

Liverpool Carers Centre 2017 Activities
Regular Activities in the Carers Centre



All sessions are at the Local Solutions Carers Centre unless stated otherwise

Upcoming Training and Activities

Yoga Summer Sessions



Starting Tuesday 8th / 15th / 22nd / 29th August for 4 weeks 1:30 -2:30pm

You do not have to have been before just come and give it a go!

If you are interested in attending please contact Maryam or Paul to confirm your place mats are provided just wear comfy clothes.

Induction for Carers at Local Solutions Carers Centre

Thursday 3rd August 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 then please join us for an informal information session. Coffee and cake provided.

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.



Carers Health Walk Calderstones Park Tuesday 15th August 1.15pm – 3pm

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 foot wear and sun cream if the weather is hot! The ground is level and the walk is suitable for all abilities. The 75 and 76 bus stops outside the park on Menlove Avenue.

We will meet outside the café next to the manor house at 1pm for a 1.15am start to approximately 3pm.

Contact Maryam or Paul to confirm your attendance

Evening Coffee and Chat



This is our new 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.

15th August at 6-8pm

Held in Leaf on Bold Street Liverpool L1 4EZ.
Please contact Maryam or Paul to find out more details.



Carers Health Walk Croxteth Hall Country Park Monday 21st August 1:15- 3pm

Come and Walk, Improve Your Health and Make Friends. Registration on arrival outside the main Gates on Muirhead Avenue 1:15 for a 1:30 start finish approx 3pm

The no. 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. Please come prepared in appropriate foot wear and sun cream. The ground is level and the walk is suitable for all abilities.

Contact Maryam or Paul to confirm your attendance

Money My Way



Most people have concerns about money at some point. Keeping on top of bills and managing debt or worrying about benefits and pensions, they can all cause sleepless nights.

Using safe and trusted online resources, we'll help you with everything from dealing with money troubles to budgeting, internet banking, saving and more.

You don't even have to be good on the computer!!

Contact Maryam or Paul for more information about how we can help.



Tax, Care and Powers of Attorney

Presentation by Loraine Snyder

7th September

Plan for the future

Protect your money

1:30- 3pm

Please speak to Paul or Maryam to confirm your place and find out more details



**Starting in September
6 week Cooking Course**

&

6 week yoga course

More details to follow



Please speak to Paul or Maryam to confirm your place

ACTIVITY

TIME

FEE

Monday

Change it

Every Monday 7th/ 14th/ 21st August 1pm – 4pm

(August 7th - will be held at the Women's Organisation 54 St James Street, Liverpool L1 0AB)

Carers Support Group

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

The first Monday of each month
Monday 7th August
12:00pm -3:00pm

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

FREE

Tuesday

Tai Chi

Every Tuesday
1st / 8^h / 15th / 22nd / 29th August
10:00am – 12:00pm

Come and receive a warm welcome and

£3.00

	join us for some gentle relaxing exercise.	
Yoga Summer Sessions	<p>Every Tuesday 8th /15th / 22nd / 29th August 1:30pm – 2:30pm</p> <p>You do not need to have been to yoga before sessions open to all</p>	£2.00
Ten Pin Bowling	<p>Tuesday 1st August 1:15pm – 2:45pm (The 1st Tues of the month)</p> <p>Hollywood Bowl on Edge Lane next to B&Q. Call for more information and to book your place.</p>	£3.00 per game
Evening Coffee and Chat	<p>Tuesday 15th August 6pm - 8pm</p> <p>Every Third Tuesday of the month Held in the Leaf café on Bold Street Liverpool L1 4EZ.</p> <p>It's a chance to have a break and chat with other carers.</p>	FREE
Wednesday		
Zumba	<p>Every Wednesday 2nd / 9th / 16th / 23rd / 30th August 11am-12 noon</p> <p>These sessions are adapted for all abilities, come along for a bit of exercise and a laugh. IT'S BRILLAIANT!!</p>	£2
Carers Coffee & Chat <i>(All carers are welcome).</i>	<p>Every Wednesday 2nd / 9th / 16th / 23rd / 30th August 12:00pm – 1:30pm</p> <p>Pop in for a warm welcome and a coffee. It's a chance to have a break and chat with other carers.</p>	FREE
Sing Me	<p>Every Wednesday 9th / 16th / 23rd / 30th August 1:30pm- 3:30pm</p> <p>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>	£3
Hunts Cross Carers Coffee Drop-in. St.Columba URC Church 70 Hillfoot Avenue Hunts Cross	<p>Every first Wednesday of the month. 2nd August 1.30 – 3.30pm</p> <p>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</p>	FREE

<p>L25 ONR Right next door to Hunts Cross Health Centre.</p>	<p>carers in your area and to just relax and chat with a coffee.</p>	
<p>Thursday</p>		
<p>Calming Craft Weekly Sessions</p>	<p>Every Thursday 10:00-12:00am 3rd/10th /17th /24th/31st August This is an opportunity to develop craft skills in areas such as: card making, painting, print making, appliqué, pottery, embroidery, mosaic and calligraphy</p> <p>For more information, please contact Maryam or Paul.</p>	<p>£1</p>
<p>P.T.S.D Angels (Support Group for veterans only).</p>	<p>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>Carers Dementia Support Group (For anyone caring for someone who lives with dementia)</p>	<p>24th August 1pm- 3:00pm (Every 4th Thursday of the month) For any carer that is looking after someone who is living with dementia.</p>	<p>FREE</p>
<p>‘Good to Talk’ Coffee Drop in Belle Vale Health Centre Hedgefield Rd.</p>	<p>Every First and Third Thursday of the Month 3rd and 17th August 12:30pm – 3:00pm Pop in for a chat and a coffee and stay as long as you like!</p>	<p>FREE</p>
<p>Friday</p>		
<p>DigiHub</p>	<p>Every Friday 4th / 11th / 18th / 25th August 10:00am – 12:00pm & 1pm – 3pm 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!</p>	<p>FREE</p>
<p>Swimming</p>	<p>Fridays 1:00pm-2:00pm At the University of Liverpool Swimming Pool. For anyone who can’t swim or feels they need instruction. An instructor will be on hand at all times. The pool is closed to the public during the session.</p>	<p>£20 for 8 sessions (£20 to be paid to the swimming instructor at the first session)</p>

You are welcome to join the course at any time.
Please contact Paul or Maryam for more details

Other Activities

Community Allotment	Flexible Monday to Friday at Local Solutions Come and work on the allotments for some outdoor relaxation and recreation.	FREE
Hand or Foot Massage	We are currently looking to put this service on in the near future. Please let us know if you would like us to contact you when we have some dates.	
Crazy Golf	18 holes of fun, laughter and misses, at Liverpool 1, Jungle Rumble Crazy Golf courses. Call for more details.	

Life Enhancing Technologies

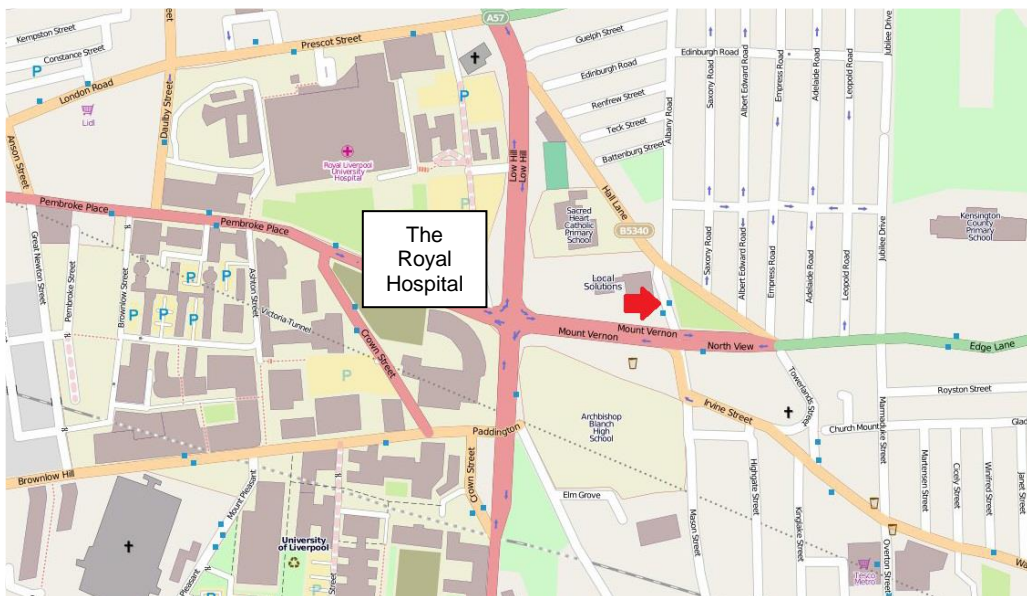


**Are you concerned about the safety of a vulnerable relative, friend or neighbour?
The Lifeline falls monitor package is free on prescription if referred by your GP.
Call for help at the push of a button and be connected to one of our trained advisors.
For more information, please call our Life Enhancing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

