

Over 80 & Still Caring...

Age UK has recently undertaken new research which shows 1 in 3 people over 80 are unpaid Carers for sick or disabled relatives. The research reveals they save our economy a huge £23 billion a year through the unpaid care they give loved ones.

In St Helens we know the picture reflects the national statistics, at the Carers Centre we are in touch with 1,167 Carers over the age of 80 who, in some cases are providing comprehensive care, in the majority of cases to their partner.

If each of these Carers was providing just 3 hours of care a day (yet we know in many cases it is much more), they are providing the equivalent of £12.7 million worth of unpaid care.

Older Carers are far more likely to be caring for someone with multiple needs, dealing with complex conditions like dementia and physical disabilities. Yet often they care alone, unable to break or step out the door for long, leaving their own wellbeing needs to onside.



On the 14th January, the Prime Minister Boris Johnson committed to bringing forward a plan for social care reform this year and implementing it by the end of Parliament, within the next 5 years.

These reforms have been delayed time and time again and we can only hope that any reforms for social care must include practical and financial support for unpaid Carers, so that they can continue to care without putting their own lives on hold and in the case of older Carers be able to care whilst also enjoying their much deserved retirement.

If you are an older Carer and feel you need more support or would like to talk to someone, please call us on 01744 675 615

**New Training Courses Now
Booking! Pages 6 - 10**

***VACANCIES: The Carers Centre is looking for
talented individuals to join our team... page 4***

Welcome to our latest newsletter!

Many of you will be reading this newsletter electronically for the first time and a big thank you to everyone who responded to our last mailout and told us how they want to receive information from us going forward.

Since October when our new contract with St Helens Council and CCG started we have been busy introducing new services including our online welfare benefits chat... if you are waiting to see one of our advisors, I would recommend you try this method, it's quick and easy and beats the queues.

Our online video guides will also be coming soon to our website. In the meantime, don't forget you can book training courses and see what on via the website.

You will also see that we are advertising vacancies, please pass on details to anyone you know who you think may be suitable, it is not often we have trainee positions available in

our much respected Benefits Team.

The Carers Centre is coming up to its 20th year and we are planning some celebratory events so keep your ears to the ground via the website, Facebook and our next newsletter!

I am always keen to hear your opinions, views and suggestions so please do get in touch with me... I really do appreciate your feedback, you can email me at

info@sthelenscarers.org.uk

Finally, many of you will not know that the Carers Centre is governed by a Board of Trustees, these Trustees are all volunteers and their support and efforts often go unnoticed and unrecognised. Without their efforts the Carers Centre would not exist. As you will read opposite, we sadly recently lost one of our Trustees, Joyce Wilcock. Joyce was extremely supportive in developing our service and she will be greatly missed.

with best wishes

Alan

Alan Ashton
Chief Executive

Has your caring role changed?

**Please keep us up to date if your caring role has changed or if you plan to move address!
You can contact us on 01744 675 615 or
info@sthelenscarers.org.uk**



It is with great sadness we report that Joyce Wilcock, Trustee/Director of St Helens Carers Centre, passed away on the 14th December 2019.

Joyce was a Trustee with the Carers Centre for over 15 years. Prior to her appointment Joyce had a long career in the NHS in nursing, and was Director of Nursing at St Helens and Knowsley Hospitals NHS Trust for seven years before transferring to the Director of Nursing post at the Cheshire and Merseyside Strategic Health Authority.

Joyce's knowledge and guidance will be greatly missed and our sincere condolences go to her family.

Jane

Jane Dearden MBE, DL
Chair Board of Trustees

Quickest Way To Access Our Carer Welfare Benefits Advisors...



Did you know that you can now have direct access to one of our qualified welfare benefits advisors online through a private direct chat between 10am and 12noon every Thursday.

Using your computer or phone, go to www.sthelenscarers.org.uk

when you reach the website a small chat box will appear in the bottom right hand side of

the screen. If you click in there you will be able to get benefits advice and your benefit queries answered straight away. Please note the chat box only appears online Thursday mornings. If you don't have access to the internet or a smart phone you can still access our Benefits team the normal ways.



Do You Like Us? So Follow Us!

If you use Facebook why don't you "Like Us" and also follow us... it's the quickest way to get notified of any news and also updates to our Carer Discount Card!

