

# Muriel moves on to Fresh Challenges

Knowsley Carers Centre would like to say a huge thank you to Muriel O'Hanlon as her focus of attention moves away from the Carers Centre to new challenges. Muriel has given her time as a volunteer for Knowsley Carers Centre for many years both as a member of Carers Vision (the Carers Centre training group) and later on as a Trustee. Members of Carers Vision met for lunch recently to celebrate the skills and experience that Muriel has brought to the Carers Centre. As a member of carers Vision and Chair of the group Muriel has been involved in the carer awareness training of hundreds of staff working across the borough in health and social care raising the profile of carers and developing understanding of the challenges they face. Muriel has generously given her time as a Trustee and provided insight and guidance to the Carers Strategy Group and the Carers Partnership Board. We're sure that Muriel will continue to make an extremely valuable contribution to the lives of people across the borough.



To access services from Knowsley Carers Centre please  
Tel 0151 549 1412 leaving clear contact details or email to  
[enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

# Goodbye and Good Luck

After many years of service, both Sarah Bird and Andrea McMahon have left their roles as Support Workers with Knowsley Carers Centre. We would like to thank Sarah and Andrea for all their hard work from which so many carers have benefited. We wish Sarah and Andrea all the best for their future ventures.



Carers Vision is our carers training group. All members of Carers Vision have been trained to help facilitate carer awareness training sessions where they tell their story to health and social care staff. Listening to the carer as part of the training session helps to develop the understanding of staff working in health and social care about the challenges carers face. If you think you would be able to tell your story to help staff working with carers to fully engage with their needs then please get in touch. Soon we hope to recruit volunteers to Carers Vision and run a training course to prepare carers to take part in these sessions.

Contact Knowsley Carers Centre on Tel 0151 549 1412

## Help and support is available to help you to thrive.

*The*  
**KNOWSLEY  
OFFER**

A circular logo with the text "Knowsley BETTER TOGETHER" inside, featuring a green leaf and a blue recycling-like symbol.

Find out more: [www.knowsleybettertogether.co.uk/TheOffer](http://www.knowsleybettertogether.co.uk/TheOffer)

There's a range of help and support available in Knowsley to help you to thrive. From help with money matters, things for children & young people to do and how to access health services, you'll find it all at [www.knowsleybettertogether.co.uk/TheOffer](http://www.knowsleybettertogether.co.uk/TheOffer)

# Support to residents through the cost of living crisis

Knowsley Council is ensuring residents know what cost of living support is available to them.

There is a wealth of information already available on Knowsley News providing help and support to residents and businesses – from how to access food and heating, through to mental health support, debt management and meals on a budget. [You'll find it all here.](#)

In addition to this online support, you can also call the Knowsley Cost of Living helpline on 0151 443 3300. Staff are on-hand to provide support Monday to Friday 9am until 5pm.

The team is also available through the online chat facility, available Monday to Friday from 9am until 5pm, accessible through the [Council's website.](#)

**Remember, you can also call in to any of the Borough's libraries – located in Halewood, Huyton, Kirkby, Prescot and Stockbridge Village – between 10am and 5pm Monday to Friday or 10am until 1pm on Saturdays where you can access PCs for free, staff are on-hand to help you get online or just call in for a cuppa and a chat. The Council has extended the opening hours of their libraries, meaning they are all now open six days a week, to provide Warm Hubs during the colder months.**

## Kirkby Fibro Friends

Do you support someone who has Fibromyalgia or other Chronic Pain conditions?

Do you suffer with Fibro or other Chronic Pain condition.

Kirkby Fibro Friends is a Support Group running at Knowsley Cares Centre every Friday from 12.15 to 2.45. We are a friendly, informal group of people who understand living and/or caring for someone with Chronic Pain Conditions.

If you are interested please give Michelle a call on

**07845648934**

or find us on Facebook  
[@kirkbyfibrofriends](#)

# WHAT'S ON AT KNOWSLEY CARERS CENTRE

## Bury Market

Due to the success of our last trip to Bury Market in November, we are organising another visit.

