CARERS TRUST
Sefton Carers Centre

NOVEMBER 2026

SEFTON CARERS



What's inside:

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

Welcome to the November 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!

Sefton Council | NHS Cheshire and Merseyside | NHS Mersey Care NHS Foundation Trust | ISO 9001 Certificate No. GB2005570 | SVQM BRONZE | 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

Carers Rights Day
19.11.26

This years Carers Rights Day falls on the 19th November, with this years theme being **"Someone you know is a carer – but do they know it yet?"**

We know that many carers don't consider themselves a carer and can miss out on valuable information and support.

Our plans for the week of Carers Rights Day will include asking current carers how they identified as a carer and what the support they received did to help them. We will focus on this at our carer support meetings and also make contact with a number of carers on the day to better understand how they have found receiving our support.

Carers Voice Approach

We are also launching our Carers Voice approach which enables carers to contribute in a way that suits them, regarding the work we do, and other wider projects by our partners.



If this is something you are interested in please follow the link here:
Carers Voice & Involvement or **https://sefton-carers.org.uk/carers-voice/**



This years **Carers Christmas Party** will take place on the **3rd December 2026.**
Please book as soon as possible to secure your place as these are limited.

Christmas Closing Times 2026

Sefton Carers Centre will be closed from 12pm on Thursday 24 & Thursday 31 December, and Christmas Day and New Years Day. However our AI Chat will be available 24 hours a day when we are closed to support with advice.

CARERS TRUST
Sefton Carers Centre

SEFTON CARERS CENTRE

CHRISTMAS PARTY

FOOD - LIVE MUSIC - FUN

WE WOULD BE DELIGHTED IF YOU COULD JOIN US TO CELEBRATE

THURSDAY 3RD DEC 2026
11AM-2PM

THE FERNDALE LODGE
15 CROSBY RD NORTH,WATERLOO,L22 0LD

TO BOOK ON PLEASE CALL RECEPTION ON 0151 288 6060 OR EMAIL HELP@CARERS.SEFTON.GOV.UK



INCE BLUNDELL HALL
Carers breaks

We are so pleased about the success of carers breaks with our partners at Ince Blundell Hall. Carers who have access the breaks have provided lots of positive feedback.

> **"Had a lovely time at Ince Blundell Hall last week. The venue was lovely, the food was delicious and the staff looked after us all really well."**

> **"Ince Blundell Hall was such a welcome break for an overnight stay and was a beautiful setting to relax and recharge my batteries."**

Ince Blundell Hall not only offer overnight breaks but also have a range of developing day time activities for carers.

For more information about the Hall visit their webpages via this link: Home - Ince Blundell Hall or https://inceblundellhall.org.uk/

New Ince Blundell Hall booking link

A new booking form with details of how carers can book a break at Ince Blundell Hall can be found via the link from our web page, there is also lots of information about the Hall:

Carers Respite, Ince Blundell Hall – Carers website or **https://sefton-carers.org.uk/carers-respite-ince-blundell-hall/**

Young Carers

Summer School Holiday Respite Breaks Programme - A success!

Our Young Carers service offered respite breaks to registered young carers on every day of the school summer holidays. The programme was varied and delivered across the borough, including;

- a soft play party in Maghull,
- watching films at the cinema in Crosby,
- bouncing on trampolines in Aintree,
- roller skating and climbing in Southport,
- dance and drama in Litherland,
- and much more.





Over 100 young carers joined us over the holidays to take a break and have some time for themselves.

The team are already excitedly planning for the next school holidays respite breaks.

Living Well Sefton

We would like to introduce **The Old Bakehouse on Zetland Street in Southport**, which is a welcoming project led by Marion Langshaw and Helen Maxwell that brings local people together and offers volunteering opportunities for people with autism and learning disabilities, with some volunteers already moving on into work.

We have also had a successful wellbeing session with the **Brighter Living Partnership**, where carers explored the 'five ways to wellbeing' and created **action plans, a seasonal check-in plan and a wellbeing tree** together.




Living Well Sefton has also been supporting local people through **outreach work at Maghull Advice Centre and Bootle Strand**, helping unpaid carers and members of the public connect with support in their communities as the organisation continues its focus on wellbeing through the winter months.

