



## Welcome to the **Winter Edition** of Sefton Carers newsletter!

Sefton Carers Centre is a registered charity and is here to support you in your caring role by providing you with information, support, guidance and advice. All our services are free at the point of contact. We support all unpaid carers who live in the borough of Sefton from the age of 5 years old via our Young Carer Team, through to adult carers who are supported by our Carer Support Team.

Our quarterly newsletter will provide up-to-date news and information about Sefton Carers, resources and support available to you, and how to access online courses and activities throughout the year. We would also like to share your day-to-day stories and celebrate the amazing support you give to the people you care for.

### We would love to hear from you

Please send your suggestions, comments or stories to:

[help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk) or via the [contact page](#) on the website:  
[www.sefton-carers.org.uk/index.php/contact-us](http://www.sefton-carers.org.uk/index.php/contact-us)

### What's inside:

- Welcome
- News & updates
- Coffee Mornings & carers groups
- Opportunities
- Courses & Activities

### Contact Us:

For assistance and support: Call 0151 288 6060

Monday - Thursday: 9am - 5pm.

Friday: 9am - 4:30pm.

Email: [help@carers.sefton.gov.uk](mailto:help@carers.sefton.gov.uk)

Website: [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

For up-to-date information and advice, visit: [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

**Telephone message facility:** Due to high demands on our services you may need to leave a telephone message with your name and contact number. Your call will be returned as soon as possible.

[www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

T: 0151 288 6060



Stay updated on social media!



Burbo Bank Extension  
Community Fund



Cheshire and Merseyside



# News & updates



## Carers Rights Day

Thursday 21 November 2024

**For Carers Rights Day 2024 we're hosting a coffee morning in the centre. All carers are welcome.**



There will be an opportunity to take part in some therapies and the Living Well Bus will be parked at the back of the centre in the car park for carers to access a range of health checks.

Carers Centre Staff are also focussing on GP Practices on the day and will be visiting all practices in the Borough, leaving posters, leaflets, pens and notebooks for the surgeries.

In addition, we have created a small questionnaire for reception staff to help us in understanding the awareness of the Centre and carers who may be registered at the practice.

As part of the Living Well Service Sefton, staff have been invited to Jaguar Range Rover to speak to staff, and again we have a small questionnaire to give to staff to help us understand what staff may understand about support for working carers.

### Therapies

support for working carers

health checks

Living Well Bus



**IMPORTANT!**

## IMPORTANT NOTICES FOR DECEMBER 2024



We apologise for any inconvenience due to the **temporary closure of the Life Room in Southport**; we are hoping we can begin our sessions again in January but will keep carers updated on any changes.

Please note:



**Sefton Council also have a close down over the holiday period**, go to the link here to Sefton's Website for updates and contacts during this time.

<https://www.sefton.gov.uk/your-council/contact-the-council/>



**Sefton Carers Centre** - We will be hosting celebratory events for carers and our valued volunteers including Sefton Carers Christmas Party.

Places need to be pre booked, please see below.

## Volunteers Christmas Party

Our volunteers are very valued and help us to achieve the best outcomes for carers.

We look forward to seeing them all at our party in December...



**CARERS TRUST**  
Sefton Carers Centre

# Sefton Carers Centre

We would be honoured if you could join us at our annual **Volunteers Christmas Party** here at **Sefton Carers Centre**  
**Tuesday 3rd December**  
**11am-2pm**  
Please **RSVP** to  
**caroline.hesketh@carers.sefton.gov.uk**  
or **07815 463 171**  
**with any dietary requirements**



**CARERS TRUST**

Sefton Carers Centre

# CARERS CHRISTMAS PARTY 2024

**DATE**

**TUESDAY 10TH DECEMBER**

**TIME**

**11AM - 2PM**

**LOCATION**

**THE FERNDALE LODGE  
15 CROSBY ROAD, WATERLOO, L22 0LD**



- LIVE MUSIC FROM CROSBY STRINGS
- FREE BUFFET
- QUIZ WITH PRIZES
- CHRISTMAS RAFFLE
- FREE WINTER WARMTH PACK FOR CARERS



Scan the QR Code to book or contact reception:  
0151 288 6060

0151 288 6060

Sefton-carers.org.uk



@Seftoncarers

## Christmas and Festive holiday plans at Sefton Carers Centre...

24th Dec - Closed from lunch time

27th Dec & 30th Dec - Open as usual

31st Dec - Closed at lunch time until the 2nd January 2025.

All our events, training and coffee mornings will finish two weeks before Christmas and begin again in the New Year week commencing the 13th January. Check the website for the new events calendar which will be available at the end of December.

