



Welcome to the **February 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 or via the [contact page](#) on the website:
www.sefton-carers.org.uk/index.php/contact-us

What's inside:

- **Welcome**
- **News & updates**
- **Coffee Mornings & carers groups**
- **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

Website: www.sefton-carers.org.uk

For up-to-date information and advice, visit: 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

T: 0151 288 6060

Stay updated
on social media!



News & updates

Annual Carers Survey 2026

The Annual Carers Survey is live and will be open until the end of March 2026.

This year we have split the surveys into separate documents for Parent Carers and Adult Carers.

We appreciate as much feedback as we can to help us understand carers needs and how we can improve. Please help us by completing the surveys which are completely anonymous. We are also offering a prize draw of 2 x £50 Aldi shopping vouchers to carers who wish to enter the draw (N.B. survey responses will still remain anonymous).

Please use the links below to access the survey:

Adult Carers Survey:

<https://sefton-carers.org.uk/annual-survey-2025-26-adult-carers/>

Parent Carers Survey:

<https://sefton-carers.org.uk/annual-survey-2025-26-parent-carers/>

Prize draw: 
**2 x £50 Aldi
shopping vouchers**

New! Interactive Telephone line



We are excited to be launching a new AI Assistant phone line which will help us out of hours.

The AI assistant will be able to take some details in order to register new carers and signpost carers but it will not be able to access any personal information. The new line will enhance our support to carers when our offices are closed.

Details and updates will be announced following more testing and finalising.

Sefton Support Group

Sefton Support Group's Wellbeing Hub is a friendly, community-based space offering practical and emotional support for adults who have been affected by a serious or life threatening illness. We also support members of the community who are feeling isolated, overwhelmed, or in need of a bit more day-to-day support.



For 30 years, we have provided a welcoming environment where people can access our therapies, drop in for a chat, get signposted to local services, and take part in supportive activities and community meetups that help improve confidence, wellbeing, and social connection.

To become a member, please complete our member registration form:

<https://community.seftonsupportgroup.org/member-registration/>

Location: 1 Duke Street, L37 4AL

Tel: 01704 879 352

CarersUK Digital Resource for carers

FREE online help for carers to get practical support in an instant!

Carers across Sefton can now get free access to the Carers UK Digital Resource. It's an online hub with short courses, videos and guides to help with the things that matter most such as:

- **Money:** check benefits and entitlements, get advice around debt and more.
- **Wellbeing:** bite-sized learning and tips on a range of topics including; Carers' rights, stress and sleep to improve your knowledge and wellbeing.
- **Caring know-how & planning:** "how to" guides for having care-based conversations and for planning ahead.

It takes 2 minutes to get started...

Visit sefton-carers.org.uk/carersuk-digital-resource-for-carers/

Follow the steps/watch the video on how to sign-up and explore a library of helpful resources.

If you prefer, we can set you up and point you to the right place. Use the contact form on our website, send us an email: help@carers.sefton.gov.uk or come and see us - we'll be happy to help.

This resource is free for Sefton carers in partnership with Carers UK. You can use it on your phone, tablet or computer at any time that suits you.

Brought to you by  **carersUK**

In collaboration with

CARERS TRUST
Sefton Carers Centre

Looking after someone in Sefton?

Access
FREE online
resources
for carers

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your life.

We've teamed up with Carers UK to give you access to essential resources to help make caring easier. Register for FREE resources and get the help you need today.

Our digital products and online resources are available to carers and include:

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to local services



Visit carersdigital.org and use code **SEFTON** to create a free account and access online resources.



Young Carers Action Day

"Fair Futures for Young Carers"

Young Carers Action Day is an annual event that takes place in mid-March.

The next Young Carers Action Day will take part on **Wednesday 11th March 2026**.

The theme for Young Carers Action Day 2026 is 'Fair Futures for Young Carers', a call to ensure every young carer has the same chances to learn, grow and thrive as their peers.

The Centre has been awarded a grant through the Carers Trust which will help us to develop activities in school on the day. Feedback from these sessions will be in the next newsletter.

SEND Parent and Carers Survey

Sefton Council



The SEND Partnership Board is re-launching its **annual SEND Parent and Carer Survey** from 24th November 2025 to **8th March 2026**.

