



Liverpool
City Council



Liverpool Carers Centre Autumn Activities 2021

We are following Covid Guidelines safety guidelines to ensure our Carers and Staff remain safe

We are continuing to offer activities online via Zoom Session, on our Facebook page, as well as gradually introducing Face-to-Face sessions at the Carers Centre.

To find out how to access our activities or access help to get online please contact us on 0151 705 2308 / 07803 200 476 or email: healthandwellbeing@localsolutions.org.uk

Upcoming Training and Activities

New Carers Welcome Session Taking place in the Liverpool Carers Centre.

Monday 11th October 1:30 - 2:30pm
Monday 8th November 1:30 - 2:30pm

We will also be holding a Zoom New Carers Welcome session on Thursday 23rd September 1:45pm – 2:45pm and Thursday 18th November 1:45pm – 2:45pm.

This is an opportunity to 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 have not attended for a while and would like a reminder of our services, then please join us for an informal information session.

Please call us on 0151 705 2308 or email: healthandwellbeing@localsolutions.org.uk to book your place, places are limited due to current restrictions.

Please give us a follow on our social media



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Moving Forward Coffee and Chat



Held Every Wednesday 12:00 noon – 1:30pm

This session is for carers who are now no longer in a full-time caring role to meet other carers to get support and make friends in a friendly environment with carers who have shared similar experiences.

**Please call the Health and Wellbeing team to reserve your place
we are continuing to follow social distancing guidelines.**

New Cuppa and Cake Mornings



Held Every Monday Morning 10:00am - 11:30am in the Carers Centre.

This is for carers who are in a current caring role to get support, advice and make friends in a relaxed environment.

**Please call the Health and Wellbeing team to reserve your place
we are continuing to follow social distancing guidelines.**

Zumba is Back in October



Every Wednesday morning at 10:30am – 1:30am

This is a pre-bookable course of 6 sessions held in the carers centre.

Please email or call the Health and Wellbeing Team to book on the course.

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Coming Soon Face-to-Face Mindfulness Course



The 6-week course is going to be taught face-to-face in the Carers Centre it will be led by Liverpool Adult Learning Service.

If your income is less than £18,300 per annum you will be able to access the course for free.

If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.

Coming Soon Face-to-Face Beginners Floristry Course



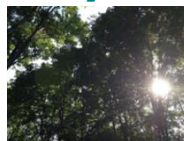
The course will run for 6 weeks and is an introduction to flower arranging. The course is being led by Liverpool Adult Learning Service and will be run as a face-to-face activity in the carers centre.

You will be required to purchase your own flowers for each session, a shopping list will be supplied by the course tutor.

If your income is less than £18,300 per annum you will be able to access the course for free.

If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.

Coming Soon New 5 Ways to Wellbeing Course



The course looks at the Governments 5 Ways to Wellbeing Standards which promotes positive Mental Health.

In each session you will explore a different topic relating to the 5 ways of wellbeing: Be Active, Take Notice, Give, Connect, and Keep Learning. The course will be run face-to-face in the carers centre and is being run by Liverpool Adult Learning Service.

If your income is less than £18,300 per annum you will be able to access the course for free.

If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.

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Coming Soon Face-to-Face New Photography Course



The course will run for 6 weeks and will be a face-to-face it will be held in the carers centre and is being run by Liverpool Adult Learning Services.

If your income is less than £18,300 per annum you will be able to access the course for free.

If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.

Knock and Talk Doorstep Chats



The Health and Wellbeing team are carrying out doorstep chats with carers within the community.

We are following government guidelines for social distancing.

If you feel you would like a doorstep chat or a chat through your window, please call the Health and Wellbeing Team.

Carers Park Walks Are Continuing



We meet in local parks around the city with a maximum of 8 carers per walk leader - we are continuing to follow social distance guidelines.

These will be advertised via email, on our Facebook page, and on social media.

Please book by calling the Health and Wellbeing Team.

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Get Fit Get Active Games in the Park



Get Out
Get Active



**Join us at one of your local parks in the city
to take part in our new Boules, Croquet, Boccia games**

Get out and get active with other carers in an open space, bring your own refreshments, chair if you have one and have a chat in a friendly environment.

This activity will be advertised via email, on our Facebook page, and on social media.

Call the Health and Wellbeing team to reserve your place as we are still following social distancing guidelines, with a maximum of 8 carers per leader, come and join us.

DigiHub 1-1 Support Sessions



**Please book your support session by calling our
Health and Wellbeing team.**

We offer informal 1-1 support sessions to help you learn how to use your devices, get online using zoom, using Facebook, internet safety, staying safe whilst shopping online, social media tips and general safety tips around browsing the internet.

Creative 6- Week Mosaic Craft Workshop



Every Tuesday at 10:00am – 11:30am in the Carers Centre

Sessions are bookable as a block of 6 which will need to be prepaid in advance.

We will be covering several different creative skills such as mosaic making, print making, felt making and more.

**If you would like to reserve your place and find out more, please call the
Health and Wellbeing Team**

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Yoga 6-Week Back to Basics Course



Get Out
Get Active



Every Tuesday afternoon at 1:30pm – 2:30pm

This is a pre-bookable course of 6 sessions held in the carers centre.
Please email or call our Health and Wellbeing Team to book on the course.

Evening Carers Book Club Online



Every first Monday of the month 7:00pm – 8:00pm on Zoom

Do you enjoy reading or listening to an enjoyable book join us to chat about your favourite books, we choose a new book to read each month and then meet the following month to discuss what we thought.

Join us for a chat with other carers over a drink in the comfort of your own home.

Evening Coffee & Chat Online



Every Third Tuesday of the Month 7:00pm - 8:00pm on Zoom

Are you a working carer or only able to access evening activities?

Join us for a chat with other carers over a drink in the comfort of your own home.

Lets Cook with Maryam



Baking Ideas Every Monday at 11am on Facebook

The cooking video is uploaded every week watch the video and cook the recipes.

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Quiz Time on Zoom



Every Tuesday Afternoon 12noon – 1:00pm

You are welcome to join in and have a go at testing your knowledge every Tuesday afternoon on Zoom.

Coffee & Chat Online



Every Monday at 12noon – 1:00pm Online using Zoom

Every Monday for a chat with Paul online join using zoom.

Carers Creative Writing Collective



Every Last Wednesday of the month 7:00pm – 8:00pm on Zoom

Do you have a story to tell or do you enjoy writing poetry? Join Mo from Mytime on zoom.

Moving Forward Calming Craft



Every Thursday at 10:00am - 12:00am in the Carers Centre

Join in our craft projects or bring your own craft project to work on, meet other carers who are now no longer in a full-time caring role to get support, make friends in a friendly environment with carers who have shared similar experiences.

"Joining the calming craft has given me something to look forward to each week"

A quote from one carer who has been attending our online craft session regularly during lockdown.

Call our Health and Wellbeing Team to reserve your place.

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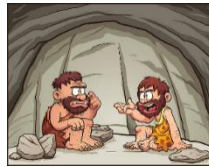
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Cavemen Coffee



Every Thursday online using Zoom at 12:30pm – 1:30pm

Join Paul and Rob for a men only coffee and chat every week.

ACTIVITY	TIME	Cost
Monday		
Cuppa and Cake Morning	Every Monday Morning in the Carers Centre. 10:00am – 11:30pm	FREE
Let's Cook with Maryam	Every Monday on our Facebook page. 11:00am	FREE
Coffee & Chat Online	Every Monday via Zoom join Paul with a cuppa and a chat. 12noon – 1:00pm	FREE
Evening Book Club	Every First Monday Evening of the month via Zoom 7:00pm – 8:00pm	FREE
Tuesday		
Creative Mosaic Craft Workshop	Every Tuesday morning 10:00 am–11:30 am in the Carers Centre	Prepayable £21 for 6 sessions.
Quiz	Every Tuesday via Zoom 12noon – 1:00pm	FREE
Yoga Back to Basics	Every Tuesday afternoon in the Carers Centre 1:30pm –2:30pm	Pre - bookable course for 6 sessions.
Evening Coffee and Chat	Every Third Tuesday evening of the month via Zoom 7:00pm – 8:00pm.	FREE

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Wednesday		
Zumba	Every Wednesday in the Carers Centre 10:30am – 11:30am	Pre-bookable course of 6 Sessions
Moving forward Coffee & Chat	Every Wednesday in the Carers Centre with a cuppa and chat. 12:00pm – 1:30pm	FREE
Creative Writing Collective with MyTime at Home	Every Last Wednesday evening of the month online via zoom 7:00pm - 8:00pm	FREE
Thursday		
Moving forward Calming Crafts	Every Thursday in the Carers Centre 10:00am – 12:00pm	FREE
Cavemen Coffee	Every Thursday online via Zoom 12:30 – 1:30pm	FREE
Friday		
Digi Hub	Every Friday online Via Zoom 11:00am – 12:30pm	FREE

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