



Carers Week is coming!
see page 7 and
the enclosed flyer

**New
Training Courses
Now Booking!
Pages 12-15**

Centre To Launch New Volunteer Programme!

The Centre is really excited that we have recently appointed our first ever Volunteer Co-ordinator. For many years we have had people wanting to volunteer with the service but we have never had a dedicated person to support them.

There is a range of different roles being developed and now that Nichole Spencer has now taken up her new post she is working hard on developing the tools for new volunteers. This will help us deliver our ever growing service to local Carers. We

will be providing new training courses and opportunities for volunteers later in the summer but if you want to pre-register now, send us your name and contact details to info@sthelenscarers.org.uk and Nichole will be in touch in the coming weeks.



12,000 Carers Now Identified!

At some point on 29th March, we registered a Carer which made the total number of active Carers currently receiving services from us 12,000! It was a proud moment as we continue to find every Carer in St Helens. Find out what we have been doing in the last 12 months on page 6.

Welcome to our latest newsletter!

It's hard to believe it's almost Carers Week once again, a week when we celebrate the work of the millions of Carers in the UK and locally try to give you a few hours fun respite. This year is no exception and hopefully you will book on to one of our special events we have planned for you as our staff go above and beyond their normal call of duty once more – find details of the events in the attached flyer.

On page 6 we have given you a small flavour of some of the numbers involved behind the scenes at the. St Helens has a high number of Carers yet, the Centre is currently in touch with over 50% of them, that is more than double, and in some case three times most Carer centres up and down the country.

I am so pleased to be able to say we finally have a Volunteer Coordinator. For many years we have turned down requests from potential volunteers as we simply did not have anyone to train and support them. By the end of the summer we will have our new volunteer programme up and I look forward to handing out the first volunteer certificates!

I am sure many of you have been receiving emails from all sorts of companies asking for you to update your data and marketing preferences.

This is all in anticipation of new laws that are coming into effect at the end of May. Here at the Centre we take your data privacy extremely seriously and never pass on your data without your express permission each time.

When each of you registered with us, you gave your permission for us to register you and hold your details and we explained that we would send you a newsletter out 3 or 4 times a year.

You always have the option to stop receiving this newsletter by contacting us. We have included in this mailing a specific information sheet about how we deal with your data and your privacy.

On page 9 of the newsletter you will see a website to register for St Helens Recycling scheme... please do so as it will mean you can vote for us and at the end of the year we receive a donation!

Finally, our Young Carers are launching a new initiative to raise funds for their respite activity sessions, it may seem strange but we are giving away £50 notes! Read about it on page 11 and if you and some of your friends want to get involved I will see you on 12th June at 6pm at the Young Carers Centre – the more the merrier.

with best wishes

Alan

Alan Ashton
Chief Executive

Our Rudolph Winner!

Congratulations to Jimmy Walters and his wife Barbara for winning our last newsletter completion, correctly finding all 18 of Santa's Reindeer! Pictured opposite is Jimmy and his wife using his prize to go along and see The Greatest Showman together with his dad Bert who they look after. Jimmy tells us they had a

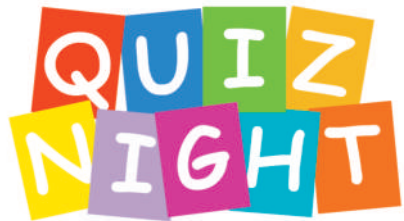


great day and will be using the prize to see another picture later in the year.

Carer Quiz Nights - Come & Join The Fun!

Our monthly Carer Quiz nights having been running for a while now and are proving very popular. You don't need to book on, just turn up every 4th Tuesday of the month at our Carer Clubhouse in Fishwick House (opposite the town hall). Doors open from 6.30pm and the quiz starts at 7pm and ends by 8.45pm.

winning team each month have a chance of "opening the box" from a set of keys to share a cash prize!



It's free to any Carer registered with us and you can come along alone or in a group. We provide some refreshments but many of the carers now bring along their own wine or beer! As a one off special, our June Quiz Night will include a hot pot supper so you will need a ticket for this one; all others just turn up and join in. The

Dates For 2018:

Tue 22 May : 645pm - Just Turn up

Tue 26 June, 645pm - Get A Ticket Because its a hot put super special!

