

Spring/Summer 2026



**Knowsley
Carers Hub**

Carers' Newsletter



Welcome
to
the **4th**

**Knowsley Carers
Hub Newsletter**

n|compass
towards a **brighter** future



Knowsley Council

Welcome to the 4th Edition of Knowsley Carers Hub

As we find the summer months approaching, there's a renewed sense of hope and excitement in the air. Longer days, warm sunshine and brighter evenings have a special way of lifting our spirits and we hope this edition brings a little extra brightness your way.

We are delighted to share with you the fourth edition of our newsletter, created to keep you informed, connected and supported.

Since our last issue, we've enjoyed some wonderful experiences together:

- Spa Days offering carers much needed relaxation and self care
- A warm and welcoming evening meal, bringing carers together to unwind over good food and great company
- A fun-filled weekend theatre trip, packed with shared memories

Our Working Carers Evening Coffee & Chat sessions have also begun, and it's been heartening to see more carers attending each time.

In this issue, you'll find everything you need to stay up to date, including:

- Upcoming Coffee & Chat sessions
- New and ongoing activities to keep you entertained and engaged
- Opportunities to connect with others who share similar experiences

We hope this edition brings useful updates.

**Best wishes,
Knowsley Carers Hub**



**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/>

Alternatively, scan this QR code and join our Facebook Group. If you hold your mobile up to the code using your camera, the QR code will highlight with a yellow box which you can click on, and this will take you directly to the closed group. If you answer the questions and agree to the group rules, we can accept your request to join.



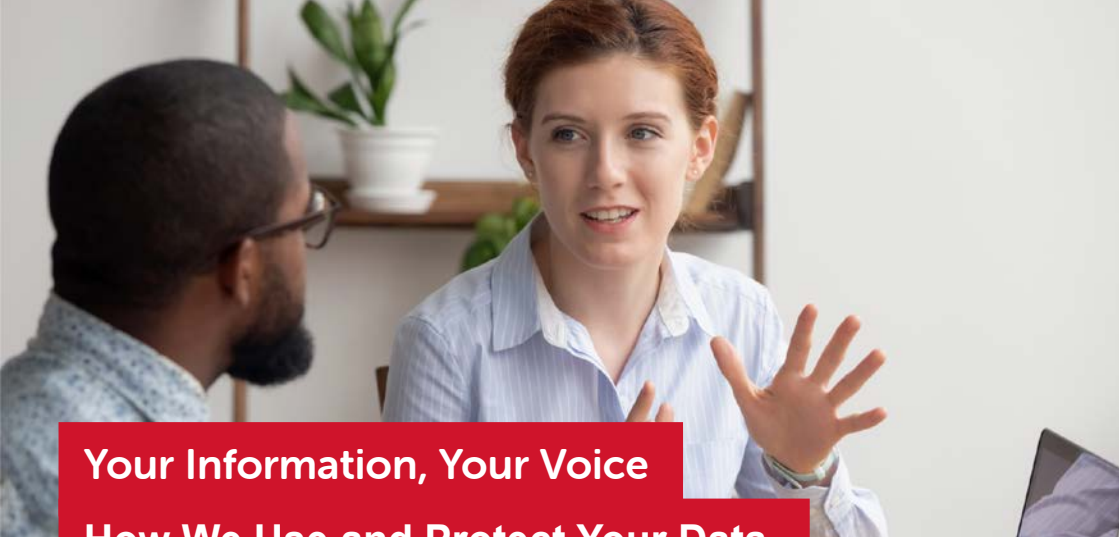
The Volunteer Hub

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.

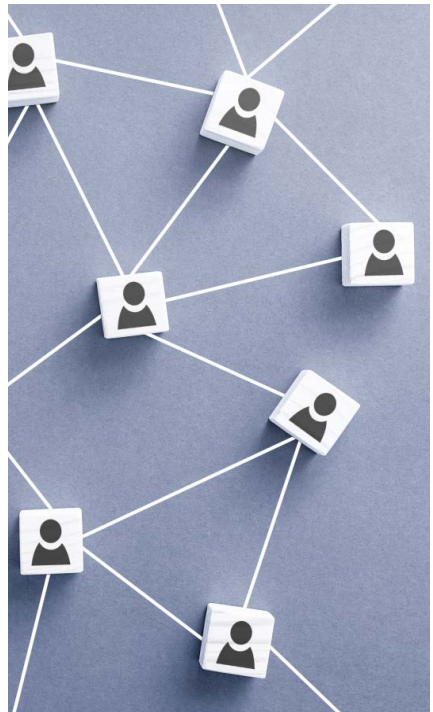
We're always clear that:

- 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 June to 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 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
- Guest speakers and helpful resources in future sessions



Future Dates:

- Thursday 18th June 2026
- Thursday 16th July 2026
- Thursday 13th August 2026

Exclusively for working carers.