This consultation is a vital opportunity for parents and carers of children and young people with special educational needs or disabilities (SEND) to share their experiences of the information and support they receive.

The feedback collected helps us understand what is working well and where improvements are needed across Education, Health, and Social Care services. Together, we use the feedback to develop an Improvement Action Plan.

The survey and further information can be accessed via the website link:

Sefton Parent and Carer SEND Survey 2025/2026

<https://yourseftonyoursay.sefton.gov.uk/business-intelligence/send-parent-and-carer-survey-2025-2026/>



**Prize draw:
£50 shopping vouchers
to those selected.**



Living Well Sefton - Strand By Me

Join us at Strand By Me in the Strand Shopping Centre, Bootle, for the Sefton Carers Centre monthly pop-in event.

If you're an unpaid carer, come along on the **3rd Monday of every month from 12pm to 3pm** for advice and support to improve your health and wellbeing.

We look forward to seeing you there!

THE SEFTON CARERS CENTRE
MONTHLY POP-IN EVENT

THE HUB

Strand By Me



EVERY 3RD
MONDAY OF THE
MONTH

FROM 12PM TO
3PM



999 ReUnite Wristbands feedback

For any carers who have accessed the 999 Reunite wristbands we are looking for your feedback.

Please email: carol.cater@carers.sefton.gov.uk



We would love to hear how you have used the wristbands and any other feedback you have.

**CARERS
TRUST**
Sefton Carers
Centre

Sefton Council 

**BLUE BADGE
DROP-IN**

We have a limited number of pre bookable time slots for blue badge support on Thursday 12th March between 1-4pm. (N.B. Other booking slots are available after this).

How to book in:

Carers can phone **0152 288 6060** to enquire about availability and book a timeslot.

When coming in for your appointment you need to bring in some documents which can be found from this link:

<https://sefton-carers.org.uk/2025/10/16/blue-badge-drop-in-session/>

Ince Blundell Hall - Carers Respite Service



Ince Blundell Hall launched its new Carers Respite Service in Nov 2025. Details below or visit the webpage for further information: <https://inceblundellhall.org.uk/>

They are also offering a **10% discount of a two night break for the first 100 local carers who book.**

Ince Blundell Hall



A Sanctuary for Sefton's Unpaid Carers

Ince Blundell Hall is a dedicated respite centre created specifically to support unpaid carers across Sefton, providing a welcoming space where carers can take meaningful time to rest, recharge and focus on their own wellbeing.

We're delighted to offer an exclusive opportunity for local carers — the first 100 carers to book a respite break with us using the code **IBH10** will receive **10% off a 2-day stay.**

✦ DURING YOUR STAY, YOU CAN ENJOY: ✦

- ✦ Comfortable, cosy accommodation
- ✦ Three chef-prepared meals each day
- ✦ A programme of relaxing and enjoyable activities – with complete flexibility to simply rest if that's what you need most most



This is your time — whether you choose to take part in activities, explore the surroundings, or simply unwind.

✉ To book or find out more, email enquiries@inceblundellhall.org.uk or call 0151 929 2596, quoting IBH10. Spaces are limited and available on a



Households in Sefton that include someone who is terminally ill, will no longer have to pay Council Tax and will receive a Full Exemption.

Sefton Council has introduced a new policy granting full exemption from Council Tax to households where a resident has received a terminal diagnosis.

Previously, families facing terminal illness could apply for discretionary reductions. This new policy removes that burden by reducing a household's Council tax bill to nil, once any other discounts they are receiving have been taken into account.

Find out more and apply for the Council tax exemption here:

<https://www.sefton.gov.uk/council-tax/council-tax/discounts-and-exemptions/terminal-illness-discount/>

Carers Trust Focus Group Invite

The Carers Trust are interested to involve carers in a focus group, where they have been within the last 12 months on an NHS waiting list...

**CARERS
TRUST**

Focus group on your experiences of being on a waiting list for yourself or the person you care for'

We are inviting carers to take part in a one-hour online focus group exploring what it's like to be on a waiting list, either for yourself or for the person you care for.

There are six places available for carers who are supporting someone on a waiting list, on a waiting list themselves or have experienced this within the last 12 months.

