of the national alert system, it's important to be mindful of the potential impact on individuals experiencing abuse, particularly those who may be using a hidden or secondary phone for safety.

The alert could:

Reveal the presence of a hidden phone, putting someone at risk.

Cause distress or confusion, especially for those with trauma or anxiety.

Please consider:

Safety guidance from organisations like Refuge or Women's Aid on how to disable alerts on hidden devices.

Plans for Autumn – events and activities

Please see our events list at the end of this newsletter. Our schedule of meetings and groups will commence during Sept/Oct.

Please keep an eye on the [SCC website](https://sefton-carers.org.uk/events/) for any changes
<https://sefton-carers.org.uk/events/>

Supported Living Consultations

Sefton Carers Centre is hosting a consultation meeting with Sefton Commissioners on Tuesday 19th August at 11am to 12:30pm.

If you are interested in attending, please let us know on 0151 288 6060.

Email: help@carers.sefton.gov.uk

To take part in one of the consultations:

Join the SCC consultation meeting on 19th August 2025.

Use the QR codes on the leaflet below to find the right consultation for you.

Email: yourhomeyoursay@sefton.gov.uk

Phone: 0151 934 2888

Join Us to Shape the Future of Adult Supported Living.

SUPPORTED LIVING CONSULTATIONS.



Find the consultations on Your Sefton Your Say

Use the QR codes

There are 3 consultations:



For **People** who live in Supported Living Services
Now.



For **Carers** of people who live in Supported Living
Services **Now.**



For **People and Carers** who are thinking about
living in Supported Living Services in the **future.**

Or email yourhomeyoursay@sefton.gov.uk

Or phone 0151 934 2888

Ince Blundell Hall

Carers Break Service - Progress Update

We advised in our last newsletter about the plans Ince Blundell Hall have in place to develop a Carers Break service.

Lots of work has been taking place including some refurbishments and fundraising to ensure the Hall can be used to its best advantage. Due to the level of work the open day has been delayed however we are assured that this will be agreed before the end of the year.

The website will also be available soon and have lots of useful information about the service.

We send our best wishes to Emma and her team who have been working hard to get the service in place. We look forward to carers being able to access this brilliant facility as soon as it is ready.

Emma can be contacted at: emma.dorrity@googlemail.com or mobile 07864072723



**CARERS
TRUST**

Petition: Right to a Break Campaign

Carers Trust brought carers and voices to the heart of Westminster with a 'Protest from Home'.



They had a convoy of vans which drove around Westminster displaying messages from carers, calling on the government to give them a right to a break. A huge thank you to the carers and Network Partners who supported this campaign.

The protest gained extensive media coverage and attention in parliament, with the Secretary of State calling the protest "powerful". It was also supported by actor Greg Wise who gave an interview to Good Morning Britain, helping to amplify the message even further.

We also launched a petition which has received over 8,000 signatures. Please sign the petition by following on the link below.

Petition - Call on Westminster to give carers the legal right to a break

<https://carers.org/news-and-media/petition-give-all-unpaid-carers-the-legal-right-to-a-break/submit>

NHS England, as part of their work with Sefton Place on the Dementia 100 Toolkit, have developed a short Microsoft Forms survey to gather feedback from dementia service users and carers. This will support the completion of the Dementia 100 Toolkit for Sefton, focusing on the following three domains:

- Leading Well
- Preventing Well
- Diagnosing Well

Insights from carers will be invaluable in helping us understand current experiences and identify areas for improvement. Please complete the survey following the link below - Your ideas will help make life better for people with dementia;

SURVEY LINK

<https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9Ueylge0jXd04zQMT4t9Z29Nt9-0VMi9n85UMUhMUKiOM01IWjFTUzVET0ZPME1WTFhWRC4u>



Back to School – Enjoying the Summer Break



Just a few messages for carers who have children returning to school or going through school changes.

Young Carers Team

Our team are there to support you when transitioning - either changing school or leaving school for college or university or employment. If you are not already involved in a support group or would like some 121 support, please contact the team.

The team have been busy supporting carers throughout the school holidays, and we hope carers have enjoyed the many activities and opportunities for a break. We welcome any feedback.

Parent Carers

We appreciate this time of the year can be very stressful for parents, both looking at schools for children entering education or any changes for your child or young person. The team are happy to support and provide regular peer groups and 121 help, they are also available at the family centres and can offer a range of support.

Both teams can be accessed by calling the centre on 0151 288 6070
Or via email at help@carers.sefton.gov.uk

Concessions and discounts for carers

CarerSmart is a scheme put together by Carers Trust to offer benefits such as cash back, deals and discounts on insurance, travel, high street shops and much more.

Joining is easy and free. Once you're a member, you can benefit from a wide range of offers including:

- Cash back on shopping from numerous high street retailers.
- Best rates from energy providers.
- Reductions on insurance renewals.
- Discounts on holidays and travel arrangements.
- Reduced price lifestyle activities.
- Free legal advice services.

