



For further information: -

Revd Jim Dobson

0151 625 3224
(Church Office)

Sue Gladden

(former Manager of
Wirral Carers Centre)

07968 236 854

Dates for 2012: -

January 5th ✓

February 2nd ✓

March 1st ✓

April 5th ✓

May 3rd ✓

June 7th ✦

July 5th

August 2nd

September 6th

October 4th

November 1st

December 6th

This initiative is supported by the WIRED carers team, Wirral Carers Helpline (0151 670 0777) and other organisations working with carers.

A group of volunteers, who have a range of caring and relevant professional experiences will also be on hand to help.

Replacement care will be provided by Crossroads Caring for Carers domiciliary care team when required.



Topics covered: -

Carers Resource Centre and Services
Personal Budgets
Aids and Equipment

Future topics: -

First Aid for Carers
Gentle exercise and massage
Legal issues
Benefits
plus crafts, quizzes etc.

Funded by  **WIRRAL**

Funds for You / Public Health Funding

**Supported by the Aldi supermarket in West Kirby
which provides ingredients for the lunches.**

Carers Soup 'n' Support

INFORMATION,

ADVICE AND SUPPORT

FOR CARERS IN WEST WIRRAL

First **Thursday** of every month
12 noon until 2 p.m.

[Please see back for **2012** dates]

West Kirby Methodist Church
Westbourne Road

✦ possible trip out (with earlier start time) which needs to be booked - please contact us for details.

Who is a carer?

Carers are people who look after relatives or friends with long term illnesses or disabilities which can be mental or physical.

Many carers don't think of themselves in this way - they are a husband, wife, partner, parent, son or daughter. Some are not relatives but friends or neighbours.

Caring can involve practical hands-on tasks such as washing and dressing, helping with meals, shopping, taking people to medical appointments etc.

It can also involve emotional support, especially for those with mental health problems or terminal illnesses.

You don't have to live with the person you care for to be a carer.



Do YOU live in West Wirral?



Do YOU care for someone who has an illness or disability?



Would YOU like to have information to make your caring role easier?



Would YOU like to meet other people in similar situations for mutual support?



Would YOU like interesting activities to do whilst the person you care for is being looked after? *



Would YOU like a delicious soup lunch?

If the answer to these questions is YES then please come along.

YOU WILL BE MOST WELCOME

If you are unsure about coming along on your own please contact us beforehand and we will ensure you are welcomed at the door.



one week's notice required for replacement care.

What do carers need?

Carers need to feel comfortable with the level of care they are providing.

Knowing what support there is for you can make a big difference, as can having a plan of what to do in an emergency.

It has been shown that carers who have the information and support they need and especially the chance to have a break are much better able to carry on in their caring role.

Meeting other carers who have similar experiences can be mutually beneficial.

Caring can be rewarding but it can be exhausting.

Looking after yourself and your needs is not being selfish - it is essential.