Join Joanne on **Friday 28<sup>th</sup> April 2023** to visit the market and see the many stalls open.

A free coach will be provided from Kirkby, Huyton and Halewood. We are happy for carers to bring along their cared for, however they will need to take responsibility for the person they are looking after.



## IT Drop-In

Come along and brush up your IT skills and learn something new. Knowsley Carers Centre IT group meets every Tuesday at 10.00 am at our office in Bewley Drive, Kirkby L32 9PE

### **KNOWSLEY CARERS CENTRE**

You can contact us in the following ways:

**By Tel: 0151 549 1412**

**(please leave a clear message and contact details)**

**or by email to**

**enquiries@knowsleycarers.co.uk**

Knowsley Carers Centre has a new Facebook Page.



Search for 'Knowsley Carers'

We would love for those of you who use Facebook to join us and keep up to date with all our news and events.

**Get involved and help us promote the work of Knowsley Carers Centre**



# Relax, Refuel, Recharge

Since 10<sup>th</sup> January 2023 Knowsley Carers Centre have been holding drop in sessions for our carers and the person they care for.

There are many 'warm hubs' taking place across Knowsley and we have opened our doors to our carers and their cared for to help reduce loneliness, give advice on how to

combat poverty and most important, to keep warm during this time.

Carers have had a hot lunch of soup or scouse and a roll, chatted with others, had the opportunity to charge mobile phones and make use of the internet, took part in quizzes and received factsheets with valuable information



## ***KNOWSLEY INCLUSIVE CARERS FORUM***

The Knowsley Inclusive Carers Forum continues to meet at Knowsley Carers Centre. At recent meetings members have discussed their priorities for Knowsley Carers Services and received visits from amongst others Knowsley Disability Concern and Health Watch. The forum is a way for carers to raise issues that are dear to them and by doing so influence the development of

services for carers across the borough. New members are welcome. For further information contact Judy on Tel 0151 549 1412.

Next dates for the Forum to meet 27th April, 25th May, 22nd June, 20th July, 17th August, 28th September, 26th October, 23rd November. All meetings are on a Thursday 10.00 am til 1.00 pm

