

Liverpool Carers Centre February 2020 Activities



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,
Mount Vernon Green, Hall Lane, Liverpool, L7 8TF, unless stated otherwise.

Carers Maritime & Slavery Museum Walk



Wednesday 12th February 2020 at 1:00pm – 3:00pm

Come along and join us for a museum walk at Albert Dock

It is a great opportunity to make new friends, have a walk and a coffee

We will meet as a group in the foyer of the museum.

The nearest bus stop is Liverpool One or the nearest train station is James Street, car park spaces are available at Liverpool One or the NCP carpark at Albert Dock.

Contact Maryam or Paul to confirm your attendance.

Mental Health Awareness Workshop

Wednesday 19th February 2020 at 1:30pm - 4:00pm



The workshop is run by 'Imagine Independence' and will cover;

- What is Mental health?
- Challenging stigma around Mental Health
- Mental Health risk factors
- Protective factors for good mental health
- Developing our own mental health

Limited spaces available, please contact Maryam or Paul to register for a place.

Six-week introduction to Photography course



New course starts Friday 31st January – 6th March 2020 at 2:15pm – 4:30pm

Come and learn more about how to use your digital camera or the camera on your smart phone.

The course is run in conjunction with Adult Learning Services.

Contact Maryam or Paul for more information and to register for a place.

(The course is free if you are on any form of benefit or your income is less than £17,500).

Manual Handling Training



Dates available are Wednesday 5th February & Tuesday 25th February 2020
We have two time slots for each date: 9:15am - 12:15pm and 1:15pm - 4:15pm.

Limited spaces available, please contact Maryam or Paul to register for a place.

Evening Coffee and Chat in Liverpool City Centre



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 18th February 2020 at 6:00pm – 8:00pm

Held in Leaf on Bold Street Liverpool L1 4EZ.

Please contact Maryam or Paul to find out more details.

Carers Walker Art Gallery Walk



Come and join us for a walk around the 'Walker Art Gallery' in Liverpool

Thursday 20th February 2020

1:00pm – 3:00pm

It is a great opportunity to make new friends and have a coffee. Please come prepared in appropriate walking footwear. There is 'pay & display' parking outside the Museum and parking in the multi-story at St Johns carpark. Queens Square bus station is also close by.

Contact Maryam or Paul to confirm your attendance.

Men's only 'Coffee and Chat'

Its for all men 55 years old & over



Come along and join us at the Carers centre every third Tuesday of the month

It's a chance to have a break and chat with other male carers

Tuesday 18th February 2020 at 2:30pm – 4:30pm

Please contact Maryam or Paul to find out more details.

10-week Flower arranging course



**New Course starts on Thursday 5th March 2020 till Thursday 21st May 2020
from 1:30pm – 4:00pm**

The course introduces learners to the basic techniques when producing hand tied arrangements. Plan to spend approx £5.00 per week on flowers, they will be advised before each session.

The course is run in conjunction with Adult Learning Services.

To register your interest, please contact Maryam or Paul to reserve your space.

(The course is free if you are on any form of benefit or your income is less than £17,500).

Power of Attorney and Planning for The Future



Monday 10th February 2020 at 1:30pm – 3:00pm

Come and find out how to safeguard your home from future care costs, how to write the right will, what power of attorney is and much more.

Please contact Maryam or Paul to confirm your attendance



Come and join us for a new IT course here at the Carers Centre. You can choose from these and many more topics at our weekly drop in sessions

Every Tuesday at 3:00pm – 4:30pm

- Use a computer
- Use the internet safely
- Shop Online
- Access information on Universal Credits
- Use social media
- How to job search online
- How to use touch screen devices

Call Maryam or Paul for more information.

ACTIVITY	TIME	Cost
Monday		
Carers Mental Health Support Group	<p>Every first Monday of the month Next meeting will be Monday 3rd February 12:00pm - 3:00pm</p> <p>For any carer that looks after someone who has a mental health condition.</p>	FREE
Carers Dementia Support Group	<p>Every fourth Monday of the month Next meeting will be Monday 24th February 1:00pm - 3:00pm</p> <p>For any carer that is looking after someone who is living with dementia.</p>	FREE
Tuesday		
Tai Chi	<p>Every Tuesday 4th / 11th / 18th / 25th February 2020 10:00am - 12:00pm</p> <p>You are welcome to join the class at any time. Come and join us for some gentle relaxing exercise.</p>	The first session is free! £3.50 per session

<p>Yoga and Relaxation Sessions</p>	<p>Every Tuesday Afternoon 4th / 11th / 18th / 25th February 2020 at 1:30pm – 2:30pm To help you relax combining chair based and mat based gentle stretching exercises. Please bring your own Yoga mat or blanket.</p>	<p>The first session is free! £18.00 for 6 sessions, to be paid upfront.</p>
<p>Men's only Coffee and chat</p>	<p>Every third Tuesday at 2:30pm – 4:30pm Next meeting will be Tuesday 18th February Pop in for a warm welcome and a coffee It's a chance to have a chat with other carers</p>	<p>FREE</p>
<p>Evening Coffee and Chat</p>	<p>Every third Tuesday evening at 6pm - 8pm Next meeting will be Tuesday 18th February Come and join us for a warm welcome and a chance to have a chat with other carers and a cuppa! held in 'Leaf' on Bold Street.</p>	<p>Carers are asked to purchase their own drinks</p>
<p style="text-align: center;">Wednesday</p>		
<p>'Easy' Zumba for all abilities</p>	<p>Every Wednesday 5th / 12th / 19th / 26th February 2020 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 per session</p>
<p>Carers Coffee & Chat</p>	<p>Every Wednesday 5th / 12th / 19th / 26th February 2020 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>Sing Me</p>	<p>Every Wednesday 5th / 12th / 26th February at 1:30pm – 3:30pm Except for 19th February is 9.30-11.00am It's a great social crowd with lots of fun! Come along and meet other carers and have fun at the same time. TRY IT! You don't have to be able to sing!</p>	<p>The first session is free! £3.00 per session</p>
<p>Hunts Cross Carers Coffee Drop-in St. Columba URC Church. Right next door to Hunts Cross Health Centre.</p>	<p>Every first Wednesday of the month 5th February 2020 1:30pm - 3:30pm Come along and get a warm welcome and relax with a coffee and meet other carers.</p>	<p>FREE</p>

