

Liverpool Carers Centre 2019 Activities



Happy April!

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHHealth

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

Upcoming Training and Activities

Induction for Carers at Local Solutions Carers Centre Monday 15th April 1:30pm - 3:00pm



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

If you are interested in attending, please contact Maryam or Paul to book a place. Our details are at the end of the activity sheet.



Carers Easter Party Thursday 18th April 12:30pm - 3:30pm

Buffet, Quiz are included, and we will be having a raffle for a chocolate hamper
£1 per strip of tickets.

£2.00 entrance fee and if you can bring a small contribution to the buffet table, please do.

Please call Maryam or Paul to confirm your attendance to enable us to cater correctly.

Evening Coffee and Chat



This is our evening service running every 3rd Tuesday night of each month open to all carers who may not be able to access the day time activities in our carers centre.

Tuesday 16th April at 6:00pm - 8:00pm
Held in Leaf on Bold Street Liverpool L1 4EZ.

Please contact Maryam or Paul to find out more details.

Weekly Mindfulness Sessions



Every Friday afternoon 1:00pm - 2:00pm, £3.50 per session

Running each week covering all areas of the six week course. Sessions can be used as a refresher and you do not need to have attended the six week course to attend the weekly sessions.

Please contact Maryam or Paul for more information.



6-week cooking classes for busy carers

New course starting Monday 29th April - Monday 03rd June

10:00am - 12:00pm

Come and learn how to cook some tasty one pot meals to eat on the day or to freeze for the week. Over a six-week course you will learn how to create healthy low-cost meat free meals for you and the family.

The cost is £3 per session and carers must be committed to attend all the sessions.

A £9 deposit will be required at the start to secure your place.

For further information or to register your interest, please call Maryam or Paul

Carers Walk



Calderstones Park Tuesday 09th April

Come along and join us for some fresh air and an opportunity to make new friends. A coffee stop is included. Please come prepared in appropriate footwear and a coat. The ground is level and the walk is suitable for all abilities.

The 75/76 bus stops outside the park on Menlove Avenue.

We will meet outside the front of the manor house near the children's playground at 1:30pm for a 1:45pm start and a 3:30pm approximate finish.

Contact Maryam or Paul to confirm your attendance

Carers Walk



Croxteth Hall Country Park Thursday 25th April

Come and walk, improve your health and make friends. Meet outside the main gates on Muirhead Avenue at 1:30pm for a 1:45pm walk start and a 3:30pm approximate finish.

The 18/18A bus services from Liverpool One bus station stops right opposite the park and there is also free parking within the park itself for those who wish to drive in. A coffee stop is included in the walk.

The ground is level and the walk is suitable for all abilities but please come wearing appropriate footwear and a coat.

Contact Maryam or Paul to confirm your attendance.

Carers Walk



Sefton Park Monday 29th April 1:30pm - 3:30pm

Come along and join us for some fresh air and an opportunity to make new friends. We are meeting outside the park at Croxteth Gate by the roundabout at 1:30pm for a 1:45pm walk start and a 3:30pm approximate finish.

The 75/80 /80A bus service from Liverpool One will stop at York Avenue followed by a short walk to the meeting place. There is also free parking around the park. A coffee stop is included in the walk

The ground is level and the walk is suitable for all abilities but please come wearing appropriate footwear and a coat.

Contact Maryam or Paul to confirm your attendance.

ACTIVITY	TIME	FEE
Monday		
<p>Carers support Group (For anyone caring for someone with Mental Health issues)</p>	<p>First Monday of each month Monday 01st April 12:00pm - 3:00pm</p> <p>For any carer that looks after someone who has a mental health condition. Come and join us for a warm welcome and a cuppa!</p>	<p>FREE</p>
<p>Holistic Therapy</p>	<p>Every Monday afternoon in 6-week blocks of 30 mins sessions 1:30pm - 4:30pm 01st / 08th / 15th / 29th April</p> <p>Please do let Paul or Maryam know if you would like to register your interest. Places must be booked in advance.</p>	<p>£5.00 for 30 mins All sessions to be paid for upfront - £30</p>