For more information or to register visit:

<https://sefton-carers.org.uk/carers-discount-card/>

Discounts also include access for carers when accompanying the cared for at:

- **Chester Zoo**

<https://www.chesterzoo.org/tickets-membership-experiences/plan-your-visit/accessibility>

- **Theme parks** - **Merlin Annual Pass**

<https://www.merlinannualpass.co.uk/important-information/passholder-help/passholder-accessibility/carers-pass-redemption/>

- **Royal Horticultural Society (RHS)**

<https://www.rhs.org.uk/>

- **National Trust**

<https://www.nationaltrust.org.uk/>

- **English Heritage**

<https://www.english-heritage.org.uk/>

Cinemas - Many cinemas provide free tickets for unpaid carers when you accompany the person you care for. To access this, you usually need to have what is known as a **CEA Card**. These are issued through a national scheme run by the UK Cinema Association. They cost £6 and last for one year. <https://www.ceacard.co.uk/>

Theatres - Although theatres in the UK do not run a national scheme like the cinema CEA Card, many of them still offer free tickets for accompanying carers. The person you care for may also be eligible for a concession rate too.

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, 23-25 Scarisbrick Ave, Southport, PR8 1NW

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

Carers courses & activities

Sept - Dec 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 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. If you require further information, or would like to register your interest on a course or activity, please call the Centre on 0151 288 6060 or email: help@carers.sefton.gov.uk

FREE COURSES FOR UNPAID CARERS

Course/Session	Date	Time	Tutor/ Facilitator	Venue	Platform	No of Weeks	Requires Booking	
Free Swimming Sessions	MONDAY 15/09/2025 22/09/2025 29/09/2025 06/10/2025 13/10/2025 20/10/2025	10:30- 11:30am	Caroline Hesketh	Bootle Leisure Centre		6	•	
Chair Fit	MONDAY 15/09/2025 22/09/2025	11:15am- 12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 weeks No sessions half term (27 th Oct)	•	
	29/09/2025 06/10/2025 13/10/2025 20/10/2025 03/11/2025 10/11/2025 17/11/2025 24/11/2025							
Dance & Tone	MONDAY 15/09/2025 22/09/2025 29/09/2025 06/10/2025 13/10/2025 20/10/2025 03/11/2025 10/11/2025 17/11/2025 24/11/2025	12noon 12:45pm	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 Weeks (27 th Oct is half term-no session)	•	
Mental Health Support Group- Waterloo	MONDAY 1/9/2025 8/9/2025 15/09/2025 22/09/2025 29/09/2025 6/10/2025 13/10/2025	1:00pm- 2:00pm	ebbie Campbell/ Annemarie Summers	Sefton Carers Centre		Weekly	•	

	20/10/2025 27/10/2025 3/11/2025 10/11/2025 17/11/2025 24/11/2025 1/12/2025 8/12/2025							
Mindfulness & Meditation	MONDAY 1/9/2025 8/9/2025 15/09/2025 22/09/2025 29/09/2025 6/10/2025 13/10/2025 20/10/2025 27/10/2025 3/11/2025 10/11/2025 17/11/2025 24/11/2025 1/12/2025 8/12/2025	2:00pm- 3:00pm	ebbie Campbell/ Annemarie Summers	Sefton Carers Centre			•	
(NEW)Strengthening Family Relationships Course Carer Engagement Team Merseycare	MONDAY TBC	10.00am- 12noon	Jeff Robinson	Sefton Carers Centre		4 weeks	•	
	MONDAY 03/11/2025	10:30am- 12:30pm	Katie Weymouth	Sefton Carers Centre			•	
(NEW) Card Making Course	10/11/2025 17/11/2025 24/11/2025					4 weeks		
Walking Group	TUESDAY 02/09/2025	10.30am- 12.30pm	Active Sefton	Meet outside Waterloo Train Station		Weekly		
Tax, Care, Wills & Lasting Power of Attorney	From September 2025	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 16/09/2025 23/09/2025 30/09/2025 7/10/2025 14/10/2025 21/10/2025 4/11/2025 11/11/2025 18/11/2025 25/11/2025	11.00am- 1.00pm	Ed Ford	Sefton Carers Centre Reception Area		10 (27 th Oct is half term-no session)	•	
IT Lessons (Drop in)	TUESDAY 16/09/2025 23/09/2025	1.30pm- 3.30pm	Ed Ford	Sefton Carers Centre		9 (26 th May is	•	
	30/09/2025 7/10/2025 14/10/2025 21/10/2025 4/11/2025 11/11/2025 18/11/2025 25/11/2025					half term-no session)		

