Autumn/Winter 2026

# Carers' Newsletter

Knowsley Carers Hub

## Welcome to the 5th Knowsley Carers Hub Newsletter

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Knowsley Council

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Knowsley Carers Hub

# Welcome to the 5th Edition of Knowsley Carers Hub Newsletter

As we look back over the last few months, the summer season has brought both opportunities and challenges for carers and the people they support. We have seen so many happy moments from those carers who have attended Spa Days or social activities. Our Coffee & Chats continue to take place in Huyton, Halewood and Kirkby. However, we have had to make the decision to no longer continue with Coffee & Chats in Stockbridge Village. We are delighted to share with you that we will be piloting a new Coffee & Chat in the Prescot area. More information about which can be found under Coffee & Chat Calendar of this newsletter. Our Working Carers Evening Coffee & Chat sessions continue to run monthly, and the numbers are steadily increasing.

Since our last edition, we have enjoyed some fantastic moments with carers including:

- Spa Days
- Carers Week Appreciation Day
- Volunteers Week Celebration
- A Trip to Chester
- Bingo Afternoon in Halewood

As summer draws to a close, we reflect with gratitude on all that has been accomplished and look forward to the months ahead with optimism and hope.

We hope that you enjoy reading this edition of our newsletter and that it brings useful information.

**Best wishes,**
**Knowsley Carers Hub**

## How to Contact Us

**Opening Times**

Monday to Friday 9:00am to 5:00pm

enquiries@knowsleycarershub.org.uk

0151 549 1412

www.knowsleycarershub.org.uk

FREEPOST Knowsley Carers Hub

Facebook /knowsleycarershub

SCAN ME

We hope you find this Newsletter interesting, please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

# Our Support

## What our service offers

Knowsley Carers Hub provides a single point of access for adult carers (18+) who care for someone of any age who resides in Knowsley or is registered with a GP in Knowsley. We provide information, advice and guidance and a wide range of support services designed to help carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on a carer's own health and wellbeing. We work directly with carers to discuss their concerns and needs and design a tailored personalised support package.

## As a registered carer, support available includes:

- Specialist 1-2-1 and group support
- Carers Assessments
- Information, advice, and guidance on range of matters relevant to the caring role, including benefits
- Support to take breaks from caring, including befriending and peer support
- Support to access health and wellbeing services
- Support to access community resources, networks and services
- Newsletters detailing local groups, activities and training
- Online Carers Community Network
- Carers Help and Talk (CHAT) Line and Pen Pal services
- Support to access professional counselling
- Volunteering opportunities as 'Friends of Knowsley Carers', including volunteering for the CHAT Line and Pen Pal services
- Carers Awareness Briefings for professionals

Knowsley Carers Hub

## Carers Community Network

This is a virtual community where you can meet other carers and share ideas and experiences, we currently have over 2,000 active members who are looking forward to connecting with you!

It only takes a minute to sign up.

Please be aware, to access the Carers Community Network Platform, you will need to be invited.

Please contact the Service Access Team on **0151 549 1412** who will be happy to support you with this. You will just need to provide them with your name and email address.

## Facebook

Please "like" and "follow" our Facebook page by logging into Facebook and searching for Knowsley Carers Hub or by following the link: **https://www.facebook.com/knowsleycarershub.**

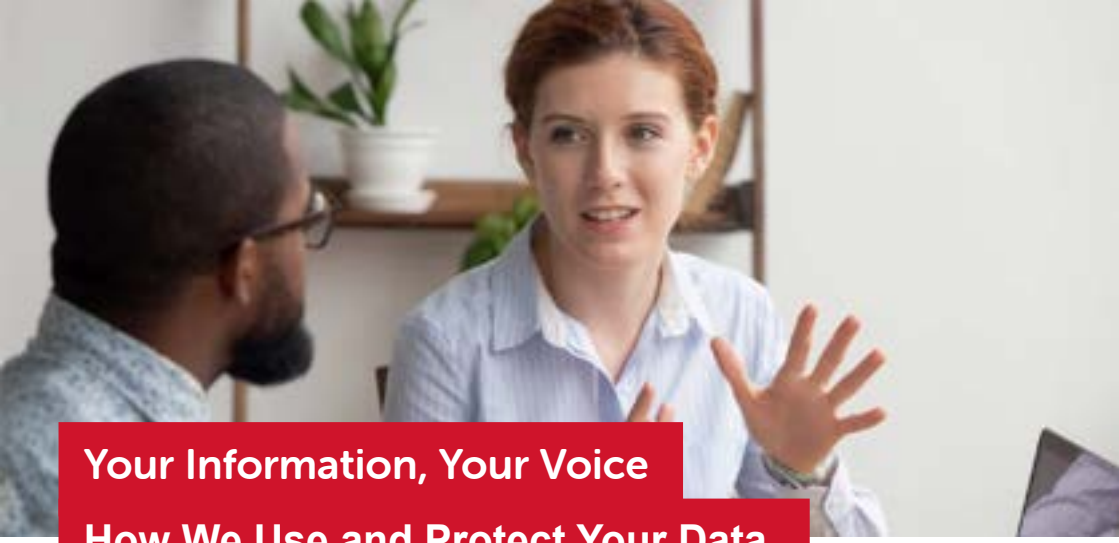
To get up to date information on our activities, events and other useful information, please join our private group for carers **https://www.facebook.com/groups/638003378649882/**

