



Liverpool
City Council



**CARERS
TRUST**

Do you look after someone?

We are continuing to support carers although we are working a little differently at the moment due to Covid -19 restrictions, we want to reassure you that

We are continuing to provide Carers Assessments via telephone on 0151 705 2307 or 07934 205 609

**and 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
0151 705 2308 or 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. Please contact us to book your attendance

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth



@LiverpoolCarersCentre



Knock and Talk Doorstep Chats



The Health and Wellbeing team are carrying out doorstep chats with carers within the community every week following social distancing guidelines.
If you feel you would like a doorstep chat please do let a member of the Health and Wellbeing team know.

Coming Soon New Men's Cooking Course On Zoom



Open for Men only, this will be a live cookalong session delivered by Food Actvie.

If you would like to attend please contact the Health and Wellbeing Team to book your space, dates and times to be confirmed.

DigiHub Sessions



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

Learn more about how to use your Computer, Tablet or Smart Phone.

We hold informal sessions whilst you chat and have a cuppa!

We also hold structured sessions around; getting online using zoom, using Facebook, internet safety, staying safe whilst shopping online, social media tips and general safety tips around browsing the internet.

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth



@LiverpoolCarersCentre



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.

Coming Soon Evening Activities Online

We would like to know what online evening activities you might be interested in taking part in.

Please let a member of the Health and Wellbeing Team know of any ideas.

Lets Cook with Maryam



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.

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth



@LiverpoolCarersCentre



Coffee & Chat Online



Every Monday and Wednesday at 12noon - 1:00pm

Every Monday for a chat, information session and guest speaker with Paul

Every Wednesday for an informal coffee and chat with Chris.

Yoga with Mytime at Home



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

Easy chair based excersies and yoga every Monday and Friday on Facebook at 10 am
tune in for live & video sessions.

Virtual Calming Craft



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

Join in our craft projects or complete your own crafts.

"It has made me feel connected to friends I would have otherwise have missed dreadfully"
quote from one carer who has been attending our online session regulary.

ACTIVITY	TIME	Cost
Monday		
Yoga with Mytime at home	Every Monday video via Facebook. 10am	FREE
Let's Cook with Maryam	Every Monday on our Facebook page. 11:00am	Free

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth



@LiverpoolCarersCentre



Coffee & Chat with Paul	Every Monday via Zoom join Paul with a cuppa for an information session. 12am -1pm	Free
Tuesday		
Quiz	Every Tuesday via Zoom 12noon – 1pm	Free
Evening Coffee and Chat	Every Third Tuesday evening of the month via Zoom 7pm - 8pm	Free
Wednesday		
Coffee & Chat with Chris	Every Wednesday via Zoom join Chris with a cuppa and chat. 12am -1pm	FREE
Thursday		
Virtual Calming Crafts	Every Thursday online via Zoom 11:00am - 12:15pm	Free
Friday		
DigiHub	Every Friday online Via Zoom 11:00am – 12:30pm	FREE
Yoga with Mytime at home	Every Friday Live on Facebook 10am -11am	FREE

Please give us a follow on our social media



@LiverpoolCarersCentre



@LivCCHealth



@LiverpoolCarersCentre