For more info on any of the items mentioned, please feel free to email us via **LWSTeam@carers.sefton.gov.uk**

Flu Vaccines



Carers are eligible for free flu vaccinations, please follow the links below to book an appointment - you may have to confirm you are a carer.

Pregnant women can access the vaccination through their maternity service (if their maternity service offers this).

To book an appointment follow the link here: **https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-flu-vaccination/**
or use the NHS app: **https://www.nhs.uk/nhs-app/**
You can also **book over the phone by calling 119 free of charge** and you can ask for an interpreter if you need one.

Upcoming 'Care for a Cuppa' sessions



carersUK

Held on Zoom, our online 'Care for a Cuppa' chats offer a space for carers to connect, share experiences and find mutual support. We hold weekly sessions, mostly on Monday afternoons, and a monthly evening session if carers can't attend during the daytime.

November sessions:
Monday 2 November, 11:00am-12:00pm
Monday 9 November, 3:00-4:00pm
Wednesday 18 November, 3:00-4:00pm (former carers session)
Thursday 19 November, 3:00-4:30pm (Carers Rights Day session)
Thursday 19 November, 7:30-8:30pm (evening session)
Monday 23 November, 3:00-4:00pm
Monday 30 November, 3:00-4:00pm

Please share information about these sessions with carers you are in contact with, in case they would like to sign up. You can find further details **here** or visit;
https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/

Harry's Pals
Emotional Support for Parents and Carers

Harry's Pals provides free emotional support to parents and carers of children with life-limiting or life-threatening conditions.

Receiving a diagnosis or dealing with the ongoing challenges of caring for a seriously ill or disabled child can have a huge emotional impact on the whole family. Harry's Pals exists to make sure parents don't have to face that journey alone.

They provide emotional support including counselling, therapy and peer support to parents across England, providing a safe and confidential space to talk, process what they are going through and find coping mechanisms for the road ahead.

If you know a family who may need support, please visit **www.harryspals.co.uk** to find out more and get in touch.

Alzheimer's Society – New Dementia Café Hub in Bootle

A new Demetia Café launched on the 7th October at the Mike O'Brien Hub, South Park, L20 2DD and will continue to be open from **11.30 am to 1.30 pm each Wednesday**.

The hub is free to attend for all those with any form of dementia or Alzheimer's as well as their loved ones and carers. Everyone will be made very welcome.

Blue Badge Appointments

Book an appointment with us to get help and support to complete a blue badge application.

Appointments are available on **Thursday 12th November between 1-4pm**, they are 30-minute appointments and carers can **book by calling 0151 288 6060** or email via **help@carers.sefton.gov.uk**

EST 2022

Bootle Together



COME FOR THE COMPANY, STAY FOR THE MUSIC, FOOD & FRIENDSHIP!

Bootle Together Invites you to

Memory Cafe

We are delighted to invite you to our new Memory Café at the Mike O'Brien Hub, South Park, Bootle L20 3AB

EVERY TUESDAY

11.00-1.00pm

MIKE O'BRIEN HUB

SOUTH PARK, BOOTLE, L20 3AB

FREE ENTRY .
EVERYONE WELCOME!

Theme Days, Activities & Games

Tea, coffee and refreshments

Food and cakes

Email Bootletogetherproject@outlook.com

Julie Lawson BEM DL
Community Events CIC

Sefton Council - Adult Social Care Feedback



'Good communication and support are really important to Sefton Adult Social Care. They would like to hear about your experience. '

The feedback form includes approximately 6 questions, some of the questions have more than one section. It should take no more than 5-10 minutes to complete.
This form is for feedback. Sefton Adult Social Care will use this form to improve their services.

Click here: **Online Feedback Form**, or
https://yourseftonyoursay.sefton.gov.uk/adult-social-care/copy-of-sefton-council-adult-social-care-feedback/consultation/subpage.2026-04-28.6809883086/

Sefton Council – Home Care Surveys

Sefton Council is seeking feedback about Home Care services. Please use the links below which include feedback for unpaid carers and people who use or may use home care services.