# ***COME ALONG TO OUR SUPPORT/COFFEE GROUP SESSIONS***

## **Kirkby**

**10:00am – 12noon at the  
Carers Centre,  
143 Bewley Drive, Kirkby**

**6<sup>th</sup> April 2023**

**20<sup>th</sup> April 2023**

**4<sup>th</sup> May 2023**

**18<sup>th</sup> May 2023**

**1<sup>st</sup> June 2023**

**15<sup>th</sup> June 2023**

## **Halewood**

**10:00am - 12:00noon at  
New Hutte Neighbourhood Centre,  
Lichfield Road, Halewood**

**19<sup>th</sup> April 2023**

**17<sup>th</sup> May 2023**

**21<sup>st</sup> June 2023**

## **Huyton**

**10:00am - 12:00noon at  
The Old Schoolhouse,  
St John's Road, Huyton**

**26<sup>th</sup> April 2023**

**24<sup>th</sup> May 2023**

**28<sup>th</sup> June 2023**

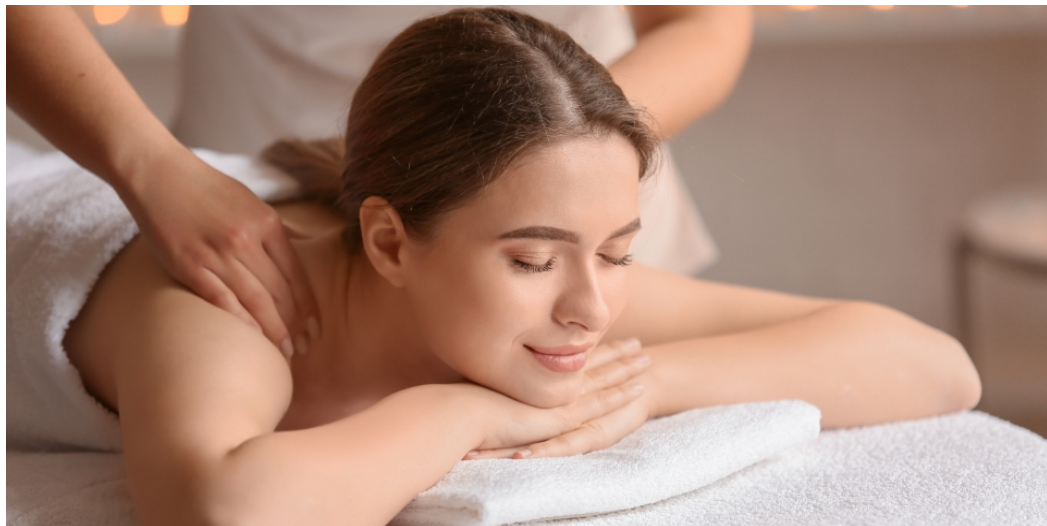
Biscuits and refreshments are provided and everyone is welcome. It's a chance to see what's happening for carers across the Borough, find out about our services in Knowsley and say what you would like us to provide.

Anyone can pop in for a drink and a chat, and you can stay for two minutes or two hours!

If you would like to speak to one of our Carer Support Workers or require more information about the coffee groups, please telephone Knowsley Carers Centre on **0151 549 1412**



# FREE HOLISTIC THERAPIES AT KNOWSLEY CARERS CENTRE



Massage is a wonderful, relaxing experience which can be an effective treatment for a range of physical problems.

Treatments currently available are:  
Indian Head Massage · Aromatherapy Massage · Hot Stone Massage (Kirkby Only) · Reflexology

Massage has many physiological effects such as:

It helps to reduce stress and anxiety by relaxing both mind and body - Creates feelings of well being - Helps to ease emotional trauma through relaxation - Provides renewed vitality

Sessions are held at:

Kirkby 10:00am start, 1.15pm last client weekly on a Tuesday and Thursday at the Centre on Bewley Drive

Halewood 10:30am start, 12:00noon last client on the third Wednesday of the month at the New Hutte Neighbourhood Centre, Lichfield Road, Halewood.

We are pleased to announce that as of March, therapies will begin in Huyton.

Sessions will be held 10.30am start with 12noon being the last client.

Sessions will take place on the fourth Wednesday of the month at the Old chool House, St John's Road, Huyton.

**Please inform us if you cannot make your massage appointment. This service is very much in demand. Some carers are simply not turning up, depriving other carers on the waiting list.**

# Do You Have A Carer ID Card?

"Thanks to having the card, I am able to go into appointments with my daughter at the hospital as she cannot face them alone, therefore she would not get the treatment she needs."

"I use mine when my dad attends hospital appointments, I was asked to wait in the foyer, I remembered my card and showed it to them and I was allowed to be at his side throughout his appointments."



"I've used mine to get reduced or free admission to the cinema, bowling, Chester Zoo and Knowsley Safari Park."

"I went to the doctors to collect a letter for my wife who is disabled. They weren't going to let me take the letter but when I showed the card they let me take it."

If you haven't got your card yet just email a photo to Judy – don't forget to give your name and address so she knows who you are

[judy@knowsleycarers.co.uk](mailto:judy@knowsleycarers.co.uk) If you want more information you can call Judy on **07525 638 093**

Some cards are coming up for

renewal. If you have been in touch with us recently your new card will be sent automatically as we know you are still caring. If it has been over 12 months we will contact you in plenty of time just to see how you are doing and check you are still at the same address.



# THE CARER'S EMERGENCY CARD

## ATTENTION

### Knowsley Carer's Emergency Card

**CARERS  
TRUST**  
Knowsley Carers  
Centre



*Peace of mind for carers in Knowsley*

#### What is the carer's emergency card?

If you look after your partner, disabled child, relative or friend who relies on your support you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be confident that the person you care for won't be left without the support they need.

