

"Hidden" - The Movie Launch

Just before the Christmas break we were extremely proud to launch the short movie "Hidden" at the Lucem House Cinema. We have been involved in supporting Cusp Films to produce a short film centred around the life of a hidden Young Carer, played by our Charity ambassador



and talented young actor Jude Riordan! Our staff and some of our very own Young Carers were kindly asked to consult with the script of the film and even featured in an accompanying documentary which talks about our service and the support we offer to our families. You can now watch the full movie and the very moving accompanying documentary at www.sthelensyoungcarers.org/hidden

Specialist Parent Carer Workshops & Forums

Now Booking...Pages 11

***Have You Had A Free
Holistic Therapy? These
remain available to
Parent Carers***

Call us to book!

**5 Pages of Training
Courses & Sessions
Including New
Boxercise & Mini
Tennis Course!**

Pages 6-10

Tel: 01744 675 615

A message from our CEO

Dear Carers

As we start 2024, I wanted to express my sincerest thanks to all the organisations who supported our Christmas Appeal for Young Carers, including Dunelm, Northwest Contractors Training Group, The Duchy of Lancaster Benevolent Fund, Teardrops, Mission Christmas, KIND many more, including countless individuals.

We were able to distribute hampers and literally thousands of pounds worth of toys just before the Christmas break making such a difference to many deserving Young Carers.

Anyone who watches ITV's Tonight programme may have seen us appear on the special "Delivering at Christmas" programme which featured some of the work we do.

From our front page you will see that the movie "Hidden" and the accompanying documentary is now available to watch and I would urge you all to have a look at them on our website, they give such a clear insight to the effect of caring at a young age.

During 2023, we registered a further 1,576 Carers and gave one to one support to other 5,250 of you. Our Benefits Team also helped increase benefits take up for Carers in excess of £4million.

Our Therapy Trial continues for Parent Carers and if you have not received as free Holistic Therapy treatment at our therapy suites yet, please do get in touch asap on 01744 675 6215.

Finally, our Adult Carer Clubhouse has some amazing new classes/course which are listed towards the end of this booklet, including gentle boxercise(!) have a look through and hopefully you can take some time for yourself and book on a session or two.

With very best wishes for 2024
Best Wishes

Alan

CEO



Office Closures: Our offices are closed on the last Friday on the month from 12pm but remember we are open until 8pm on the 2nd and 4th Tuesdays of the month!

Carers Leave Act - Starts 6th April 2024!

The Carer's Leave Act 2023 draft regulations have been published and the new law is set to come into force on 6 April 2024.

The Carer's Leave Act 2023 is groundbreaking legislation that will give employees who are unpaid carers up to five days unpaid leave from work a year in support of their caring responsibilities, something we have been pushing for, for many years.

The draft regulations confirm that to be entitled to the provision, employees need to be providing long term care – the definition of which is clearly set out in the law - and that the appropriate notice period an employee needs to give to take the leave is twice the length of time that

needs to be taken in advance of the earliest day of leave.

As expected, leave will be able to be taken in half or full days, up to and including taking a block of a whole week of leave at once.

Importantly, employees taking Carer's Leave will have the same employment protections as associated with other forms of family related leave (i.e. Maternity, Paternity, Adoption, Parental Bereavement, Shared Parental and Parental Leave). This includes protection from dismissal or detriment as a result of having taken the leave. Unfortunately, the leave entitlement does not have to be paid and will be up to the individual employer.

Does Your GP Know You Are A Carer ?



A new Health Foundation Network report "Can you tell we care?" found that, in contrast to findings in the 2021 Census, only a tiny percentage of unpaid carers are currently known to their doctor and social services. This ranged from between 1% and 11.5%, depending on location and year in question.

Carers Trust already has concerns that the 2021 Census figures may have under-reported the true number of

unpaid carers in the UK. This is because the Census definition of an unpaid carer was changed, leaving many people who really are unpaid carers less likely to self-identify as a carer.

Locally, a large percentage of people identified as a carer in the census, in fact St Helens had the highest percentage in the country. However, it is important you also inform your GP of your caring role.

Most GP practices in St Helens have a Carer lead or Champion. If you wish to know who yours is, ask at your surgery or contact us at the Centre.

