

Liverpool Carers Centre 2019 Activities



Hello July
Goodbye June

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth

Upcoming Training and Activities

Induction for Carers at Local Solutions Carers Centre Monday 15th July 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.



Chester Coach Trip Tuesday 9th July 10:00am – 6:00pm

Come along for a fun day out at the historical City of Chester. If you are interested in its history, or just want to look round the shops with a coffee, there's lots to do.

Tickets are £8, places will be allocated on a first come first served basis.

Payment is needed no later than 25th June.

For more information, please contact Maryam or Paul.

Free 6-week 'Have Fun Cooking Course' for Male Carers over 65 years old



New FREE Course Starting Thursday 11th July – 15th August 12:30pm – 2:30pm

- Learn how to create quick and low-cost meals for you and your family
 - Meet new people have fun cooking together
- You also receive a lot of useful recipes and hand-outs to take home

For further information or to register your interest, please contact Maryam or Paul to reserve your space.

Learn My Way

**Come and join us for a new IT course here at the Carers Centre
Every Tuesday at 3:00pm – 4:30pm**

Find out how to:

- 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

You can choose from these and many more topics at our weekly drop in sessions.
Call Maryam or Paul for more information.

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 July at 6:00pm – 8:00pm

Held in Leaf on Bold Street Liverpool L1 4EZ.

Please contact Maryam or Paul to find out more details.

8-week Mindfulness Course back on Friday 21st June – Friday 9th August



Friday afternoon 1:00pm - 2:00pm Costing £21 for the whole course

Covering all areas of the six week course and more to make mindfulness easy to learn and carry out in your day to day life.

Please contact Maryam or Paul for more information.

New 6-week Adult Learning Photography Course



Starting Friday June 28th – 2nd August

2:30pm – 4:30pm

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

Contact Maryam or Paul for more information

Carers Walk



Calderstones Park Thursday 11th July

1:30pm – 3:30pm

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 Tuesday 16th July

1:30pm – 3:30pm

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 suncream.

Contact Maryam or Paul to confirm your attendance.

Carers Walk



Sefton Park Thursday 25th July

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 the Obeilisk on Croxteth Drive 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>Held every first Monday of the month Monday 1st July 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>	FREE
<p>Holistic Therapy</p>	<p>Every Monday afternoon in 6-week blocks of 30 mins sessions 1:30pm - 4:30pm 01st / 08th / 15th / 22nd / 29th July</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>Carers Dementia Support Group (For anyone caring for someone who lives with dementia)</p>	<p>Monday 22nd July 1:00pm - 3:00pm</p> <p>For any carer that is looking after someone who is living with dementia.</p>	FREE
Tuesday		
<p>Tai Chi</p>	<p>Every Tuesday 02nd / 16th / 23rd / 30th July 10:00am - 12:00pm</p> <p>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 / 16th / 23rd / 30th July 1:30pm - 2:30pm</p> <p>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>Evening Coffee and Chat</p>	<p>Tuesday 16th July Every 3rd Tuesday evening 6pm - 8pm held in Leaf on Bold Street.</p>	<p>Carers are asked to purchase their own drinks</p>
Wednesday		
<p><u>Easy Zumba</u> for all abilities</p>	<p>Every Wednesday 03rd / 10th / 17th / 24th / 31st July 11:00am - 12:00pm</p> <p><i>These sessions are adapted for all abilities</i></p> <p>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 / 31st July 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 03rd / 10th / 17th / 24th / 31st July 03rd July class will be at 9:30am - 11:00am All other classes at 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>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>Every first Wednesday of the month 03rd July 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>FREE</p>
<p>Thursday</p>		
<p>Calming Crafts Weekly Sessions</p>	<p>Every Thursday 04th / 11th / 18th / 25th July 10:00am - 12:00pm This is an opportunity to develop your craft skills we are currently exploring mosaic art and felting making. For more information, please contact Maryam or Paul.</p>	<p>£3.00</p>
<p>P.T.S.D Angels (Support Group for veterans only)</p>	<p>Every Second Thursday of the month 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>FREE</p>
<p>'Good to Talk' Coffee Drop in Belle Vale The Health Centre Room 18 Hedgefield Road</p>	<p>Every First and Third Thursday of the month 04th and 18th July 12:30pm - 3:00pm Pop in for a chat and a coffee. You can stay as long as you like!</p>	<p>FREE</p>
<p>Men's Cooking 6 Week Course For men 65 years old and over</p>	<p>Pre-booked Free Course every Thursday afternoon for 6 weeks 04th / 11th / 18th / 25th July 12:00pm - 2:00pm Please contact Maryam or Paul for more information.</p>	<p>FREE</p>

