

Regular Groups

Carers Tea n' Toast

Every Tuesday between 10am and 12noon

Come along any Tuesday and have a cuppa and some toast and meet other Carers. These friendly sessions are open to all registered Carers, and you are sure to meet new friends. No need to book.

Memory Loss Carers Support Group

2nd Tuesday of each month between 1.00pm and 3.00pm (14th July & 11th August)

If you care for someone with Memory Loss / Dementia, come along and meet with our support worker and other Carers in a similar situation for a relaxed catch up, some information a chat and a cuppa. No need to book.

Crafty Carers Group

1st & 3rd Monday of each month between 1.30pm and 3.30pm

15th June, 6th & 20th July & 3rd & 17th August

If you are a crafty person or want to get started whether its knitting, decoupage, card making or something else, this friendly Group is for you. Have a cuppa and a chat but more importantly fun. We have materials too or you can bring your own. No experience needed and no need to book in advance, just drop in!

Carers of Adults with Learning Disability/Autism Support Group

4th Thursday of the month, 1pm-2:30pm and 6pm-7:30pm 25th June, 23rd July & 27th August

This friendly informal group is for Carers who care for an adult over 25 who have a Learning Disability and/or Autism. We meet every 4th Thursday of the month. No need to book in advance - just turn up.

Parent Carer Wellbeing Group

The last Thursday of each month - 10am - 12noon

25th June, 30th July

A welcoming space for parent carers to connect, share experiences, and access support. Caring for a child with additional needs can be both rewarding and challenging, and this group offers time to meet others who understand your journey. A relaxed space to meet other parent carers Guest speakers on topics that matter to you Information about local services and support

Carers Bingo

3rd Thursday of each month 1.30pm – 3pm 18th June, 16th July & 20th August

This session is free, hilarious but extremely popular so you must book in advance. Come along for a chance to have some fun with other Carers.

Please book in advance via our website or 01744 67 73 35

Carers Guitar Group

Every Friday Afternoon - between 1.30pm and 3.00pm

Whether you are a novice or a professional our friendly group of Carers Group meet every Friday afternoon for some time away strumming their tunes! No need to book just turn up!

Carers Quiz Nights

4th Tuesday of each month - 6.30pm - 9pm 23rd June, 28th July & 25th August

Quizzers Night with a Hot Dog! Come and join in the fun and the winning team have a chance of opening the box for a prize. Come alone or in a team. Its free and fun for Carers.

Please book in advance via our website or 01744 67 73 35

Former Carers Group

3rd Friday of each month Between 10am and 12pm 19th June, 17th July & 21st August

This group provides support and a social environment for Carers who have ended their caring responsibilities in whatever circumstances. Come along and enjoy a chat and a cuppa in The Clubhouse with like-minded others while taking care of your own well-being and health. No need to book.

Young Adult Carers Group

2nd Wednesday of each month 5pm – 7pm

The Young Adult Carers Social Group is a relaxed, friendly space for young people who support a family member or friend. Whether you're looking for support, new friends, or just a bit of time for yourself, you're welcome here. There's no pressure to share

CARERS TRUST

St Helens Carers Centre
July - August Clubhouse Events



Wednesday 17th June 2026
8pm-11pm Carers Clubhouse
Fish & Chip Supper

It is England's first World Cup Match! Come and watch it with us and have some fish and chips and a drink. The event is free to Carers who are registered with us and have a current caring role but you must book in advance as numbers are limited. Go to our website at www.sthelenscarers.info

Don't forget the Carers Centre is now open every Tuesday until 8pm. We are open other weekdays from 9.30am-4pm. Tel : 01744 675 615

Carers Centre Benefits Advice

Our team of Welfare Benefits Advisers, raised an additional £8,000,000 in unclaimed benefits on behalf of local Carers in the past 12 months. You can access our specialist team in any of the following ways:

By Telephone

Call our reception on 01744 675 615 and they will book you a telephone appointment with the team, this is at a time most convenient for you and is usually within 5 working days.