Universal Credit Only Drop In Sessions

Every Friday 10am - 1pm

At The Adult Carers Centre

Do you need support or advice around Universal Credit?

If you are a Carer and need help or advice with Universal Credit, including digital support, just drop in between 10 and 1 on any Friday (excluding bank holidays) to our adult centre. No need to book an appointment - just turn up!

We can help with:

Advice & UC Calculations

Check your awards, payments and to do list

Change in Circumstances

Digital support

New Claims

All Benefits Advice

Drop In Sessions

Thursday 1st

February, Thursday

7th March and

Thursday 4th April

10am - 3pm

At The Carer

Clubhouse

Do you need a benefits check or any questions about benefits you are receiving or may be entitled to? Drop in on one of these special days at our Clubhouse

Do you own a shop or business?

If so, can you support our would you like to sign up to our Carer Discount Scheme? The scheme offers local Carers special offers and discounts from local businesses upon production of a valid Carer Membership Card.

In return, this is what you can expect...

✓ A chance to be discount/offer of the week with extra publicity via social media and in our office

✓ 3 Facebook posts

✓ Business name and logo published and issued to every Carer along with every card issued



✓ Word of mouth publicity....did you know we have over 16,000 Carers registered with us?

✓ Promotion of one-off events and offers for Carers

✓ Satisfaction to know you are supporting Carers

If you would like to join or would like more information, please contact via our Facebook page, email at info@sthelenscarers.org.uk, using our online chat on our website www.sthelenscarers.info, or give us a call on 01744 675615

Regular Groups At The Carer Clubhouse

Carers Tea n Toast: *Every Tuesday 10am-12noon* - Come along to the Carers Clubhouse for a cuppa and some toast with other carers for a chat and catch up. No need to book!

Crafty Carers: 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 chat, cuppa and fun. We have materials too or bring your own. No experience needed. No need to book! **Meets every 1st & 3rd Monday of the Month 1.30pm-3.30pm.**

Dementia Carers If you care for someone with Dementia come along and meet with our support worker and other Carers in a similar situation for a relaxed catch up for some info, chat and a cuppa. No need to book! **Meets every 2nd Tuesday of the Month between 1pm and 3pm.**

Former Carers Social: Every second Wednesday of the month between 1pm-3pm - A group of former Carers who meet every month. No need to book!

Carers Guitar Group: Whether you are a novice or professional our friendly guitar group meet **every Friday afternoon between 1.30pm-3pm** for some time away strumming their tunes. All welcome.

Quiz Nights For Carers: Quizers night with a hot dog! Come and join the fun and the winning team have a chance of opening the box for a prize! Come alone or in a team. **Every 4th Tuesday of the month - doors open 6.30pm Quiz starts at 7pm, finish at 9pm** (Bring your own wine if you wish)– **You MUST book** onto this group due to capacity – book online at www.sthelenscarers.info or telephone 01744 67 73 35

Carols Budget Bingo! Carole's legendary Bingo sessions are back, but with a twist - its Budget Bingo! These sessions are free and hilarious and a chance for Carers to have some fun! They are free but extremely popular so you must book in advance! They take place on the **3rd Thursday of the month from 1.30pm-3pm.** book online at www.sthelenscarers.info or telephone 01744 67 73 35

Singing For Carers Group: No matter how you sound.... come along to this lovely group and let your voice be heard! All Carers welcome, you will feel uplifted by the time you leave! No Need to book. They meet the 2nd Thursday of the month between 10am and 12noon.

Parents Coffee & Cakes Group: These sessions take place on the last Thursday of the month from 10am-12noon.

Book Your Place On Our Clubhouse Courses Now!

Our informal training courses are held at the Carer Clubhouse. All courses are Free to Carers who are registered with the Carers Centre and have an active caring role. The Clubhouse is situated on the ground floor, Fishwick House, Cotham St, which is opposite St Helens Town Hall. The courses are held in a relaxed supportive environment.

You **must pre-book** a place on most courses and you can do this by going to our website ***www.sthelenscarers.info*** and clicking on “Clubhouse Events”.

Alternatively, you can call the clubhouse on **01744 677 335**

Vegetarian Cookery

Monday 29th January 1pm – 3pm

Book in to watch an award-winning professional chef introduce you to vegetarian cookery. The aim of this session is to show you exactly what can be done in the world of vegetarian cookery including food sampling and recipes for you to take home.

