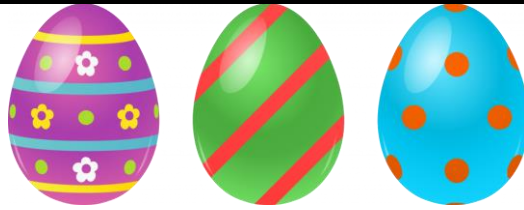


**Liverpool Carers Centre 2018 Activities**  
**Regular Activities in the Carers Centre**



## Upcoming Training and Activities



### *Carers Easter Party*

Thursday 5<sup>th</sup> April 12:30pm - 3:30pm

Cost £2.00 per carer

Buffet, party games and a quiz are being provided.  
Please let Paul and Maryam know you would like to attend.

### **Induction for Carers at Local Solutions Carers Centre**

Monday 16<sup>th</sup> April 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.

### **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.

## Evening Coffee and Chat



This is our new evening service running every 3<sup>rd</sup> Tuesday night of each month open to all carers who may not be able to access the day time activities in our carers centre.

**Next meeting is Tuesday 17<sup>th</sup> April at 6:00pm - 8:00pm**

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



## Carers Walk

### Croxteth Hall Country Park

**Monday 9<sup>th</sup> April 1:30pm – 3:30pm**

Come and Walk, Improve Your Health and Make Friends. Meet outside the main Gates on Muirhead Avenue 1:30pm for a 1:45pm start finish approx 3:30pm

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 in the walk. Please come prepared in appropriate foot wear and a coat. The ground is level and the walk is suitable for all abilities.

Contact Maryam or Paul to confirm your attendance



## Carers Walk

### Calderstones Park

**Wednesday 18<sup>th</sup> April 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. Please come prepared in appropriate foot wear and a coat. 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 front of the manor house near the children's playground at 1:30pm for a 1:45pm start to approximately 3:30pm.

Contact Maryam or Paul to confirm your attendance



## **Carers Walk** **Brunswick Train Station to the Albert Dock**

**Monday 30<sup>th</sup> April 1:30pm – 3:30pm**

Come and Walk, Improve Your Health and Make Friends. Meeting at the Train Station by the bus stop at 1:30 pm. Walk will start at 1:45pm finishing at 3:30pm outside the Tate Gallery on Albert Dock.

Please come prepared in appropriate foot wear and warm clothes. The ground is level and the walk is suitable for all abilities. Brunswick Train Station can be accessed by the 82A bus or a train from Liverpool Central. Parking is at the Liverpool Marina Bar & Grill, Coburg Wharf, Liverpool, L3 4BP £1 for two hours it's a 5- 15 min walk to the train station.



## **Starting this month a Carers Knit and Natter Group** **Thursday 19<sup>th</sup> April 12:00pm – 1:30pm**

**Held every 3<sup>rd</sup> Thursday of the month**

Come along with your own knitting or crochet project or come along and be taught how to knit or crochet

ACTIVITY	TIME	FEE
<b>Monday</b>		
<b>Carers Support Group</b> (For anyone caring for someone with <b>Mental Health issues</b> )	Normally the first Monday of each month but due to Easter it will held on <b>Monday 9<sup>th</sup> April 12:00pm - 3:00pm</b>  For any carer that looks after someone who has had a mental health condition	<b>FREE</b>
<b>Cookery</b>	Every Monday morning for a block of 6 weeks <b>9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> / 30<sup>th</sup> April 10:00am - 12:00pm</b> Please register your interest with Maryam or Paul for the next block of 6 sessions.	<b>£3.00</b>

## Tuesday

<b>Tai Chi</b>	<p>Every Tuesday 10<sup>th</sup> / 17<sup>th</sup> / 24<sup>th</sup> April 10:00am - 12:00pm</p> <p>Come and receive a warm welcome and join us for some gentle relaxing exercise.</p>	<b>£3.00</b>
<b>Yoga Sessions</b>	<p>Every Tuesday 10<sup>th</sup> / 17<sup>th</sup> / 24<sup>th</sup> April 1:30pm - 2:30pm</p> <p>Come and join us for gentle stretching and chair and mat based exercises.</p> <p><b>Please bring your own yoga mat, bath towel or blanket.</b></p>	<b>£2.50</b>
<b>Ten Pin Bowling</b>	<p>Tuesday 3<sup>rd</sup> April 1:15pm - 2:45pm (The 1<sup>st</sup> Tues of the month)</p> <p>Hollywood Bowl on Edge Lane. Call for more information and to book your place.</p>	<b>£3.00 per game</b>

