

Sefton Carers Centre provides free advice and support for unpaid carers in Sefton

Do YOU look after someone who couldn't manage without your help?

CARERS TRUST

Sefton Carers Centre

OUR SERVICES

Sefton Carers Centre provides FREE advice and support for unpaid carers in Sefton via the following services:

- Carers Support & Carers Assessments
- Parent Carers Support
- Young Carers & Young Adult Carers Support
- Welfare Benefits Advice
- Counselling
- Courses & Activities
- Living Well Sefton Carer Support
- Direct Payment Support & Advice
- Personal Health Budget Support & Advice
- Carers Voice
- Volunteering Opportunities

For more information on any of these services please contact us on **0151 288 6060** or look on **www.sefton-carers.org.uk**

Anyone can be a carer, a 15yr old looking after a parent with a long term health condition, a 40 year old caring for their partner who has terminal cancer or an 80 year old looking after their partner who has Alzheimer's disease.

In Sefton, over 34,000 residents provide support to a family member or friend who could not manage without this help.

Sefton has the 5th highest number of young adult carers nationally



Comments from carers that have visited Sefton Carers:

"Since visiting Sefton Carers, I have felt really supported and valued as well as being able to openly talk about my difficult role as a carer."

"Without Sefton Carers Centre, I feel I would have been very isolated at home."

"After the Pandemic, Sefton Carers Centre gave me a gateway to meet new people"



Carers Week 5-11 June 2023



What's on Carers Week 2023

Join in with the national Carers Week awareness campaign to celebrate and recognise the vital contribution made by the UK's unpaid carers. From Monday 5th June, Sefton carers Centre will be supporting Carers Week in a number of ways from the Centre in South Road, Waterloo as well as The Life Rooms in Southport.



PLUS
Any carer joining one of our events will have the option to enter our FREE raffle draw to win a £50 Aldi voucher



Pamper Day Southport Life Rooms
Tuesday 6th June, 10.30am-1.30pm
For more information and to register your interest please call us on **0151 288 6060** or email us at **help@carers.sefton.gov.uk**

Information Day Sefton Carers Centre
Thursday 8th June, 10.00am-2.00pm
Drop in, no booking required. Information on our services plus Alzheimer's Society, Healthwatch, Mersey Care Mental Health Team and Sefton Affordable Warmth team.



Webinar Online Event
Tuesday 13th June, 18:30-19:30
Future Planning - Wills & Power of Attorney with Victoria Stalker. Tickets are available to book on Eventbrite, please call us on **0151 288 6060** or email us at **help@carers.sefton.gov.uk** for further information and to book your place



Recognising and supporting carers in the community