## The Volunteer Hub

Knowsley Carers Hub has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you! Please call **0151 549 1412** or email **volunteering@n-compass.org.uk**

## The Volunteer Hub Pen Pals

Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and the Post Office! If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email: **volunteering@n-compass.org.uk**



# Your Information, Your Voice

## How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website: **www.n-compass.org.uk**

We hope you find this Newsletter interesting, please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

# Activities and Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from October 2026 to January 2027. We have a wide variety of activities on offer, and we hope you can join us at some of them for a well-deserved break.

## Come and meet other carers whilst enjoying a cuppa!

Coffee & Chat sessions are an opportunity to meet and chat with other carers and former carers and speak with a member of the team, while taking a break from your caring role and enjoying tea or coffee and a biscuit or two!

If you have never attended a Coffee & Chat before, don't worry; everyone has been a "first timer"! A friendly member of our team will be there to greet you, along with a volunteer and offer a warm introduction. Please see the full list of Coffee & Chats on the next page.

There is no need to book, but if you would like to talk to someone before you attend, or would like further information, please call us on: **0151 549 1412** or email: **enquiries@knowsleycarershub.org.uk**

## Working Carers Evening Coffee & Chat

In February we introduced Evening Coffee & Chat sessions for Working Carers. These monthly gatherings are especially for those carers who work and are unable to attend daytime Coffee & Chat sessions. All sessions run from **5.30pm – 7.30pm** and are held in **Knowsley Carers Hub, 143 Bewley Drive, Kirkby L32 9PE.**

### What to Expect

- A warm, welcoming environment to share experiences
- Informal chats over coffee (or tea)
- Opportunities to connect with others who truly understand

Carers' Coffee & Chat

### Future Dates:

- Thursday 15th October 2026
- Thursday 12th November 2026
- Thursday 10th December 2026
- Thursday 14th January 2027

**Exclusively for working carers.**

For more information, please call us on **0151 549 1412** or email: **enquiries@knowsleycarershub.org.uk**

Carers' Coffee & Chat

# Coffee & Chat Calender

| Halewood | Huyton | Kirkby | Prescot |
|---|---|---|---|
| **Women's Institute**<br>83 Baileys Lane<br>Halewood<br>L26 0TY | **Old Schoolhouse**<br>St John's Road<br>Huyton<br>L36 0UX | **Knowsley Carers Hub**<br>143 Bewley Drive<br>Kirkby<br>L32 9PE | **Watchfactory**<br>Albany Road<br>Prescot<br>L34 2AD |
| **10.00am to 12.00noon** | **10.00am to 12.00noon** | **10.00am to 12.00noon** | **10.00am to 12.00noon** |
| 6th and 20th October | 14th and 28th October | 11th and 25th June | 27th October |
| 3rd and 17th November | 11th and 25th November | 9th and 23rd July | 24th November |
| 1st and 15th December | 9th December | 6th and 20th August | No December group |
| 19th January 2027 | 13th and 27th January 2027 | 3rd and 17th September 2027 | 26th January 2027 |
| **Free parking available on site** | **Free parking available on site but this depends upon capacity** | **Free parking available on site** | **Free parking available on site but this depends upon capacity** |

There is no need to book, but if you would like to talk to someone before you attend, or would like further information, please call us on: **0151 549 1412** or email: **enquiries@knowsleycarershub.org.uk**

# Adult Carers Special Events

If you have not been to one of our activities or events before, we would love to see you at a future one! You can speak with a member of the team about what to expect and which one you would like to go to; we can make sure you are greeted on arrival.