Friday		
DigiHub	<p style="text-align: center;">Every Friday morning 05th / 12th / 19th / 26th July 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. You don't even need to know how to turn one on! If you have your own laptop or tablet, please do try to bring it with you.</p>	FREE
<p style="text-align: center;">Swimming</p> <p>University of Liverpool Sports and Fitness Centre Bedford Street Liverpool L69 7ZN</p>	<p style="text-align: center;">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. An instructor will always be on hand. The pool is closed to the public during the session.</p> <p>You are welcome to join the course at any time. Please contact Paul or Maryam for more details</p>	£20 for 8 sessions (£20 to be paid to the swimming instructor at the first session)
Photography	<p style="text-align: center;">Pre- booked adult learning course every Friday afternoon for 6 weeks 28th June & 05th / 12th / 19th / 26th July 2:30pm – 4:30pm</p> <p>Come and learn more about how to use your digital camera.</p> <p>Contact Maryam or Paul for more information and to book your place.</p>	Free
Mindfulness	<p style="text-align: center;">Pre- booked 8-week Course Every Friday 05th / 12th / 19th / 26th July 1:00pm – 2:00pm</p> <p>Come and learn mindfulness techniques that will benefit you have help you find inner peace. Contact Maryam or Paul for more information.</p>	£21 for the full course

[Life Enhancing Technologies](#)

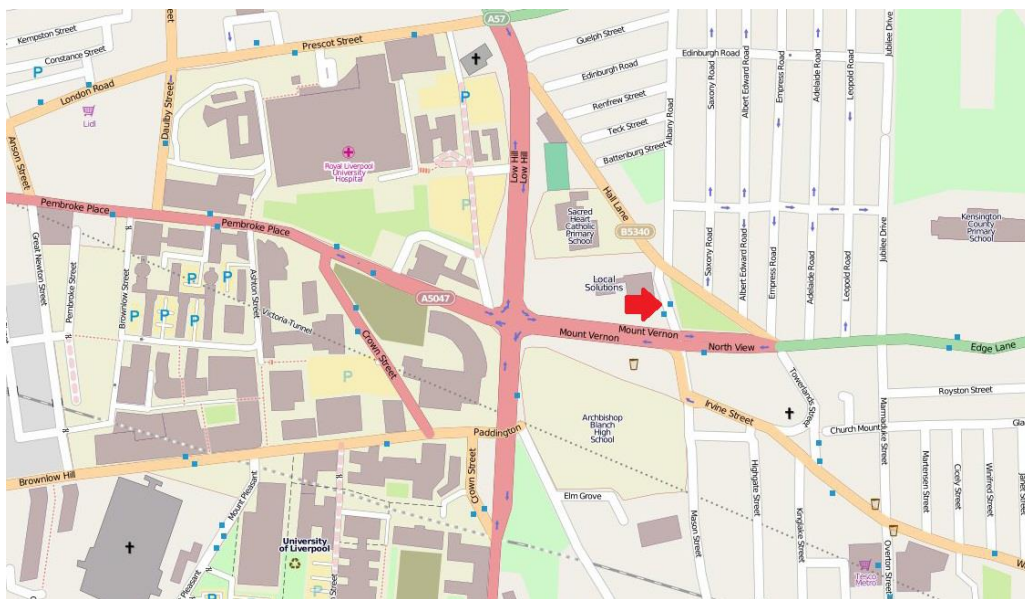


Are you concerned about the safety of a vulnerable relative, friend or neighbour? The Lifeline falls monitor package is free on prescription if referred by your GP. Call for help at the push of a button and be connected to one of our trained advisors. For more information, please call our Life Enhancing 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**

