



Liverpool
City Council



**Local
Solutions**
Empowering People. Supporting Communities.

NHS
Liverpool
Clinical Commissioning Group

**CARERS
TRUST**



Liverpool Carers Centre Activities

January - March 2025

All sessions are held at the Liverpool Carers Centre,
Local Solutions unless stated otherwise.

We are offering activities that are face to face at various
locations around Liverpool, online via Zoom and on our
Facebook page.

To find out how to access our activities or help to get online
please contact us on: **0151 705 2308** or email:

healthandwellbeing@localsolutions.org.uk

**Liverpool Carers Centre, 99 Edge Lane
Liverpool L7 2PE**

Please follow us on social media



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Social Community Activities

New Carers Welcome Sessions

Every 2nd Monday of the month 2.30pm - 3.30pm, held in the Carers Centre
(Except Bank Holidays)



This is an opportunity to find out what support is available for you from our Health and Wellbeing Team. If you are a carer who has not yet used the Carers Centre or have not attended for a while and would like a reminder of our services, then please join us for this informal information session.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Breakfast Warm Hub, Community Living Room

Every Monday drop-in session 9.30am – 12.30pm held in the Carers Centre
(Except Bank Holidays)



Enjoy a warm welcome from the Carers Centre Team and watch a film, read a book, or bring a newspaper. A light breakfast will be available.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Dementia Drop-in 'Care for a Cuppa'

Every 1st Monday of the month 1pm - 3pm, held in the Carers Centre
(Except Bank Holidays)



This is a peer led support session for carers who are looking after someone who has dementia.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Mental Health Drop-in 'Care for a Cuppa'
Every 4th Monday of the month 1pm - 3pm, held in the Carers Centre
(Except Bank Holidays)



This is a peer led support session for carers who are looking after someone who has a mental health condition.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Creative Craft Workshops
Every Tuesday 10am – 12 noon, held in the Carers Centre



We will be covering different creative skills such as: needle felting, mosaic making, lino printing, decoupage and much more. £3 per session.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

SingMe Merseyside Carers Choir
Every Wednesday 1.30pm - 3.30pm, held in the Carers Centre



You are welcome to join in the fun and have a go at singing with other carers!

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Caveman Coffee and Chat
Every 3rd Thursday of the month 1.30pm - 3.30pm, held face to face



Join Paul for a **male only** coffee and chat in Liverpool. Locations vary. What we will be doing will be advertised each month via email, on our Facebook, Instagram, and Twitter.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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'Care for a Cuppa' Outreach Community Living Room



Come for advice, information, and peer support on your caring role. These sessions are held at various times at the following locations:

- Every 4th Wednesday of the month, held in the **Noah's Ark Centre**, Ganworth Road, Speke, Liverpool L24 2SA from 1.30pm - 3.30pm.
- Every Thursday morning, held in **Lister Steps, The Old Library**, Green Lane, Old Swan, Liverpool L13 7EB from 10.30am - 12noon.
- Every 1st Thursday of the month, held in **Lee Valley Millennium Centre**, Belle Vale, Childwall Valley Road, Liverpool L25 2PR from 1.30pm - 3.30pm.
- Every 4th Thursday of the month, held in **Hope Community Church**, Aintree Lane, Old Roan, Aintree, Liverpool L10 2JJ from 1pm - 3pm.
- Every 2nd Wednesday of the month, held at **Vikings Landing Pub**, 1 Sugarbrook Drive, Fazakerley, Liverpool, L11 2BD 10am – 12 noon.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Physical Wellbeing Activities

Yoga 6-Week Course

Every Tuesday afternoon, held in the Carers Centre 1.15pm – 2.15pm



This is a pre-bookable course of 6 sessions held in the Carers Centre costing £23.
FREE taster sessions are available.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Tai Chi & Qigong 6-Week Course

Every Friday morning 11am - 12noon, held in the Carers Centre



This course explores an exercise form that uses breathing, meditation, and movement to increase energy and enable the body to heal itself.

This is a pre-bookable course of 6 sessions held in the Carers Centre costing £24. **FREE** taster sessions are available. If you miss a session, you can access the tutor's online session for free to catch up with the group.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Carers Walks will start again in March.



We will be visiting Calderstones Park, Croxteth Park, Otterspool Promenade, Sefton Park and Stanley Park. Suitable for all abilities. Please come prepared in appropriate footwear. These will be advertised via email, on our Facebook, Instagram and Twitter. Well behaved dogs on leads are welcome!