<p>Cooking Workshop</p>	<p>Pre-booked course Every Monday morning in a block of 6 sessions starting on 29th April 10:00am - 12:00pm Please do let Paul or Maryam know if you would like to register your interest. Places must be booked in advance. Fee pays for all ingredients.</p>	<p>Block of 6 sessions, paid in 2 x instalments of £9.00. Each session is £3.00 each</p>
<p>Tuesday</p>		
<p>Tai Chi</p>	<p>Every Tuesday 02nd / 09th / 16th / 23rd / 30th April 10:00am - 12:00pm Come and receive a warm welcome and join us for some gentle relaxing exercise.</p>	<p>The first session is free! £3.50</p>
<p>Yoga Sessions</p>	<p>Every Tuesday 02nd / 09th / 16th / 23rd / 30th April 1:30pm - 2:30pm Come and join us for gentle stretching and chair and mat based exercises. Please bring your own yoga mat, bath towel or blanket.</p>	<p>The first session is free! £3.00</p>
<p>Ten Pin Bowling</p>	<p>Tuesday 2nd April 1:15pm - 2:45pm (The 1st Tues of the month) Hollywood Bowl on Edge Lane. Call for more information and to book your place.</p>	<p>£3.00 per game</p>
<p>Evening Coffee and Chat</p>	<p>Tuesday 16th April Every 3rd Tuesday evening 6pm - 8pm held in Leaf on Bold Street.</p>	<p>Carers are asked to purchase their own drinks</p>
<p>Wednesday</p>		
<p><u>Easy Zumba</u> for all abilities</p>	<p>Every Wednesday 03rd / 10th / 17th / 24th April 11:00am - 12:00pm <i>These sessions are adapted for all abilities</i> Come along for a bit of exercise and a laugh. <u>IT'S BRILLIANT!!</u></p>	<p>The first session is free! £3.00</p>
<p>Carers Coffee & Chat (All carers are welcome)</p>	<p>Every Wednesday 03rd / 10th / 17th / 24th April 12:00pm - 1:30pm Pop in for a warm welcome and a coffee. It's a chance to have a break and chat with other carers.</p>	<p>FREE</p>

<p style="text-align: center;">Sing Me</p>	<p style="text-align: center;">Every Wednesday 03rd / 10th / 17th / 24th April 1:30pm - 3:30pm You don't have to be able to sing! It's a great social and lots of fun! Come along and meet other carers and have a laugh at the same time. TRY IT!</p>	<p style="text-align: center;">The first session is free! £3.50</p>
<p>Hunts Cross Carers Coffee Drop-in St. Columba URC Church 70 Hillfoot Avenue Hunts Cross L25 0NR Right next door to Hunts Cross Health Centre.</p>	<p style="text-align: center;">Every first Wednesday of the month. 3rd April 1:30pm - 3:30pm Come along and get a warm welcome to the carers coffee drop in. It's a chance to meet other carers, find out what's available for carers in your area and to just relax and chat with a coffee.</p>	<p style="text-align: center;">FREE</p>
<p>Thursday</p>		
<p style="text-align: center;">Calming Crafts Weekly Sessions</p>	<p style="text-align: center;">Every Thursday 04th / 11th / 18th / 25th April 10:00am - 12:00pm This is an opportunity to develop your craft skills we are currently exploring mosaic art For more information, please contact Maryam or Paul.</p>	<p style="text-align: center;">£3.00</p>
<p style="text-align: center;">P.T.S.D Angels (Support Group for veterans only)</p>	<p style="text-align: center;">Every Second Thursday of the month Thursday 11th April 12:00pm - 3:00pm This is a group for carers of veterans with Post Traumatic Stress Disorder. If you would like more information about how to join, please contact Paul or Maryam.</p>	<p style="text-align: center;">FREE</p>
<p style="text-align: center;">'Good to Talk' Coffee Drop in Belle Vale The Health Centre Room 18 Hedgefield Road</p>	<p style="text-align: center;">Every First and Third Thursday of the Month 04th and 18th April 12:30pm - 3:00pm Pop in for a chat and a coffee. You can stay as long as you like!</p>	<p style="text-align: center;">FREE</p>
<p style="text-align: center;">Carers Dementia Support Group (For anyone caring for someone who lives with dementia)</p>	<p style="text-align: center;">Thursday 25th April 1:00pm - 3:00pm (Every 4th Thursday of the month) For any carer that is looking after someone who is living with dementia.</p>	<p style="text-align: center;">FREE</p>
<p>Friday</p>		
<p style="text-align: center;">DigiHub</p>	<p style="text-align: center;">Every Friday 05th / 12th / 26th April 10:00am – 12:00pm only For anyone who wants to learn a bit more about computers / Tablets / Smart phones / E-mailing / Internet / Facebook etc. You don't even need to know how to turn one on!</p>	<p style="text-align: center;">FREE</p>