## Wednesday

<b><u>Easy Zumba</u> for all abilities</b>	<p>Every Wednesday 4<sup>th</sup> / 11<sup>th</sup> / 18<sup>th</sup> / 25<sup>th</sup> April 11:00am - 12:00pm</p> <p><b>These sessions are adapted for all abilities.</b> Come along for a bit of exercise and a laugh. <u>IT'S BRILLIANT!!</u></p>	<b>£2</b>
<b>Carers Coffee &amp; Chat</b> <b>(All carers are welcome).</b>	<p>Every Wednesday 4<sup>th</sup> / 11<sup>th</sup> / 18<sup>th</sup> / 25<sup>th</sup> April 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>	<b>FREE</b>
<b>Sing Me</b>	<p>Every Wednesday 4<sup>th</sup> / 11<sup>th</sup> / 18<sup>th</sup> / 25<sup>th</sup> April 1:30pm - 3:30pm</p> <p><b>You don't have to be able to sing!!</b> It's a great social and lots of fun! Come along and meet other carers and have a laugh at the same time. <b>TRY IT!</b></p>	<b>£3.00</b>

<p><b>Hunts Cross Carers Coffee Drop-in.</b> St.Columba URC Church 70 Hillfoot Avenue Hunts Cross L25 0NR <b>Right next door to Hunts Cross Health Centre.</b></p>	<p><b>4<sup>th</sup> April</b> <b>Every first Wednesday of the month.</b> <b>1:30pm - 3:30pm</b> 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.</p>	<p><b>FREE</b></p>
<p><b>Thursday</b></p>		
<p><b>Calming Crafts Weekly Sessions</b></p>	<p><b>Every Thursday</b> <b>5<sup>th</sup> / 12<sup>th</sup> / 19<sup>th</sup> / 26<sup>th</sup> April</b> <b>10:00am - 12:00pm</b> This is an opportunity to develop your craft skills we are currently exploring mosaic art For more information, please contact Maryam or Paul.</p>	<p><b>£2.00</b></p>
<p><b>Carers Knit and Natter</b></p>	<p><b>19<sup>th</sup> April</b> <b>Every third Thursday of the month</b> <b>12:00pm - 1:30pm</b> Come along with your own knitting or crochet project or come to be taught how to knit or crochet. For more information, please contact Maryam or Paul.</p>	<p><b>FREE</b></p>
<p><b>P.T.S.D Angels (Support Group for veterans only).</b></p>	<p><b>This is a group for carers of veterans with Post Traumatic Stress Disorder.</b> If you would like more information about how to join, please contact Paul or Maryam.</p>	<p><b>FREE</b></p>
<p><b>Carers Dementia Support Group</b> (For anyone caring for someone who lives with dementia)</p>	<p><b>Thursday 26<sup>th</sup> April</b> <b>1:00pm - 3:00pm</b> <b>(Every 4<sup>th</sup> Thursday of the month)</b> For any carer that is looking after someone who is living with dementia.</p>	<p><b>FREE</b></p>
<p><b>'Good to Talk' Coffee Drop in</b> <b>Belle Vale Health Centre</b> <b>Hedgefield Rd.</b></p>	<p><b>Every First and Third Thursday of the Month</b> <b>5<sup>th</sup> and 19<sup>th</sup> April</b> <b>12:30pm - 3:00pm</b> Pop in for a chat and a coffee and stay as long as you like!</p>	<p><b>FREE</b></p>