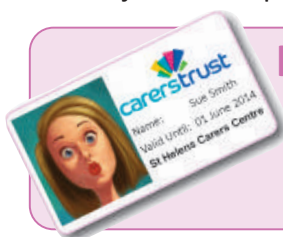
Tue 24 Jul : 645pm - Just Turn up

Tue 28 Aug : 645pm - Just Turn up

Tue 25 Sept : 645pm - Just Turn up

Tue 23 Oct : 645pm - Just Turn up

Tue 27 Nov : 645pm - Just Turn up



Has your Carer Membership/Discount card expired?, if so, call into the Centre to have it replaced.

Helping Someone Else Manage Their Money

There are a variety of ways that you may need to help the person you care for with managing their money. It is important you ensure you cover yourself against possible allegations of theft or fraud.

You could be asked to help them keep on top of bills and paperwork or withdraw cash from the bank.

At some point, you may even need to take on the responsibility of managing their finances.

Make sure you know where their money is and what filing systems they use, as well as how and when they pay their bills.

Keep records of all money you receive or spend on behalf of the person you are caring for. It is a good idea to talk to other family members, to ensure everyone understands the responsibilities you are taking on. This will help to avoid any misunderstandings

Third Party Access and Lasting Power of Attorney If you and the person you are caring for believe you may need to help them manage their money or day to day banking in the future, it may be worth considering setting up Third Party Access or Lasting Power of Attorney. Both provide a way of giving a trusted person authority to manage a person's banking and other financial affairs:

Third Party Access is where you give a trusted person (a nominee) access to your accounts so they can sort

out all your day to day banking. This is set up at your bank and can be cancelled at any time.



Lasting Power of Attorney is a legal document where you can give another person (your attorney) the authority to make certain decisions on your behalf.

A Property and Financial Affairs LPA allows your attorney to deal with any decisions relating to your property or financial affairs, including dealing with the bank.

The Carers Centre runs regular courses on Power of Attorney which are free for you to attend. (see our training courses on pages 12-15).

There are lots of ways to make banking easier for you and the person you care for. You may want to set up:

- ◆ **Direct Debits** so regular bills are paid on time.
- ◆ **Telephone banking**
- ◆ **Online and mobile banking**
- ◆ **Standing orders (STO)** - the person you care for could set up a regular payment for a fixed amount into your account so you can withdraw money and pay bills for them (keep a record of what you spend on their behalf).
- ◆ **Duplicate statements** so you can check transactions and discuss it with the person you care for (the person you care for will need to request these).

For more information about the different banking options available talk to your bank.



Each year our colleagues at Carers UK run the State of Caring Survey to help them show the reality of what it means to care for a family member or friend.

They need your help to give them the evidence to support Carer campaigns and give a real-time picture of what it's like to be a carer in 2018. This is the most extensive survey into carers' experiences in the UK. They are so grateful to each and every person who takes the time to complete the survey and give a full picture of their caring experience. To take part log on to:



<https://www.surveymonkey.co.uk/r/StateofCaring2018>



Are you affected by someone else's drinking or drug use?

You are not alone. At the very least, nearly 1.5 million adults in the UK are affected by a relative's alcohol/drug use.

You may have to do a lot for the person you care for, including cooking meals and helping look after them when they are ill due to their addiction. However, it is likely that you provide a lot of emotional support. This still means that you are a carer.

It is very important to talk to someone about the caring you do and how this affects you.

You may also be able to get practical help to make coping easier and to help you better understand addiction.

If you are affected by someone else's drinking or drug use you may be worried about telling people. But if you don't talk about your feelings

and experiences you make yourself feel worse.

You may need to learn coping skills and how to set boundaries.

You may find it hard to claim Carer's Allowance unless the person you care for is on Personal Independence Payment (PIP), Attendance Allowance or Disability Living Allowance (DLA).

The Carer Centre runs different courses but also has specialist workers and support groups.

Our Substance Misuse Group now runs between 1pm and 3pm every 2nd Thursday of the month at the Carer Clubhouse, come along and meet with a Carer Support worker in confidence and a chance to meet other Carers in similar situations. Alternatively give the Carer Centre a call on 01744 675 615.

