

## Contact Us

For further information about the Liverpool Carers Centre and the Health and Wellbeing Programme contact:

Liverpool Carers Centre - **Call:** 0151 705 2307

**Website:** [www.localsolutions.org.uk/projects/carers/](http://www.localsolutions.org.uk/projects/carers/)

Health and Wellbeing Programme - **Call:** 0151 705 2308 /2318

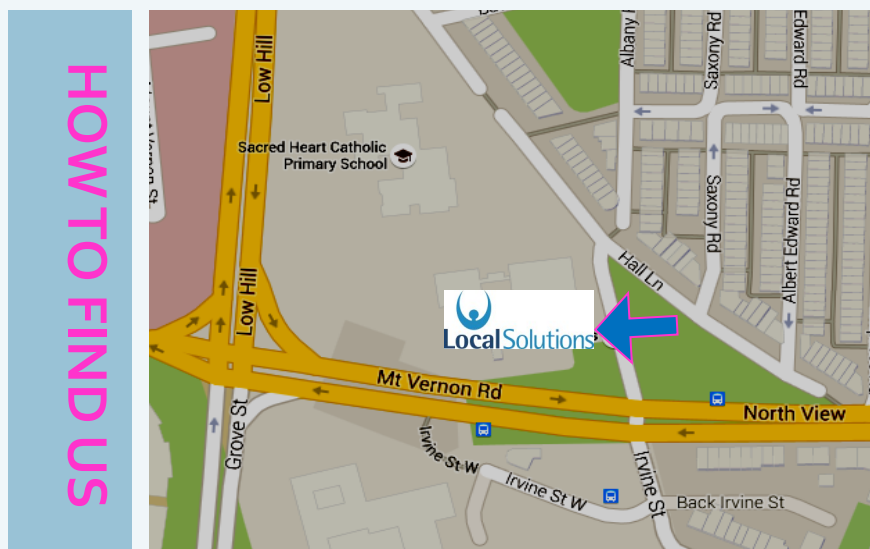
**Email:** [HealthandWellbeing@localsolutions.org.uk](mailto:HealthandWellbeing@localsolutions.org.uk)

Liverpool Carers Centre and Health & Wellbeing Programme

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

**Twitter:** @LivCCHealth **Twitter:** @LivCarersCentre

# Liverpool Carers Centre and Carers Health & Wellbeing Programme



## Are you a carer?

A carer is defined in law as “somebody who provides support or who looks after a family member, partner or friend who needs help because of their age, physical or mental illness, or disability” (Care Act, 2014).

At Local Solutions we understand the importance of carers being recognised and feeling supported. Liverpool Carers Centre can support carers in their role and improve their quality of life by delivering support services to meet their needs.

**At Liverpool Carers Centre we offer:**

- **A flexible support service**
- **Independent advice and information**
- **Signposting to specialised organisations**
- **Computer courses for beginners**
- **Advice on technology to support caring role**
- **Carers assessment & Carers support plans**
- **Health and wellbeing activities**

### Carers Assessment & Carers Support Plans

If you are a carer, you are entitled to a Carers Assessment which helps you to think about what support you may need, as well as how you can have a life outside of caring.

Once a Carers Assessment is received by the Carers Centre you will be contacted and supported to access a range of information and advice relevant to your caring needs.

**You can access the Carers Assessment form by visiting**  
**[localsolutions.org.uk/projects/carers/home/](https://localsolutions.org.uk/projects/carers/home/)**

**Liverpool Carers Centre: 0151 705 2307**

## Health and Wellbeing Programme

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to carers in Liverpool which reduces the negative impact of caring and promotes carers health and wellbeing.

**Liverpool Carers Centre works collaboratively with other charity organisations, businesses and service providers to:**

- **Promote the health and wellbeing of carers**
- **Offering carers peer support groups and befriending opportunities**
- **Support discharge from hospital**
- **Provide opportunities for a break.**

**For further Information on the activities we offer call or simply visit [localsolutions.org.uk/projects/carers/](https://localsolutions.org.uk/projects/carers/)**

*‘I felt at a low ebb, I didn’t know how to tackle the problems I was facing. Through accessing the health and wellbeing programme I was able to attend training courses and a variety of activities. The programme has given me a lot of support, it has allowed me to make new friends who have widened my horizons.’*

**6.5 Million**

There are nearly seven million carers in the UK and becoming a carer can be a gradual process or can happen overnight.



**Health and Wellbeing Programme: 0151 705 2308**