CARERS TRUST
Sefton Carers Centre

OCTOBER 2025

SEFTON CARERS

What's inside:

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

Welcome to the October 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

Tender and Contract updates

Sefton Carers Centre has been successful in being awarded the contract tendered by Sefton Council for Carers Support Services and our Direct Payment Support Service and Payroll.

The contract will be in place for 3 plus 2, 1-year extensions, and will enable the Centre to plan its activity over this period, enabling longer contracts for staff and more security for our services to develop.

The Centre will be working with the Council and Health Services to improve support for carers and work towards the priorities developed in the recently agreed All Age Carers Strategy.

For information, visit: Sefton All Age Carers Strategy 2025-2028 – Carers website https://sefton-carers.org.uk/2025/02/17/sefton-all-age-carers-strategy-2025-2028/

Annual Carers Survey - Sefton Carers Centre

Our Annual Survey will be live during January 2026 and will be open for approx. 6 weeks. Confirmation of dates will be available as soon as we finalise the survey.

This year our insights from the survey will focus on the priorities of the All Age Carers Strategy, Sefton All Age Carers Strategy 2025-2028 (https://sefton-carers.org.uk/2025/02/17/sefton-all-age-carers-strategy-2025-2028/) developed with Sefton Council and partners.

The strategy runs from 2025 – 2028 and the priorities include:

- Identifying Carers
- Information and Advice
- Empowering Carers
- Health and wellbeing
- Carers Assessments.

The survey will focus on feedback from Parent Carers and Adult Carers.

We plan to undertake a focussed survey with our young carers and young adult carers in the new year at the time of Young Carers Week.

Carers Rights Day

The theme for this year's **Carers Rights Day on Thursday 20 November 2025** is **'Know your rights, use your rights.'**

As a carer, understanding your rights can empower you with the right information about what you're entitled to. This helps you feel confident about asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, when interacting with other professionals or at home.

These rights include:

- The right to unpaid carers leave
- The right to flexible working
- The right to ask your GP to identify you as a carer
- The right to access a free flu jab
- Protection against discrimination and harassment
- The right to a carers assessment
- The right to be consulted when the person you care for is being discharged from hospital.

New! tools for carers

To support carers, we are excited to be able to offer two new tools. These will be available on Carers Rights Day, Thursday 20th November 2025 between 2pm to 4pm at the Centre. Our staff will support you to help you to understand the tools and benefits to carers. The NEW tools for carers are:

CarersUK webpage resource
https://www.carersuk.org/

This online resource has been developed in partnership with the Centre and will be packed with lots of information, including details of carers rights, elearning modules, videos, guides and a whole range of tools to help carers.

With health and wellbeing, support for your caring role, financial planning, help with technology and much more, we will ensure this fantastic resource assists carers across Sefton in their caring roles.

We are going to launch the programme on Carers Rights Day and will have access to computers with support from staff to help carers see the system and what it offers.

999ReUnite Wristbands

The Centre in partnership with Sefton Council are providing FREE 999ReUnite Wristbands to unpaid carers and families living in Sefton to support with their caring role and give peace of mind.

The wristbands, are powered by Lumiio and will hold vital information to support the person you care for or for yourself as a carer. This information could be as simple as letting someone know in an emergency that you have a dog alone at home or who can be contacted to support your loved one in the event of an emergency.

The wristband is waterproof, soft and easily adjustable. Carers can change or remove information as required. No batteries are needed, and no tracking is involved. Information stored on the device is accessible via tapping with a mobile phone.

In addition to Carers Rights Day, more information is available through the link here: https://www.youtube.com/watch?v=jo7MWBXX-tU, and also the link to our website page which has the Lumiio video: https://sefton-carers.org.uk/999reunite-wristbands/

Try out a Lumiio wristband…

For any carer who wishes to look at a wristband and would like to try one, you are welcome to drop into the centre to request and collect a wristband any time during our opening hours of;

09:00 am – 5:00 pm Monday to Thursday
09:00 am – 4:30 pm on Friday.

Launching 14th October

999 ReUnite Wristbands

999 ReUnite

lumiio powered by

CARERS TRUST

Sefton Carers Centre

Sefton Council

Sefton Carers Centre in partnership with Sefton Council are providing FREE 999 ReUnite wristbands to unpaid carers and families living in Sefton to support with their caring role and give peace of mind.

The wristbands hold vital information to support the person you care for, if they are in contact with either the police, fire or ambulance services.

lumiio enabled

Lumiio enables secure, instant access to essential personal information.