#### How much does it cost?

Nothing - the card and any emergency care that may be needed in the first 48 hours is free to all carers resident in Knowsley.

#### How to register with the Carer's Emergency Card scheme

Contact Knowsley Carers Centre on

**0151 549 1412**

**Dementia  
Support  
Knowsley**



Living with dementia at any time brings challenges. If you need support we are here for you in 2023.  
[knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk)

**How to get  
personalised  
one-to-one support**

Contact our Knowsley dementia support worker between 9:00am - 5:00pm Monday to Friday

**Melanie Campbell**

[melanie.campbell@alzheimers.org.uk](mailto:melanie.campbell@alzheimers.org.uk)

**07525 403 832 or 0151 426 4433**

#### We can help with issues such as:

- Understanding a diagnosis of dementia
- Legal matters including Lasting Power of Attorney
- Managing your money and benefit entitlements
- Living well with dementia and keeping active
- Support with everyday tasks and getting further help

# healthwatch

Knowsley

## Your views and comments are important to us

Healthwatch Knowsley makes sure your views on local health and social care services are heard. If you have received a service from Knowsley Carers Centre—whether that be information support, advice or any other service, please feedback your comments to the Knowsley Healthwatch website [www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

If you are using the Healthwatch Knowsley website to leave feedback about Knowsley Carers Centre, why don't you leave feedback about your GP surgery at the same time? It is really important for us to hear how people are accessing services.



## Young Carers Service

Our Young Carers Service is accepting referrals and we can now conduct home visits to complete Young Carers Assessments. Alternatively, this can be done over the telephone if you are not comfortable with us visiting. We can provide advice or support over the phone and we're available to chat. The Me Time programme provided by Vibe is up and running, they are providing our Young Carers with activities that they can do together in a safe environment like in the park. Please feel free to contact Chris Wong on 07717 301 325 or Tracy Mythen 07919111273 if you would like further information or know any child/young person who is looking after someone and would like



## WELFARE BENEFITS ADVICE



Our Benefits Advisor, Paul Murphy continues to provide telephone advice, information, benefits calculations, and support to help complete forms.

Please call on 0151 549 1412 leaving clear contact details or email [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

# THE LIVING WELL BUS



The Living Well Service is returning to Knowsley offering physical health checks, advice, guidance and signposting for lifestyle, mental wellbeing and social support.

Residents will also be able to access ‘evergreen’ first or second doses of the COVID-19 vaccination.

To ensure that everybody eligible has access to the COVID-19 vaccine, the Living Well bus will be travelling in to

the heart of communities across Knowsley.

The service is also able to offer a number of physical health checks, plus advice, guidance and signposting for lifestyle, mental wellbeing and social support, alongside COVID-19 vaccinations.

The Living Well bus will visit the following locations – all sessions will run from 10.30am to 4pm:

**Wednesday, 22 March**    **Tower Hill Primary Car Centre Ebony Way L33 1XT**

**Thursday, 23 March**    **Leach Croft Car Park, Stockbridge Village, L28 1NR**

**Friday, 24 March**    **Northwood – Old Rough Lane, Car Park L33 6XE**

**Thursday, 30 March**    **Leach Croft Car Park, Stockbridge Village, L28 1NR**

**Friday, 31 March**    **Northwood – Old Rough Lane, Car Park L33 6XE**

# Carer Information & Support Programme

## Knowsley



**\*New workshop for Huyton\***

**Book Now!**



CrISP aims to improve the knowledge, skills and understanding of people caring for a person with dementia, by providing effective support and up-to-date and relevant information. Each programme is delivered to small groups of up to 12 people. The full day session will cover the topics:

1. Understanding Dementia
2. Changing Behaviours
3. Activities
4. Legal & Money Matters
5. Carers Looking After Yourself & Next Steps

**The next workshop to take place on**

**27<sup>th</sup> April 2023**

**Venue TBC**

To register your interest or find out more please contact us on:

**[knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk) or 0151 426 4433**

# Great News for Better Lives in Knowsley

Better Lives Strengthening Independence is proud to have been awarded a 3 year Reaching Communities grant from The National Lottery Community Fund to support to older people across Knowsley who may be experiencing loneliness and isolation.