**You must book onto our one-off events as most of them have limited numbers and some need to be booked in advance so we can book places and order food if applicable.**

We've made booking really easy!

You only need to remember one email address to book any event and to contact one of our Carers Assessment and Support Officers for event information.

Email: **enquiries@knowsleycarershub.org.uk**
If you prefer to telephone us, you can contact us on **0151 549 1412**

All activities and events are for carers registered with Knowsley Carers Hub. If you are not registered and would like to receive support and attend activities and events, please register by calling: **0151 549 1412** or by emailing: **enquiries@knowsleycarershub.org.uk**

If after having booked any activity or event, you are no longer able to attend, would you please let us know as soon as you can. This will give other carers the opportunity to attend, especially where events become fully booked and we have reserve lists.

We thank you for your cooperation and support.

Email: **enquiries@knowsleycarershub.org.uk**
If you prefer to telephone us, you can contact us on **0151 549 1412**

# Online Activities and Events

Some sessions may be subject to change and any changes will be communciated via email

## Distance Reiki

**Weekly** **Every Wednesday 2.00pm - 3.00pm**

Last session before Christmas will be 16th December and will resume 6th January 2027

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. During these sessions carers can relax in their own home while Jo guides you through a healing experience.

*"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing."*
*-Carer*

## Seasonal Flow Yoga

**Weekly** **Every Wednesday 6.15pm - 7.30pm**

Last session before Christmas will be 16th December and will resume 6th January 2027

*"I am already experiencing the mental and physical benefits from the yoga and meditation."*
*-Carer*

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.

## Yoga Nidra

**Weekly** **Every Thursday 7.00pm**

Last session before Christmas will be 17th December and will resume 7th January 2027

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.

*"For me Yoga Nidra ticks all the boxes - it's relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything."*
*-Carer*

Scan Here

To access any of our Yoga or Reiki sessions *click the link here* or scan the QR code to complete the short booking form and we will provide the Zoom link. For further information or support please email: **activities@staffordshiretogetherforcarers.org.uk**

These online activities are hosted by N-Compass' Carers Service in Staffordshire but carers from across all N-Compass Carers' services attend and Knowsley Carers are very welcome to join.

# Carers' Spa Days

Because those who care, deserve care too. We understand the selfless commitment carers make every day. That's why we're inviting you to take a well-earned break and immerse yourself in tranquility at our Carers Spa Days.

These will take place at **Volair Spa, Huyton Leisure Centre, Huyton L36 6EG** on:

**13th October 2026**
10.00am – 4.00pm

**26th November 2026**
10.00am – 4.00pm

**26th January 2027**
10.00am – 4.00pm

**What's Included:**

- Access to the thermal suite – sauna, steam room and jacuzzi
- Mini treatments – choose from relaxing massages
- Complimentary refreshments – soothing teas and small bites
- Quiet spaces – perfect for reflection or simply doing nothing at all.

When making contact to express an interest in attending a Spa Day, can you please specify which date you would like to attend.

To express your interest,
please contact Knowsley Carers Hub on **0151 549 1412**
or email **enquiries@knowsleycarershub.org.uk**

# Activities and Events

## Talk on Legal Matters - Planning for the Future

**Thursday 5th November 2026**

10.45am

Knowsley Carers Hub, 143 Bewley Drive, Kirkby, L32 9PE

**What subjects can we speak about?**

- Protecting your family's nest egg
- Inheritance tax
- Prevent 'sideways disinheritance'.
- Lasting Powers of Attorney
- Vulnerable Persons Trust

Our speaker will introduce the above issues and explain what steps can be taken to plan for the future. Places are Limited.
To express your interest, please contact Knowsley Carers Hub on **0151 549 1412** or email **enquiries@knowsleycarershub.org.uk**

## Carers Rights Day

**Thursday 19th November 2026**

1.30pm - 3.30pm

Knowsley Carers Hub, 143 Bewley Drive, Kirkby, L32 9PE

This year, Carers Rights Day is on **Thursday 19th November 2026**. Every day 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits. Why not drop into **Knowsley Carers Hub, 143 Bewley Drive, Kirkby, L32 9PE** between **1.30pm-3.30pm** on **Thursday 19th November 2026** if you have any questions regarding your rights. Come and enjoy a cake and a cuppa with the team and possibly a free winter warmer pack from SP Energy Networks!