**Staff at the Centre want to wish all carers a peaceful & happy festive season & best wishes for the new year.**





## All Age Carers Strategy

The strategy developed by Sefton Council has now been finalised and published on the Sefton Council Web pages, a copy will also be available on Sefton Carers Centre web page. There is also an action plan which is based upon the coproduction and consultation with carers regarding the strategy and will support what carers feel are the priorities within Sefton.

The Centre will be engaging with the Council and stakeholders to take this forward in the new year. We will also be supporting the ongoing involvement of carers in this work.

More information to follow as we understand this further.



## Medication Survey

The centre undertook a survey in October regarding medication for parents with children and young people with disabilities. It is apparent that there are ongoing struggles in both obtaining and renewing medication prescriptions particularly related to conditions like ADHD.

Feedback is being provided to the SEND Parent Carer forum and Alder Hey. More information to follow – including those parents who access the Parent Carer Newsletter.



## Parent Carers

Following the consultation regarding SEND services in Sefton earlier in the year, a feedback report has been produced by Sefton Council to identify how it is planning to use the feedback from families in services going forward.

You can access the report following this link:

<https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=5REt94Y8ZQE>

## 50 for Free

### Free short breaks in extraordinary places for charities

Earlier this year a small group of young carers benefitted from a short break made possible by a free stay donated by The Landmark Trust's 50 for Free scheme. The residential trip took us to Dolbelydr in Denbighshire, North Wales to stay in a 16th-century gentry house set in a quiet valley.

The young carers enjoyed the opportunity to explore the local area - surrounding towns with lots of things to do for young people. We really enjoyed the stay it was very much appreciated. Our Young carers reported,

**'The trip was really fun and interesting'**

**'a much-needed break'**

**'We can't fault the property, it was spotless and great amenities.'**

**'really cool'**

**'I was able to relax in the bath and take all the time I needed. I can't do that at home.'**



Sefton Young Carers,  
Dolbelydr, North Wales





Living Well Team  
Sefton

The Living Well Bus will be available at Sefton Carers Centre on the **21st November** as part of Carers Rights Day.

Please come along for; health checks & winter vaccinations.



**GET WINTER STRONG.**  
Get your flu and COVID-19 vaccinations.

## Welfare Rights

### Carers Centre update

As unpaid carers continue to feel the strain financially, the demand for support from the Welfare Benefits team at the centre continues to be extremely high. The team are working incredibly hard to support as many unpaid carers as they can during this difficult time. The team will be continuing to work through referrals as quickly as they can, however in the meantime, we would also like to share with you some additional services who may be able to help (List of organisations at end of this newsletter).

### Carers Allowance update

The new labour government in the autumn budget has increased carers allowance limits which will mean...

- **Carers can work up to 16 hours per week based upon National Living Wage levels**  
An increase from £151 to £196 per week allowing carers to earn up to £10,192 per year.
- **The increase in the National Living Wage going up to £12.21 from April 2025**  
This is an increase of £45 every week, £2,340 a year, that carers will be able to earn whilst also keeping their Carer's Allowance.
- **With regards to the overpayments of carers allowance**, the DWP have announced on the 16th of Oct, that an independent review will take place regarding the overpayments made to unpaid carers.



**The changes to the levels set out in the budget may also benefit the number of carers (estimated to be around 134,500) who have been asked to repay money back due to going over the limits when receiving carers allowance.**

<https://www.gov.uk/carers-allowance>

### **The Department for Work and Pensions has "extended" free £750 payments to people on benefits as part of a little-known top-up.**

#### **The New Vehicle Payment**

This is a one-off £750 payment to help you get a brand-new car on the Motability Scheme.

Initially set to end on December 31, 2024, the DWP and Motability Operations has extended the deadline to January 3, 2025. Motability clarified the extension:

*"This is to give you a final chance to order your first car if your dealer is closed over the festive period."*

Anyone who orders their first car or Wheelchair Accessible Vehicle (WAV) by 3 January 2025 will qualify for the £750 New Vehicle Payment.

#### **Important Note:**

If you order your first vehicle from 4 January 2025, you will not be eligible for this payment.

#### **Eligibility:**

Those eligible include recipients of the higher rate mobility component of Personal Independence Payment (PIP) and Disability Living Allowance (DLA).

You do not have to collect your vehicle by 3 January 2025, but you must have completed your order with your dealer by this date.

#### **Scooter and powered wheelchair customers**

You get a £100 New Product Payment instead, and we've also extended this to 3 January 2025.

- You'll only get this payment once, not every time you get a new vehicle.
- You cannot get both the New Vehicle Payment and the New Product Payment.
- If the car you choose has an Advance Payment, you can send your £750 to your dealer to put towards this cost.
- If your Advance Payment is more than £750, you'll need to pay the difference to your dealer.
- If it's less than £750, we'll send you the rest after you get your vehicle, to spend how you choose. Your dealer will ask how you'd like to use your New Vehicle Payment when you're ordering.
- You can only use the New Vehicle Payment towards the cost of your vehicle's Advance Payment. You cannot use it towards the cost of adaptations or optional extras.