If you have any questions or would like to support this work by sharing your experience, please email [Chloe Rollings](mailto:Chloe.Rollings@carers-trust.org) by Tuesday 10 February.

Everyone who takes part will receive a £50 voucher as a thank you for their time

Youth Guarantee Trailblazer Scheme

Sefton Council has unanimously backed a motion to support the national Youth Guarantee Trailblazer scheme, reaffirming its commitment to improving opportunities for young people in education, training and employment.

The Youth Guarantee Trailblazer, backed by a £240 million government investment, aims to ensure every young person in England has access to learning, training or job support and will trial new, place-based ways to identify and support those most at risk of falling out of education or work, including SEND students.

Find out more about the scheme on the Sefton Council website:

Youth Guarantee Trailblazer Scheme

<https://www.sefton.gov.uk/mysefton-news/latest-news/council-votes-to-support-youth-guarantee-trailblazer-scheme/>



Family Hubs

Timetables Jan-March 2026

Sefton's brand-new Family Hubs timetables for January to March are now live and we've got so many lovely sessions, groups and activities lined up for families across Sefton.

If you're looking for anything from baby groups to parenting support, SEND-friendly activities, wellbeing sessions or simply a warm space and a friendly face, the team are always there to welcome you.

Take a look at the full January - March timetables on the family hubs webpage:

<https://www.sefton.gov.uk/familyhubs>

A new funding scheme will give access to emergency cash for people on low incomes across England.

'The Crisis and Resilience Fund' beginning at the start of April 2026, will provide £1bn annually for the next three years and which will be managed through local councils.

The scheme is a replacement for the temporary Household Support Fund which is due to finish at the end of March, however is broadly the same as this scheme in terms of the funding levels in place.

Councils will receive the payments covering the three years of the scheme enabling them to plan better how they will seek to allocate the funds.

DWP guidance to councils outlines that funding can be used across three areas and also identified unpaid carers as one of the groups that may be financially vulnerable, directing councils to create a system that reaches carers in financial crisis:

- crisis payments,
- housing payments – for those facing an unexpected shortfall, and
- for funding resilience services including the charities and local organisations currently providing front-line support.

The funding will support people in financial shock where there is "a sudden, unexpected expense or drop in income", like a broken boiler, the loss of a job or to prevent people from entering crisis.

One of the changes of the new scheme will enable councils to provide cash payments, which were not available under the old scheme and will potentially remove the need for people to access "hand out provisions and food parcels".

Tell us about your experience

The Neighbourhood Health Survey

NHS England is running a survey to **understand the experience of people** living with complex health and care needs **and the experience of their unpaid carers.**



Taking part in the survey is **voluntary** and all answers are **confidential**.



If you are invited to take part, you may be contacted by **email, SMS or letter** and sent reminders.

If you **do not** want to take part, please contact england.ices@nhs.net or 0800 0885370. You will need to provide your **full name, date of birth** and **postcode**.

For more information visit www.england.nhs.uk/contact-us/privacy-notice/how-we-use-your-information/public-and-partners/those-completing-surveys-or-questionnaires/

The **National Data Opt Out does not apply** to this survey. If you do not want to take part please contact us. The Department of Health and Social Care has confirmed that this survey is exempt. For more information visit the NHS England '**programmes to which the national data opt out should not be applied**' web page.



The survey will be carried out by Ipsos UK on behalf of NHS England. An independent oversight group which includes members of the public, has provided support for confidential patient information to be accessed to identify and invite people living with complex health and care needs to respond to this survey.



ADULT SOCIAL CARE IMPROVEMENT PLAN COPRODUCTION GROUP

What is it?

Purpose: To Improve Adult Social Care Services in Sefton.

A group where people who use Adult Social Care, carers and staff work together as equals to shape improvements and create better services in Sefton.



When is it?

Dates in 2026

Meetings will be every month.

They will be in Bootle Town Hall and Southport Town Hall.

Have a look on [Sefton.gov](https://www.sefton.gov.uk) - [Improvement Plan coproduction group](#) for all the dates and more details.

Get Involved

Scan the QR code to sign up to be part of the Co-production Group. Or you can email or call us.