# Basic Life Support Training for Carers!

Are you a carer looking to boost your confidence and skills in emergency situations? Don't miss this incredible opportunity to receive FREE accredited training designed specifically for carers! Places are limited.

## Wednesday 25th November 2026

10.00am – 2.00pm

Knowsley Carers Hub, 143 Bewley Drive, Kirkby, L32 9PE

**LEVEL 2 : 3-HOUR TRAINING COURSE**

# Basic Life Support

**This regulated Level 2 Basic Life Support qualification will give learners the skills, knowledge and practical competence to administer first aid until professional medical help arrives. It is particularly suitable for healthcare professionals for the purpose of Continual Professional Development (CPD).**

**RQF Level 2 Award**

| | | | |
|---|---|---|---|
| Qualification title: | **FAA Level 2 Award in Basic Life Support (RQF)** | Code: | **603/5171/8** |
| Unit 1 title: | **Basic Life Support** | Unit code: | **Y/617/8400** |

The Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical life saving assistance until support arrives.

The qualification is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.

## Duration

A minimum of 3 contact hours in the classroom, consisting of practical and theoretical activities. The course can be delivered in one day or spread over a maximum of 3 weeks ensuring that each session is a minimum of 1 hour.

## Syllabus

A range of subjects are covered including:

- **Cardiopulmonary Resuscitation (CPR)**
- **Primary Survey**
- **Choking**
- **Safe use of an Automated External Defibrillator (AED)**
- **Recovery position**

## Assessment and Marking

The course Instructor is responsible for determining whether delegates pass or fail based on practical assessment throughout the course, i.e. by observation and oral questioning. The Instructor will only award a pass if they believe that delegates have displayed the requisite understanding and competencies at the end of each session throughout the course.

## Certification

This qualification is valid for 3 years from the date of achievement. The learner will need to complete the full course again to requalify for a further 3 years. It is recommended that the learner attends annual refresher training.

## Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

Contact Knowsley Carers Hub on **0151 549 1412**
or email: **enquiries@knowsleycarershub.org.uk** to express your interest.

## Christmas Card Making at Knowsley Carers Hub

Date and time to be confirmed

Knowsley Carers Hub, 143 Bewley Drive, Kirkby, L32 9PE

Get into the festive spirit and join us for a fun and creative Christmas Card Making Session at Knowsley Carers Hub. This is a wonderful opportunity to enjoy some festive crafting and create beautiful handmade Christmas cards for family and friends. All materials will be provided, so all you need to bring is your creativity and festive spirit!

## Christmas Lunch with Knowsley Carers Hub

Date, time and address to be confirmed

As the festive season approaches, we would like to let carers know that, unfortunately, there will not be a Christmas Party this year. Instead, we are pleased to offer the opportunity for carers to join us for a Christmas Lunch. This year, we will be hosting two Christmas lunches, providing carers with the chance to enjoy a festive meal and celebrate the season alongside our staff and volunteers.

**Huyton Christmas Lunch** | **Kirkby Christmas Lunch**

The lunches will take place on different dates, with full details shared with those who are allocated a place.

Please note:

- These events are for **carers only**. Unfortunately, we are unable to accommodate cared-for individuals.
- Carers may register their interest in one lunch only.
- As places are limited, we apologise that not everyone who expresses an interest will be allocated a place.
- Transport will not be provided.

Thank you for your understanding. We look forward to sharing some festive cheer and celebrating the season with as many carers as possible.

Contact Knowsley Carers Hub on **0151 549 1412**
or email: **enquiries@knowsleycarershub.org.uk** to express your interest.

# Useful Information

## Support and Infomation for Carers

### - Online or over the phone

Having the right information at the right time can make a big difference when you are caring for someone. We want to make sure carers can access support in a way that works for them. Whether you prefer getting information online or over the phone, there are free resources available to help you in your caring role.

### Need information over the phone?

Carers UK has a free telephone information service for unpaid carers who do not use the internet. By calling **0800 888 6999,** you can listen to recorded information about:

- help with finances and household costs
- caring for someone with a specific health condition
- looking after yourself
- ways to access further help and support.