Download on the App Store

GET IT ON Google Play

0151 288 6060

sefton-carers.org.uk/999reunite-wristbands/

Contact Sefton Carers Centre for more information

Free! Events for carers

Keep an eye out for updates and events for carers at SCC and on our website:

- 20th November 10:30am-12:30pm - Children's Mental Health Pathways event
- 18th November 9:00am - 12:00 noon - Southport College free pamper session
- 30th October & 27th November 1:00pm - 4:00pm - Blue Badge drop-in session
- 26th November 10:00am - 11:00am - Carers Over 65 consultation event

CARERS TRUST
Sefton Carers Centre

Southport College

Sefton Carers Centre in Partnership with Southport College would like to invite Unpaid Carers for a Pamper Session

You can choose one treatment from the following:

- *Mini Facial*
- *Mini Manicure*
- *Hair Styling*
- *Hair Conditioning Treatment*

Tuesday 18th November
9am-12noon

Southport College , Mornington Rd, Southport ,PR9 0TT

To book on please call Sefton Carers Centre on 0151 288 6060 or email help@carers.sefton.gov.uk

Terms: over 16's
consent form must be signed prior to treatment & allergy check.

Limited Availability -BOOK NOW!

Registered in England as a company limited by guarantee. Registration number 03124430. Registered charity number 1050808

CARERS TRUST
Sefton Carers Centre

Sefton Council

BLUE BADGE DROP-IN

Blue Badge Assistance!

- Help to Complete Blue Badge Forms
- Answer any Blue Badge Queries
- Information on who can apply For a Blue Badge

DATE

Thursday 30th October
Thursday 27th November

TIME

1pm - 4pm

VENUE

Sefton Carers Centre
South Road, Waterloo
L22 5PE

Blue Badge Drop-In

We're inviting carers and/or their cared for to come to this drop-in and get help with all your blue badge needs whether it be asking questions or to help fill out the whole application form.

We will provide the application forms at the centre and help you copy/print documents, however please bring in any relevant requested evidence to support your application (Full list available from QR Code).

Documents Requested

Please scan the QR code below to see a list of requested evidence documents that will support you to complete your blue badge application.

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

0151 288 6060

Sefton-carers.org.uk

@Seftoncarers

Carers Over 65 Consultation Event

Sefton Council Learning Disability & Autism Team will be at the Centre. Staff will be looking to consult with carers, over 65 who maybe caring for loved ones with a learning disability or autism.

They want to discuss what types of support carers may need in the future when perhaps the carer is no longer able to support them fully.

Sefton Council recently undertook a Supported Living Consultation and so we anticipate the options for supported living may also be open for discussion.

Mental Health Project – update

SCC has been working alongside voluntary, community and faith (VCF) partners and Merseycare NHS Trust in supporting people who care for a person with mental health issues to access support around, finances, counselling and carers support.

More work is needed to develop the project which was piloted during 2025, with SCC having some real success in supporting peer groups in the north and south of the borough, alongside some individual counselling support being provided.

We are not certain how the project will develop or if future funding will be agreed, and will update as we know more. We are hoping that the support networks developed can be maintained going forward.

Neighbourhood Health Programme

Sefton has been officially named as one of the first areas in England to lead the rollout of the NHS new Neighbourhood Health Programme - a flagship initiative aimed at transforming how health and care services are delivered in local communities.

Backed by £10 million in national funding shared across all 43 sites, the programme aims to develop integrated neighbourhood health systems that bring care closer to home, particularly for people living with multiple long-term conditions.

- Moving health care from hospital to the community so that GPs working with acute hospitals and Council Locality Teams can support people to address wider determinants of health such as access to housing, leisure and community support.
- Community nurses and social workers working with GPs to identify those who need support and care early.
- Better access to healthcare for children and young people with teams wrapped around schools.
- A focus on people who need more support to manage their complex health and social care needs such as those with severe and enduring mental health issues.

The programme is a key part of the Government's 10-Year Health Plan, which aims to shift care from hospitals to communities, move from analogue to digital services, and focus on prevention rather than treatment.

We will look to get updates as the programme develops.

Christmas Events - December 2025

Volunteers Event - Thursday 4th December

Sefton Carers Centre, Waterloo

An opportunity for us to thank our volunteers for all their hard work and dedication over the year.

Carers Christmas Party - Wednesday 10th December

The Ferndale Lodge, Waterloo, 11am - 2pm.

See details below.

We will have entertainment from Billy Hui and his SingMe Merseyside choir and the Crosby Ukes will be returning to help fill us all with joy and cheer.

How to book onto a Christmas event:

Details will be advertised from mid-November. Places are limited and so apologies in advance if you are not able to get a ticket.

Parent Carers

Newly approved SEND Strategy launched

Following the public consultation over the summer, Sefton Council has now approved the **new SEND Strategy 2025-2028.**

Link to the strategy and associated documents here: SEND Strategy Feb 2025

https://modgov.sefton.gov.uk/documents/s131390/Enc.%201%20SEND%20Strategy%20Feb%202025%208.pdf

The Strategy includes an action plan and has developed 4 key priorities including:

- Feeling Included
- Delivering Local Provision
- Improving Transitions and Preparation for Adulthood
- Strengthening Communication and Information

Link to the Action Plan here: SEND Strategy – Partnership Action Plan 2025-2028

https://modgov.sefton.gov.uk/documents/s131801/SEND%20Strategy%20Plan.pdf

Parent Carers Medication Survey

As part of our work with the Parent Carer forum and NHS providers, the Centre has developed a follow up medication survey.

