

Spring/Summer Edition 2025

# Newsletter



**Knowsley  
Carers Hub**



Welcome  
to the  
**1<sup>st</sup>**  
Knowsley  
Carers Hub  
Newsletter

**n|compass**  
towards a **brighter** future

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210

# Welcome to the 1st Edition of Knowsley Carers Hub

Welcome to the Spring/Summer edition of Knowsley Carers Hub Newsletter. We hope that this newsletter finds you safe and well.

We have included lots of information in this newsletter for you which we hope you find useful. If you have access to the internet, please keep an eye on our Facebook page, join our Facebook group or visit our website.

Please call or email us to book on any activities or if you need extra information regarding anything in this newsletter.

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.

We welcome and value your feedback, comments, and suggestions! As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help.

**Happy reading!**

**Best wishes,  
Knowsley Carers Hub**

**Contact us today**

We welcome and value your feedback, comments and suggestions. There are various ways that you can get in touch with us:

## Knowsley Carers Hub

### Opening Times

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

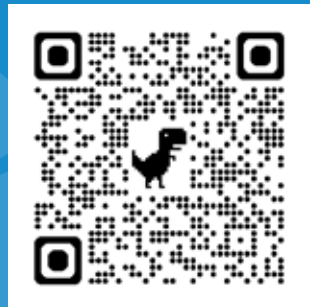
Friday 9:00am to 5:00pm

☎ 0151 549 1412

✉ [enquiries@knowsleycarershub.org.uk](mailto:enquiries@knowsleycarershub.org.uk)

🌐 [www.knowsleycarershub.org.uk](http://www.knowsleycarershub.org.uk)

📘 Facebook /knowsleycarershub



## Meet some of your Knowsley Carers Hub team

Below are (from left to right) Jan Box, Jen Humphreys (hiding behind Jan), Marguerite Dawson, Paul Rowan, Joanne Simm and Pam Cornwall.



### Knowsley Carers Hub Survey Group Support, Training Sessions & Activity Offer

We are reviewing and developing our group support, training sessions, and activity offer to better meet your needs.

Please scan the QR code or follow this link:  
**<https://forms.office.com/e/CNLzDBBKQM>**  
and take a few minutes to tell us what would work best for you.



Feel free to share as much specific detail as you're comfortable with.  
Your feedback will help us plan sessions that are  
accessible, useful and convenient.  
We really want to hear from you – thank you!

If you would like support to complete the survey or would prefer a paper copy, please speak to one of our Carers Assessment and Support Officers or Service Access Advisors. You can also call us on **0151 549 1412** or email us at **[enquiries@knowsleycarershub.org.uk](mailto:enquiries@knowsleycarershub.org.uk)**.

**The survey will close on Monday 30th June 2025.**

## 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 individual 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



## Carers Community Network

### Carers Community Network platform\*

This is a virtual community where you can meet other carers, 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, that 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

## 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](mailto:volunteering@n-compass.org.uk)



The  
Volunteer Hub  
PEN PALS

## 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 the Volunteer Hub on **07710 171832** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)

## CHAT Line

Our Carers Help And Talk (CHAT) Line gives carers the chance to talk with a trained volunteer who will offer a listening ear to carers over the phone, providing emotional support, or just have a friendly chat. Some of our volunteers have caring experience themselves but carers can talk about anything they wish to if they choose to receive a call.

Carers who are keen to join our CHAT Line will be matched with a volunteer to share regular weekly calls, this will enable volunteer and carer to get to know each other. All phones numbers are kept private and there is no cost to the carer or volunteer.

The purpose of the CHAT Line is to offer carers the chance to ‘have a chat’ and reduce loneliness and isolation, which in turn can improve mood and increase self-esteem and confidence.