Next Meeting

When



**Thursday 5th
March 2026**

Time



1pm – 3pm

Where



**Bootle Town Hall.
Bar Lounge.**

CONTACT DETAILS: YOURSEFTONYOURSAY@SEFTON.GOV.UK

OR 0151 934 3253.

FIND OUT MORE AND SEE WHAT WE HAVE BEEN DOING
ON [SEFTON.GOV](https://www.sefton.gov.uk) - ADULT SOCIAL CARE



Meeting Dates for 2026



April

14

Tuesday 14th April 2026 1pm - 3 pm. Southport Town Hall, Birkdale Room.

May

14

Thursday 14th May 2026 1pm - 3pm. Bootle Town Hall, Bar Lounge.

June

18

Thursday 18th June 2026 1pm -3pm. Southport Town Hall, Birkdale Room.

July

14

Tuesday 14th July 2026 1pm - 3pm. Bootle Town Hall, Bar Lounge.

September

15

Tuesday 15th September 1pm - 3pm. Southport Town Hall, Churchtown Room.

October

15

Thursday 15th October 2026 1pm - 3pm. Bootle Town Hall, Bar Lounge.

November

12

Thursday 12th November 2026 1pm - 3pm. Southport Town Hall, Birkdale Room.

December

10

Thursday 10th December 2026 1pm - 3pm. Bootle Town Hall, Bar Lounge.



CONTACT DETAILS: YOURSEFTONYOURSAY@SEFTON.GOV.UK



OR 0151 934 3253.



FIND OUT MORE AND SEE WHAT WE HAVE BEEN DOING
ON SEFTON.GOV - ADULT SOCIAL CARE

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

Thursdays - All Carers

10:30am - 12 noon

Harrows Drive playing fields, Aintree, Liverpool, L10 8LD.

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, 23-25 Scarisbrick Ave, Southport, PR8 1NW

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

New!

Coffee Mornings coming to Formby

We are working with Sefton Support Group to create a coffee morning in their venue in Duke Street, Formby. This will be a drop in every two months which is likely to start in early April. More information to follow. If you are interested please contact the Centre on 0151 288 6060 or email help@carers.sefton.gov.uk

Sefton Carers Centre has partnered with Mersey Care Carer Engagement Team who will attend 4 of our regular coffee mornings in the Life Rooms, Southport in March, June, Sept and Dec 2026. Further information below....

Sefton Carers Cafe

at the Life Rooms, Southport

Come and join us for the opportunity to meet other carers, take time out for yourself and get information and advice to support you in your caring role.

- Chat to staff from the Carer Engagement Team and Sefton Carers Centre
- Spend time with other carers
- Take part in an art and craft activity
- Enjoy a hot drink.

Dates:

3 March 2026 from 10.30am to 12pm

2 June 2026 from 10.30am to 12pm

1 September 2026 from 10.30am to 12pm

1 December 2026 from 10.30am to 12pm

Venue: The Life Rooms, 23-25 Scarisbrick Avenue, Southport, PR8 1NW

To confirm attendance or for further information, please contact the Carer Engagement Team: carers@merseycare.nhs.uk or 01925 972 801



Calendar of events

We are still in the process of confirming some events and will let carers know when we can regarding these. Please keep an eye out in our emails and posters etc and also on our website: <https://sefton-carers.org.uk/>

Carers courses & activities

January - March 2026

Please note sessions & courses are subject to change (courses & sessions will be added throughout the terms) Most sessions do not run through holiday periods, half term, bank holidays, summer holidays etc. Please check our Bluesky social, YouTube & Facebook social media platforms for regular updates. If you are interested in attending any of our sessions, please register by calling the centre on 0151 288 6060 or using the booking form on our website.

Please note: Carers Sessions are subject to sufficient attendees to run. Carers/ workshops & courses are subject to change.

