

Knowsley Carers Centre News Bulletin July 2023

Take a Break and Relax



Photograph by: Pxfuel.com

Have you tried a holistic therapy at the Carers Centre? Holistic therapies are a great way to unwind and recharge the batteries. If you'd prefer not to have a full body massage then head and shoulders or hand massage might work well for you. We have time slots available at our offices in Kirkby, Halewood and Huyton. All holistic therapies are free of charge, but please remember to contact us if you can't make your appointment so that we can offer the service to someone else.

Tel 0151 549 1412 to book your appointment

Food and Friendship

Carers continue to enjoy our Food and Friendship events taking place at our Kirkby office, 143 Bewley Drive, Kirkby L32 9PE weekly on Thursdays at 11.30 am-2.30 pm, and monthly at Halewood and Huyton. As well as a delicious buffet, fun and companionship, help is on hand for anyone encountering difficulties due to the cost of living crisis.

Call us on Tel 0151 549 1412 for more dates and details





Carer Mental Health Skills Training

Delivered by Mersey Care's Carer Engagement Team

Who is the course for?

Unpaid carers supporting a Mersey Care NHS Foundation Trust service user.

What will the course cover?

Carers Mental Health Skills training aims to support carers of those with severe and enduring mental health conditions to understand, strengthen, and develop relationships to support their caring role.

The course consists of four sessions, two hours per session.

Our next course is - Knowsley

Where?

Knowsley Carers Centre
143 Bewley Drive,
Kirkby
L32 9PE

When?

Monday 2nd October
Monday 9th October
Monday 16th October
Monday 23rd October

All sessions will run 10am-12noon

To book your place:

Contact Knowsley Carers Centre on:

Phone: 0151 549 1412

Email: enquiries@knowsleycarers.co.uk

Attendees will be asked to register on the Carer Support Pathway on the first day of the course.

Carer Engagement Team: carers@merseycare.nhs.uk

The course covers:

- Understanding mental health
- Understanding symptoms and behaviours
- Understanding stages of behaviour change
- Setting boundaries and limits
- Impact of mental illness on family
- Effect on different family members
- Supporting recovery and relapse prevention
- Enhancing relationships within the family.





Strengthening Family Relationship Skills for Carers

Delivered by Mersey Care's Carer Engagement Team

Who is the course for?

Unpaid carers supporting a Mersey Care NHS Foundation Trust service user.

What will the course cover?

Strengthening family relationship skills for carers training is designed to help carers understand, strengthen and develop relationships to support their caring role.

The course consists of four sessions, two hours per session.

Our next course is - Knowsley

Where?	When?
Knowsley Carers Centre	Monday 4th September
143 Bewley Drive,	Monday 11th September
Kirkby	Monday 18th September
L32 9PE	Monday 25th September

All sessions will run 10am-12noon

To book your place:

Contact Knowsley Carers Centre on:
Phone: 0151 549 1412
Email: enquiries@knowsleycarers.co.uk

Attendees will be asked to register on the Carer Support Pathway on the first day of the course.

Carer Engagement Team: carers@merseycare.nhs.uk

The course will cover the below topics:

- Invalidation
- Validation
- Understanding emotions
- Supporting positive communication
- Managing stressful situations
- Effective problem solving
- Supporting positive relationships
- Personal wellbeing.

