



Liverpool
City Council



**CARERS
TRUST**

Liverpool Carers Centre Spring Activities 2021

We are continuing to work a little differently at the moment due to Covid -19 but we want to reassure you that we are still here supporting carers

We are continuing our activities online via
Zoom Session or our Facebook page

If you would like to find out how to access our activities or would like help to get online please call us on 07803 200 476 or email:
healthandwellbeing@localsolutions.org.uk

Upcoming Training and Activities

Online Induction for Carers via Zoom

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.

Call us for more information 0151 705 2308

Please give us a follow on our social media



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New Free Mindfulness Course



The course will run for 6 weeks on Microsoft office teams and is being run by Adult Learning Services new dates to be arranged.

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 book your place please call the Health and Wellbeing Team.

New Free Photography Course



The course will run for 6 weeks on Microsoft office teams and is being run by Adult Learning Services new dates to be arranged.

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 book your place please call the Health and Wellbeing Team.

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.

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Cares Park Walks are back



Our Park Walks will be resuming soon, in local parks around the city with a maximum of 5 carers per walk leader - we will be ensuring we are adhering to Government 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.

DigiHub 1 -1 Support Sessions



Every Friday morning via Zoom 11:00am – 12:30pm

Please book your support session by calling the 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.

Evening Carers Book Club Online



Every first Monday 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

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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.

Quiz on Tuesdays



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 and Wednesday at 1:30pm - 2:30pm

Every Monday for a chat with Paul
Every Wednesday for a coffee and chat with Caroline and Sandra

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Carers Creative Writing Collective



Every Wednesday Evening 7:00pm – 8:00pm on Zoom

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

10 @ 10 with Mytme at Home



Every Tuesday and Thursday at 10:00am for 10 minutes live on Facebook
Join their exercise class to get you motivated and ready for the day ahead

Yoga with Mytime at Home



Every Monday and Friday at 10:00am – 11:00am

Easy chair based exercises and yoga watch on Monday's prerecorded videos on Facebook
and live on Facebook at 10 am on Friday's..

Virtual Calming Craft



Online using Zoom every Thursday at 11:00am - 12:15pm

Join in our craft projects sent via email or complete your own crafts with us.

“Joining the craft on zoom has been a wonderful way to stay in touch with each other. It has given me something to look forward to each week”

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

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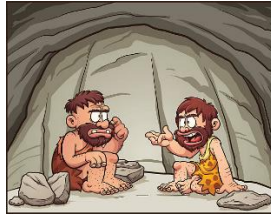
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Cavemen Coffee



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		
Yoga with Mytime at Home	Every Monday pre-recorded on Facebook. 10:00am	FREE
Let's Cook with Maryam	Every Monday on our Facebook page. 11:00am	FREE
Coffee & Chat with Paul	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		
10 @10 with Mytime at Home	Every Thursday online via Facebook Live 10:10am -10:20am	FREE
Look Who's Cooking Online Cooking Course	Every Tuesday for 6 weeks via zoom 11:00am – 12noon.	FREE
Quiz	Every Tuesday via Zoom 12noon – 1:00pm	FREE

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Evening Coffee and Chat	Every Third Tuesday evening of the month via Zoom 7:00pm – 8:00pm	FREE
Wednesday		
Coffee & Chat with the team	Every Wednesday via Zoom join the team with a cuppa and chat. 2:00pm – 3:00pm	FREE
Look Who's Cooking Online cooking course	Every Wednesday for 6 weeks via zoom 4:00pm – 5:00pm	FREE
Creative Writing Collective with Mytime at Home	Every Wednesday evening online via zoom 7:00pm - 8:00pm	FREE
Thursday		
10 @10 with Mytime at Home	Every Thursday online via Facebook Live 10:10am -10:20am	FREE
Virtual Calming Crafts	Every Thursday online via Zoom 11:00am – 12:15pm	FREE
Cavemen Coffee	Every Thursday online via Zoom 12:30 – 1:30pm	FREE
Friday		
DigiHub	Every Friday online Via Zoom 11:00am – 12:30pm	FREE
Yoga with Mytime at Home	Every Friday Live on Facebook 10:00am – 11:00am	FREE

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