

National Carers Week 2009

Over 300 carers from across Liverpool gathered at St George's Hall on Tuesday 9th June for an event organised by Local Solutions in partnership with Liverpool City Council, to celebrate National Carers Week. Officially launched by the Lord Mayor, Councillor Mike Storey, the Carers Week Event was a huge success - seeing the highest attendance in its history.

The theme for Carers Week 2009 was '*Carers...the UK's secret service*' and the event in Liverpool focused on carers' own health and wellbeing, with more organisations than ever providing information and advice for carers to take away. There were health and eye sight checks, and pampering in the form of Indian head massage, hand massage, manicure and Reiki – all free of charge.

Staff from Liverpool Carers Centre were there to offer information and carers were able to try out equipment from the gym based at the Carers Centre. Among the many other exhibitors were Liverpool PCT, Liverpool City Council, Alzheimer's Society, Crossroads, Lifehouse, Barnado's and many, many more.

Kathy Newton of Liverpool Carers Centre commented: "It was wonderful to see so many carers come together at the event and experience a little pampering whilst also finding out about the support that is available to them. I would like to thank all the exhibitors and volunteers who took part as they always make the day memorable and special for the carers who come along. It was particularly pleasing to see carers who attend the Tai Chi class at the Carers Centre taking part in the demonstration."

The aim of Carers Week is for carers to receive greater recognition for the incredible contribution they make to their families and communities. The results of two new surveys announced at the start of Carers Week show that carers feel that they go unrecognised and this has a significant impact on their lives. The ten charities who organise Carers Week are calling on the Government to do more to support carers.

Carers Eco Quiz Prize Winners - 1st Kevin Clarendon, 2nd S Alshukri and 3rd Ann Ellerton. Many thanks to everyone who entered.



Launch of Carers Reference Group

The Liverpool Carers Forum is delighted with the response from carers they met at the Carers Week Event, many of whom have registered with the Carers Reference Group.

The Reference Group, launched at the event, has been set up for carers who would like to contribute in some way to the decisions that are made about support for them as carers and the people they care for. The members of the Group will inform, advise, look at options and work in a variety of ways with the Carers Forum.

The Carers Forum is always looking for more carers and former carers to join them and would welcome enquiries from anyone interested in getting involved.

If you would like to find out more about the Liverpool Carers Forum or are interested in joining the Carers' Reference Group please contact Kathy Newton on 0151 705 2390 or email knewton@localsolutions.org.uk.

Information provided will be kept in strict confidence and only used by the Carers Forum.

Volunteers Needed for 'Carers Link' at Royal Liverpool Hospital

Liverpool Carers Centre is looking to recruit volunteers to deliver a new service set up on the second and fourth floors at the Royal Liverpool Hospital.

A period of hospital admission can be a stressful time for the carer as well as the patient and the Carers Centre is keen to ensure that support is provided when it is most needed. They are therefore looking for

volunteers who can spend a couple of hours each week meeting carers on the wards to offer immediate support. The volunteer will hand out information about the Carers Centre so that the carer can get advice and information according to their needs. A follow up service will be provided by the team at Liverpool Carers Centre.

A pilot scheme in place since

December has shown how valuable this service is and the Carers Centre is keen to continue the work with the help of volunteers whose role will be vital as the 'Carers Link'.

If you would like more information or are interested in applying for this volunteer role please contact **Kathy Newton at Liverpool Carers Centre on 0151 705 2390.**

DON'T MISS OUT - GO TO A LIFEHOUSE OPEN DAY!

If you want to find out more about equipment for older and disabled people and carers then go along to an Open Day at Lifehouse.

Open Days provide the opportunity for visitors to look at the permanent display of over 2,000 products including bathroom and toilet aids, chairs, stair lifts, moving and handling equipment, telecare and communication aids, and much, much more.

On all Open Days the Disabled Living Centre's occupational therapists are available to provide independent advice and information on a vast range of equipment and on some open days the regular team of advisors is joined by experts in continence, consumer issues and equipment for people who are deaf or hard of hearing or who are blind or partially sighted. For information on when these advisors will be available please contact the Disabled Living Centre at Lifehouse on **0151 296 7742.**

If you can't get to an Open Day you can still use the Disabled Living Centre's Equipment Helpline if you have any queries about products designed to assist older and disabled people with everyday

living. Just call the centre with your enquiry on 0151 296 7742.

Many people don't realise that equipment can be provided **free of charge** through community equipment services for people who are eligible. You do **not** have to be receiving benefits to be eligible for equipment to be provided free.

Lifehouse Open Days

Wednesday 8 th July	10am – 1pm
Wednesday 2 nd September	10am – 1pm
Tuesday 22 nd September	1pm – 4pm
Tuesday 6 th October	1pm – 4pm
Wednesday 21 st October	10am – 1pm
Tuesday 3 rd November	1pm – 4pm
Wednesday 18 th November	10am – 1pm
Tuesday 8 th December	1pm – 4pm

Liverpool Disabled Living Centre, Lifehouse, Summers Road, Brunswick Business Park, Liverpool, L3 4BL Telephone: 0151 296 7742.

To find out more go to an Open Day or call the centre on 0151 296 7742

www.liverpooldisabledlivingcentre.com and www.liverpoolifehouse.org.uk.

Person Centred Planning Sub Group Carers Day

The Person Centred Planning Sub Group of the Liverpool Learning Disability Making It Happen Partnership held a Carers Day on 17th June 2009 at New Century Halls.

The main aims of the day were to inform carers about the value of Person Centered Planning and different types and ways of planning. Also, how a plan will enable a person to speak up for

themselves - informing staff, professionals etc. of how they would like to be supported and listened to.

The Carers Day was really successful with attendance by 18 carers whose comments included: "The day had been very useful"; "Plans are very good, easy for everyone to use" and "The day was very informative".

If you would like to know more

about Person Centered Planning or would like to know how to get a Plan please contact **Jeanette McHugh Person Centered Planning Coordinator on 0151 707 6751 or email jeanettem@peoplefirst.uk.com**

If your carers' group would like someone to run a session during one of your regular meetings please get in touch with Jeanette.

SHAPING THE FUTURE OF YOUR SERVICES

This is a major event where people who use Liverpool City Council adult social care services and their carers, will have the opportunity to hear more about the current services and support available and can say what they think services should look like in the future.

So go along, have a conversation and be part of shaping the future of Adult Social Care and Support Services in Liverpool!

You are invited to 'Shaping the Future of Your Services' on Tuesday 21st July 2009 at LACE Conference Centre, Sefton Park, Croxteth Drive. Drop in from 10am – 4pm

- Presentations on Current and Future Services
- Have Your Say and Share Experiences
- Receive Information, Support and Advice
- Exhibition Stalls



The City of Liverpool

Tea and Coffee on Arrival and Free Prize Draw

Tel: 0151 263 8338 email: WorkforceDevelopment@liverpool.gov.uk

'Caring with Confidence' Now Available at Liverpool Carers Centre

What is 'Caring with Confidence'? If you are looking after a friend or relative, 'Caring with Confidence' can help you to make a positive difference to your life and that of the person you care for. 'Caring with Confidence' is aimed at improving support for carers aged 18 and over.

You can develop your caring knowledge and skills by taking part in free group sessions available from the Carers Centre. For more information about the sessions and to find out when the next sessions are taking place...**freephone the Carers Centre on 0800 073 3871**. Travel and alternative care costs are available to carers to help them attend.

What are the sessions all about? There are seven generic sessions you can choose from and some are aimed at particular groups of carers. To get started, book on the first session, 'Finding Your Way', which will help you to look at what matters to you and decide which sessions will be relevant to you. The next six sessions are: Caring and Coping; Caring and Me; Caring Day to Day; Caring and Resources; Caring and Life and finally Caring and Communicating. Phone Liverpool Carers Centre on **0151 705 2307** for more information.



Learning Disabilities North West Regional Family Forum

The Regional Family Forum was set up in 2001 following the launch of Valuing People. The aim was to bring together family members involved with Learning Disabilities Partnership Boards to share knowledge of practice across the region and to recognise the contribution that families make. The Forum feeds family issues to the Regional Taskforce and North West family issues to the National Family Network.