Thursday

Calming Crafts	<p>Every Thursday 6th / 13th / 20th / 27th February 2020 10:00am - 12:00pm</p> <p>This is an opportunity to develop your craft skills, with different crafts being explored at each session.</p>	£3.00 per session
<p>‘Good to Talk’ Coffee Drop in <u>Belle Vale Health Centre</u> The Health Centre Room, 18 Hedgefield Road.</p>	<p>Every First and Third Thursday of the month 6th / 13th / 20th / 27th February 2020 12:30pm - 3:00pm</p> <p>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>	FREE

Friday

DigiHub	<p>Every Friday 7th / 14th / 21th / 28th February 2020 10:00am – 12:00pm</p> <p>For anyone who wants to learn a bit more about computers / Tablets / Smart phones / E-mailing / Internet / Facebook etc. If you have your own laptop or tablet, please do try to bring it with you.</p>	FREE
<p>Swimming University of Liverpool Sports and Fitness Centre Bedford Street Liverpool L69 7ZN</p>	<p>Every Friday 7th / 14th / 21st / 28th February 2020 1:00pm - 2:00pm</p> <p>At the University of Liverpool Swimming Pool The swimming pool is closed to the public during the session. Please contact Paul or Maryam to access these sessions</p>	£20 for 8 sessions (to be paid upfront)
Photography; Level One	<p>Pre- booked 6-week Course 7th / 14th / 21th / 28th February 2020 & 3rd March 2020 2:15pm - 4:30pm</p> <p>Course looks at composition and downloading images and editing of photographs. Please contact Paul or Maryam for more details</p>	Free, if eligible?

Want to have your say as a carer?

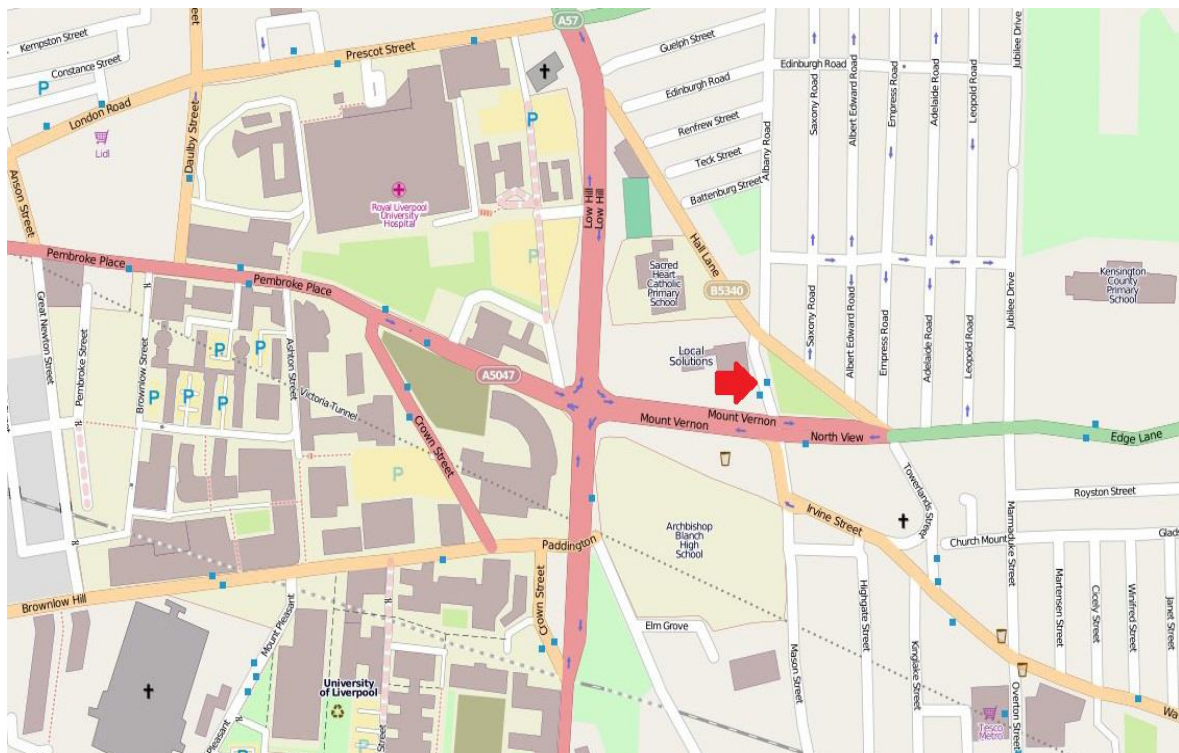
Do you want to meet others that want to see carers services in Liverpool improve?
Then join the Carers Centre **CARERS FORUM**

For more details please call Shelley on 0151 705 2307 for a chat.

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.



**Please contact Maryam or Paul on 0151 705 2308
or Email: healthandwellbeing@localsolutions.org.uk**

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