FREE COURSES FOR UNPAID CARERS

Course/Session	Date	Time	Tutor/Facilitator	Venue	Platform	No of Weeks	Requires Booking
(New) Wellbeing & Watercolour Workshop	09/02/2026	10am-12noon	Katie Weymouth	Sefton Carers Centre		1	•
Chair Fit	MONDAY 12/01/2026 19/01/2026 26/01/2026 02/02/2026 09/02/2026	11:15am-12 noon	Collette Purcell	Sefton Carers Centre	YouTube Stream	11weeks No sessions half term (16 th Feb 2026)	•
	23/02/2026 02/03/2026 09/03/2026 16/03/2026 23/03/2026 30/03/2026						
Dance & Tone	MONDAY 12/01/2026 19/01/2026 26/01/2026 02/02/2026 09/02/2026 23/02/2026 02/03/2026 09/03/2026 16/03/2026	12noon 12:45pm	Collette Purcell	Sefton Carers Centre	YouTube Stream	11 Weeks (16 th Feb is half term-no session)	•
(NEW) Research Your Family Tree	MONDAY 23/02/2026 02/03/2026 09/03/2026 16/03/2026 23/03/2026 30/03/2026	1.00pm-3.00pm	Rachel Rick	Sefton Carers Centre		6 Weeks	•
(NEW) Mental Health Support Group- Waterloo	MONDAY 12/01/2026 19/01/2026 26/01/2026 02/02/2026 09/02/2026 23/02/2026 02/03/2026 09/03/2026 16/03/2026 23/03/2026 30/03/2026	1:00pm-2:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		11 Weeks (16 th Feb is half term- no session)	•

New) Mindfulness & Meditation	MONDAY 12/01/2026 19/01/2026 26/01/2026 02/02/2026 09/02/2026 23/02/2026 02/03/2026 09/03/2026 16/03/2026 23/03/2026 30/03/2026	2:00pm- 3:00pm	Debbie Campbell/ Caroline Hesketh	Sefton Carers Centre		11 weeks (16 th Feb is half term -no Sessions)	•	
Walking Group	TUESDAY 13/01/2026	10.30am- 12.30pm	Active Sefton	Meet outside Waterloo Train Station		Weekly		
Tax, Care, Wills & Lasting Power of Attorney	From January 2026	Please call 288 6060 to book a Phone Appt		Lorraine Snyder & Victoria Stalker	Please Call Sefton Carers Centre to request a telephone Appt	Upon request	•	
Beginners Ukelele	TUESDAY 13/01/2026 20/01/2026 27/01/2026 03/02/2026 10/02/2026 24/02/2026 03/03/2026 10/03/2026 17/03/2026 24/03/2026 31/03/2026	11.00am- 1.00pm	Ed Ford	Sefton Carers Centre Reception Area		11 Weeks (17 th Feb is half term-no session)	•	
IT Lessons (Drop in)	TUESDAY 13/01/2026 20/01/2026 27/01/2026 03/02/2026 10/02/2026 24/02/2026 03/03/2026 10/03/2026 17/03/2026 24/03/2026 31/03/2026	1.30pm- 3.30pm	Ed Ford	Sefton Carers Centre		11 Weeks (17 th Feb is half term-no session)	•	
Over 60's Coffee Corner Waterloo	TUESDAY 06/01/2026 20/01/2026 03/02/2026 17/02/2026 03/03/2026 17/03/2026 31/03/2026 07/04/2026	10-30am- 12noon	Edna Osbourne/Sue Rimmer/Lillian Skelton	Sefton Carers Centre		Fort nightly	•	
Carers Coffee Morning Southport	TUESDAY 13/01/2026 03/02/2026 03/03/2026 07/04/2026	10.00am- 12.30pm	Caroline Hesketh/ Ruth Horsley	Life rooms Southport Scarisbrick Avenue PR8 1NW		First Tuesday of each Month	•	

