

# CARERS TRUST

**St Helens Carers Centre**



Carers Week 2026 will take place from Monday 8 to Sunday 14 June. Thousands of individuals and organisations across the UK will come together to raise the profile of caring, highlight the challenges faced by unpaid carers, and recognise the vital contribution they make to families and communities. The campaign highlights the contributions of unpaid carers, challenges stigma, and urges organisations and neighbourhoods to create environments where carers are understood and supported.

As well as our ongoing outreach to hidden carers and training to professionals, we will be holding several celebration events for Carers to get involved in and encourage you to book your places as soon as possible. All the events are free to Carers who are registered with us and wherever possible we will try and assist with alternative care so you can attend.

## **Monday 8<sup>th</sup> June 2026 1.30-3.30pm** **Carols Carers Week Bingo Special**

Our regular free and hilarious Carers Bingo gets an extra slot for Carers Week with some extra surprises. The event is free to Carers who are registered with us and have a current caring role. You must book in advance and ensure your Carers Membership Card is valid. You can request your place now by going to our website at [www.sthelenscarers.info](http://www.sthelenscarers.info)

## **Tuesday 9<sup>th</sup> June 2026** **Carers Week Tea & Cakes 10am-12noon**

Come along to our Clubhouse for Tea, Cakes and a natter. Support workers will also be on hand. The event is free to Carers who are registered with us and have a current caring role. There is no need to book onto this event – just turn up!

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### **Wednesday 10<sup>th</sup> June 2026**

#### **Afternoon Tea & Entertainment** **12.30-3.30pm**

Or

#### **Evening Meal & Entertainment** **7.00-10.00pm**

#### ***St Helens Town Hall***

The Carers Centre are delighted to invite you to a very special day of celebrations at St Helens Town Hall. Come along and join us either for the Afternoon Tea session or the Evening Meal session both with entertainment.

The event is free to Carers who are registered with us and have a current caring role. You must book in advance for this event and ensure your Carers Membership Card is valid. You can request your place now by going to our website at [www.sthelenscarers.info](http://www.sthelenscarers.info) or by calling into our reception. Tickets are limited to 300 but will go quickly so please reserve your place asap.

### **Wednesday 17<sup>th</sup> June 2026** **8pm-11pm Carers Clubhouse** **England v Croatia Fish & Chip Supper**

Ok, so Carers Week is over, but it is England's first World Cup Match! Come and watch it with us and have some fish and chips. 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](http://www.sthelenscarers.info)

# 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](http://www.sthelenscarers.org.uk/clubhouseevents) or by calling 01744 67 73 35

## Wills, Probate & Lasting Power of Attorney

*Wednesday 20th May 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.

**Booking required**

## Sound Therapy

*Wednesday 27th May 2026: 10am – 12 Noon*

This session shows how rhythmic percussion can have significant mental and physical health benefits while reducing stress, anxiety and depression. It can boost brain health, social connection, and self-esteem, acting as a moving meditation that promotes flow and releases endorphins for pain relief.

It's a holistic activity that improves mind-body connection, supports immune function and helps manage emotions through focused, creative and social engagement. **Booking Required**

## First Aid with The Red Cross

*Thursday 28th May 2026: 10.30am - 11.45am*

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.

**Booking required**

## Time For You

*Friday 29th May 2026: 10am – 12 Noon*

Part of each of these sessions are about relaxation and a mindfulness activity. Every course is slightly different, so it doesn't matter if you haven't attended one before. Each session is delivered by a qualified Tutors who will show you the benefits in your caring role of making 'time for you.'