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Holistic Therapy 4-Week Course

Every Friday afternoon 2pm - 4pm, held in the Carers Centre



This is a pre-bookable course of 4 sessions held in the Carers Centre costing £40. Our holistic therapist will be offering; back, neck and shoulders massage, facial, Indian head massage and reflexology. Each session will last for 30 minutes.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Online Activities

Carers Zoom Coffee & Chat

Every 1st Monday of the month 11am - 12noon.
Every 3rd Tuesday evening of the month 7pm - 8pm, both held on
Zoom
(Except Bank Holidays)



Join us on Zoom for a social chat. Zoom links will be sent via email.
Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Carers Evening Book Club

Every 1st Monday of the month 7pm - 8pm on Zoom.



Are you a carer that is only able to access evening activities? Join our book group on Zoom where we look at a different book each month. Discover new authors and share your thoughts on the books you have read.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Training Activities

Staying Safe Online 4-Week Course

Wednesdays 10.30am – 12noon, held in the Carers Centre



Do you want to know more about staying safe online and how to spot scams?
Are you confused about all the computer jargon being used and aren't sure what it all means?

Do you need help to use your devices or have any other IT issues?
We will be covering these topics and much more. Why not join us for a 4-week course. It's very informal and refreshments will be provided. You can bring your own device or use one of ours.

Each course will be tailored to the needs of the attendees.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Short Courses with Liverpool Adult Learning Services



We have linked up with Liverpool Adult learning service to offer the below course's:

- 5 Ways to Wellbeing
- Baking Workshop
- Culture of Kindness
- Laughter Yoga and Relaxation
- Photography
- Relaxation and Resilience

Courses are free if your income is **£19,300** or less, we can only provide one free course over the academic year with Liverpool Adult Learning Service. Places are limited so we do ask that you try to commit to attending the whole course as if numbers drop below 6, the course will be cancelled for all carers who have been attending.

These courses will be advertised via email, on our Facebook page, Instagram, and Twitter. **Please contact our Health and Wellbeing Team: 0151 705 2308 for more information**

First Aid and Manual Handling



We have various courses for First Aid and Manual Handling over the upcoming weeks. These are both focused on what you may face as a carer and are very informative. Training sessions will take place at the Carers Centre when available and will be advertised via email, on our Facebook, Instagram and X (Twitter)

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Carers Forum



Are you able to contribute your valuable time and knowledge to an important carer group?

We need a core group of current carers.

The Liverpool Carers Centre Carers Forum will run sessions 4 times a year. The aim is to ensure carers voices are heard in the shaping of Liverpool services.

There are limited places on the Carers Forum.

If you are interested in becoming a member, contact Liverpool Carers Centre on 0151 705 2307 or email carerscentre@localsolutions.org.uk

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Carers Assessments and Support



If you are a carer, you are entitled to a carers assessment which helps you think about what support you may need as well as how you can balance life outside caring. Once a carers assessment is received, your needs will be addressed by further support and guidance from Carers Centre staff, depending on the issues identified. This may be carried out in a series of 1-2-1 support sessions with an assigned worker or could be provided through information and advice that could:

- Help you to stay healthy
- Contain advice on education or carers' training
- Take you through your rights if you are still in paid employment
- Make sure you're getting the right financial support
- Help you to have a break

For more information, please contact our Carers Centre Team on 0151 705 2307

Life Enhancing Technologies



Are you concerned about the safety of a vulnerable relative, friend, or neighbour? The lifeline falls monitor package is free on prescription when referred by your GP. Call for help at the push of a button and be connected to a trained advisor.

**Please contact our Life Enhancing Technology Advisor
on 07311 345 372 for more information**

'What Next?'

A support group for carers who have been recently attending the carers centre and are now no longer in a caring role.



We welcome you to join us for 6 months for support into your next step. We hope this group will help you to gain confidence, form new friendships and access new groups within the community. The group will meet twice a month.
Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Local Solutions Homecare are recruiting, to find out how to access our current vacancies, please contact us on: **07999 106 701** or email: recruitment@localsolutions.org.uk

A recruitment flyer for Local Solutions Homecare. The background is dark blue with a lighter blue wave at the bottom. The Local Solutions logo is in the top left. The headline "WE'RE GROWING & WE'RE RECRUITING CARE ASSISTANTS" is in large, bold, yellow and white text. Below the headline, there is a paragraph of text. To the left and right are circular images showing a caregiver and an elderly woman. A green circle highlights the hourly rate. At the bottom, there is contact information.

Local Solutions
Empowering People. Supporting Communities.

**WE'RE GROWING &
WE'RE RECRUITING
CARE ASSISTANTS**

If you have the passion to care for people and are looking for a rewarding career, Local Solutions would love to hear from you

BENEFITS INCLUDE:

- £100 when you complete your first 100 hours of paid care
- £250 once you have past your 6 month probation period
- £300 refer a friend scheme once passed 6 month probation

£11.20 - £11.50 per hour

For more information, please contact:
recruitment@localsolutions.org.uk or call Jack Morgan on 07999 106 701

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