A Busy Year At The Centre



In the 2017/18 year, we have been as busy as ever supporting local Carers in St Helens. Many of our readers do not realise just how much work goes on behind our quiet exterior, on indeed that we are a local charity. So here is a snapshot of some of the numbers involved:

- 1,298 New Carers were registered in the year and started to receive services.
- By end of 31st March 2018, there were 12,015 active Carers receiving a service representing 53.2% of all the Borough's Carers. The new carers registering comprised of 32% male and 68% female, with the median age for male carers being 55-64 and for females 45-54.
- Of the 1,298 new carers, 43.8% provided care for someone over 60, 16% for someone with Dementia, 22.1% for an adult between 18-60 and 18.1% for a child under 18.
- Referrals of Carers came from 83 different agencies.
- There were 24,723 separate support contacts with 5,234 separate Carers over the year; this excludes newsletters and information sent to all carers.
- Each working day, we had an average of 15 Carers physically drop into the centre for support and a further 68 by telephone.
- Through our Income Maximisation service, 905 Carers and their families received thorough Benefit checks resulting in 1,497 claims on behalf of 881 Carers.

- From the 51% of the results available at the 13th April, an additional £ 1,925,365 per annum has so far been raised in additional income for Carers.
- 1,060 Statutory Carers Assessments and support plans were completed.
- 5 Parent Participation Forums were held during the year and 8 specialist parent participation coffee mornings.
- 61 Training courses were held for carers with 665 places taken up with 90% of attendees rated the sessions very good or good.
- The charity had its quality assessment programme externally assessed and approved by NVCO and the Charity Commission.
- In January 2018 we launched our new Carer Clubhouse Facility.
- Our staff represented Carers at over 150 events during the year
- We identified and started to support a further 123 Young Carers in the year, the youngest being 6 years old.
- By the end of the year, we were supporting 460 young carers.
- We held 142 group respite sessions for those young carers with over 1,461 attendances.
- We organised 3 residential respite breaks for Young Carers.
- We provided over 1,136 individual support sessions to young carers and had 133 support sessions at different schools

Carers Week 2018

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This years Carers Week is between Monday 11 to Sunday 17 June and we will be having information stalls at different point through the week.

The national theme this year is looking at all the ways everyone can support carers to stay Healthy and Connected. Building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

The campaign is brought to life by the individuals and organisations who come together to organise activities and events



throughout the UK, drawing attention to just how important caring is.

And just to highlight the celebration part of Carers Week we have organised a week of special events for you to attend and let us entertain you and be waited on!

You can come along to our **Mexican themed dinner with a murder!** Our very **English country lunch and murder!** or perhaps you want a **night out at the Casino with a three course meal.** - see the sererate flyer with this newsletter and book your place!



Tea & Toast Carer Drop in!

Every Tuesday

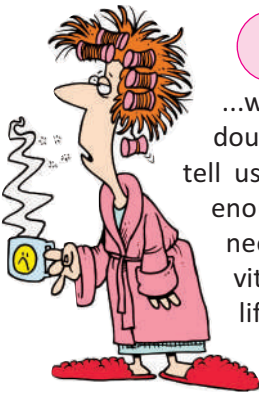
Anytime between 10am and 12noon

Come along, drop in and take the weight of your feet for a chat, cuppa and help yourself to some toast!

Meet with other carers in an informal setting at our bright and airy Carer Clubhouse, also on hand are our Carer Support Officers if you want to talk in confidence or need any advice.



Are You Getting Enough Sleep?...



...we very much doubt it. Most Carers tell us they do not get enough sleep. We all need sleep. It is a vital part of our daily life and keeps us healthy, both physically and

mentally.

As a Carer, you may be having broken or not enough sleep. Occasionally, having a disturbed night will affect you the following day, but if you are having trouble sleeping for longer than a night or two, then everything will seem harder.

You may find that you are constantly tired, go to sleep during the day, have trouble concentrating and making decisions, and start feeling depressed.

Long-term lack of sleep may also increase your risk of high blood pressure, diabetes and obesity.