**Booking Required**

## 5 Ways to Financial Wellbeing

*Monday 1<sup>st</sup> June 2026: 10am –12 Noon*

This session will guide you through practical steps to help you manage your budgeting, along with an overview of different budgeting methods. We'll explore savings goals, strategies for planning meaningful moments, how to prepare for the unexpected, and tips for managing financial challenges. You do not need to be a NatWest customer to attend this informative session. Mandy and Sharron will also be available to answer any questions you may have about banking or money matters. The session is completely free and confidential. **Booking required**

## Fraud Surgery

*Tuesday 2nd June 2026: 12.30pm - 2.30pm*

Merseyside Police Crime Team are going to be here talking about all things fraud and scam related. How to spot a scam and how to keep yourself and your Family safe online and not becoming a victim to a scammer. This session is a valuable one at any time. This is bookable so why not come along and stay after our Tea & Toast session between 10am – 12 Noon to see if this can be beneficial to you. **Booking Required**

## **Vegetarian Cookery Demonstration**

***Wednesday 3rd June 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. **Booking required**

## **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. **Booking required**

## **St Helens Wellbeing Team Cancer Champion Training**

***Monday 15th June 2026: 10am – 12 Noon***

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. **Booking required**

## **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. **Booking required**

## **Smart Phone Photography (4-week Course)**

***Wednesday 17<sup>th</sup> & 24<sup>th</sup> June, 1<sup>st</sup> & 8<sup>th</sup> July 2026: 10am – 12 Noon***

This 4-week course will teach you about using your phone as a camera, apps setting, composition techniques and various photography styles. You will also learn about how to use natural light and the elements to make your photos stand out. You will take part in a variety of learning activities to develop your skills and knowledge. **Booking required**

## **Mental Health Skills for Carers (4-week Course)**

***Wednesday 17<sup>th</sup> & 24<sup>th</sup> June, 1<sup>st</sup> & 8<sup>th</sup> 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. **Booking required**

## **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'. **Booking required**

## United Utilities

**Tuesday 30<sup>th</sup> June 2026: 12 Noon - 2pm**

Come along to this informative session delivered by a member of staff from United Utilities that come in to help our Carers with advice on saving water and money whilst discussing various schemes that may be of interest to its customers. This session is a bookable one so why not come along and stay after our Tea & Toast session between 10am – 12 Noon to see if this can be beneficial to you. **Booking Required**

## Introduction to Spanish (4 Week Course)

**Tuesdays 30<sup>th</sup> June, 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> 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! **Booking required**

## Carer Clubhouse - Regular Groups & Socials For Carers

All these sessions are free to registered Carers, for more details call 01744 67 73 35

### 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

*2<sup>nd</sup> Tuesday of each month  
between 1.00pm and 3.00pm  
9<sup>th</sup> June & 14<sup>th</sup> July*

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

*1<sup>st</sup> & 3<sup>rd</sup> Monday of each  
month between 1.30pm and  
3.30pm*

*18<sup>th</sup> May, 1<sup>st</sup> & 15<sup>th</sup> June  
6<sup>th</sup> & 20<sup>th</sup> July*

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

*4<sup>th</sup> Thursday of the month, 1pm-2:30pm  
and 6pm-7:30pm*

*28<sup>th</sup> May, 25<sup>th</sup> June & 23<sup>rd</sup> July*

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*

*28<sup>th</sup> May, 25<sup>th</sup> June, 30<sup>th</sup> 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**

**3<sup>rd</sup> Thursday of each month**

**1.30pm – 3pm**

**21<sup>st</sup> May, 18<sup>th</sup> June & 16<sup>th</sup> July**

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 Quiz Nights**

**4<sup>th</sup> Tuesday of each month - 6.30pm - 9pm**

**26<sup>th</sup> May, 23<sup>rd</sup> June & 28<sup>th</sup> July**

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**

### **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!

### **Former Carers Group**

**3<sup>rd</sup> Friday of each month**

**Between 10am and 12pm**

**19<sup>th</sup> June & 17<sup>th</sup> July**

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**

**2<sup>nd</sup> 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 anything personal—just come as you are.

**Please book in advance.**

## **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](mailto:info@sthelenscarers.org.uk) if you have already registered with us as a Carer and have an active caring role.