Drop In - Every Friday

You can drop in to our main building any Friday from 10am-2pm without an appointment, you may have to wait a while but we see as many people as possible.

Form Completion

If we identify you need help to complete a long form, we may invite you to a further appointment to complete this. You can also email us on info@sthelenscarers.org.uk if you have already registered with us as a Carer and have an active caring role.

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

Carer Clubhouse Free Relaxed Training Sessions

All these sessions are free to registered Carers, you must book in advanced by going onto our website at www.sthelenscarers.org.uk/clubhouseevents or by calling 01744 67 73 35

Reiki

**Monday 15th June 2026:
5.30pm - 7.30pm**

Come along to this Group session and experience what Reiki is, the meaning of how it works and its benefits. Our qualified Tutor Jan will demonstrate how it can balance areas in the body while increasing energy levels. Reiki can also be used as a complimentary therapy.

St Helens Wellbeing Team Cancer Champion Training

Monday 15th June 2026: 10am – 12

Following on from the sessions around exercise and nutrition, St Helens Wellbeing will be delivering Cancer Champion Training. The Cancer Champions project aims to reduce the stigma around Cancer and support people to take charge of their health and wellbeing and help those who may have any concerns or have signs/symptoms of cancer to get checked and treated earlier. By attending the training, you will gain knowledge on what is Cancer, Cancer information specific to St. Helens, information on local and national support services and information on how to have those conversations with someone who may have a concern.

Uplifting Leg & Foot Therapy

**Tuesday 16th June 2026:
1.30pm - 3.30pm**

Come along and join other Carers in this relaxing session where you will be shown techniques of Foot & Leg therapy that will benefit circulation to improve long term physical wellbeing. Enjoy a chat and a cuppa with other Carers. This session is delivered by one of our qualified Therapists.

Mental Health Skills for Carers (4-week Course)

**Wednesday 17th & 24th June, 1st &
8th July 2026: 1:30pm – 3:30pm**

This 4-week course covers understanding Mental Health symptoms and behaviour, the stages of behaviour change, setting boundaries and limits, the impact of mental illness on family

members and how it effects on different family members, supporting recovery and relapse prevention and enhancing relationships within the family unit.

Time For You

**Friday 26th June 2026:
10am – 12 Noon**

Part of each of these sessions are about relaxation and the other about mindfulness awareness i.e. colour therapy, sound therapy & basic crystal therapy. Every course is slightly different, so it doesn't matter if you haven't attended one before. Each session is delivered by one of our qualified Tutors who will show you the benefits in your caring role of making 'time for you'.

Introduction to Spanish (4 Week Course)

**Tuesdays 30th June, 7th, 14th and
21st July: 6pm-8pm**

This four-week basic course is for those who want a basic introduction to learning a new language. No books, no writing and no tests! A fun introduction to Spanish with a Spanish food tasting in week 4. This is for absolute beginners, but you must be able to attend all three sessions. Places are very limited. Hasta la vista amigos!

St Helens Wellbeing Team Info & Advice Session

**Monday 6th July 2026:
10am - 12 Noon**

St Helens Wellbeing Team will be at the Clubhouse to tell you more about Melanoma including the signs and symptoms, along with advice on how Sun Cream can reduce risk. An important topic to learn about with the hot summer weather on the way!

Drumming for Wellbeing Wednesday 15th July 2026:

10am - 12 Noon

In this fun session you will experience the healing power of drumming. The repetitive nature of drumming helps to regulate the nervous system, reduce cortisol levels and promote relaxation.

Tai Chi

**Wednesday 15th July 2026:
1pm – 3pm**

An introduction to Tai-Chi with a practical demonstration from our Qualified Tutor, Heather. This can be done either sitting or standing and will end with a warm down. Casual clothing should be worn for this session.