Carers can often find it difficult to have a good night's sleep, especially if the person you care for needs help or disturbs you in the night. Caring for someone brings extra pressures, such as money worries, emotional worry, isolation, and having no time to yourself.

All of these can contribute to stress, which can make it hard to get to sleep, and keep you awake at night.

People who are feeling anxious or depressed also often experience sleep problems. Talk to your GP if you have trouble sleeping, as they can give

you advice to help with this.

There are things you can do to help make it easier to sleep and to improve the quality of your sleep.

- **Make sure your bedroom is comfortable** not too hot, cold or noisy.
- **Try** not to work or have your computer or TV in your bedroom.

- **Get some regular exercise** – swimming and walking are ideal – but try not to do this too near to bedtime as it may keep you awake.

- **Take a look at your mattress.** It should be firm enough to support you comfortably, but not so firm that you feel perched on top of it. You should try to replace your bed every 10 years so that it maintains maximum support and comfort.

- Try to **cut down on tea and coffee** in the evening.

- **Try not to eat or drink a lot late at night** - have your evening meal earlier if you can.

- **Don't drink too much alcohol.** It may help you fall asleep, but makes you more likely to wake up in the middle of the night.

- **Spend some time relaxing** before you go to bed – a warm bath may help. There are many different relaxation techniques. You could try tapes and books available in the local library or you could join a class at the Carers Centre.

continues...



• **Keep a notepad** by your bed so that if you are worried about something, you can write it down and be ready to deal with it the next day.

• If you still cannot sleep, **try not to lie there worrying**. Get up and do something you find relaxing like reading, watching TV or listening to quiet music. After a while you may feel tired enough to go to bed again.

• **Complementary therapies** such as massage or aromatherapy can be a good way to relax.

While the tips listed above may help with sleeping problems, if sleeplessness becomes intolerable, a visit to your GP may help.

It is particularly important to see your GP if you are suffering with stress, anxiety or any physical ailment, so that you can start getting treatment. Even just talking to your GP may help ease your worries. Knowing that someone is taking your concerns seriously does make a difference and can help you to sleep better.

Remember to talk to your family and friends or the staff at the Carers Centre. The people who care about you will want to know if you are struggling and they can offer support and friendship.

Recycle & Vote For The Carers Centre To Win!



St Helens Recycling Rewards is a partnership initiative between St Helens Council and “Local Green Points”. It has been running for a few years now and already over 10,000 residents have signed up.

When you sign up you earn points for your community for recycling - the more materials you save from the brown bin, the more points you earn.

The communities with the most points per household have the biggest say over which local charity receives the largest donation and residents can vote any time for their favourite cause.

St Helens Carers is one of the three charities in the running this year but we need you to register and then recycle and vote!

There are also prizes for members. So not only will you help the Carers Centre but you will be helping the planet too!

Register today at:

<https://sthelens.local-greenpoints.com/>

Talkfest Spring - Mental Health

St Helens Clinical Commissioning Group have started their latest “Talkfest” and it is all about Mental Health.

They will be out and about across St Helens as part of our third Talkfest event focused on Mental Health.

They want to know more about what Mental Health means to you. This Talkfest is looking at Mental Health services in St Helens and they want to better understand the experiences of yourself and the person you care for.

They are looking for all ideas about what you think works well or could be improved in the area.

You can get involved by completing our online survey:

<https://www.surveymonkey.co.uk/r/TalkfestCarers> or hard copies can be found and completed at the Adult Carers Centre.



St Helens

Clinical Commissioning Group



Newsletter Competition Time !

It's competition time and another chance to win some Cinema Vouchers. As it's almost Carers Week, just tell us how many Carers Week logos are hidden in this newsletter!

To start you off, there is one on this page! Email us your answer at info@sthelenscarers.org.uk before 4pm on Friday 8th June 2018. The winner will be picked at random from all correct entries. Good luck and happy counting!



Carer Camera Club

Did you know we have a Carer camera club that meets every 2nd Wednesday from 1pm to 4pm at the Carer Clubhouse. You can learn, use and develop your photography skills with other carers. Its free and beginners to experts welcome!



£50 Cash Quest Want to have some fun?

Our Young Carers are launching their £50 Cash Quest so they can raise money for their much needed activities and you can get involved!

