

6-12 June 2022

Carers Week™

Sefton Carers Centre provides free advice and guidance for unpaid carers living in Sefton.

Next week, Sefton Carers staff will be on hand to support carers in a number of ways from the Centre on South Road, Waterloo, as well as the Life Rooms in Southport and Manna Day Centre in Maghull.

Carers Week is a national awareness campaign to celebrate and recognise the vital contribution made up by the UK's 6.5 million unpaid carers. In Sefton, over 34,000 residents provide support to a family member or friend who could not manage without this help.

Anyone could be a carer, a 15-year-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.



Come along to one of our Open Days

Tuesday 7th June 2022	Thursday 9th June 2022	Friday 10th June 2022
THE LIFE ROOMS 23-25 Scarisbrick Avenue Southport PR8 1NW Drop-In 10.00am-1.00pm	MANNA SUPPORT CENTRE 100 Sefton Lane Maghull L31 8BT Drop-In 10.00am-1.00pm	SEFTON CARERS CENTRE 27-37 South Road Waterloo L22 5PE Drop-In 10.00am-1.00pm
Events	Events	Events
Coffee Morning 10.30am-12.30pm	Lorraine Snyder CLS Coop Information and advice on Estate Planning Wills, tax, power of attorney	Information & Guidance for you and your caring role
Phil Povey National Energy Action Information and advice on saving energy costs	Information & Guidance for you and your caring role	Phil Povey National Energy Action Information and advice on saving energy costs
Free PPE & Covid tests	Free PPE & Covid tests	Free PPE & Covid tests
Victoria Andersen Stalker Lloyd & Co. Trust & Estates Information and advice on Wills, tax, power of attorney	Phil Povey National Energy Action Information and advice on saving energy costs	Claire Dutton Carer Engagement lead – information and advice for carers with Mersey care
Information & Guidance for you and your caring role	Tea & Coffee refreshments	Tea & Coffee refreshments
		Health & Wellbeing Exercise Session 10.30am-11.30am

For information on Carers Week, please contact Peter Blundell on 0151 288 6092 or email peter.blundell@carers.sefton.gov.uk

Free PPE & Lateral Flow Tests for unpaid carers

During National Carers Week Sefton Council are supporting unpaid carers by providing free PPE packs. Sefton Carers Centre are providing free lateral flow tests which can be collected from Sefton Carers Centre in Waterloo, Life Rooms in Southport or Manna Day Centre in Maghull on the above Open Days.

CARERS TRUST

Sefton Carers Centre

Sefton Carers Centre

27 - 37 South Road, Waterloo, L22 5PE
Tel: 0151 288 6060 • www.sefton-carers.org.uk

Sefton Council



@seftoncarers



seftoncarerscentre



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