Uplifting Leg & Foot Therapy

**Wednesday 15th July 2026:
5.30pm - 7.30pm**

Come along and join other Carers in this relaxing session where you will be shown techniques of Foot & Leg therapy that will benefit circulation to improve long term physical wellbeing. Enjoy a chat and a cuppa with other Carers. This session is delivered by one of our qualified Therapists.

Summer Jewellery Making

Tuesday 21st July 2026: 1pm - 3pm

Create your own Jewellery with the help of our Tutor, Doris. You will be shown how to make your very own personalised item which you can then take home with you. No skills are required for this session just come along and enjoy a cuppa with other Carers.

Time for You Sound Bath

Friday 24th July: 10am – 12noon

Lie down and let the deep vibrations from instruments such as gongs, crystal singing bowls, and tuning forks flow through your body. With guided mediation to create relaxation, stress relief and emotional well-being. Be prepared to leave our clubhouse feeling calm and grounded!

Reiki

**Monday 27th July 2026:
10am – 12pm**

Come along to this Group session and experience what Reiki is, the meaning of how it works and its benefits. Our qualified Tutor Jan will demonstrate how it can balance areas in the body while increasing energy levels. Reiki can also be used as a complimentary therapy.

Water Painting

**Thursday 30th July 2026:
10am – 12 Noon**

Surprise yourself on what you can achieve under the expert guidance of one of our very own talented Carers. You will be guided step by step in the art of painting with water. All materials are provided by The Clubhouse, and you will be able to take your very own masterpiece home at the end of the session.

St Helens Wellbeing Team Info & Advice session

**Monday 3rd August 2026:
10am - 12 Noon**

Come along and chat to the St Helens Wellbeing Team either in a group situation or one to one, private and confidentially. You can discuss anything from blood pressure checks to concerns over diabetes, how to eat more healthily or for those who require it advice on exercise. This will be a very informal but informative session, and everyone is welcome.

Vegetarian Cookery Demonstration

**Wednesday 5th August 2026:
1pm – 3pm**

Feeling like a change in diet after Christmas? Want to experiment with vegetables to combat the cost of living? Then book in to watch Alex who is an award-winning professional chef who will introduce you to vegetarian cookery. The aim of this session is to show you what can be done in the world of vegetarian cookery with food sampling throughout the demonstration and recipes for you to take home.

Drumming for Wellbeing

**Wednesday 12th August 2026:
10am - 12 Noon**

In this fun session you will experience the healing power of drumming. The repetitive nature of drumming helps to regulate the nervous system, reduce cortisol levels and promote relaxation.

Reiki

**Monday 17th August 2026:
5.30pm - 7.30pm**

Come along to this Group session and experience what Reiki is, the meaning of how it works and its benefits. Our qualified Tutor Jan will demonstrate how it can balance areas in the body while increasing energy levels. Reiki can also be used as a complimentary therapy.

Dementia Talk

**Tuesday 18th August 2026:
1pm - 2:30pm**

Join us for an informative and useful talk with a Dementia Specialist from NHS MerseyCare. Within this session you will learn more about Dementia - a syndrome of brain decline that affects memory, thinking, language, mood and behaviour. Jean will talk about the symptoms, causes, types of dementia, and how to live well with it.

Wills, Probate & Lasting Power of Attorney

**Wednesday 19th August 2026:
10am – 1.30pm**

This course is delivered by a qualified member of Staff from St Helens Law. You will learn about matters such as when it is necessary to do a Will, what Probate means and when is the right time to complete a Lasting Power of Attorney. You will get chance to ask questions on the day, and a light lunch is provided during this session.

Time for You Sound Bath

**Friday 28th August 2026:
10am – 12pm**

Lie down and let the deep vibrations from instruments such as gongs, crystal singing bowls, and tuning forks flow through your body. With guided mediation to create relaxation, stress relief and emotional well-being. Be prepared to leave our clubhouse feeling calm and grounded!