We will be handing our brand spanking new crisp £50 notes to teams of local workers, schools and Carers on Tuesday 12th June at 6pm!

In return your group take away a pack of ideas of how to turn that £50 into more money as each team have 6 months to do almost anything (that is legal!) and then meet up again in December to hand over your earnings to our Young Carers at a Celebration

event. We will be following the teams throughout the 6 months with photos and a special twitter and facebook page with awards for the most innovative teams and the team who raises the most cash!

If you and a group of Carers want to get involved or if you work and you and some of your work colleagues can form a team then come along to our Young Carers Centre at 1st Floor, Fishwick House, Cotham Street at 6pm on 12th June. For more info, email us at:

info@sthelenscarers.org.uk or call and ask for Alan on 01744 675 615.

We need all your help!

Learning Disability / Adults with Autism Carer Support Group

If you are caring for someone with a learning disability and/or autism, our new Carers' Group could be the ideal place for you to meet with other carers, offer and receive peer support and find out about groups and services to support you and the person you care for.

This is an informal social and support group specifically for carers, held in the relaxed environment of Fishwick House on the 1st Tuesday of each month between 1 and 3pm.

Please feel free to drop in for a chat and refreshments. If you would like more information, please give us a call at the Carers Centre.

Free Training & Courses Now Booking

Take a look at our latest training programme. All courses are free to attend for Carers registered at the Centre. To request a place simply call us on **01744 677 335** or complete the online request form on our website www.sthelenscarers.org.uk or **pop into the centre**. Detailed instructions will be sent to you once your place is confirmed. All we ask is that you confirm your place, or let us know if you can't attend – that way we can offer your place to another carer, most courses have waiting lists!

De-Stress & Relax Part 1	Wednesday 16th May : 1.30pm – 3.30pm Feel stressed, unable to cope? Explore & learn coping strategies with our qualified holistic therapist. One of a two part course... ..to get best results it's best to book both sessions.
Decoupage	Thursday 17th May : 1.00pm – 3.30pm Get creative and learn how to apply decorative paper to objects, have a cuppa & meet new friends. All materials provided - take your creation home with you.
Drugs & Alcohol Awareness	Monday 21st May : 10.30am – 12.30pm Basic introduction enabling you to recognise indications of substance mis-use, including up to date information about the effects, risks and harm reduction on commonly used substances. Delivered by Change, Grow, Live.
Hand Made Greeting Cards	Thursday 24th May : 1.00pm – 3.30pm Make your own, personalised Greeting Cards! Our skilled craft tutor will provide all the materials and instructions required to make up to 5 cards each. No skills necessary! Meet other carers, have a cuppa & get creative!
De-Stress & Relax Part 2	Wednesday 23rd May : 1.30pm – 3.30pm Need to relax more, but don't know how to? Our qualified holistic therapist will teach you lifelong skills to help you relax and achieve a greater feeling of wellbeing. One of a two part course – to get best results it's best to book both sessions.
Creative Art Taster	Monday 30th May : 1.30pm – 3.30pm Do you want some time out just for you, being more calm and relaxed? Interested in exploring creativity for your wellbeing? Come and join this informal afternoon of creativity, delivered by Creative Alternatives artists. All materials are provided.

<p>Mental Health Awareness</p>	<p style="text-align: center;">2 week course Thursday 31 May & 7th June : 1.00pm – 3.00pm</p> <p>If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies, plus the chance to meet other carers. Learn more about the carer support and training available from North West Boroughs Healthcare, whose expert delivers this training</p>
<p>Habits of Happiness</p>	<p style="text-align: center;">Monday 4th June : 2.00pm – 3.00pm</p> <p>This short, interactive session focuses on the 7 steps to improved wellbeing, and encourages participants to acknowledge the positivity already present in their lives and guidance on how to cultivate happiness. Delivered by Lancashire Care NHS Trust's St Helens based "Mindmatter" service</p>
<p>First Aid</p>	<p style="text-align: center;">Wednesday 6th June : 1.30pm – 3.30pm</p> <p>Short, straightforward interactive first aid workshop covering topics such as Sprains & Strains, Choking, Burns, Head Injury, Broken Bones. Boost your confidence to act in an emergency without having to know all the technical details! Delivered by the British Red Cross</p>
<p>Emotional Awareness</p>	<p style="text-align: center;">4 week course Fridays 8th, 15th, 29th June & 6th July: 10.00am – 11.30am</p> <p>Explore where feelings and thoughts come from, gain top tips and techniques on how to connect with others, learn how to overcome difficult relationships, discuss how we can embrace and manage our emotions. Delivered by Wellbeing Enterprises.</p>
<p>Decoupage</p>	<p style="text-align: center;">Thursday 8th June : 1.00pm – 3.30pm</p> <p>Get creative and learn how to apply decorative paper to objects, have a cuppa & meet new friends. All materials provided. Take your creation home with you.</p>
<p>Get Going!</p>	<p style="text-align: center;">6 week course Mondays 18th, 25th June, 2nd, 9th, 16th & 23rd July 10.00am – 12.00pm</p> <p>If you have a long term physical or mental health condition, you know how hard it can be to live a healthy life. This 6 week personalised programme aims to help you manage pain, eat healthily and be more energetic. With guest speakers from a range of providers in St Helens. Delivered by St Helens Council's Healthy Living Team.</p>



Remember, book online or call us. More courses on the next page....

Dementia Awareness	<p align="center">Monday 18th June : 1.00pm – 3.30pm</p> <p align="center">Gain a greater understanding of Dementia and how to support and communicate with the people you care for. Meet other carers in a similar situation & have a cuppa & a chat!. Delivered by St Helens Council's Adult & Community Learning Team.</p>
Digital Skills (ipads/tablets)	<p align="center">4 week course</p> <p align="center">19th June, 10th, 17th, 24th July : 1.00pm – 3.30pm</p> <p>For anyone looking to improve their skills to access the web and online services safely. Learn how to use a tablet/ipad to access the web & navigate safely to complete online forms, communicate & keep in touch via e:mail – ipads will be provided for the course. Delivered by St Helens Council's Adult & Community Learning Team.</p>
Hand Made Greeting Cards	<p align="center">Friday 22nd June : 1.00pm – 3.30pm</p> <p>Make your own, personalised Greeting Cards! Our skilled craft tutor will provide all the materials and instructions required to make up to 5 cards each. No skills necessary! Meet other carers, have a cuppa & get creative!</p>
Stress Control	<p align="center">Wednesday 27th June : 11.00am – 12.00pm</p> <p>A short one hour taster session, delivered by Lancashire Care NHS Trust's St Helens based "Mindmatter" service. This session will help you recognise when you are feeling stressed, identify negative thinking habits, raise awareness of how your personality can contribute towards stress. Take away helpful strategies and learn how to be more relaxed.</p>
Indian Head Massage	<p align="center">Wednesday 27th June : 1.30am – 3.30pm</p> <p>Learn this wonderfully relaxing massage based on the ayurvedic system of healing, practiced for over a thousand years. Relaxing, but also stimulating and invigorating! Reduces stress, encourages relaxation, elevates mood – creates a feeling of balance and calm</p>
Dementia Journey	<p align="center">4 week course</p> <p align="center">Fridays 29th June, 4th, 13th, 20th July : 1.00pm – 3.30pm</p> <p>Learn what dementia is, how to support someone to live their life as fully as possible and living with dementia. The course covers topics such as communication, eating and activities, but the course is directed by & centred around the needs of the carers attending. Delivered by St Helens Council's Adult & Community Learning.</p>

All Courses are free to attend, just book your place in advance!