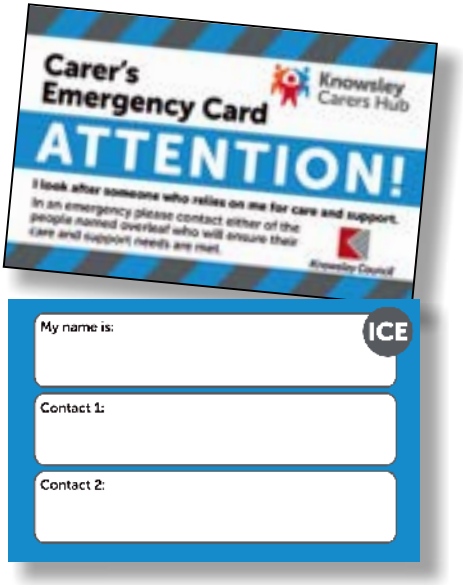
The service is free to call and available whenever you need it. Please note that this is a recorded information service and is not a helpline or crisis service.

Knowsley Carers Hub

# Knowsley Carers Emergency Card:

## Planning Ahead for Peace of Mind

Knowsley Carers Hub is committed to supporting unpaid carers, especially during unexpected situations. The Emergency Card Scheme has been introduced to ensure that those being cared for continue to receive support even if their carer faces an emergency.




The scheme provides carers with an Emergency Card to carry with them and an Emergency Care and Support Plan to outline backup arrangements.

Carers who express interest will be given an Emergency Card and a Care and Support Plan template.

Carers will fill in the plan with details of nominated individuals, trusted people who can step in to provide care if needed. Each nominated individual receives a copy of the Support Plan, so they're prepared to help when called upon.

The names of the nominated individuals are added to the Emergency Card, which the carer keeps with them at all times. Emergencies can happen at any time. This scheme offers peace of mind to carers, knowing that there's a clear plan in place and that their loved ones will be cared for even if they're temporarily unavailable.

For further information, please contact Knowsley Carers Hub on telephone **0151 549 1412** or by emailing: **enquiries@knowsleycarershub.org.uk**

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# Looking after someone?

Access FREE online resources for carers

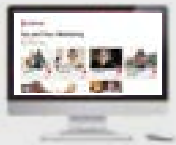
N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

## E-Learning & Videos

Practical learning and guidance for carers



## Jointly

Care co-ordination app

## Free publications

Guides and information from Carers UK

## More Support

Helpful resources, tools and links to localservices

Visit **carersdigital.org** and use code **NCOMPASS** to create a free account and access online resources.

**Looking after someone else? There's support for you too**

Caring for someone else can sometimes feel like a lot, even on the good days. If you're a carer, volunteer or resident in Knowsley aged 19 or over, free mental wellbeing support is available whenever you need it.

Qwell is a confidential mental health service with no waiting list and no pressure. Just wellbeing support when you need it.

**Support that fits around you, not the other way round**

| | |
|---|---|
| **Text chat with a real professional**<br>Drop in or book a free, live text chat with a trained mental health practitioner. Weekdays 12pm-10pm \| Weekends 6pm-10pm. | **Look after your own wellbeing, your way**<br>Mood tracker, online journal and goal-setting activities. Take the time to check in with yourself, whenever you need to. |
| **Connect with others who understand**<br>Pre-moderated discussion forums with other people who understand what you're going through. | **Read and share real experiences**<br>Helpful articles, or space to write your own story, in your own words. |

**Why Qwell?**

- No cost - using the service is totally free.
- No waiting lists - get support today, right when you need it.
- No GP referral needed - just register and get going.
- No travel required - online support via your phone, laptop or computer
- Confidential - a safe space, just for you.
- Available 24/7, 365 days a year.

**Support you can trust**

Qwell is commissioned by your local NHS. Our one-to-one text chat is accredited by the British Association for Counselling and Psychotherapy (BACP) and delivered by Kooth Digital Health - the UK's largest digital mental health provider.

**Ready when you are**

You don't have to carry it all yourself. Whether you need someone to talk to or just a quiet space to think, Qwell is a few clicks away.

**Register free today at www.qwell.io**

# What We Have Been Up To

## Volunteers Week

### Tuesday 2nd June 2026

Knowsley Carers Hub proudly celebrated Volunteers Week 2026 with a Celebration Lunch on Tuesday 2nd June 2026. On this occasion, Pam Cornwall and Joanne Simm were delighted to be joined by our incredible volunteers: Diane, Tony, Paul, Peter, Teshreen and Jenifer.