Sefton Resident Survey - Care and Support at Home

https://yourseftonyoursay.sefton.gov.uk/adult-social-care/sefton-resident-survey-care-and-support-at-home

Carers, Families and Unpaid Carers - Care and Support at Home

https://yourseftonyoursay.sefton.gov.uk/adult-social-care/carers-families-and-unpaid-carers-care-and-support

Changes to Adult Social Care Charges

Sefton Council has agreed some changes to Adult Social Care charges. We know that changes involving money can be worrying. This article explains what is changing, who may be affected and what help will be available.

The changes will not affect whether someone can receive care and support. This will continue to be based on the person's assessed care needs, not how much money they have.

For non-residential services starting on or after 2 November 2026:

- If a financial assessment shows that you need to pay towards your care, your contribution will start from the first day you receive the service.
- If you have savings or other capital above £23,250, you will usually be responsible for paying the full cost of your non-residential care.

If you ask the Council to arrange and manage that care for you, the following administration charges will apply:

- a one-off set-up fee of £350; and
- an ongoing charge of £6.70 a week.

These charges cover the extra work involved in arranging and managing the care, including making payments, sending invoices and managing contracts.

You can choose to arrange your own care instead. These administration charges only apply if you ask the Council to arrange and manage the care on your behalf.

If you already receive a non-residential care service, the change to when your contribution starts will not apply retrospectively to that service. If any other change affects your current arrangements, the Council will contact you directly.

From 1 January 2027:

The Council will gradually replace some fixed charges for respite care, short stays in a care home and transport to day care. Instead, each person will have a financial assessment to work out what they can afford to pay. Some people may pay less, or nothing at all. We will contact anyone affected and explain the change before it happens.

What is a financial assessment?

A financial assessment looks at your income, savings and essential expenditure. It also considers some extra costs you may have because of a disability.
The assessment works out whether you need to pay towards your care and, if so, how much.

Your own circumstances will be considered.
This means that some people may pay less than they do now, or may not have to pay anything.

Support for people and carers

You do not need to do anything now. If a change affects you or the person you care for, the Council will contact you. We will explain what the change means, when it will happen and where you can get help.

We can help you to:

- Understand what information is needed for a financial assessment;
- find advice about benefits and other financial help you may be entitled to; and
- tell us about extra costs you have because of a disability, so we can consider them.

Looking ahead

The Council will continue to review Adult Social Care charges to make sure they are fair and that care services can be maintained.

There are no plans for any other changes at this time. If the Council suggests more changes in the future, people will be able to have their say before a decision is made.



DRUG & ALCOHOL FAMILY SERVICES IN SEFTON

Support for friends and family members who have been impacted by a loved one's addiction

EMERGING FUTURES



WHAT WE DO

Emerging Futures works across the country supporting people affected by homelessness, addiction, and mental health challenges.

Our family services support people to feel more informed with the choices they make when caring for someone living with addiction.

ARE YOU STRUGGLING WITH A LOVED ONE'S DRUG OR ALCOHOL USE?

Whilst we can't change your circumstances, we can support you on your own journey.

Our team of family workers and coaches use their lived experience to help families and friends improve their wellbeing whilst building confidence.

SUPPORT IN SEFTON

ONLINE & IN PERSON SUPPORT GROUPS

A safe space for people to connect with others and share their experiences in a confidential, non-judgemental env ironment .

FOUNDATIONS OF FAMILY

A 12-week programme exploring practical coping skills that help people build emotional resilience and communicate better with their loved one.

1:1 COACHING

A dedicated coach to support with making the choices and changes needed to improve wellbeing.

Get the help you need

Our family services are free and available to anyone impacted by a loved one's addiction, even if that person is not accessing support or treatment.

Scan the QR code for more information

QR code not working?

Contact our Family Support Worker on 07592 502 690 or email merseysidefamilysupport@emergingfutures.org.uk

EMERGING FUTURES

Emerging Futures is a Community Interest Company
Company registration number 8938725

Making Sense of My World



Sefton Family Hubs

BEST START IN LIFE | FAMILY HUBS

A Workshop for parents and carers of Neurodiverse children & young people (Ages 5-19)

Have you ever wondered what your child might be communicating through their behaviour?

Join us for a supportive and informative workshop designed for parents and carers of children and young people who are neurodiverse or currently on an assessment pathway.

This workshop will help you to;

- **Understand the behaviour you are seeing at home, school and in the community.**
- **Explore behaviour as a form of communication and what your child may be trying to tell you.**
- **Understand the importance of self-care and wellbeing for the whole family.**

📍 Where & When

Talbot Family Hub Tuesday 12th October 2026 12.30-2.30pm

Netherton Family Hub Tueday 3rd November 2026 12.30 - 2.30pm

Seaforth Family Hub Tuesday 1st December 2026 12.30 - 2.30pm

Sefton Council

E-Mail: Thornton.FWC@ sefton.gov.uk

Sefton Family Hubs

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

Third Tuesday of the month - Carers Support Network, Ainsdale
12:00 pm - 2:00 pm
St Johns Church, Ainsdale
Next meeting: 17th November 2026 - 12pm - 2pm.

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.

New Coffee Morning – Carers Support Network, Ainsdale, Southport.

We are happy to have extended our coffee morning meetings to include a new opportunity at Ainsdale, meetings have already started and we are keen to extend the invite to any carers in the area.

The next meeting will be on the **17th November, at St Johns Church, 12pm to 2pm** with subsequent meetings every 3rd Tuesday of the month.

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 TRUST
Sefton Carers Centre

Sharing God's love, serving one another

St. Johns Ainsdale

ST. JOHNS CARERS COFFEE MORNING

A cafe for carers to take a moment for themselves and meet other carers - with help and support from Sefton Carers





Are you a Carer looking after a loved one or friend?

Join us for a cuppa and a chat, a chance to meet other carers and to access help & support!

When?	What Time?	Where?
3rd Tuesday of Every Month	12pm to 2pm	St John's Church 708 Liverpool Rd Ainsdale PR8 3QE

07984 274918

revjackie24@gmail.com

Web www.stjohnsainsdale.org.uk

Sefton Carers Centre Coffee Map



Sefton Carers Centre
27 – 37 South Road, Waterloo, L22 5PE
Fortnightly Tuesdays:
10.30am – 12pm
Weekly Wednesdays: 10am – 12pm

Life Rooms
23-25 Scarisbrick Ave, Southport, PR8 1NW
First Tuesday of the month:
10.30am – 12pm

Harrow Drive Playing Fields, Aintree, L10 8LD
Fortnightly Thursdays: 10.30am – 12pm

Formby
1 Duke Street, Formby, L37 4AL
See website for times

Ainsdale
St Johns, Sandbrook Rd, Ainsdale, PR8 3JE
Starts on the 14th October
Times TBA

Talbot Street Family Hub
St Andrew's Pl, Southport PR8 1HR
Wednesdays, 10am - 12pm

Netherton Family Hub
Magdalen Square, Netherton, L30 5QH
Thursdays, 10am - 12pm

See our website
https://sefton-carers.org.uk/
Or call us on 0151 288 6060

Carers courses & activities

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 09/11/2026 16/11/2026 23/11/2026 30/11/2026	11:15am-12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 weeks No sessions 26th Oct Half term	•
Dance & Tone	**MONDAY** 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/11/2026 16/11/2026 23/11/2026 30/11/2026	12noon 12:45pm	Collette Purcell	Sefton Carers Centre	YouTube Stream	10 Weeks No session 26th Oct Half term	•

