



Liverpool  
City Council



# Liverpool Carers Centre Summer Activities 2021

We are continuing to work a little differently at the moment due to Covid -19, but we want to reassure you that we are still here supporting carers

We are continuing offer activities online via Zoom Session, on our Facebook page, and face-to-face in the carers centre.

To find out how to access our activities or access help to get online please contact us on 0151 705 2308 / 07803 200 476 or email: [healthandwellbeing@localsolutions.org.uk](mailto:healthandwellbeing@localsolutions.org.uk)

## Upcoming Training and Activities

### New Carers Welcome Session Taking place in the Liverpool Carers Centre.

Monday 9<sup>th</sup> August 1:30pm - 2:30pm

Monday 13<sup>th</sup> September 1:30pm - 2:30pm

We will also be holding a Zoom New Carers Welcome session on Thursday 23<sup>rd</sup> September 1:45pm – 2:45pm.

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 email: [healthandwellbeing@localsolutions.org.uk](mailto:healthandwellbeing@localsolutions.org.uk) to book your place, places are limited due to current restrictions.

Please give us a follow on our social media



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## Coming Soon Free Face-to-Face Mindfulness Course



The 6-week course is going to be taught face-to-face in the Carers Centre it will be led by Liverpool Adult Learning Service.

If your income is less than £18,300 per annum you will be able to access the course for free.

**If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.**

## Coming Soon Face-to-Face Beginners Floristry Course



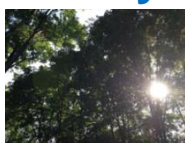
**The course will run for 6 weeks and is an introduction to flower arranging. The course is being led by Liverpool Adult Learning Service and will be run as a face-to-face activity in the carers centre.**

You will be required to purchase your own flowers for each session, a shopping list will be supplied by the course tutor.

If your income is less than £18,300 per annum you will be able to access the course for free.

**If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.**

## Coming Soon New Free 5 Ways to Wellbeing Course



The course looks at the Governments 5 Ways to Wellbeing Standards which promotes positive Mental Health.

In each session you will explore a different topic relating to the 5 ways of wellbeing: Be Active, Take Notice, Give, Connect, and Keep Learning. The course will be run face-to-face in the carers centre and is being run by Liverpool Adult Learning Service.

If your income is less than £18,300 per annum you will be able to access the course for free.

**If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.**

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## **Coming Soon Face-to-Face New Free Photography Course**



The course will run for 6 weeks and will be a face-to-face it will be held in the carers centre and is being run by Liverpool Adult Learning Services. If your income is less than £18,300 per annum you will be able to access the course for free.

If you would like to reserve your place, please call the Health and Wellbeing Team the course will be run in the new academic year.

## **Knock and Talk Doorstep Chats**



**The Health and Wellbeing team are carrying out doorstep chats with carers within the community.**

We are following government guidelines for social distancing.

If you feel you would like a doorstep chat or a chat through your window, please call the Health and Wellbeing Team.

## **Carers Park Walks Are Back**



**Our Park Walks have started, we meet in local parks around the city with a maximum of 8 carers per walk leader - we are ensuring we are adhering to Government social distance guidelines.**

These will be advertised via email, on our Facebook page, and on social media. Please book by calling the Health and Wellbeing Team.

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## DigiHub 1-1 Support Sessions



**Please book your support session by calling the Health and wellbeing team.**

We offer informal 1-1 support sessions to help you learn how to use your devices, get online using zoom, using Facebook, internet safety, staying safe whilst shopping online, social media tips and general safety tips around browsing the internet.

## Coming Soon New Creative 6- Week Craft Workshops



**Every Tuesday at 10:00am in the Carers Centre starting September 7<sup>th</sup>.**

We will be covering several different creative skills such as mosaic making, print making, felt making and more. Sessions will be bookable as a block of 6 which will need to be prepaid in advance.

If you would like to reserve your place and find out more, please call the Health and Wellbeing Team

## Coming Soon New Yoga 6-Week Back to Basics Course



**Every Tuesday afternoon at 1:30pm –2:30pm starting in September**

This is a prepayable block of 6 session per course costing £21 please email or call the Health and Wellbeing Team to book on the course.

## Evening Carers Book Club Online



**Every first Monday of the month 7:00pm – 8:00pm on Zoom**

Do you enjoy reading or listening to an enjoyable book join us to chat about your favourite books, we choose a new book to read each month and then meet the following month to discuss what we thought.

Join us for a chat with other carers over a drink in the comfort of your own home.

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## 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.

## Lets Cook with Maryam



**Baking Ideas 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.

## Coffee & Chat Online and Face-to-Face



**Every Monday at 12noon – 1:00pm Online and Wednesday at 12:00pm - 1:30pm Face-to-Face in the Carers Centre**

Every Monday for a chat with Paul online join using zoom.

Every Wednesday for a coffee and chat with Paul in the carers centre booking is essential as places are limited, please call the Health and Wellbeing team to book in.

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## Carers Creative Writing Collective



**Every Wednesday Evening 7:00pm – 8:00pm on Zoom**

Do you have a story to tell or do you enjoy writing poetry? Join Mo from Mytime on zoom.

## Calming Craft Face-to-Face and on Zoom



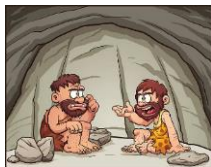
**Every Thursday at 10:00am - 11:30am**

Join in our craft projects sent via email or complete your own crafts with us.

*“Joining the craft on zoom has been a wonderful way to stay in touch with each other. It has given me something to look forward to each week”*

A quote from one carer who has been attending our online craft session regularly during lockdown.

## Cavemen Coffee



**Every Thursday online using Zoom at 12:30pm – 1:30pm**

Join Paul and Rob for a men only coffee and chat every week.

ACTIVITY	TIME	Cost
<b>Monday</b>		
<b>Let's Cook with Maryam</b>	Every Monday on our Facebook page. 11:00am	<b>FREE</b>
<b>Coffee &amp; Chat with Paul</b>	Every Monday via Zoom join Paul with a cuppa and a chat. 12noon – 1:00pm	<b>FREE</b>

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<b>Evening Book Club</b>	Every First Monday Evening of the month via Zoom 7:00pm – 8:00pm	<b>FREE</b>
<b>Tuesday</b>		
<b>Creative Skills Workshop</b>	Every Tuesday morning 10:00 am–11:30 am in the Carers Centre	<b>Prepayable £21 for 6 sessions.</b>
<b>Quiz</b>	Every Tuesday via Zoom 12noon – 1:00pm	<b>FREE</b>
<b>Yoga</b>	Every Tuesday afternoon in the Carers Centre 1:30pm –2:30pm	<b>Prepayable £21 for 6 sessions.</b>
<b>Evening Coffee and Chat</b>	Every Third Tuesday evening of the month via Zoom 7:00pm – 8:00pm	<b>FREE</b>
<b>Wednesday</b>		
<b>Coffee &amp; Chat Face-to-Face</b>	Every Wednesday in the centre with a cuppa and chat. 12:00pm – 1:30pm	<b>FREE</b>
<b>Creative Writing Collective with MyTime at Home</b>	Every Wednesday evening online via zoom 7:00pm - 8:00pm	<b>FREE</b>
<b>Thursday</b>		
<b>Calming Crafts Face-to-Face and on Zoom</b>	Every Thursday in the Carers Centre 10:00am – 11:30pm	<b>FREE</b>
<b>Cavemen Coffee</b>	Every Thursday online via Zoom 12:30 – 1:30pm	<b>FREE</b>

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Friday		
Digi Hub	Every Friday online Via Zoom 11:00am – 12:30pm	FREE

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