The lunch provided an opportunity for us all to come together, spend time as a team, and most importantly thank our volunteers for the ongoing support they provide to our service each and every week. It was a lovely way to recognise their commitment and dedication in a relaxed and enjoyable setting.

We are incredibly grateful and proud to have such a fantastic group of volunteers on board. Thank you to each and every one of you for everything you do, not just during Volunteers Week, but throughout the entire year.

# Carers Week Appreciation Day

## Tuesday 9th June 2026

On Tuesday 9th June 2026, we celebrated Carers Week by hosting a special Appreciation Day for the incredible carers we support. Carers joined the team for a cuppa and a slice of cake. It was wonderful to see everyone relax and enjoy some well-deserved time for themselves.

We were delighted to welcome Mary Roby, who provided soothing hand massages, alongside our very own Jill Brookes (CASO), who treated carers to beautiful gel nails – adding an extra touch of pampering to the afternoon.

The event was truly heartwarming, and we are so grateful to all the carers who came along to spend this time with us. It gave us a chance to say a big thank you for the dedication, compassion, and hard work carers show every single day.

As a small token of our appreciation, carers left with a wellbeing bag, which included:

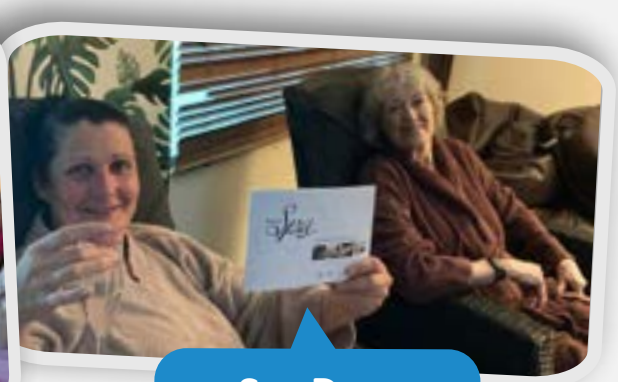
- A face mask
- Adult colouring book and pencils
- A candle
- Tea and coffee sachets
- Seeds to plant
- Jellies and biscuits
- A self-care tip sheet

A few quotes below from carers who attended:

***"Fantastic time, staff looked after us well and we much appreciate everything."***

***"Thank you for today, the staff gave their all."***

***"I would like to thank the team for such a lovely afternoon. Really enjoyed being pampered and having my nails done."***



## Spa Days

## Huyton Town Centre Outreach

### August 2026

Elle McKielty and Joanne Simm in Huyton Town Centre promoting the services we offer to registered carers.

## A Trip to Chester

### 17th August 2026

On 17th August, a group of carers accompanied Joanne and Jill on a trip to Chester

# Additional Support

## Welfare benefits advice

Our Benefits Advisor, Paul Murphy, continues to offer a comprehensive support service for carers seeking benefits advice. He can provide information and guidance on benefit entitlements, carry out benefit calculations, and offer practical support with completing claim forms including PIP, Children's DLA and AA.

For further information or to access this service, please contact us on **0151 549 1412** or email **enquiries@knowsleycarershub.org.uk**

## Digital inclusion (IT) group

Would you like to feel more confident using your phone, tablet or computer? Come along to the volunteer run Digital Inclusion Group at Knowsley Carers Hub, where you can receive friendly, practical support with everyday digital tasks. Whether you need help sending emails, using apps, making video calls or staying safe online, the group is here to help. You can learn at your own pace in a relaxed and welcoming environment.

No question is too small. Come along, meet others and build your digital confidence.

**Every Tuesday**
**11:00am - 1:00pm**
Knowsley Carers Hub, 143 Bewley Drive,
Kirkby L32 9PE

For further information, please contact us on **0151 549 1412** or email **enquiries@knowsleycarershub.org.uk**

## Counselling

Knowsley Carers Hub offers a confidential counselling service to support registered carers with their emotional wellbeing.

Places are limited and subject to availability.