Carers Health Checks- Southport	TUESDAY 13/01/2026 03/02/2026 03/03/2026 07/04/2026	10.30-am 11.30am	Louise Stanley	Life Rooms Southport Scarlsbrick Avenue PR8 1NW		Monthly	•	
Carers Coffee Morning	WEDNESDAY 14/01/2026 28/02/2026 04/02/2026 11/02/2026 18/02/2026 25/02/2026 04/03/2026 11/03/2026 18/03/2026 25/03/2026	10am- 12 noon	Ann McKenzie	Sefton Carers Centre		Weekly (21 st Jan Centre Closed)	•	
Carers Health Checks- Waterloo	WEDNESDAY 25/02/2026 18/03/2026 22/04/2026	10.30pm- 11.30pm	Louise Stanley	Sefton Carers Centre		Monthly (please call To check Dates)	•	
The Reader Shared Reading Group	WEDNESDAY 14/01/2026 28/01/2026 04/02/2026 11/02/2026 18/02/2026 25/02/2026 04/03/2026 11/03/2026 18/03/2026 25/03/2026	12.15pm- 1.30pm	The Reader	Sefton Carers Centre		Weekly		
(New) Mental Health Support Group- Southport & Sound Meditation	WEDNESDAY 14/01/2026 11/02/2026 11/03/2026	1-3pm	Debbie Campbell/ Caroline Hesketh	The Liferooms Scarlsbrick Avenue		Monthly		
Sacred Drumming	THURSDAY 15/01/2026 22/01/2026 29/01/2026 05/02/2026 12/02/2026 26/02/2026 05/03/2026 12/03/2026 19/03/2026 26/03/2026	10:15am- 11:00am	Debbie Campbell	Sefton Carers Centre		10weeks (19 th Feb half term -no Session)	•	
(NEW) Carers Coffee Morning Aintree Village	THURSDAY 15/01/2026	10:30am- 12 noon	Caroline Hesketh	Aintree Parish		Fortnightly	•	
	29/01/2026 12/02/2026 26/02/2026 12/03/2026 26/03/2026 9/04/2026			Council Committee Room Harrow Drive Playing Fields				

(NEW) CarersUK Online Courses

Venue: CarersUK

Visit: carersdigital.org

Access Code: SEFTON (to create account and start your e- learning journey)

List of courses:

Your rights as a carer

This bite-sized course gives an overview of carers' legal rights, including the right to an assessment, looks at carers' statutory rights at work and gives an overview of financial support available to unpaid carers.

Help with finances for carers

This bite-sized course gives an overview of the financial support available to unpaid carers and those they look after. We outline key benefits and other financial help for health costs, debt, household finances, disability-related expenses and pensions.

Having the care conversation

This course prepares you to have the care conversation and looks at how others can help support you in making the care conversation easier.

Thinking ahead: the cost of care and support

Caring is a life event that you don't plan for but could have a major effect on you and your finances. This course will help you understand the cost of care and support, the impact of caring on work and the impact of caring on household expenditure and will discuss how to manage money and what help might be available: the cost of care and support.

Managing someone's affairs and protecting them from fraud

This course looks at understanding mental capacity, the different ways to manage someone's affairs in England, Scotland and Northern Ireland and how to use services to help keep someone safe.

Aids, home adaptations and equipment to support caring

This course looks at aids, home adaptations and equipment that can support someone to live more independently for longer. It provides information on the different types of aids and equipment to support care and caring, where to find products and how to fund them.

Technology to support care and caring

This course looks at the different types of technology-enabled solutions available to help make life easier for carers and those they look after.

About Me: building resilience for caring

This e-learning course will help you understand how to build a support network, find local resources and services and will give you tips to help you in your caring role. It will also help you understand the benefits of technology and how it can support you and the person you look after.

Working and caring

This e-learning course covers your legal rights, flexible working and leave arrangements and explores topics such as telling your employer and colleagues you are a carer and leaving and returning to work.

You and your wellbeing

This e-learning course is designed to help you build strategies to maintain your physical and emotional wellbeing whilst caring for someone.

Coping with stress as a carer

This course looks at the signs and symptoms of stress as well as an overview of the causes and its impact and provides useful information and tips on ways to manage stress.

Managing sleep as a carer

This course looks at why sleep is important, the causes and impact of poor sleep and provides information on ways to improve sleep quality.

Coping with behaviour that's challenging

This course looks at understanding behaviour that's challenging and its impact to carers and provides support and strategies for coping.

Managing difficult emotions as a carer

This course looks at feelings and emotions you may experience as a carer, the steps you can take to help recognise and manage your emotions as well as looking at how others may be able to support you.

Managing time

This course looks at why it is important to make time for yourself as a carer and the different ways in which you can manage your time more effectively.

Nutrition and caring

Carers UK has teamed up with Nutricia to develop an e-learning course which aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.