If you are keen to get started or simply want to know more, please contact the Volunteer Hub by emailing [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



## Activities and Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from June until September. 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 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 been to 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 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 us at [enquiries@knowsleycarershut.org.uk](mailto:enquiries@knowsleycarershut.org.uk)



# Coffee & Chat Calendar

Halewood	Huyton	Kirkby
New Hutte Neighbourhood Centre, Lichfield Road, Halewood L26 1TT	Old Schoolhouse, St John's Road, Huyton L36 0UX	Knowsley Carers Hub, 143 Bewley Drive, Kirkby L32 9PE
10.00am – 12.00noon	10.00am – 12.00noon	10.00am-12.00noon
5th and 19th June	11th and 25th June	12th and 26th June
3rd, 17th and 31st July	9th and 23rd July	10th and 24th July
14th and 28th August	6th and 20th August	7th and 21st August
11th and 25th September	3rd and 17th September	4th and 18th September
Free parking available on site	Free parking available on site but this depends upon capacity	Free parking available on site

## NEW VENUE

Calling all carers living in Knowsley Village (or surrounding area). Following feedback, Knowsley Carers Hub will be piloting a Coffee & Chat session.

**Monday 23rd June 2025**

**1.30pm – 3.00pm**

**Bob Whiley Community Centre,  
Shop Road, Knowsley Village,  
L34 0HD.**





# FREE HOLISTIC THERAPIES AT KNOWSLEY CARERS HUB

Massage is a wonderful, relaxing experience which can be effective treatment for a range of physical problems.

**Treatments currently available are:**

- Holistic facial,
- Aromatherapy massage,
- Hot stones.

**Massage has many physiological effects such as:**

- It helps reduce stress and anxiety by relaxing both mind and body
- Helps to ease emotional trauma through relaxation
- Creates feelings of well being
- Provides renewed vitality

## Kirkby

Knowsley Carers Hub,  
Bewley Drive, Kirkby  
L32 0PE

**10.00am start**  
**1.15pm last client**

## Huyton

Old Schoolhouse,  
St John's Road, Huyton  
L36 0UX

**10.30am start**  
**12.00noon last client**

## Halewood

New Hutte  
Neighbourhood Centre,  
Lichfield Road, L26 1TT

**10.00am start**  
**11.00am last client**

To find out more information, including dates and to book,  
please ring Knowsley Carers Hub on **0151 549 1412**.

Please inform us if you cannot attend your massage appointment. This service is in demand and some carers are simply not turning up which deprives other carers of appointments



## 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.**

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](mailto:enquiries@knowsleycarershub.org.uk)**

If you prefer to telephone us, you can contact us on **0151 549 1412**

All activities and events are free and 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](mailto: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](mailto:enquiries@knowsleycarershub.org.uk)**

If you prefer to telephone us, you can contact us on **0151 549 1412**

# Activities and Events

## Distance Reiki

Weekly

Every Wednesday 2.00pm-3.00pm

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.



Scan Here

*"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

To access any of our Yoga or Reiki sessions Zoom pick [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

## Seasonal Flow Yoga

Weekly

Every Wednesday, 6.15pm-7.30pm

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.



Scan Here

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.

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

To access any of our Yoga or Reiki sessions Zoom pick [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

## Yoga Nidra

Weekly

Every Thursday 7.00pm

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 & mental health.



Scan Here

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

To access any of our Yoga or Reiki sessions Zoom pick [click the link here](#) or scan the QR code below to complete this short booking form and we will provide the Zoom Link.

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.

For further information or support please email  
[activities@staffordshiretogetherforcarers.org.uk](mailto:activities@staffordshiretogetherforcarers.org.uk)

# Activities and Events



## Carers Week Specials

9th – 15th June 2025



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. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for 2025 is Caring About Equality. This highlights the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health.

During Carers Week 2025, Knowsley Carers Hub will be holding an

### Information Day

**Monday 9th June 2025**

**10.30am – 2.00pm**

**Old Schoolhouse, St John's Road, Huyton L36 0UX**

We are working in partnership with various agencies to provide information on issues such as Direct Payments, Housing, Advocacy, Health and other forms of support.