Relaxation & Me Time

Friday 2nd February 10am – 12 Noon

Learn how to relax and de-stress with our qualified Therapist, Kate. She will teach you how to, through self-care improve your physical and mental well-being for long terms benefits.

Beginners Boxercise

Monday 5th 12th & 19th February 10am – 12 Noon

Come along and join a Go Active Trainer and have some fun in beginners Boxercise. No experience of this is needed its aimed at becoming more active at a basic level to improve physical and mental well-being. Casual clothing is recommended for these sessions.

Tai-Chi

Friday 9th February 10am – 12 Noon

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.

Exquisite Painting by Numbers

Monday 12th February 1.30pm – 3.30pm

Come and join other Carers and have some fun with an afternoon of painting. This session is a starter class in Painting by Numbers. All materials are provided, and you will be able to take the finished product home.

Book Folding

Wednesday 14th February 10am – 12 Noon

Book on this crafty session and learn the art of Book Folding. The session is delivered by our Tutor, Tamsin, no experience required, and all materials are provided for you to take part.

Dreamcatchers

Thursday 15th February 10am – 12 Noon

Come and create your very own Dreamcatcher. This session is delivered by one of our very own talented Carers, Deb. All the materials you need are provided by us and you will have your own finished Dreamcatcher to take home at the end of the session.

Jewellery Making

Tuesday 20th February 1.00pm – 3.00pm

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.

Wills, Probate & Lasting Power of Attorney

Wednesday 21st February 10am – 1.30pm

This session is delivered by St Helens Law. You will receive useful information on the above subjects and be able to discuss matters with a qualified member of Staff on the day. A light lunch is provided.

Hand Made Cards

Thursday 22nd February 1.00pm – 3.30pm

This session will provide you with everything you need to create your own unique card/cards to send to Family and Friends. You will do this under the guidance of our Tutor Carole and enjoy creating some wonderful designs. All materials are provided, and no previous experience is necessary.

Dreamcatchers

Friday 23rd February 10am – 12 Noon

Come and create your very own Dreamcatcher. This session is delivered by one of our very own talented Carers, Deb. All the materials you need are provided by us, and you will have your own finished Dreamcatcher to take home at the end of the session.

Gentle Glow Fit

Monday 26th February 4th & 11th March 10am – 12 Noon

Come along and join a Go Active Trainer and have some fun in Gentle Glow Fit. No experience of this is needed its aimed at becoming more active at a basic level to improve physical and mental wellbeing. Casual clothing is recommended for these sessions.

Bottle Painting

Wednesday 28th February 10am – 12 Noon

Join other Carers while learning the art of Bottle Painting, a session that is run by one of our own very talented Carers, Kath. She will show you how to transform a bottle into something unique that would make a lovely gift for a Family member or Friend. All materials supplied by us.

First Aid

Thursday 29th February 1.00pm – 2.15pm

Would you know what to do if someone stopped breathing, had a stroke, or began to choke? Would you know how to use a defibrillator? This short interactive fun workshop shows you what to do in various emergency situations. This course shouldn't be missed as you could save someone life. The training is delivered by Carmel who is a qualified member of The Red Cross. Comfortable and loose clothing is recommended for this session.

Mental Health Skills for Carers

Wednesday 6th, 13th, 20th & 27th March (4 Week course)

This 4-week course aims to support Carers of those with severe, long term mental health conditions to understand and develop relationships to support their caring role. It focuses on increasing the understanding and developing of positive support strategies as well as recognising their needs and supporting their own wellbeing as Carers.

Uplifting Foot & leg Therapy

Wednesday 6th March 1.00pm – 3.00pm

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.

Easter Wreaths

Thursday 14th March 1.00pm – 3.00pm

Come and create your very own unique Easter Wreath. This session is delivered by one of our very own talented Carers, Deb. All the materials you need are provided by us and you will have your own finished Wreath to take home at the end of the session.

Easter Wreaths

Friday 15th March 10am-12noon

Come and create your very own unique Easter Wreath. This session is delivered by one of our very own talented Carers, Deb. All the materials you need are provided by us and you will have your own finished Wreath to take home at the end of the session.

