

LIVERPOOL CARERS CENTRE 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 unless stated otherwise.

Induction for Carers

Once a month on a Monday, held 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 you haven't attended for a while and you 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.

Easy Zumba for all abilities

Every Wednesday from 11:00am - 12:00pm

These sessions are adapted for all abilities

Come along for a bit of exercise and a laugh.

Coffee and Chat

Pop in for a warm welcome and a coffee. It's a chance to have a break and chat with other carers.



Our evening service is held once a month on Tuesday's between 6:00pm – 8:00pm in 'Leaf' on Bold Street Liverpool L1 4EZ

**Our day service is held at the Carers Centre
Every Wednesday between 12:00pm – 1:30pm**

Carers Mental Health Support Group

(For anyone caring for someone with **Mental Health issues**)

Every first Monday of the month from 12:00pm - 3:00pm

For any carer that looks after someone who has a mental health condition.

Come and join us for a warm welcome and a cuppa!

Yoga and Tai Chi



Sessions cover all areas of gentle breathing exercises, deep relaxation techniques, techniques to dissolve anxious feelings and successful ways to manage them.

Carers Walk



**Sefton Park once a month on Monday & Calderstones Park
once a month on Tuesday both at 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. The ground is level and the walk is suitable for all abilities.

Please come prepared in appropriate footwear and a coat.

DigiHub

**Learn how to use your computer/tablet at our weekly IT drop-in sessions held every
Friday between 10:00am – 12:00pm**

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

‘Finding Peace’

A six-part self-care and compassion course



Scientifically-proven mindfulness meditation techniques to help you find peace and take
better care of yourself, relieving stress and restoring a sense of wellbeing.

Easy, seated exercises with kindness and compassion, in a small and friendly group.

Suitable for everyone.

Sing Me

Every Wednesday afternoon from 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.

Belle Vale ‘Good to Talk’ Coffee Drop in

Every First and Third Thursday of the month from 12:30pm - 3:00pm

Pop in for a chat and a coffee. You can stay as long as you like!

Hunts Cross Carers Coffee Drop-in

Every first Wednesday of the month from 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.

Manual Handling Training Available



Please let Maryam or Paul know if you would like a place.

Carers Dementia Support Group

(For anyone caring for someone who lives with dementia)

Every fourth Monday of the month from 1:00pm - 3:00pm

For any carer that is looking after someone who is living with dementia.

Come and join us for a warm welcome and a cuppa!

6-week cooking classes for 'Busy Carers' & 'Cooking for Male Carers over 55 years old'



- Learn how to create quick and low-cost meals for you and your family
- One pot meals to eat on the day or to freeze for the week
- Meet new people have fun cooking together
- You also receive a lot of useful recipes and hand-outs to take home

Swimming

University of Liverpool, Sports and Fitness Centre, Bedford Street, Liverpool, L69 7ZN.

Every Friday 1:00pm - 2:00pm

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.

Calming Craft Sessions

Every Thursday from 10:00am - 12:00pm

This is an opportunity to develop your craft skills

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 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.

If you want to know more about the activities, please
contact Maryam or Paul on; 0151 705 2308

Email: healthandwellbeing@localsolutions.org.uk

Local Solutions, Mount Vernon Green, Hall Lane, Liverpool, L7 8TF

Switchboard: 0151 709 0990