This is a drop in session so feel free to come for 10 minutes or two hours and have the opportunity to talk to professionals about any issues you may be facing.

Please telephone us on **0151 549 1412** to let us know your coming or email:

**[enquiries@knowsleycarershub.org.uk](mailto:enquiries@knowsleycarershub.org.uk)**

Light refreshments will be available.

**We also have these two Coffee & Chats during Carers Week where carers can come to speak with a member of the team to access information, advice and guidance and also enjoy a delicious cream tea.**



Huyton	Kirkby
Old Schoolhouse, St John's Road, Huyton L36 0UX	Knowsley Carers Hub, 143 Bewley Drive, Kirkby L32 9PE
10.00am – 12.00noon	10.00am-12.00noon
11th June 2025	12th June 2025

# Activities and Events

## Walk and Talk with us

Join us for a carers' walk in local parks and areas of interest! A scenic, sociable and active outing. The walks are low level and weather dependent.

**Monday 7th July 11.00am – 12.30pm**

Mill Farm, Mill Lane, Kirkby, L32 2AH

**Tuesday 12th August 11.00am – 12.30pm**

Halewood Park, Okell Drive, Halewood, L26 7XB

**Monday 15th September 11.00am – 12.30pm**

Stadt Moers Park, Pottery Lane, Whiston, L35 3RG

### Tips

- Bring some water for your walk
- Wear comfortable shoes & dress for the weather
- The walk takes approximately 60 minutes



## Variety Lunch Club

**Wednesday 6th August 2025 - 1.30pm Start**

Liverpool Royal Court, 1 Roe Street, Liverpool L1 1HL

The Royal Court Variety Lunch Club's run on Wednesday afternoons during the summer months. The Variety Lunch Club features the best in local entertainment with a number of comedians, actors, singers and entertainers. Unfortunately transport is unavailable at this time. If offered a place, you will need to make your own way to the venue, where you will be greeted by a member of our team.

**This event is for CARERS ONLY.**



### To Book any of these activities

Places are limited. For more information and to register an interest, please email: [enquiries@knowsleycarershut.org.uk](mailto:enquiries@knowsleycarershut.org.uk) or call **0151 549 1412**

# Activities and Events

## BINGO

Thursday 21st August

Thursday 18th September

Doors open 12.45pm – Eyes down 1.00pm  
till 2.30pm

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

Join us for a lively afternoon of bingo! Enjoy free exciting games with fun prizes. Do not miss your chance to shout 'BINGO'!



## Visit Chester

Tuesday 15th July 2025

The coach will be leaving Knowsley Carers Hub at 9.30am

Return journey leaving Chester – 3.30pm

£3.00 per person

Chester is one of Britain's most popular places with its ancient city walls, old racecourse, and Roman Amphitheatre. Chester is lined with architecture, home to an iconic clock and has beautiful, scenic views.

Explore the shops, take yourself on a cruise down the river or sit and take in the delights of the gardens.

Come along and see the city with us.

Putting your name down, does not guarantee a place.

**To express an interest in attending this trip, please email [enquiries@knowsleycarershut.org.uk](mailto:enquiries@knowsleycarershut.org.uk) or call 0151 549 1412.**



## Useful Information

# CARERS PARTNERSHIP BOARD



## Are you are Carer living in Knowsley

The Carers Partnership Board gives carers and cared for a voice and a vehicle for making change. It provides the opportunity for Carers, Health, Local Authority and Voluntary Services to work in partnership to improve the quality of life for carers and promote choice.

The Carers Partnership Board meet bi-monthly, meetings will be held locally in Knowsley at The Carers Centre in Bewley Drive, Kirkby. We hold all of our meetings in fully accessible places to enable easy access.

Our meetings are also hybrid so for those who aren't able to get to the meeting in person they can join via Zoom.



We can also offer free transport for those who are not able to travel to the meetings.