You can find us on Facebook [@StHelenscarers](https://www.facebook.com/StHelenscarers)

Young Carers Awareness Day

Young Carers Awareness Day is an annual event, led by Carers Trust, and is taking place on 30 January 2020. Every day across St Helens, an estimated 2,500 young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Recent research shows that 1 in 5 secondary school children may be a young carer. For young carers, this can negatively impact on

their experiences and outcomes in education, having a lasting effect on their life chances.

Over the past few months several teams of businesses/schools/groups have been raising cash for our Young Carers service and this Young Carers Awareness Day they will be handing over their efforts to help us continue supporting local Young Carers.

A Big Thank You!

Carer Centre Vacancies

Have you ever wondered what it may be like to work at the Carers Centre and help us support thousands of local Carers each year? Well here is your chance. If you, or someone you know is looking for an exciting opportunity we are now hiring!

Due to a change in our funding we are now looking to fill the following posts:

1 x Young Carer Support Officer

**37 Hours per week. Starting Salary is £22,849
with the potential to rise to £23,573**

You will join our small and young professional team based in our Young Carers service providing support to over 500 local Young Carers. For this post you must be a car owner/driver as you will be going out to see Young Carers and their families in their home and/or schools. Excellent IT skills and the ability to connect with people of all ages including children is essential.

2 x Trainee Welfare Benefits Officer

**37 Hours per week. Starting Salary is £21,495 and rising to
£24,146-£25,972 when qualified**

This is an extremely rare opportunity to join our highly respected and qualified Carer Welfare Benefits Team. You will be trained in all aspects of welfare benefits for both Carers and their families. On the job training will last between 6 and 12 months, You must be confident with numbers and complex calculations, computer literate and a people person!

1 x Carer Centre Admin & Receptionist

**32.5 Hours per week. Starting Salary is £19,554
(Actual Salary for 32.5 hours is £17,175)**

You will be at the forefront of greeting Carers at our busy reception and telephone switchboard. You must have excellent customer service skills, be able to deal with several tasks at once and good computer skills.

For all posts, an enhanced DBS check will be required.

The closing date to apply for all posts is **3pm Friday 14th February 2020** so do not delay and apply today! The full details can be found on our website at **www.sthelenscarers.org.uk**

Please note that we do not accept CV's and you must complete our application form available on the website to apply.



Guys & Dolls Smash It!

The St Helens Carers Centre Quiz League Overall Winners 2019 was won by “Guys & Dolls” (as pictured to the left). It was thought they may have been beaten at the last minute again but they snatched the title just before Christmas. The league starts again in January and all Carers are welcome to attend, see below for more details.

Are You Going To The Carer Clubhouse?

Do you know that the Carers Centre has a Carer Clubhouse? It is a large building opposite St Helens Town Hall where all our events, training courses and groups meet. Why don't you try it out every Tuesday morning between 10 and 12 for a cuppa and some toast, or see details



of all the training courses from page 6 and groups and clubs on the back page.



Quiz Nights With A Dog That's Hot!



Have you ever been to one of our Monthly Quiz Nights?? They are great fun and even if you don't know any answers we still give you a hot dog and soft drinks! Alternatively join the Carers who bring their own alcohol and we will supply a glass!

Every 4th Tuesday of the month at our Carer Clubhouse in Fishwick House (opposite the town hall). Doors open from 6.30pm and the quiz starts at 7pm and ends by 8.45pm.

It's free to any Carer registered with us and you

can come along alone or in a group. The winning team each month have a chance of “opening the box” from a set of keys to share a cash prize!

If you want a hot dog, book in advance by going online to our website. Otherwise just turn up! Tue 28th Jan : 6.30pm

Tue 25th Feb : 6.30pm

Tue 24th March : 6.30pm

Tue 28th April : 6.30pm

Tue 26th May : 6.30pm

Free Training & Courses Now Booking

Take a look at our latest training programme. All courses are free to attend for Carers registered at the Centre. To request a place, the easiest way is to log onto our website www.sthelenscarers.org.uk or you can call us on **01744 677 335** or **pop into the centre**. Detailed instructions will be sent to you once your place is confirmed. All we ask is that you confirm your place, or let us know if you can't attend – that way we can offer your place to another carer, most courses have waiting lists!