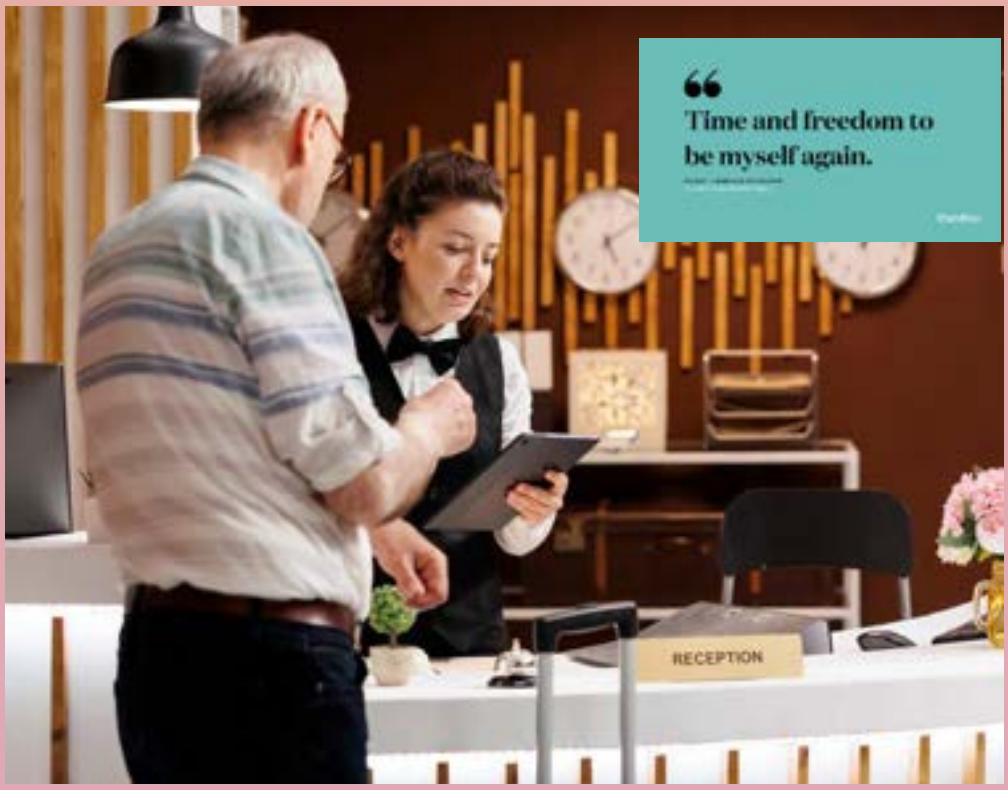
If you are a registered carer and would like further information about the service, please contact Knowsley Carers Hub on **0151 549 1412.**

# Carefree

## Short Hotel Breaks For Unpaid Carers

We are delighted to be a community partner with Carefree.
Carefree offers a 1–2-night hotel stays for unpaid carers twice per year.
The breaks are across the UK and cost just £38 in admin fees.
You are welcome to take a companion with you (but not the person you care for) so you can take a break from your caring role to help with your health and wellbeing.

**All bookings are made online,**
**so you must be able to do this or have someone to help.**
**To access this opportunity, please contact Knowsley Carers Hub**
**on 0151 549 1412 or email: enquiries@knowsleycarershub.org.uk**
**who will make the referral on your behalf.**




To be eligible, you must be 18+ and care for someone for 30 hours a week; the break includes your accommodation and breakfast; you must be able to provide respite for the person you care for and pay for extra expenses (travel, other food, etc). Carers may book up to two breaks per calendar year. Please note a deposit may be payable depending on the hotel.

# Useful Numbers

**Knowsley Adult Social Care**
0151 443 2600

**Age UK Mid Mersey**
0300 003 1992

**Citizens Advice Bureau Knowsley**
0808 278 7839

**Whiston Hospital**
0151 426 1600

**Aintree Hospital**
0151 525 5980

**Centre for Independent Living**
0151 351 8705

**Healthwatch Knowsley**
0151 449 3954

**Admiral Nurses**
0151 351 8440

**Stroke Association**
0151 305 0015

**Falls Team**
0151 244 3362

**Knowsley Young Carers**
0151 443 2336

**Knowsley Disability Concern**
0151 480 4090

Knowsley Carers Hub

## Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work! Please call or email **enquiries@knowsleycarershub.org.uk**

Note: If you would like to read any part of this newsletter in large print, please call **0151 549 1412**, or email **enquiries@knowsleycarershub.org.uk** to make your request.

**Disclaimer** - Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group or call before setting out.

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