	If you have your own laptop or tablet, please do try to bring it with you.	
<p>Swimming</p> <p>University of Liverpool Sports and Fitness Centre Bedford Street Liverpool L69 7ZN</p>	<p>Fridays 1:00pm - 2:00pm</p> <p>At the University of Liverpool Swimming Pool.</p> <p>For anyone who can't swim or feels they need instruction.</p> <p>An instructor will always be on hand. The pool is closed to the public during the session.</p> <p><u>You are welcome to join the course at any time.</u></p> <p><u>Please contact Paul or Maryam for more details</u></p>	<p>£20 for 8 sessions (£20 to be paid to the swimming instructor at the first session)</p>
<p>Holistic Therapy</p>	<p>Every Friday afternoon in 6-week blocks of 30 mins sessions</p> <p>2:00pm - 5:00pm</p> <p>05th / 12th / 26th April</p> <p>Please do let Paul or Maryam know if you would like to register your interest. Places must be booked in advance.</p>	<p>£5.00 for 30 mins</p> <p>All sessions to be paid for upfront - £30</p>
<p>Mindfulness</p>	<p>Every Friday afternoon</p> <p>1:00pm – 2:00pm</p> <p>05th / 12th / 26th April</p> <p>Come and learn mindfulness techniques that will benefit you have help you find inner peace.</p>	<p>£3.50</p>

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 if referred by your GP.

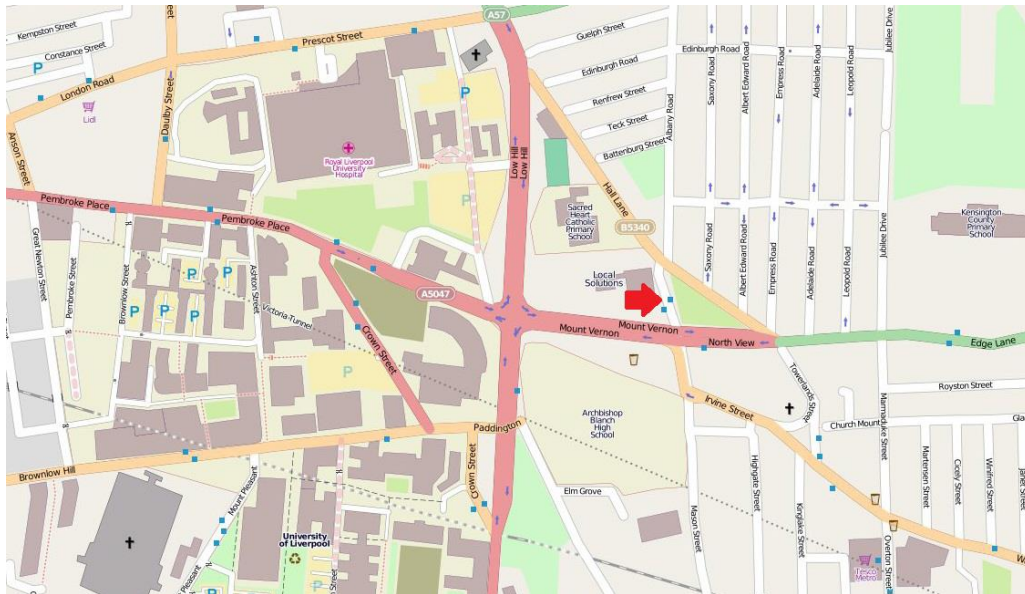
Call for help at the push of a button and be connected to one of our trained advisors.

For more information, please call our Life Enhancing Technologies Advisor at the Liverpool Carers Centre on 0151 705 2318.

Want to have your say as a carer?
Want to meet others that want to see carers services in Liverpool improve?

Then join the Carers Centre
CARERS FORUM

For more details please call Rebecca on 0151 705 2425 for a chat.



If you have any questions or want to know more about the
current or future activities, please contact
Paul or Maryam on 0151 705 2308
Email: healthandwellbeing@localsolutions.org.uk

Local Solutions, Mount Vernon Green, Hall Lane, Liverpool, L7 8TF

Switchboard: 0151 709 0990



Liverpool
City Council