All courses take place at our friendly Carer Clubhouse, Fishwick House, Cotham Street - Opposite St Helens Town Hall

<p>Massage Techniques</p>	<p>Monday 3 February 2020 10am to 12 noon Learn the techniques from our qualified therapist to do your own mini massages at home! An informal session with practice on hands and shoulders for those who want to.</p>
<p>Every Day First Aid</p>	<p>Thursday 6 February 2020 10am – 12.30pm Would you know what to do if someone was choking, had a stroke or stopped breathing? Would you know how to resuscitate someone, or use a defibrillator? Come on this fun, short, interactive workshop and learn what to do in various emergency situations. Delivered by the British Red Cross.</p>
<p>Easter Decoupage</p>	<p>Thursday 6 February 2020 1pm – 3.30pm Get creative and learn how to apply decorative paper to objects, have a cuppa & meet new friends. All materials provided - take your creation home with you!</p>
<p>Dementia Awareness</p>	<p>Wednesday 12 February 2020 10am – 1pm This is an informal session to explore Dementia. A short film will be shown to explain what happens to the brain of a person living with Dementia. There will be a chance to ask questions and also to talk about symptoms of Dementia and how they can affect the person living with the condition, meet other people and have a cuppa. Delivered by St Helens Peoples Services, Adult Social Care and Health.</p>
<p>Relaxation Techniques</p>	<p>Wednesday 19 February 2020 5.45pm – 7.45pm Need to relax more, but don't know how to? Our qualified holistic therapist will teach you lifelong skills to help you relax and achieve a greater feeling of wellbeing.</p>

Evening Course!

<p>Stay Safe Online & Scam Awareness</p>	<p align="center">Monday 24 February 2020:</p> <p>Stay Safe Online 10am–11am Scam Awareness 11.15am–12.30pm</p> <p>Stay Safe Online is a short interactive info & advice session from Merseyside Police will cover topics such as passwords, fraud, emails, social media & security online – all the things you should be considering, but maybe aren't. Scam Awareness offers information about current, common local and national scams and how to avoid being duped. Both sessions are delivered by Merseyside Police.</p> <p align="center">Attend just one or stay for both.</p>
<p>Hand Made Cards</p>	<p align="center">Thursday 27 February 2020 1pm – 3.30pm</p> <p>Make your own, personalised Cards! Our skilled craft tutor will provide all the materials and instructions required to make your own cards. No skills necessary!</p> <p align="center">Meet other carers, have a cuppa & get creative!</p>
<p>Digital Skills (Ipads/tablets)</p>	<p align="center">(3 session course) Tuesdays 3, 10 and 17 March 2020</p> <p align="center">1pm – 3.30pm</p> <p>Want to improve your skills to access the web and online services safely? Learn how to use a tablet/ipad to access the web & navigate safely to search for useful information, complete online forms, communicate & keep in touch. Ipads will be provided for the course.</p> <p align="center">Delivered by St Helens Adult & Community Learning.</p>
<p>Mental Health Awareness</p>	<p align="center">(2 session course) Thursdays 5 and 12 March 2020</p> <p align="center">1pm – 3.30pm</p> <p>If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies, plus the chance to meet other carers. Learn more about the carer support and training available from North West Boroughs Healthcare, whose expert delivers this training.</p>
<p>Every Day First Aid</p>	<p align="center">Wednesday 11 March 2020 1pm – 3.30pm</p> <p>Would you know what to do if someone was choking, had a stroke or stopped breathing? Would you know how to resuscitate someone, or use a defibrillator? Come on this fun, short, interactive workshop and learn what to do in various emergency situations.</p> <p align="center">Delivered by the British Red Cross.</p>
<p>Massage Techniques</p>	<p align="center">Wednesday 11 March 2020 5.45pm – 7.45pm</p> <p>Learn the techniques from our qualified therapist to do your own mini massages at home! An informal session with practice on hands and shoulders for those who want to.</p>

Evening Course!