Over 60's Coffee Corner Waterloo	TUESDAY 09/09/2025 23/09/2025 07/10/2025 21/10/2025 04/11/2025 18/11/2025 25/11/2025 09/12/2025 06/01/2026	10-30am- 12noon	Edna Osbourne/Sue Rimmer/Lillian Skelton	Sefton Carers Centre		Fort nightly	•	
Carers Coffee Morning Southport	TUESDAY 02/09/2025 07/10/2025 04/11/2025 02/12/2025 13/01/2026	10.00am- 12.30pm	Caroline Hesketh/ Ruth Horsley	Life rooms Southport		First Tuesday of each Month	•	
Carers Health Checks- Southport	TUESDAY 02/09/2025 07/10/2025	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarisbrick Avenue PR8 1NW		Monthly	•	
	04/11/2025 02/12/2025 13/01/2026							
Carers Coffee Morning	WEDNESDAY 03/09/2025 10/09/2025 17/09/2025 24/09/2025 01/10/2025 08/10/2025 15/10/2025 22/10/2025 29/10/2025 05/11/2025 12/11/2025 19/11/2025 26/11/2025 03/12/2025 10/12/2025 17/12/2025	10.30am- 12 noon	Ann McKenzie	Sefton Carers Centre		Weekly	•	
Carers Health Checks- Waterloo	WEDNESDAY Please call to check dates	10.30pm- 11.30pm	Louise Stanley	Sefton Carers Centre		Monthly (please call To check Dates)	•	
Swimming sessions Dunes Southport	WEDNESDAY 17/09/2025 24/09/2025 01/10/2025 08/10/2025 15/10/2025 22/10/2025	10:30pm - 11:30pm	Caroline Hesketh	Dunes Southport		6 weeks	•	
The Reader Shared Reading Group	WEDNESDAY 10/09/2025 17/09/2025 24/09/2025 01/10/2025 08/10/2025 15/10/2025 22/10/2025 29/10/2025 05/11/2025 12/11/2025 19/11/2025 26/11/2025 14/01/2026	12.15pm- 1.30pm	James Hawkins	Sefton Carers Centre		Weekly	•	

Relax & restore	WEDNESDAY 17/09/2025 01/10/2025 08/10/2025 15/10/2025 22/10/2025 05/11/2025 12/11/2025 19/11/2025 26/11/2025	11.00am-11:45am	Collette Purcell	Sefton Carers Centre	YouTube Stream	9 weeks (29th is half term-no session)	•	
(NEW) Jewellery Making Workshop	WEDNESDAY 17/09/2025	1:30pm-3:30pm	Beckie Eustace	Sefton Carers Centre		1 day session	•	
Sacred Drumming	THURSDAY 18/09/2025 25/09/2025 02/10/2025 09/10/2025 16/10/2025 23/10/2025 06/11/2025 13/11/2025 20/11/2025 27/11/2025	10:15am-11:00am	Debbie Campbell	Sefton Carers Centre		10 weeks (30 th Oct half term-no session)	•	
(NEW) Carers Coffee Morning Aintree Village	THURSDAY TBC	10:30am-12 noon	Caroline Hesketh	Aintree Parish Council Committee Room Harrow Drive Playing Fields		Fortnightly	•	
Guided Meditation	THURSDAY 18/09/2025 25/09/2025 02/10/2025 09/10/2025 16/10/2025 23/10/2025 06/11/2025 13/11/2025 20/11/2025 27/11/2025	11.00am-12 noon	Debbie Campbell	Sefton Carers Centre		10 weeks (30 th Oct is half term-no session)	•	
Gentle Yoga	THURSDAY 18/09/2025 25/09/2025 02/10/2025 09/10/2025 16/10/2025 23/10/2025 06/11/2025 13/11/2025 20/11/2025 27/11/2025	12.30pm-1.30pm	Louise Rooney	Sefton Carers Centre		10weeks (30 th Oct is half term-no session)	•	
Restorative Yoga & Relaxation	THURSDAY 18/09/2025 25/09/2025 02/10/2025 09/10/2025 16/10/2025 23/10/2025 06/11/2025 13/11/2025 20/11/2025 27/11/2025	1.30pm-2.30pm	Louise Rooney	Sefton Carers Centre		10 weeks (30 th Oct is half term-no session)	•	
(NEW) Wellness Course	THURSDAY 18/09/2025 25/09/2025 02/10/2025 09/10/2025	1.00pm-2.30pm	Louise Stanley	Sefton Carers Centre		4 weeks	•	
(NEW) Create Photography Course	FRIDAY TBC	1pm-3pm	Create Arts	Sefton Carers Centre		6 weeks (no half term session)	•	
(New) Becca Buttons Workshops	24/10/2025	10:30am-12:30pm		Sefton		1	•	

	Velvet Pumpkins 14/11/2025 TBC 12/12/2025 TBC	10:30am-12:30pm 10:30am-12:30pm		Carers Centre		1 1		
Crafty Carers (Carer Lead)	FRIDAY TBC	1.00pm-4.00pm		Sefton Carers Centre		Weekly ongoing	•	
Knitting Group (Carer Lead)	FRIDAY 05/09/2025 12/09/2025 19/09/2025	10.00am-12.30pm		Sefton Carers Centre		Weekly ongoing	•	
Art Group (Carer Lead)	FRIDAY TBC	1.00pm-4.00pm		Sefton Carers Centre		fortnightly 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)		•	