Mental Health Support Group- Waterloo	M 2 1	**MONDAY** 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/11/2026 16/11/2026 23/11/2026 30/11/2026	1:00pm-2:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		10 Weeks No session 26th Oct Half Term	•	
Mindfulness & Meditation	M 2	**MONDAY** 21/09/2026 28/09/2026 05/10/2026 12/10/2026 19/10/2026 02/11/2026 09/10/2026 16/11/2026 23/11/2026 30/11/2026	2:00pm-3:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		10 weeks 26th Oct no Session Half term	•	
NEW (Upcycling Christmas Baubles)	M **2**	**MONDAY** **23/11/2026**	10.30am-1.30pm	Katie Weymouth	Sefton Carers Centre		1 day workshop	•	
Walking Group	1 **2**	**TUESDAY** Commencing 1st September 2026	10.30am-12.30pm	Active Sefton	Meet outside Waterloo Train Station		Weekly		
Tax, Care, Wills & Lasting Power of Attorney		Ongoing	Please call 288 6060 to book a Phone Appt		Lorraine Snyder & Victoria Stalker	Please Call Sefton Carers Centre to request a telephone Appt	Upon request	•	
Beginners Ukelele		**TUESDAY** 22/09/2026 29/09/2026 06/10/2026 13/10/2026 20/10/2026 27/10/2026 03/11/2026 10/11/2026 17/11/2026 24/11/2026	11.00am-1.00pm	Ed Ford	Sefton Carers Centre Reception Area		10 Weeks No session 27th Oct Half Term	•	
New (Christmas Card Making Workshop)		Tuesday 1/12/2026	11.00-3.00 pm	Ed Ford	Sefton Carers Centre	3 4	1day workshop		

				Centre			
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 24/11/2026	1.30pm- 3.30pm	Ed Ford	Sefton Carers Centre		10 Weeks No session 27th 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	•
(NEW) Art & Craft Session at Ince Blundell Hall	**TUESDAY** 15/09/2026	TBC	Caroline Hesketh	Ince Blundell Hall		1 workshop	•
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 Scarisbrick Avenue PR8 1NW		First Tuesday of each Month	•
Carers Health Checks- **Southport**	**TUESDAY** 06/10/2026 03/11/2026 12/01/2027	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarisbrick 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** 19/08/2026 23/09/2026 21/10/2026 18/11/2026	10.30pm-11.30pm	Louise Stanley	Sefton Carers Centre		Monthly (please call To check Dates)	•	
The Reader Shared Reading Group	**WEDNESDAY** On hold at present	12.15pm-1.30pm	The Reader	Sefton Carers Centre		Weekly	•	
(New) Mental Health Support Group- Southport & Sound Meditation	**WEDNESDAY** 16/09/2026 21/10/2026 18/11/2026 **Tue 15/12/2026**	1-3pm	Debbie Campbell/ Caroline Hesketh	The Liferooms Scarisbrick Avenue		M Monthly		
((New) Free swimming sessions	**WEDNESDAY** 14/10/2026 21/10/2026 4/11/2026 11/11/2026 18/11/2026 25/11/2026	10:30-11:30am	Caroline Hesketh	Dunes Southport		6 weeks With a break on 28/10 for half term		
Sacred Drumming	**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	10:15am-11:00am	Debbie Campbell	Sefton Carers Centre		9 weeks No session 29th Oct Half Term	•	
(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 29th 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 19/11/2026 26/11/2026	12.30pm-1.30pm	Louise Rooney	Sefton Carers Centre		9 weeks No session 29th oct Half Term	•	
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 29th Oct	•	

(**NEW**) Photography course – Create Arts	**THURSDAY** 17/09/2026 24/09/2026 01/10/2026 08/10/2026 15/10/2026 22/10/2026	10am- 12 noon	Becky/Tara	Sefton Carers Centre		6 weeks		
(**NEW**) Wellness Course	**THURSDAY** 24/09/2026 01/10/2026 08/10/2026 15/10/2026	12:30- 2:30pm	Louise Stanley	Sefton Carers Centre		4 weeks	•	
(**NEW**)Sefton Carer Centre drop in, Formby	**THURSDAY** 29/10/2026	12-3pm	Carers Centre Staff	Sefton Support Group 1 Duke Street, Formby,L37 4AL		Bi Monthly	•	
Crafty Carers/Art Group (Volunteer Lead)	**FRIDAY** **Every Friday**	1.00pm- 4.00pm	Doreen Brockett/Pat	Sefton Carers		Weekly ongoing	•	
	Afternoon		Jones/Valerie Vandis	Centre				
Knitting Group (Volunteer Lead)	**FRIDAY** **E 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) time & day are at a time to suit				Plaza Cinema Waterloo	Please Call 0151 288 6060 To register your interest (Tickets Must be allocated by SCC prior to attending)		•	

(NEW) CarersUK Online Courses

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

List of courses:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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