Wills & Probate	<p align="center">Monday 16 March 2020 10am – 12.30pm</p> <p>St Helens Solicitors Forster Dean will discuss and give advice on making wills and dealing with probate issues, plus chance for brief Q&A, if time allows. Sandwich lunch for those also attending the Power of Attorney course later in the day</p>
Power of Attorney & Deputyship	<p align="center">Monday 16 March 2020 1.00pm – 3.30pm</p> <p>St Helens Solicitors Forster Dean will be discussing all aspects of this complex and often confusing legal framework plus chance for brief Q&A, if time allows. A sandwich lunch for those also attending the Wills & Probate course earlier in the day.</p>
Reflexology Taster 	<p align="center">Wednesday 18 March 2020 (Evening) 5.45pm – 7.45pm</p> <p>Reflexology is performed on the feet using gentle massage and pressure, stimulating movement of energy along neural pathways promoting deep relaxation, both physical and emotional benefits. Demonstration & explanation from a master, followed by practice session if time allows.</p>
Indian Head Massage	<p align="center">Friday 20 March 2020 10am – 12 noon</p> <p>Learn this wonderfully relaxing massage based on the Ayurveda system of healing, practiced for over a thousand years. Relaxing, but also stimulating and invigorating! Reduces stress, encourages relaxation, elevates mood – creates a feeling of balance and calm.</p>
Hand Made Easter Cards	<p align="center">Thursday 26 March 2020 1pm – 3.30pm</p> <p>Make your own, personalised Cards! Our skilled craft tutor will provide all the materials and instructions required to make your own cards. No skills necessary! Meet other carers, have a cuppa & get creative!</p>
Relaxation Techniques	<p align="center">Monday 30 March 2020 10am – 12.30pm</p> <p>Need to relax more, but don't know how to? Our qualified holistic therapist will teach you lifelong skills to help you relax and achieve a greater feeling of wellbeing.</p>
Cook & Taste!	<p align="center">(4 session course) Tuesdays 31 March, 7, 14 and 21 April 2020 2pm – 3.30pm</p> <p>Improve your cooking skills, learn healthy cooking methods, menu planning, cooking on a budget. All ingredients utensils and apron provided, plus the opportunity to sit down and eat what you made – or take it home to freeze! Delivered by St Helens Healthy Living Team.</p>

<p>Dementia & Communication</p>	<p>Thursday 2 April 2020 1pm – 3.30pm</p> <p>This session will give you practical tips on how to communicate with a person living with Dementia and how to recognise when change is needed in to support the person with their changing needs. You will watch film clips of people living with Dementia that you can discuss and you will be given an excellent booklet about communication, meet other people and have a cuppa. Delivered by St Helens Council's Peoples Services, Adult Social Care and Health Team.</p>
<p>Easter Decoupage</p>	<p>Thursday 9 April 2020 1pm – 3.30pm</p> <p>Get creative and learn how to apply decorative paper to objects, have a cuppa & meet new friends. All materials provided - take your creation home with you!</p>
<p>Dementia: Well-being, Activity and Being Occupied</p>	<p>Monday 20 April 2020 10am – 1pm</p> <p>In this session you will learn why it is important for the person living with Dementia to be occupied. We will discuss what is meant by the term meaningful occupation. We will also look at how we can make a personalised memory box. With chance to ask your own questions, meet other people and have a cuppa. Delivered by St Helens Peoples Services, Adult Social Care and Health Team.</p>
<p>Every Day First Aid</p>	<p>Wednesday 22 April 2020 10am – 12.30pm</p> <p>Would you know what to do if someone was choking, had a stroke or stopped breathing? Would you know how to resuscitate someone, or use a defibrillator? Come on this fun, short, interactive workshop and learn what to do in various emergency situations. Delivered by the British Red Cross.</p>
<p>Indian Head Massage</p> <p><i>Evening Course!</i></p>	<p>Wednesday 22 April 2020 (Evening) 5.45pm – 7.45pm</p> <p>Learn this wonderfully relaxing massage based on the Ayurveda system of healing, practiced for over a thousand years. Relaxing, but also stimulating and invigorating! Reduces stress, encourages relaxation, elevates mood – creates a feeling of balance and calm.</p>
<p>Reflexology Taster</p>	<p>Monday 4 May 2020 1pm – 3pm</p> <p>Reflexology is performed on the feet using gentle massage and pressure, stimulating movement of energy along neural pathways promoting deep relaxation, both physical and emotional benefits. Demonstration & explanation from a master, followed by practice session if time allows.</p>

<p>United Utilities: A Helping Hand with your Water Bill !</p>	<p>Tuesday 12 May 2020 1.30pm – 2.30pm</p> <p>Information on a wide range of tariffs and schemes that can help to reduce your water bills. It will cover water arrears and claiming benefits, whether you would be better off with a water meter and details of how to register for their Priority Services. You will also be shown water saving devices that can be used to reduce your water bills. The aim of the session is to help to understand how to get on the best tariff for your personal circumstances.</p>
---	---

<p>Mental Health Awareness</p>	<p>(2 session course) Wednesdays 13 and 20 May 2020 1pm – 3.30pm</p> <p>If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies, plus the chance to meet other carers. Learn more about the carer support and training available from North West Boroughs Healthcare, whose expert delivers this training</p>
---------------------------------------	--