The CQC have notified Sefton Council that it will be inspecting Adult Social Care services, the council have already submitted its self-assessment to the CQC, but are not made aware of the actual date CQC will do a on-site visit.

This is anticipated anytime within the next couple of months. (details of the role of CQC were provided in the last newsletter).

CQC as part of the process have contacted and started meeting with local voluntary sector providers it works with including the Carers Centre, Sefton Advocacy etc.

The Centre was asked to provide contact details of a sample of carers it supports, and we expect they will if not already have contacted those carers.

The CQC will be looking to see how carers are supported and where there may be improvements needed to the services in place.

A report will be published once all of the processes and inspection has been completed. We will let carers know when this is all in place or of any other updates as we understand these.

## Sefton Integrated Early Years Speech, Language & Communication Pathway



Sefton Integrated Early Years Speech Language and Communication Pathway, has been created in partnership with Sefton Council and Health.

The pathway outlines how services are joining together to share information and resources to give every child the best start in Sefton, with the aims:

- for all services who have contact with families in the early years to consistently deliver key messages to support early speech, language and communication
- for all early years professionals to have access to training that develops their skills in supporting early speech, language and communication
- for all families to have access to information and activities that support the development of their child's early speech, language and communication
- where needs are identified, for the family and child to be supported in how to access targeted or specialist provision.

**YouTube link:**

<https://www.youtube.com/watch?v=AP3x-nuyiYI>

**PDF document:**

[integrated-ey-speech-language-communication-pathway.pdf](#)





# Health Services Information, Updates and Campaigns

## Alzheimer's Awareness Month Herbert Protocol



This month is Alzheimer's Awareness Month. We felt that it is important to highlight and raise awareness of The Herbert Protocol, a simple risk reduction tool to help the Police in their search for people with Dementia who go missing.

Links to information here:

### **[herbert\\_protocol\\_information\\_briefing\\_2023.pdf \(seftonsab.org.uk\)](https://www.seftonsab.org.uk/assets/a1adc753/herbert_protocol_information_briefing_2023.pdf)**

[https://www.seftonsab.org.uk/assets/a1adc753/herbert\\_protocol\\_information\\_briefing\\_2023.pdf](https://www.seftonsab.org.uk/assets/a1adc753/herbert_protocol_information_briefing_2023.pdf)

### **Herbert Protocol form**

<https://www.merseyside.police.uk/SysSiteAssets/media/downloads/central/advice/herbert-protocol/herbert-protocol-form.pdf>

HELP BUILD  
**a health service  
fit for the future**

**Change NHS:**  
Helping shape a health  
service fit for the future

**NHS**



The government has launched '**Change NHS: help build a health service fit for the future**' to have the biggest ever conversation about the future of the NHS.

Members of the public, as well as NHS staff and health experts will be invited to share their experiences, views and ideas for fixing the NHS via the online platform: **[change.nhs.uk](https://change.nhs.uk)**.

The portal will be live until the start of next year, and available via the NHS App.

Go to the Change NHS portal to:

- give your views on the NHS and health and care
- tell the government what you feel is working well and what needs improving
- share your experiences
- post your ideas for improving health and care in the future.

The public engagement exercise will help shape the government's 10-Year Health Plan which will be published in Spring 2025 and will be underlined by three big shifts in healthcare:

**hospital to community**

**analogue to digital**

**sickness to prevention**

NHS England

HM Government

NHS

## Act Fast Stroke Campaign

Launches on 4 November

To increase awareness of the signs of a stroke and encourage people to dial 999 at the first sign.

Not being able to  
raise your arm could  
be a sign of a stroke

Face or arm or speech, at the first sign,  
it's time to call 999

Act  
FAST  
Help us  
help you

### Did you know...

**A stroke strikes every 5 minutes in the UK.  
There are around 38,000 stroke-related  
deaths every year  
and it's a leading cause of disability.**

The NHS England campaign encourages people to:

**Act FAST on any sign of a stroke as every minute is vital, to give patients quicker access to specialist treatment that could save their life and reduce the long-term effects of a stroke such as a disability.**

The campaign explains that the first sign of a stroke might not seem serious. Like struggling to smile, not being able to raise your arm or slurring when you speak.

Stroke symptoms can be less dramatic, painful or obvious than might be expected. But even if doesn't seem like much, at the first sign of a stroke call 999.

For more information visit:

<https://campaignresources.dhsc.gov.uk/campaigns/help-us-help-you-heart-attack-and-stroke/act-fast-stroke/>

# Coffee mornings & carers groups

## Carers Coffee Mornings



Fancy a cuppa and a chat?  
Join one of our Carers Coffee Mornings.