The CORE project (Companions Options Respect Excellence) has been growing since the covid-19 pandemic. Now with our new funding, it will continue to be available free at the point of use to older people who would like to build a connection and engage with the local community.

The CORE project is unique in Knowsley by focusing primarily on companionship for older people who require support in their own homes and are unable to benefit from community groups or lunch clubs.

CORE was originally developed thanks to a short-term grant from the Knowsley Foundation in 2021, which allowed us to pilot our project and was further supported under the Just Connect banner in 2022 in partnership with Knowsley Carers Centre.

The CORE project is to run alongside our hospital discharge service which offers a minimum of 4 weeks of free SHOP support to those who are medically fit to be discharged from hospital, but may not have a close support network to help with daily tasks to aid recovery after their hospital stay. This service connects an individual with a Supporter who can help with shopping and cleaning.

Pat McCarthy, CEO at Better Lives; 'we are delighted to have the opportunity to make a difference to the many older people across Knowsley who will really benefit from having a dedicated Supporter companion at home. We are so grateful to TNLCF for investing in our vision for raising the aspirations of older people and enhancing their quality of life'.

To find out more about our CORE project call 0151 449 3706





## SELF EMPLOYED VACANCIES IN KNOWSLEY

SHOP (Supporters Helping Older People) is a project of Better Lives. We deliver a quality support service for older people across Knowsley.

SHOP offers several services to clients within their own homes. Our services include; shopping, light housework, decluttering and our CORE companions service, to enable older people to maintain their independence and remain at home.

Better Lives are looking for **Self Employed** sessional supporters to provide these services to our clients across the Knowsley Borough. SHOP will provide all training and support necessary to assist you to fulfil this role.

**Hours are paid sessionally at £11ph (from April 2023) which includes any travel costs for shopping calls etc. This is a self-employed role and individuals are responsible for the accurate recording and reporting of their own earnings to the HMRC.**

Locations of work and hours, can vary across Knowsley

Staff will be required to provide references, work history and to complete an enhanced DBS. **Drivers Essential.**

**We look forward to receiving applications from our local community.**

We require Supporters to provide a quality service to our clients. If you think you fit the criteria, then call **0151 449 3706** Mon – Friday 9.30am – 4pm for further information and an application form.

<https://www.better-lives.org.uk/work-with-us/>

# Healthwatch Knowsley are hiring!

**An exciting opportunity to join our Outreach Team**

**Job Role:** Outreach Worker

**Salary:** £21,000 (rising to £21,840 in April 2023)

**Location:** Huyton, Knowsley

**Hours:** 35 hours (full time)

**Job Purpose:**

To work with and support the Outreach Officer in facilitating the development of Healthwatch Knowsley through outreach activities to the communities of Knowsley.

For more information and application pack:

[www.seftoncvss.org.uk/work-with-us/](http://www.seftoncvss.org.uk/work-with-us/)

All completed applications and any enquiries to be sent to: [recruitment@seftoncvss.org.uk](mailto:recruitment@seftoncvss.org.uk)

**The closing date for applications is  
5pm, Thursday 23 March 2023**



# LET YOUR GP KNOW YOU ARE A CARER

Have you told your GP about your caring role? If you haven't done so already, you can print off or copy the letter below, fill in your details and hand in at your GP surgery. This will help practice staff to keep you informed of your eligibility for health checks and Flu and Covid jabs.

Carer's Name .....

Carer's D.O.B. ....

Carer's Address .....

.....

Dear Practice Manager,

I am now registered with Knowsley Carers Centre as a carer.

The person I care for is.....(Optional)

Could you please ensure that I am identified as a carer on my medical records using the appropriate Read Code.

Please keep me informed of my eligibility for annual health checks, Flu and Covid vaccinations.

I would appreciate it if staff could bear in mind my caring role when booking appointments for me at the practice.

Thank you for your attention

Yours sincerely

Signed