<p>How to Complete a PIP form!</p> <p>NEW!</p>	<p>Thursday 14 May 2020 1pm – 3pm</p> <p>Filling out a Personal Independence Payment (PIP) form can be daunting. Why not come along to our new session giving you guidance on how to complete PIP forms for yourself and those you care for.</p> <p>Please note this is a group session and will not include individual completion of forms.</p>
--	---

<p>Wills & Probate</p>	<p>Monday 18 May 2020 10am – 12.30pm</p> <p>St Helens Solicitors Forster Dean will discuss and give advice on making wills and dealing with probate issues, plus chance for brief Q&A, if time allows. Sandwich lunch for those also attending the Power of Attorney course later in the day</p>
-----------------------------------	---

<p>Power of Attorney & Deputyship</p>	<p>Monday 18 May 2020 1pm – 3.30pm</p> <p>St Helens Solicitors Forster Dean will be discussing all aspects of this complex and often confusing legal framework plus chance for brief Q&A, if time allows. A sandwich lunch for those also attending the Wills & Probate course earlier in the day.</p>
--	---

Book your place now by going onto our website at
www.sthelenscarers.org.uk

Do you know someone with **dementia** and **hearing** and/or **vision** difficulties?

We are running a study which will provide an **exciting opportunity** to participate in research:

A '**sensory support**' intervention where if eligible, you may receive hearing aids and/or glasses and home based support from a sensory support therapist of up to 10 home visits, or be allocated to be usual care group.

People we are looking for:

- **Mild to moderate** dementia
- Some **hearing** and/or **vision** difficulty
- Over age **60** years
- Living at **home**
- Has a **relative or friend** who is also **willing** to participate

If you know anyone interested in taking part please contact:

Research Department, North West Boroughs Healthcare:
01925 664475 or research.department@nwbh.nhs.uk

SENSE-Cog Website: <http://www.sense-cog.eu/>

Carer Support Groups

Carer Support groups are a great way for Carers to talk to others who are in a similar situation, enabling them to share information and advice, often providing them with a feeling of strength and support. Please feel free to drop in to any of the support groups listed below, Carers Centre staff regularly attend and would accompany new members if required.

Autism Parents & Carers Support Group

For Adults caring for someone with an Autistic Spectrum Disorder. Meets 10am-12noon every Thursday at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Billinge Carer Support Group

Meets 1pm-3pm on 1st Tuesday of the month at The Stag, 83 Station Road, Garswood, WN4 0SD. All Carers from the local area welcome.

Dementia Carer Support Group

For Adults caring for someone with Alzheimer's or Dementia condition. Meets 11am – 1pm on the 1st & 3rd Wednesday of every month at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Mental Health Carer Support Group

Starting from Monday 2nd March 2020 this group will meet 1st Monday of every month 1-3pm at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Rainford Carer Support Group

Meets at 1.30pm-3.30pm on the 2nd Wednesday of every month at the Guide Hall, Church Road, Rainford.

Tea & Toast Carers

Meets every Tuesday morning for Tea & Toast in an informal relaxed setting between 10am and 12noon at the Carer Clubhouse, Fishwick House, Cotham Street in the Town Centre.

Carers Craft Club @ The Clubhouse

1.30pm-3.30pm 2nd and 4th Monday of the month

Carers Quiz Club @ The Clubhouse

6.30pm-9pm on the 4th Tuesday on the month

Carers Camera/Photography Club @ The Clubhouse

1pm-3pm on the 1st and 3rd Wednesday of the month.

Carers Knit/Crochet & Coffee Club @ The Clubhouse

10am-12noon on First Friday of the month

Carers Guitar Club @ The Clubhouse

1pm-2.30pm every Friday

Please note meeting times, dates and venues are subject to change, so it is always best to check with the Carers Centre first on 01744 675615.



St Helens Carers Centre

Opening Times

Monday, Tuesdays, Thursday and Fridays from
9.30am - 4pm
On Wednesdays we are open until 8pm.

You can drop in at any time,
although our Support Workers are only
available until 30 minutes before closing times.

St Helens Carers Centre is a registered charity in England (No. 1089663)

Registered as a company limited by guarantee in England No. 4203210 Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS

Telephone: 01744 675 615

Email info@sthelenscarers.org.uk

Drop In / Write:

St Helens Carers Centre
31-35 Baldwin Street
St Helens WA10 2RS