Share experiences, make friends and just have time for you!

### Fortnightly Carers Coffee Mornings:

**Tuesdays** - Carers Corner

10:30am - 12 noon

Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE

### Weekly Coffee Mornings:

**Wednesdays** - 18+ Carer Support Group

10:00 am - 12 noon

Sefton Carers Centre, 27-37 South Rd, Waterloo, L22 5PE

### Monthly Carers Coffee Mornings:

**First Tuesday of the month** - All Carers (mixed age group)

10:30 am - 12:30 pm

The Life Rooms, 22-33 Scarisbrick Ave, Southport, PR8 1NW

Call **0151 288 6060** for more info or message us online: [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)



# Opportunities

## **Webinar: Living Aids and Technology Enable Care (TEC) for a person living with dementia**

**Wednesday 27 November, 2024  
1.30 to 2.15pm**

Hannah from Sefton Council's Technology Enable Care Team will be talking about a variety of Tech solutions in the home which may be helpful to people living with dementia and their families/carers.

There will also be an opportunity to ask questions.

**[Click here for the MS Teams link](#)**

## **Volunteer gardener needed**



We are always looking for Volunteers to join our team, currently we are looking for a volunteer gardener to come in for an hour or two at any time during the week to help us maintain our raised beds.

Equipment provided.

Please contact:

Caroline Hesketh  
T: 0151 288 6060  
[caroline.hesketh@carers.sefton.gov.uk](mailto:caroline.hesketh@carers.sefton.gov.uk)



**CARERS TRUST**  
Sefton Carers Centre

## **Free Swimming Sessions For Registered Unpaid Carers**

**Every Monday 10:30-11:30am  
Starting From 7th October 2024  
Bootle Leisure Centre  
Washington Parade, Bootle, L20 5JJ**

**Every Wednesday 10:30-11:30am  
Starting From 6th November 2024  
Southport Dunes Leisure Centre  
Esplanade, Southport, PR8 1RX**

**Booking Essential. Courses only run during term-time.  
For more information and to book on please call Sefton  
Carers Centre on 0151 288 6060**

# Carers courses & activities

**January 2025**

Details will be available for courses and activities at the end of December and on the Sefton Carers website.

Please check our Twitter, YouTube & Facebook social media platforms for regular updates.

If you require further information, or would like to register your interest on a course or activity, please call **Caroline Hesketh on 0151 288 6060** or email: [caroline.hesketh@carers.sefton.gov.uk](mailto:caroline.hesketh@carers.sefton.gov.uk)

## Organisations offering Welfare Benefits Advice



A list of organisations that provide advice relating to welfare benefits and support to make a claim. Please note that we cannot recommend any particular provider to you, we have to remain impartial. Please make direct contact with the organisation for more details about the services they can offer.

Organisation	Telephone/ Website/ Email	Information
Sefton Council Welfare Rights Service	<ul style="list-style-type: none"> <li>Tel: 0151 934 3660</li> <li>Website: <a href="#">Sefton Council Welfare Advice Service</a></li> <li>Email: <a href="mailto:welfareights.advice@sefton.gov.uk">welfareights.advice@sefton.gov.uk</a></li> </ul>	Open Mondays, Tuesdays, Thursdays and Fridays (closed Wednesdays) 10 am to 12.30pm. Advice by telephone or face to face. Form filling.
Citizens Advice Bureau Bootle: Goddard Hall 297 Knowsley Road, BOOTLE, Merseyside, L20 5DF Southport: 23 Princes Street, Southport. PR8 1EG	<ul style="list-style-type: none"> <li>Advice Line: 0808 278 7841</li> <li>Money/Debt Advice: 0151 318 6407</li> <li>Website: <a href="http://seftoncab.org.uk">Citizens Advice Sefton (seftoncab.org.uk)</a></li> </ul>	Benefits advice, form filling,
Compassion Acts, Victoria Centre 197a Sussex Road Southport, PR8 6DG	<ul style="list-style-type: none"> <li>Tel: 01704 264505</li> <li>Website: <a href="#">Support &amp; Advice - #compassionacts</a></li> </ul>	<b>North Sefton ONLY.</b> Welfare Benefits Advice, community money advice, Fuel bank, General guidance by telephone. Complete the online request for help form.
Maghull Advice Centre 21 Leighton Avenue Maghull L31 0AG	<ul style="list-style-type: none"> <li>0151 245 3895</li> <li>Welfare benefits help Wednesday – Friday via The Big Help Project.</li> </ul>	<b>L31 postcodes ONLY.</b> Benefits advice, form filling. Also have a digital Hub. Please phone to book.