# **Carer Centre Recruiting TRUSTEES**

St Helens Carers Centre was established as a Charity over 25 years ago by local Carers. 2 of those Carers still act as Trustees of the Charity and along with 4 other people, they make up the Board of Trustees.

We are now recruiting for additional Charity trustees who play a very important role in making sure that the organisation is run in the interests of the people it is there to support. They strategically oversee the management and administration of the organisation.

## **What is a trustee?**

For some, the word 'Trustee' conjures up images of executives sitting around a conference room table, and may sound daunting. In reality, a Trustee is anyone who cares about the charity and wants to help guide it in the right direction.

Trustees are people who lead charities and, together with other board members, decide how they are run. The trustee's role in the charity is to be the 'guardians of purpose', making sure that the organisation is run effectively, in line with our charitable aims and that decisions put the needs of the Carers first.

Trustees ensure the charity has a clear strategy, and that its work and goals are in line with its vision. They safeguard the charity's assets – both physical assets, including property, and intangible ones, such as its reputation.

## **What does a Trustee do?**

Trustees aren't involved in the day-to-day running of their charity. They delegate this to staff. Instead, they play the role of a 'critical friend' to the Chief Executive by giving support and by challenging – in a supportive way – to help them manage effectively.

Trustees are expected to attend board meetings. The frequency of board meetings is usually 8 times a year.

## **Being a trustee can be very rewarding.**

As a trustee you have the chance to support and shape the work and strategic direction of the Carers Centre and make a significant difference to a cause that matters to you.

Being a Trustee is not paid but it is a way of giving back or helping an organisation you are passionate about, or because your life has been touched by the work of the organisation. It is also a great way to get involved in a community.

## **Who are we looking for?**

We are looking for new trustees who have lived experience of being a Carer but Also have some experience in any of the following areas: Personnel, Finance, Funding, Carers Rights, Management, Law. If you are interested, please email our Chief Executive at [alanashton@sthelenscarers.org.uk](mailto:alanashton@sthelenscarers.org.uk) or give him a call on 01744 675615

# Carers Allowance Over payments Review

On the 13 April, the Government announced that it will undertake a Carer's Allowance Reassessment Exercise to review overpayments charged to carers, following an independent review.

We know this may cause some concern and confusion amongst carers.

*Remember, carers don't need to do anything now. In most cases the Department will get in touch with people whose overpayments of Carer's Allowance may be affected.*

## **What is the reassessment exercise?**

DWP wants to reassure carers that the reassessment around the use of averaging earnings will only affect a very small number of cases.

This reassessment exercise will *not* result in carers owing DWP any more money.

Carers will be informed if DWP reviews your claim and there has been a change that reduces the outstanding debt or results in a refund of what you've already paid. Your earnings-related overpayment will not increase through the reassessment exercise.

You don't need to do anything now. The reassessment exercise began 13 April 2026. In most cases, DWP will get in touch with people whose overpayments of Carer's Allowance may be affected.

## **Will DWP still be recovering my existing overpayment?**

The review doesn't change DWP's day-to-day work, and it doesn't replace any legal processes already in place.

DWP won't be pausing the recovery of overpayments. If money is still owed, DWP will work with carers to agree a repayment plan that feels manageable. Pausing repayments now could risk people building up even more debt, and DWP wants to help avoid that.

DWP has also found that the guidance on averaging fluctuating earnings between April 2015 and September 2025 wasn't as clear as it should have been. Because of this, DWP is putting a reassessment exercise in place to help put things right.

DWP wants to reassure carers that this reassessment will only affect a very small number of cases.

## **When should I expect my refund?**

DWP will let you know if your claim is reviewed and there's a change that reduces what you owe or leads to a refund of money you've already paid. And don't worry — this reassessment will *not* result in you owing DWP any more money.

This doesn't mean every penalty will be taken away. Some larger overpayments may still be correct, for example if they relate to other benefits.

If DWP finds that a penalty was issued in error, it will put that right.

**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

Email [info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk)