

Young Carers Movie In The Making



Michael Stevenson



Jude Riordan



Emma Davies

We are so excited to announce our collaboration with Michael Stevenson (otherwise known as Iain for BBC Casualty) who is producing a professional movie about the life of a Young Carer. Staring Jude Riordan (our Young Carer Ambassador) and Emma Davies, "**Something Missing**" aims to provide a greater understanding of the experiences of children in families affected by young-onset dementia. The film aims to encourage conversations that can help mitigate the risk of harm, increase recognition of the family situation and promote a greater awareness of support services.

The project will also enable one of our local Young Carers to be involved in the production of the movie and a further documentary. Filming starts imminently and we aim to arrange a local preview in late Autumn, so watch this space!

Happy Birthday To Us! & It Is Also:



A few weeks ago, St Helens Carers Centre was officially 21 years old and to help us Celebrate we have arranged some celebratory events to share with you during Carers Week... do not miss out...

see page 5 now!

Training Courses

We have some amazing new courses starting from mid June... something for everyone... check out the new schedule form June-September now on pages 10-15

Tel: 01744 675 615

A message from our CEO

Dear Carers

Well just a few weeks ago, St Helens Carers Centre reached a milestone, having been registered as a Charity for 21 years! In those 21 years we have developed way beyond the original idea of what our founding members had envisaged. From a small desk in the Millennium Centre to our current buildings and services.

Over the years we have developed, had cuts, developed again and continue with the aim to provide the best service we can to the thousands of unpaid Carers in the borough. In the past 21 years we have supported over 24,500 Carers, raised just over £100million in unclaimed benefits, awarded over £2million in personal budgets and provided hundreds of thousands of hours of information and advice.

Much of our success has been due to our Volunteer Trustees who are all Carers or former Carers themselves and our dedicated staff, and not to mention you the Carers who have supported us. Indeed, we would need the full newsletter to briefly list some of our work over those years but would like to celebrate some of our achievements with you during Carers Week. Please see our events on page 5 and join us in June.

Over the past few months, Carers have returned to our events and training at the Carer Clubhouse and to the Carers Centre itself in their hundreds and we are so pleased to see so many of you face to face once more.

In this issue you will see new courses and events we have planned for you, so take a few minutes to have a read through and do get in touch if you would like to attend. In particular, I hope to see as many of you as possible at our new Carers Choir!... I am hoping we can get you to a standard to take us on a world tour! (see page 7).

This quarter we said goodbye to Lynne Eagling, who for many years was one of our Receptionists, Lynne is now enjoying her retirement and we wish her well.

Finally, you would have seen on the front page the news about a professional movie we are involved with. I would like to express my thanks to Michael Stevenson, Jude and Paul Riordan, who have asked to get involved with our Young Carer service to do this work. It will help raise the profile of Young Carers and hopefully encourage funders to support our work!

Best Wishes

Alan

CEO



Office Closures: From 29th July and then every last Friday of the month our offices will close at 1pm to allow our staff to have training sessions.





Dementia Action Week

Dementia Action Week was held between 16th and 22nd May and raised awareness of Dementia. Organisations across the UK including the Carers Centre are encouraging people to 'act on dementia'.

The St Helens Carers Centre are members of the St Helens Dementia Friendly Community Group, which comprises of local statutory and voluntary services working together to ensure that local people with dementia are understood, respected & supported.

If you are concerned that a loved one may be experiencing signs of dementia and memory loss, it's important that you access advice, support and guidance as soon as possible.

If you care for someone with a Dementia diagnosis, you may have many questions relating to how this will affect them and also yourself as you adjust to new routines.

We can offer you practical advice, information and support with regards to what steps to take next, what support is available to you locally and signpost you to services that can explain what to expect during and after the diagnosis process. If you would like to have a chat, please contact our Carer Support Team on 01744 675615, if you would prefer to come in for a face-to-face appointment this can also be arranged with you.

Dementia Carers Group

If you care for someone with Dementia we have a monthly group for you. You can attend every second Monday of the month between 1pm and 3pm at our Carer Clubhouse. It can be useful to meet up with other Carers who also provide care to a loved one with Dementia. Swap ideas, tips and build up a useful support network. There is no need to book in advance, just come along.

For more information you can telephone Joanne Hornby on 01744 675 615. Next Groups: Monday 13 June, Monday 11 July, Monday 8 August, Monday 12 September



June 6th - June 12th 2022

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid Carers face and recognise the contribution they make to families and communities throughout the UK. During Carers Week, we want to make Carers Visible, Valued and Supported.

And this year marks the 21st year since St Helens Carers Centre was established so we are celebrating at the same time! We have several events for you to attend, some at our Clubhouse and some large events in St Helen's Town Hall, so make sure you book as soon as possible or collect tickets for the Town Hall events. All events are free to Carers who are registered with the Centre.

Monday 6th June 10am-3pm

Carer Clubhouse

Benefit Check Open Day

All our Benefit Officers will be available at the Carer Clubhouse to offer Benefit Checks without appointments, just turn up and see one of our experts and make sure you and the person you care for are claiming the correct benefits - No Need To Book

**Tuesday 7th June
12.30 and 2.30pm**

Carer Clubhouse

Carers Prize Bingo

Come along and win a prize with a cuppa and a cake. Numbers are limited to pick up a ticket from the Clubhouse or our main Centre reception

**Monday 6th June
6.00pm and 9.00pm**
Carer Clubhouse

Carers Week Karaoke!

Our popular Karaoke night is back for a special during Carers Week, wine and pizza but you need a ticket which are available from our Clubhouse or the main Centre reception

We are inviting up to 300 Carers to join us for an afternoon tea or evening hotpot to celebrate both Carers Week and 21 years of St Helens Carers Centre!



Make sure you get your tickets quickly by calling into our Adult Carer Reception which is open Monday-Friday 9.30am-4pm. The events are free to Carers who are registered with the Centre and have a valid Carers Discount / Membership Card. If you do not have a card or it has expired you can renew/get one at our reception.

You can choose to attend one of these two events whilst tickets last:

Thursday 9th June

12.30pm and 3.00pm at St Helen's Town Hall



Carers Afternoon Tea & Entertainment

Smart Casual Dress

You must pick up a ticket from our main reception to guarantee a place



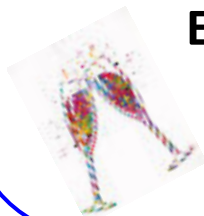
Thursday 9th June

6.30pm and 9.30pm at St Helen's Town Hall

Carers Hotpot Dinner & Entertainment

Smart Casual Dress

You must pick up a ticket from our main reception to guarantee a place



Parent Carers & Listen 4 Change

Are you a parent of a child/young person with Special Educational Needs or Disability (SEND), age 0-25? Did you know there is Listen 4 Change? Listen 4 Change is a local Parent Carer Forum who work to influence local services and also provide regular information and events for Parents. You can find out more at www.listen4change.org

They also hold regular coffee mornings at the Carer Clubhouse (see page 8)

The Carers Centre is open to face to face callers

Do you own a shop or business?



If so, can you support our would you like to sign up to our Carer Discount Card Scheme? The scheme offers local Carers special offers and discounts from local businesses upon production of a valid Carer Discount 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 and 3 Tweets a year minimum
- ✓ 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 13,000 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



Universal Credit Drop In Sessions Every Friday 10am - 1pm Adult Carers Centre

Do you need support or advice around Universal Credit?

Not sure where to turn?

We'll look no further as our drop-in is back! 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

St Helens Carers Choir!

Singing is the best way to de-stress and put a bit of happiness into your life and we are launching our brand new Carers Choir!



Even if you were put to the back of the class in your school music lessons... we have a place for you in our new Choir! Who knows we may end up going on a world tour!

We have 4 initial dates for you to come along and join in...

Fridays 15th, 22nd, 29th July and Friday 5th August

10.30am - 12noon at the Carer Clubhouse

No Need to book - just turn up!

Regular Clubs, Groups & Social Events At The Carer Clubhouse!

Our Carer Clubhouse is back to full capacity with informal and fun training courses running almost daily (see pages 10-15). In between these courses we have a range of social events and clubs for you to attend that run regularly and are listed on the page opposite, some you need to book on in advance by going to our website www.sthelenscarers.info/clubhouse or you can telephone 01744 677335. We have also given you a calendar of these clubs below:

May

Monday 23 May	1.30pm-3.00pm	Carers Prize Bingo **
Tuesday 24 May	10am-12noon	Tea n Toast
Tuesday 24 May	6.30pm-9pm	Carers Quiz Night **
Friday 27 May	1.30pm-2.30pm	Guitar Group
Tuesday 31 May	10am-12noon	Tea n Toast

June

Monday 13 Jun	1pm-3pm	Dementia Carers Group
Tuesday 14 Jun	10am-12noon	Tea n Toast
Friday 17 Jun	10am-12noon	L4C Parent Carer Coffee Morning
Friday 17 Jun	1.30pm-2.30pm	Guitar Group
Monday 20 Jun	1.30pm-3.30pm	Crafty Carers Group
Tuesday 21 Jun	10am-12noon	Tea n Toast
Friday 24 Jun	1.30pm-2.30pm	Guitar Group
Monday 27 Jun	1.30pm-3.00pm	Carers Prize Bingo **
Tuesday 28 Jun	10am-12noon	Tea n Toast
Tuesday 28 Jun	6.30pm-9pm	Carers Quiz Night **

July

Friday 01 Jul	10am-12noon	L4C Parent Carer Coffee Morning
Friday 01 Jul	1.30pm-2.30pm	Guitar Group
Monday 04 Jul	1.30pm-3.30pm	Crafty Carers Group
Tuesday 05 Jul	10am-12noon	Tea n Toast
Friday 08 Jul	1.30pm-2.30pm	Guitar Group
Monday 11 Jul	1pm-3pm	Dementia Carers Group
Tuesday 12 Jul	10am-12noon	Tea n Toast
Tuesday 12 Jul	6.30pm-8.30pm	L4C Parent Carer Coffee Evening
Friday 15 Jul	10.30am-12noon	Carers Choir
Friday 15 Jul	1.30pm-2.30pm	Guitar Group
Monday 18 Jul	1.30pm-3.30pm	Crafty Carers Group
Tuesday 19 Jul	10am-12noon	Tea n Toast
Friday 22 Jul	10.30am-12noon	Carers Choir
Friday 22 Jul	1.30pm-2.30pm	Guitar Group
Monday 25 Jul	1.30pm-3.00pm	Carers Prize Bingo **
Tuesday 26 Jul	10am-12noon	Tea n Toast
Tuesday 26 Jul	6.30pm-9pm	Carers Quiz Night **
Friday 29 Jul	10.30am-12noon	Carers Choir
Friday 29 Jul	1.30pm-2.30pm	Guitar Group

August

Monday 01 Aug	1.30pm-3.30pm	Crafty Carers Group
Tuesday 02 Aug	10am-12noon	Tea n Toast
Friday 05 Aug	10.30am-12noon	Carers Choir
Friday 05 Aug	1.30pm-2.30pm	Guitar Group
Monday 08 Aug	1pm-3pm	Dementia Carers Group
Tuesday 09 Aug	10am-12noon	Tea n Toast
Tuesday 09 Aug	6.00pm-9.00pm	Carers Karaoke Night **
Friday 12 Aug	1.30pm-2.30pm	Guitar Group
Monday 15 Aug	1.30pm-3.30pm	Crafty Carers Group
Tuesday 16 Aug	10am-12noon	Tea n Toast
Friday 19 Aug	1.30pm-2.30pm	Guitar Group
Monday 22 Aug	1.30pm-3.00pm	Carers Prize Bingo **
Tuesday 23 Aug	10am-12noon	Tea n Toast
Tuesday 23 Aug	6.30pm-9pm	Carers Quiz Night **
Friday 26 Aug	1.30pm-2.30pm	Guitar Group
Tuesday 30 Aug	10am-12noon	Tea n Toast
Friday 02 Sep	1.30pm-2.30pm	Guitar Group

September

Monday 05 Sep	1.30pm-3.30pm	Crafty Carers Group
Tuesday 06 Sep	10am-12noon	Tea n Toast
Friday 09 Sep	10am-12noon	L4C Parent Carer Coffee Morning
Friday 09 Sep	1.30pm-2.30pm	Guitar Group
Monday 12 Sep	1pm-3pm	Dementia Carers Group
Tuesday 13 Sep	10am-12noon	Tea n Toast
Tuesday 13 Sep	6.30pm-8.30pm	L4C Parent Carer Coffee Evening
Friday 16 Sep	1.30pm-2.30pm	Guitar Group
Monday 19 Sep	1.30pm-3.30pm	Crafty Carers Group
Tuesday 20 Sep	10am-12noon	Tea n Toast
Friday 23 Sep	1.30pm-2.30pm	Guitar Group
Monday 26 Sep	1.30pm-3.00pm	Carers Prize Bingo **
Tuesday 27 Sep	10am-12noon	Tea n Toast
Tuesday 27 Sep	6.30pm-9pm	Carers Quiz Night **
Friday 30 Sep	1.30pm-2.30pm	Guitar Group

** You must book on in advance for any socials/groups with this mark.

Regular Clubs, Groups & Social Events At The Carer Clubhouse!



Weekly Tea n Toast Every Tuesday 10am-12pm Come and have a cuppa and a chat with other Carers with support workers on hand. **No need to book**



Carers Quiz Night Every 4th Tuesday 6.30pm-9pm. Come and have a hot dog, glass of wine and a chance to open a box to win! **Book In Advance**



Crafty Carers Every 1st & 3rd Monday of the month 1.30pm-3.30pm. All crafting, no experience necessary. We have the equipment just come along! **No need to book**



Carers Prize Bingo The 4th Monday of each month 1.30pm-3pm. Eyes down at 2pm to win some prizes!
Book In Advance



Carers Guitar Group Every Friday 1.30pm-2.30pm. From absolute beginners to rock stars welcome!
No need to book



Dementia Carers Group Every 2nd Monday of the month 1.30pm-3.30pm. Meet other Carers of people with Dementia and a support worker. **No need to book**



Carers Karaoke The 2nd Tuesday every alternate month. 6pm-9pm - Come and sing or listen with a glass of wine
Book In Advance



Carers Choir Fridays between 10.30am and 12noon, initially for 4 weeks from Friday 15th July. Come and join in the fun even if you can not sing! **No need to book**

Book Your Place On Our Training Courses Now!

Our training courses are held at the Carer Clubhouse. All courses are Free to Carers who are registered with the Carers Centre. 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**

Wills, Lasting Power of Attorney, Probate

Wednesday 25th May 2022, 10.30am-1pm. St Helen's Law will be delivering this session at our Clubhouse. Giving you useful information of Wills, the complicated area of Lasting Power of Attorneys and also probate.

HOW TO KEEP YOUR LOVED ONES SAFE

Monday 13th June 2022, 11am-12noon. This session is aimed at Dementia Carers but open to others and raises awareness and offers guidance on keeping your loved ones safe and what you can do if you have any concerns about their safety, how can you safeguard them if they are vulnerable? The St Helen's Safeguarding Team works with the person and those supporting them to protect them and keep individuals safe.

What you may not consider as a cause for concern but in terms of safeguarding it is. i.e moving & handling issues, locking doors to keep people from wandering, administering medication.

Digital Skills – 4 Session Course

Every Thursday from 16th June, 1.00pm-3.30pm Over this 4-week course you will be shown how to improve your skills to access the web and online safety. Learn how to use a tablet/iPad and access the web and navigate safely to search for useful information, complete online forms and communicate and keep in touch with Family and Friends. This course is run by Adult and Community Learning and all iPads are supplied by them for the duration of this course.

Photography and Wellbeing

Tuesday 21st June 2022 , 1.00pm-3.00pm. This informal course looks at the 5 ways of wellbeing and how photography can help develop and improve well-being. No expensive camera equipment needed, your phone or tablet is all you need. No photography experience needed, remember this is about your wellbeing not a photo competition.

Jewellery Making

Thursday 23rd June 2022, 10.00am – 12 Noon. Come and make your own summer jewellery such as earrings and bracelets with our tutor, Doris. All materials are provided, and you will be shown how to make your own personalised items which you can take home with you. There are no skills required just come and enjoy the session and meet other Carers over a cuppa.

Spa Experience: Indian Head Massage

Friday 24th June 2022, 10am-12noon. Come and learn this wonderful relaxing head massage based on the Ayurveda system of healing practiced for over a thousand years. Relaxing but also stimulating and invigorating. It will reduce stress, encourage relaxation, elevates mood and creates a feeling of calm. This experience is delivered to you by Kate a qualified therapist. Casual clothing is suggested if attending this session.

Time To Relax

Thursday 30th June 2022, 10am-12noon. Find out why it's important to take the time to relax. Learn techniques which could greatly help induce deep relaxation. Delivered by professional Holistic Therapist Debbie.

Book Folding

Friday 8th July 2022, 10am-12noon. For those that don't know, book folding is the art of folding the pages within books or greeting cards to create 3D shapes. You can do relatively simple ones like a diamond or a heart, or super complicated ones or patterns done on all three sides of the pages. There are no skills required and all materials provided, learn a new craft and meet other Carers over a cuppa.

Mental Health Awareness (2 week course)

2 Session Course – Thursdays 14th & 21st July 2022, 1pm-3.30pm. If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies. It will also give you a chance to meet other Carers in a similar situation. You will learn more about the Carer Support and other training available. This course is delivered by a member of a Team who are proven experts in the field of Mental Health.

Tai-Chi and Relaxation

Tuesday 19th July 2022, 1.30pm – 3.30pm. An introduction to Tai-Chi starting with a warm up, a practical demonstration which can be done by all either sitting or standing ending with the warm down. This will help with general wellbeing, and you will be able to take part with other Carers. Casual clothing recommended for this session which is taken by Heather, an experienced Tai-Chi Instructor

Introduction to Reiki

Wednesday 20th July 2022, 10.00am – 12 Noon. Experience what Reiki is and the meaning of how it works. Learn about the benefits and how it can balance areas in the body while boosting our energy levels. Reiki can be used as a complimentary therapy and what you can expect from it. Come and join us at this one off session and meet other Carers wanting to know more about this ancient method of relaxation. Casual clothing is recommended for this session.

Everyday First Aid

Thursday 21st July 2022, 10.00am – 12 Noon. Would you know what to do if someone starting choking, had a stroke or stopped breathing? Would you know how to resuscitate or use a defibrillator? Come and join us on this short interactive, fun workshop and learn what to do in various emergency situations. You could end up savings someone's life, a course none of us should miss. This course is delivered by an experienced member of the Team at The Red Cross. Casual clothing recommended for this session.

Biscuit Icing Decoration

Wednesday 27th July 2022, 1pm-3.30pm. Want to get creative in the Kitchen? This course will show you how to decorate cookies. No experience needed and all materials provided. Delivered by a Carer who has won awards for the Cake Decoration!

Decoupage

Thursday 28th July 2022, 1.00pm – 3.30pm. Come and make your own personalised items with the art of Decoupage. Our skilled craft tutor, Carole will provide all the materials and instructions of how to use this art to transform items such as used bottles into lovely gifts. There are no skills necessary and a chance to meet other Carers, have a cuppa and be as creative as you wish.

Spa Experience: Reflexology

Monday 1st August 2022, 10.00am-12noon Reflexology is performed on the feet using gentle massage techniques and pressure which stimulates movement of energy along neural pathways which in turn promotes deep relaxation with both physical and emotional benefits. The demonstration is delivered by a Kate who will follow this with a practice session if time allows. Casual clothing is suggested.

Meccano For Mechanics!

Wednesday 3rd August 2022, 1pm-3pm. Remember Meccano? Well here is your chance to meet with a group of other Carers, have a chat and get one of our free Meccano sets, whether you want to build a tractor, a car or other items, you can take your kit home to finish at the end of the session.

Dementia Awareness

3 Week Course, every Thursday, 11th 18th & 25th August, 1pm-3.30pm.

Week 1 Dementia Awareness and questions and answer session on symptoms.

Week 2 Communication and Dementia with practical tips on how to communicate with a person living with Dementia, and how to recognise when change is needed to support the person with their changing needs.

Week 3 Well-being - including why it is important for the person living with dementia to be occupied and how we can make life better for people living with dementia.

Holistic Facial Massages

Wednesday 17th August 2022, 10am-12noon. Explore skincare and facial massage techniques which aim to promote a healthy looking complexion, encourage relaxation, aid sleep and relieve tension. Delivered by Therapist Debbie.

Uplifting Foot & Leg Therapy

Wednesday 24th August 2022, 10am-12noon. Explore and learn some stimulating techniques which aim to give tired and restless legs an uplifting boost! Delivered by Therapist Debbie.

Meccano For Mechanics!

Wednesday 24th August 2022, 1pm-3pm. Remember Meccano? Well here is your chance to meet with a group of other Carers, have a chat and get one of our free Meccano sets, whether you want to build a tractor, a car or other items, you can take your kit home to finish at the end of the session.

Introduction to Reiki

Wednesday 31st August 2022, 10.00am – 12 Noon. Experience what Reiki is and the meaning of how it works. Learn about the benefits and how it can balance areas in the body while boosting our energy levels. Reiki can be used as a complimentary therapy and what you can expect from it. Come and join us at this one off session and meet other Carers wanting to know more about this ancient method of relaxation. Casual clothing is recommended for this session.

Everyday First Aid

Thursday 1st September, 10.00am – 12 Noon. Would you know what to do if someone starting choking, had a stroke or stopped breathing? Would you know how to resuscitate or use a defibrillator? Come and join us on this short interactive, fun workshop and learn what to do in various emergency situations. You could end up saving someone's life, a course none of us should miss. This course is delivered by an experienced member of the Team at The Red Cross. Casual clothing recommended for this session.

Decoupage

Thursday 1st September 2022 1.00pm – 3.30pm. Come and make your own personalised items with the art of Decoupage. Our skilled craft tutor, Carole will provide all the materials and instructions of how to use this art to transform items such as used bottles into lovely gifts. There are no skills necessary and a chance to meet other Carers, have a cuppa and be as creative as you wish.

Spa Experience: Indian Head Massage

Monday 5th September 2022, 6pm-8pm. Come and learn this wonderful relaxing head massage based on the Ayurveda system of healing practiced for over a thousand years. Relaxing but also stimulating and invigorating. It will reduce stress, encourage relaxation, elevates mood and creates a feeling of calm. This experience is delivered to you by Kate a qualified therapist. Casual clothing is suggested if attending this session.

Cook & Taste - 4 session course

Every Wednesday from 7th September 1pm- 3pm for 4 weeks. Come along and join the fun in this 4-session course which will improve your cooking skills while making healthy menu plans on a budget and understanding food choices. This course is delivered by the friendly and knowledgeable St Helens Wellbeing Team. All food and equipment are provided by them and once each session is complete you will be able to take your prepared meal home with you.

Mental Health Awareness (2 week course)

2 Session Course – Thursdays 8th & 15th September 2022, 10am-12.30pm. If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies. It will also give you a chance to meet other Carers in a similar situation. You will learn more about the Carer Support and other training available. This course is delivered by a member of a Team who are proven experts in the field of Mental Health.

Tai-Chi and Relaxation

Friday 16th September 2022, 10am - 12noon. An introduction to Tai-Chi starting with a warm up, a practical demonstration which can be done by all either sitting or standing ending with the warm down. This will help with general wellbeing, and you will be able to take part with other Carers. Casual clothing recommended for this session which is taken by Heather, an experienced Tai-Chi Instructor

Spa Experience: Aromatherapy Massage

Monday 19th September 2022, 10am-12noon. Come along and learn the techniques of massage from our qualified therapist, Kate, who will demonstrate her knowledge and skills so that you will be able to do a mini massage in your own home.

Biscuit Icing Decoration

Thursday 22nd Sep 2022, 10am-12noon. Want to get creative in the Kitchen? This course will show you how to decorate cookies. No experience needed and all materials provided. Delivered by a Carer who has won awards for the Cake Decoration!

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 1pm on the last Friday of every month

Telephone:

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

Email:

info@sthelenscarers.org.uk

Website:

www.sthelenscarers.info

Online Chat:

Between 10am and 3pm weekdays you can **“Chat”** to one of our Carer Support Officers or 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.