This will help us to feedback parents' experiences and comments with regards to obtaining, being prescribed and repeat medication processes.

The link to the survey is here: medication-survey Oct 2025.

https://www.smartsurvey.co.uk/s/medication-survey/

Young Carers

Young Carers self-care packages project
Update and 'Thank You'

Spring and Summer 2025 saw the completion of our self-care packages project funded by Tesco Stronger Starts and Groundwork UK as a result of Tesco shoppers voting for our cause at the Formby Superstore.

...to everyone that voted!

The aim of this project was to deliver bespoke packages to our young carers that have been unable to attend our breaks and respite activities. In this way, young carers were able to use the resources we provided to take a well-deserved break at home.

- **63 packages were made to suit the interests of the young carers** with some including craft and art supplies whilst others contained books, card games, even fashion and beauty items!
- For those carers who could join us in a range of activities, we saw our busiest summer holidays so far with **over 400 attendances throughout the 6 weeks**, allowing our young carers to access a break and have some fun with friends during their break.

For more info follow this link: Young Carers Summer in Sefton!
https://sefton-carers.org.uk/2025/09/08/young-carers-summer-in-sefton/

Important Information
December 2025 and Christmas plans

SCC opening and closing times over the festive period:

December	
Wednesday 24th December:	Open half day only*
Thursday 25th - Sunday 28th December:	CLOSED
Monday 29th - Wednesday 31st December:	Open
Wednesday 31st December:	Open half day only*
January	
Thursday 1st - Sunday 4th January 2026:	CLOSED
Monday 5th January 2026:	Re-opens

Sefton Council also have a shut down over the holiday period – please check their website for details.

Courses and Activities

Our courses, activities and coffee mornings will shut down over the festive period.

Details will be available for 2026 at the end of December 2025 and available on the Sefton Carers website, https://sefton-carers.org.uk/.

Please also check our Twitter, YouTube and Facebook social media platforms for regular updates.

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

Details of our courses and activities up to December are listed at the end of this newsletter.

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.

NEW

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**

New Coffee morning announced!

A new carers coffee morning started on the 25th September and will be held fortnightly on a Thursday at Harrows Drive Playing fields in Aintree Village, 10:30am - 12 noon.

The first meeting was very successful with carers finding the information helpful and identified support that they were not aware of.

We'd like to welcome more carers in the area to come along and join us, see friendly faces, share experiences, and get helpful information and support, plus a hot drink and a biscuit.

These supported groups provide carers with the opportunity to make new friends, have a break from caring, and get lots of ideas for support from your peers but also have your say in how services respond to helping carers.

Carers courses & activities

September - December 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.

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 29/09/2025 06/10/2025 13/10/2025 20/10/2025 03/11/2025 10/11/2025 17/11/2025 24/11/2025	11:15am-12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 weeks No sessions half term (27th Oct)	•
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 (27th 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 20/10/2025 27/10/2025 3/11/2025 10/11/2025 17/11/2025 24/11/2025 1/12/2025 8/12/2025	1:00pm-2:00pm	ebbie Campbell/ Annemarie Summers	Sefton Carers Centre		Weekly	•

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** 15/09/2025 22/09/2025 29/09/2025 06/10/2025	10.00am-12noon	Jeff Robinson	Sefton Carers Centre		4 weeks	•	
(NEW) Card Making Course	**MONDAY** 03/11/2025 10/11/2025 17/11/2025 24/11/2025	10:30am-12:30pm	Katie Weymouth	Sefton Carers Centre		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 7/09/2025 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 (27th Oct is half term-no session)	•	
IT Lessons (Drop in)	**TUESDAY** 16/09/2025 23/09/2025 30/09/2025 7/09/2025 14/10/2025 21/10/2025 4/11/2025 11/11/2025 18/11/2025 25/11/2025	1.30pm-3.30pm	Ed Ford	Sefton Carers Centre		9 (26th May is 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 04/11/2025 02/12/2025 **13/01/2026**	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarisbrick Avenue PR8 1NW		Monthly	•	
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 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** 03/09/2025 01/10/2025 05/11/2025	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 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	•	
(NEW) CREATE Photography Course	**WEDNESDAY** 8/10/2025 15/10/2025 22/10/2025 05/11/2025 12/11/2025/ 19/11/2025	1:30pm- 3:30pm	CREATE	Sefton Carers Centre		6 Weeks (29th Oct Half term-no 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	ebbie Campbell	Sefton Carers Centre		10 weeks (30th Oct half term -no Session)	•	
(NEW) Carers Coffee Morning Aintree Village	**THURSDAY** 25/09/2025 09/10/2025 06/11/2025 20/11/2025 04/12/2025 18/12/2025 **15/01/2026**	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 (30th 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 (30th 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 (30th 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		3 weeks	•	

(New) Becca Buttons Workshops	24/10/2025 **Velvet Pumpkins** 14/11/2025 **TBC** 12/12/2025 **TBC**	10:30am-12:30pm 10:30am-12:30pm 10:30am-12.30pm		Sefton Carers Centre		1 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)		•	

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.