It has been agreed that to try and increase the level of contact between families, the Regional Family Forum and the Regional Task Force, local meetings instead of regional conferences will take place.

Tony McDermott a member of the Regional Family Forum and a family member on Trafford Partnership Board will be at **Liverpool Carers Centre on 2nd October 2009 between 10.00am and 3.00pm** to meet with local families and it is hoped that as many

families as possible of people who have learning disabilities will be able to attend.

Some of the proposed objectives for the day are: to make contact with more families - to assist more families be involved in regional and national work - to promote the Regional Task Force and National Carers Group - to look at best ways for families to be involved.

After the day, Tony will maintain contact with a local link person who will be invited to attend Regional Family Forum representative meetings in order to facilitate greater involvement, support and sharing of information.

To book a place at this event or for further information please contact **Fran Coles on 0151 705 2423** or **Semiu Ojikutu on 0151 705 2308**.

Carers Centre Activities - July to October 2009

Weekly

Tai Chi: Tuesday
10.30am – 12.30pm

**Welfare Benefits
Advice sessions:**
Tuesday 1.00pm –
4.00pm

**Counselling
Appointments:**
Tuesday 12.00pm and
1.00pm and

Wednesday 11.30am
and 12.30pm

Monthly

**Asperger Carers
Group:** Mon 3rd Aug, 7th
Sept and 5th Oct
1.30pm – 3.30pm (the
meetings take place at
Olive Mount)

**Carers Mental Health
Support Group:** Mon
3rd Aug, 7th Sept
and 5th Oct 12.00pm –
3.00pm

Craft and Card Group:
Wed 12th Aug, 9th Sept
and 14th Oct
1.30pm – 3.30pm

Reiki: Thurs 30th July
and 29th Oct (please
phone to book
appointment)

**Older Carers Support
Group (Learning
Disabilities):** 10.30am
– 12.30pm

Venue:
**Liverpool Carers
Centre:** Thurs 6th Aug,
3rd Sept and 1st Oct
Parthenon Day Centre:
Thurs 13th Aug, 10th
Sept and 8th Oct
**Speke Resource
Centre:** Wed 5th Aug,
2nd Sept and 7th Oct

Bi-monthly

**Liverpool Carers
Forum:** Wed 29th July
and 30th Sept, 10.30am
– 12.30pm

Other Events

**Caring with
Confidence Course:**
Please phone 0151 705
2307 for details

**Learning Disabilities
Regional Family
Forum Presentation:**
Friday 2nd Oct, 10.00am
– 3.00pm

Away Day for Carers

You are invited to join the staff of
Liverpool Carers Centre for a
Day Trip to Chester
on
Friday 21st August 2009.

They will be leaving
Liverpool Carers Centre
(based at Local Solutions' headquarters)
at 9.45am and departing Chester at 4pm.

There will be a charge of £6 per person, which
will include a boat trip on the River Dee.

Places must be booked and paid for in
advance; they are limited so please phone on
the numbers below if you would like to join
the trip.

Janet – 0151 705 2421 or Fran – 0151 705 2423

Do you have 'Green Fingers'?

If you are interested in gardening and would like
to grow your own veg, you now have the
opportunity to join other carers at Liverpool
Carers Centre where there is a garden plot for
you to tend.

This will provide an ideal opportunity for you to
be in the fresh air, get some gentle exercise and
reap the benefit of your hard (or maybe not so
hard) work.

If you are interested and would like further
details please contact Fran Coles on 0151 705
2423.

Carers Healthy Lifestyle Class

Thursdays 10am - 11am

Six sessions covering topics such as:
food intolerances, cholesterol, sleep problems,
diabetes, joint problems and blood pressure.

Each class is £1.50 and held at
Liverpool Carers Centre.

To register for a place call Craig - 0151 705 2307.

Liverpool First

Remember this is your newsletter and we welcome contributions from
carers and carers' groups.

Let us know your views, or if you are planning an event and would like to let
carers know, please contact Kathy Newton on 0151 705 2390, or at The
Carers Project, Local Solutions, Mount Vernon Green, Hall Lane, Liverpool,
L7 8TF.

If you know anyone who would like to receive a copy of this newsletter,
please call 0151 705 2307.