Mindfulness Introduction	<p style="text-align: center;">4 week course</p> <p style="text-align: center;">Thursdays 5th, 12th, 19th & 26th July : 1.00pm-3.30pm</p> <p>Learn a skill which will last a lifetime! Help you deal with stressful situations at home – or in the workplace. Practice breathing techniques & meditation Delivered by St Helens Council’s Adult & Community Learning Team</p>
Reflexology Taster	<p style="text-align: center;">Monday 16th July : 1.30pm – 3.30pm</p> <p>Performed on the feet using gentle massage and pressure, stimulating movement of energy along neural pathways promoting deep relaxation, both physical and emotional benefits Demonstration & explanation from a master, followed by practice session if time allows</p>
First Aid	<p style="text-align: center;">Wednesday 18th July : 1.30pm – 3.30pm</p> <p>Short, straightforward interactive first aid workshop covering topics such as Sprains & Strains, Choking, Burns, Head Injury, Broken Bones. Boost your confidence to act in an emergency without having to know all the technical details! Delivered by the British Red Cross</p>
Massage Techniques	<p style="text-align: center;">Wednesday 25th July : 1.30pm – 3.30pm</p> <p>Learn the techniques from our qualified therapist to do your own mini massages at home!</p>
Reiki	<p style="text-align: center;">Friday 27th July : 1.30pm – 3.30pm</p> <p>Learn the Japanese healing art of balancing the energy channels around your body & feel the physical, psychological, emotional and spiritual benefits</p>
Creative Art Taster	<p style="text-align: center;">Wednesday 30th July : 1.30pm – 3.30pm</p> <p>Do you want some time out just for you, being more calm and relaxed? Interested in exploring creativity for your wellbeing? Come and join this informal afternoon of creativity, delivered by Creative Alternatives artists. All materials are provided</p>
Wills & Probate	<p style="text-align: center;">Thursday 2nd August : 10.00am – 12.30pm</p> <p>St Helens Solicitors Forster Dean will discuss and give advice on making wills and dealing with probate issues plus chance for brief Q&A, if time allows. There will be a sandwich lunch for those also attending the Power of Attorney course later in the day</p>
Power of Attorney & Deputyship	<p style="text-align: center;">Thursday 2nd August : 1.00pm – 3.30pm</p> <p>St Helens Solicitors Forster Dean will be discussing all aspects of this complex and often confusing legal framework plus chance for brief Q&A, if time allows. There will be a sandwich lunch for those also attending the Wills & Probate course earlier in the day</p>

Carer Support Groups

Carer Support groups are a great way for Carers to talk to others who are in a similar situation, enabling them to share information and advice, often providing them with a feeling of strength and support. Please feel free to drop in to any of the support groups listed below, Carers Centre staff regularly attend and would accompany new members if required.

Autism Parents & Carers Support Group

For Adults caring for someone with an Autistic Spectrum Disorder. Meets 10am-12noon every Thursday at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Billinge Carer Support Group

Meets at 1pm on the 1st Tuesday of every month at the Billinge Arms, 191 Main Street, Billinge, WN5 7BP.

Dementia Carer Support Group

For Adults caring for someone with Alzheimer's or Dementia condition. Meets 11am – 1pm on the 1st & 3rd Wednesday of every month at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Learning Disability & Adults With Autism Carer Support Group

For Adults caring for someone with a learning disability or another adult with Autism. Meets 1pm-3pm on the 1st Tuesday of the month at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Mental Health Carer Support Group

Meets 10am – 12noon on the last Wednesday of every month at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Mental Health Carer Support Group

Meets 6-8pm on the last Thursday of every month at St James Parish Church, Church Road, Haydock, St Helens, WA11 0NJ



Rainford Carer Support Group

Meets at 1.30 pm on the 2nd & 4th Wednesday of every month. 2nd Wed meets at Guide House, Church Road, Rainford. 4th Wed meets at the Tartan Tea Rooms, Church Road, Rainford, WA11 8HE.

Substance Misuse Carer Support Group

For Adults caring for someone with alcohol and/or drug misuse. Meets at 1pm-3pm on the 2nd Thursday of the month at the Carers Club House, Ground Floor, Fishwick House, Cotham Street.

Please note meeting times, dates and venues are subject to change, so it is always best to check with the Carers Centre first on 01744 675615.



St Helens Carers Centre

Opening Times

Monday, Tuesdays, Thursday and Fridays from 9.30am - 4pm.

On Wednesdays we are open until 8pm.

You can drop in at any time, although our Support Workers are only available until 30 minutes before closing times.

Telephone: 01744 675 615

Email info@sthelenscarers.org.uk

Drop In / Write:

St Helens Carers Centre
31-35 Baldwin Street
St Helens WA10 2RS

St Helens Carers Centre is a registered charity in England (No. 1089663)

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