## Friday

<b>DigiHub</b>	<p style="text-align: center;"><b>Every Friday</b>  <b>6<sup>th</sup> / 13<sup>th</sup> / 20<sup>th</sup> / 27<sup>th</sup> April</b>  <b>10:00am – 12:00pm &amp; 1:00pm – 3:00pm</b></p> <p>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>If you have your own laptop or tablet please do try to bring it with you.</p>	<b>FREE</b>
<b>Swimming</b>	<p style="text-align: center;"><b>Friday's 1:00pm - 2:00pm</b>  <b>At the University of Liverpool Swimming Pool.</b></p> <p>For anyone who can't swim or feels they need instruction.</p> <p>An instructor will be on hand at all times. The pool is closed to the public during the session.</p> <p><b><u>You are welcome to join the course at any time.</u></b>  <b><u>Please contact Paul or Maryam for more details</u></b></p>	£20 for 8 sessions (£20 to be paid to the swimming instructor at the first session)
<b>Holistic Therapy</b>	<p style="text-align: center;">Every Friday afternoon in 6 week blocks of  <b>30 mins sessions</b>  <b>1:30pm - 4:30pm</b>  <b>New block of six starting in May</b></p> <p>Please do let Paul or Maryam know if you would like to register your interest.</p>	£5.00
<b>Other Activities</b>		
<b>Community Allotment</b>	<p style="text-align: center;"><b>Flexible Monday to Friday at Local Solutions</b></p> <p>Come and work on the allotments for some outdoor relaxation and recreation.</p>	<b>FREE</b>
<b>Crazy Golf</b>	<p style="text-align: center;">18 holes of fun, laughter and misses, at Liverpool 1, Jungle Rumble Crazy Golf courses.</p> <p style="text-align: center;"><b>Call for more details.</b></p>	

## Life Enhancing Technologies

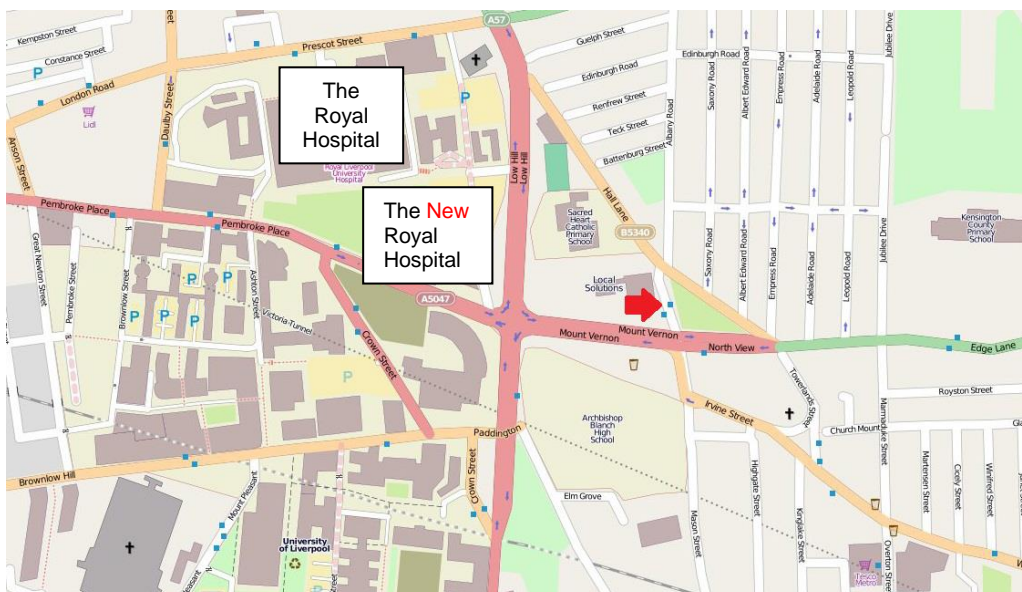


Are you concerned about the safety of a vulnerable relative, friend or neighbour?  
The Lifeline falls monitor package is free on prescription if referred by your GP.  
Call for help at the push of a button and be connected to one of our trained advisors.  
For more information, please call our Life Enhancing Technologies Advisor at the  
Liverpool Carers Centre on 0151 705 2318.

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](mailto:healthandwellbeing@localsolutions.org.uk)

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

Switchboard: 0151 709 0990



Liverpool  
City Council