Mini Table Tennis

Monday 18th & 25th March 10am – 12 Noon

Come along and join a Go Active Trainer and have some fun playing mini table tennis. No experience of this is needed its aimed at becoming more active at a basic level to improve physical and mental wellbeing. Casual clothing is recommended for these sessions.

Easter Ceramics

Wednesday 20th March 1.30pm – 3.30pm

Come and have a laugh with other likeminded Carers at Carole's Easter Ceramic session. All materials are provided to make and paint your own Easter Ceramic gift.

Jewellery Making

Thursday 21st March 10am – 12 Noon

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.

Indian Head Massage

Friday 22nd March 10am – 12 Noon

Come and learn the techniques of Indian Head Massage from our qualified therapist, Kate who will demonstrate her skills and knowledge so that you will be able to an Indian Head massage in your own home.

Holistic Facials

Monday 25th March 1.00pm – 3.00pm

Explore techniques used in this relaxing and therapeutic session delivered by our qualified therapist Debbie. Relax and unwind with other Carers while enjoying a chat and a cuppa in our Spa like surroundings.

Easter Ceramics

Wednesday 20th March 1.30pm – 3.30pm

Come and have a laugh with other likeminded Carers at Carole's Easter Ceramic session. All materials are provided to make and paint your own Easter Ceramic gift.

Reiki

Thursday 28th March 1.00pm – 3.00pm

Come and experience what Reiki is and the meaning of how it works. Learn about the benefits from our qualified tutor Jan and how it can balance areas in the body while boosting your energy levels. Reiki can also be used as a complimentary therapy.

Parent Carer Events & Specialist Courses!

Here are some specialist events and workshops available to Parent Carers who are registered at The Centre. They all take place at our Carer Clubhouse and you can book a place on via our website or by calling 01744 675 615.

Understanding Autism Workshop

Friday 26th January 9.30am - 12.30pm

This workshop aims to enhance parents understanding of autism and the challenges and difficulties Autistic children and young people face day to day. The workshop will be delivered by an Autism Specialist with an MA degree in Autism (Children & Education) alongside a wealth of experience and knowledge. It is an interactive and fun workshop, with lots of opportunities to develop your understanding of how to support your child.

Book your place at www.sthelenscarers.info/parent-carers

Understanding ADHD Workshop

Friday 23rd February 9.30am - 12.30pm

This workshop aims to enhance parents understanding of Attention Deficit Hyperactivity Disorder (ADHD) and provide practical support and advice. You will have the opportunity to meet other parents, it will develop your understanding and give you strategies on how to support your child.

Book your place at www.sthelenscarers.info/parent-carers

Neurodevelopmental Communication Workshop

Friday 8th March 9.30am - 12.30pm

This workshop will cover communication differences and a range of interactive strategies designed to help you to understand communication in a very different way. The workshop will offer strategies and interventions that can be used to support challenging communication differences with young people with a neuro-developmental condition.

Book your place at www.sthelenscarers.info/parent-carers

Evening Parent Carer Forum

Wednesday 31st January 5.30pm - 7.30pm

This is a re run of the daytime forum event which happened in October. It is an opportunity to: Meet Senior Officers from St Helens Local Authority and other Parent Carers, Share your views and experiences of SEN services and become more involved in developing services in the local area, Gain updates from Guest speakers on SEND Services & Short Breaks for SEND Children.

Book your place at www.sthelenscarers.info/parent-carers

CARERS TRUST

St Helens Carers Centre

How To Contact Us:

31-35 Baldwin Street, St Helens, WA10 2RS

Monday to Friday 9.30am – 4.00pm

Please note we close at 12noon on the last Friday of every month but open the 2nd and 4th Tuesday of the month until 8pm!

Telephone:

Our Office Telephone Number: **01744 675 615**

Email:

info@sthelenscarers.org.uk

Website:

www.sthelenscarers.info

Online Chat:

Between 10am and 12noon weekdays you can **“Chat”** to one of our Benefit Advisors by going onto our website via your smartphone or tablet/pc and clicking on the Chat button in the bottom right hand side of the screen.

*St Helens Carers Centre is a registered charity in England and Wales
(No. 1089663) registered as a company limited by guarantee in England & Wales
(4203210) Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS.*