If you would like to attend the Carers Partnership Board or want to find out more information please get in touch on 0151 449 3954 or you can get in touch via email  
[Jen.Casey-Kidd@healthwatchknowsley.co.uk](mailto:Jen.Casey-Kidd@healthwatchknowsley.co.uk) or  
[Olivia.Watson@healthwatchknowsley.co.uk](mailto:Olivia.Watson@healthwatchknowsley.co.uk)



## Useful Information

### Goodbye and Good Luck



Staff and carers would like to wish Helen Pipe, Finance Officer all the very best for the future.

Helen's commitment to her role did not go unnoticed and she has been truly appreciated by her colleagues. Behind the scenes, Helen would go above and beyond and made a huge difference to our team. Helen will be greatly missed, and we thank her for all that she did!



Staff and carers would also like to extend our heartfelt thanks to Cathy Hilton (Counsellor) for the hard work, commitment and support she has given to carers.

Cathy's dedication and passion has been truly inspiring. Her positivity and enthusiasm will be missed in our service.

We are very grateful to have worked with Cathy and wish her the very best of luck for her new endeavours.

### Happy Retirement

We would like to wish Jan Box, Participation & Engagement Officer all the very best for her retirement.

Jan is well known across the Borough having liaised with many external agencies, GP surgeries, hospitals/clinics and voluntary organisations. She has devoted a lot of time supporting Carers Vision (carers that volunteer) in delivering Carers Awareness training to Social Workers and Health & Social Care teams.

Jan will be missed and we hope she enjoys her well-earned retirement.



### Moving Team

Aimee Bryan has moved into a new role within N-Compass and has joined the Service Access Team, where she is answering calls from carers and providing much needed support.

# Carefree

## Take a short break from your caring role with **Carefreespace.org**

We are delighted to be a community partner with Carefree. Carefree offers an annual 1–2-night hotel stays for unpaid carers. The breaks are across the UK and cost just £33 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.

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 one break per calendar year.

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](mailto:enquiries@knowsleycarershub.org.uk) who will make the referral on your behalf.**



“

Time and freedom to  
be myself again.

Knowsley Carers Hub

Carefree

## Useful Information

### Learn CPR in 15 minutes for free with RevivR



#### What is CPR?

Most cardiac arrests in the UK happen at home. CPR is an emergency lifesaving procedure, performed when the heart stops beating. Each year over 30,000 people have an out-of-hospital cardiac arrest in the UK, with less than one in ten surviving – giving CPR and using a defibrillator can more than double someone's chance of survival.

#### What is RevivR?

RevivR is the British Heart Foundation's free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate. It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practise on. Start the training now or save it for later and get it sent straight to your inbox, ready when you are.

**Please follow this link to Learn CPR in 15 minutes to access the course and lots of other really useful information.**

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>

## What we have been up to

**Our Coffee & Chat sessions continue to grow.**



**Easter at the Hub**



## Digital Inclusion



### Do you need help with your devices?

Need support with emailing or accessing apps? Our volunteer Tony is here to help with any problems.

**Why not drop in? Tuesdays from 11.00am – 1.00pm at Knowsley Carers Hub, 143 Bewley Drive, Kirkby L32 9PE.**

No need to book in advance.



## Useful Numbers

### Knowsley Adult Social Care

0151 443 2600

### Age UK Mid Mersey

0300 003 1992

### CAB Knowsley

0808 278 7839

### Willow House

0151 473 0303

### Whiston Hospital

0151 426 1600

### Aintree Hospital

0151 525 5980

### Centre for Independent Living

0151 351 8705

### Healthwatch Knowsley

0151 449 3954

### Better Lives

0151 449 3706

### Admiral Nurses

0151 244 4639

### Stroke Association

0151 305 0015

### Falls Team

0151 244 3362

### Livv Care & Repair

0151 351 8734

### Knowsley Disability Concern

0151 480 4090





## Your Feedback

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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@knowsleycarershut.org.uk](mailto:enquiries@knowsleycarershut.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@knowsleycarershut.org.uk](mailto:enquiries@knowsleycarershut.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.