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



Coffee & Chat

Calendar 2026

Halewood	Huyton	Kirkby	Stockbridge Village
Women's Institute 83 Baileys Lane Halewood L26 0TY	Old Schoolhouse St John's Road Huyton L36 0UX	Knowsley Carers Hub 143 Bewley Drive Kirkby L32 9PE	Craigs Community Centre Little Moss Hey Stockbridge Village L28 5RL
10.00am to 12.00noon	10.00am to 12.00noon	10.00am to 12.00noon	10.00am to 12.00noon
2nd, 16th, 30th June	10th and 24th June	11th and 25th June	22nd June
14th and 28th July	8th and 22nd July	9th and 23rd July	27th July
11th and 25th August	5th and 19th August	6th and 20th August	No August Group
8th and 22nd September	2nd and 16th September	3rd and 17th September	28th September
Free parking available on site	Free parking available on site but this depends upon capacity	Free parking available on site	Parking available depending 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 communicated via email

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.

"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

"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

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 Week

8th - 14th June 2026

The theme for Carers Week 2026 is:

Building Carer-Friendly Communities

**Creating communities where carers feel understood and supported,
tackling stigma and isolation.**

Carers Week is a yearly campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution carers make to their families and communities throughout the UK. It also helps people who don't think of themselves as being carers to identify as carers and access much-needed support.

To celebrate Carers Week, we are delighted to invite carers to our Carers Appreciation Day a relaxed afternoon dedicated to saying thank you for everything you do. This will take place on:

Tuesday 9th June 2026

2.00pm – 4.00pm

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

Join us for a friendly, informal session where you can:

- Enjoy tea, coffee and cake
- Meet the Carers Team and chat in a relaxed setting
- Take time for yourself with a hand massage
- Connect with other carers — or simply sit and unwind
- Free appreciation pack for every carer attending.



There's no pressure, no presentations, and no expectations, just a chance to spend some time focusing on you.

**For more information,
please call us on 0151 549 1412
or email: enquiries@knowsleycarershub.org.uk
Due to capacity, places are limited.**



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:

Thurs 6th August
10.00am – 4.00pm

Thurs 11th June
10.00am – 4.00pm

Wed 16th September
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.

Please telephone **0151 549 1412** to express an interest.



Activities and Events

Visit Chester

The coach will be leaving Knowsley Carers Hub at 9.30am and will pick up in Huyton and Halewood. Return journey leaving Chester at 3.30pm.

Tuesday 18th August 2026

£3 per person

(pick up points to be confirmed)



Chester is one of Britain's most popular places with its ancient 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.

Please note: Putting your name down does not guarantee a place.

Bingo

Wednesday 26th August 2026

Doors open 1.00pm – Eyes down 1.30pm till 3.00pm

Halewood Women's Institute, 83 Baileys Lane,
Halewood L26 0TY

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



Contact Knowsley Carers Hub on **0151 549 1412**

or email: enquiries@knowsleycarershub.org.uk to express your interest.

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!

Wednesday 16th September 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.

Useful Information

My Time



Age UK Mid Mersey delivers **'My Time'**, a Maintenance Cognitive Stimulation Therapy (MCST) programme for individuals with mild/moderate dementia or mild cognitive impairment.

WHAT IS 'MY TIME'?

- **'My Time'** is a 12-week group programme, held once a week and lasting 3 hours (from 10.00- 1.00pm), led by trained MCST facilitators.
- We use a mix of activities including word games, gentle movement, memory sharing, songs, arts and crafts and table top recipes. It all takes place in a warm, social setting.

HOW WILL 'MY TIME' HELP ME?



'My Time' is evidence-based as helping support memory, thinking skills and social engagement. People who have been to **'My Time'** tell us it is "fun, uplifting, calm, friendly and relaxing".

I CARE FOR SOMEONE WITH DEMENTIA / MEMORY ISSUES – WHAT ABOUT ME?

We run a parallel Carers' Group in the same venue as the **'My Time'** group programme. It starts at the same time, 10.00am, and runs for 1 hour, led by our experienced Living Well Advisers – we provide information, advice, connection with local organisations and a chance to talk to others giving similar care and support.

WHERE DOES 'MY TIME' TAKE PLACE?

We keep our **'My Time'** groups small and they are held in different venues across the borough.

We hold groups at different venues to make it easier for individuals and their 'important ones' to join a group closer to home.

Referrals are always open!

INTERESTED? Please contact the Age UK Mid Mersey MCST Team by telephone - 0300 003 1992 or e-mail - mcst@aukmm.org.uk



Please scan this QR code for an electronic referral form or contact us and we can send you a referral form.

NOTE – Our MCST Programme is fully funded by the National Lottery Community Fund.

0300 003 1992 mcst@aukmm.org.uk





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.



My name is:	<input type="text"/>	ICE
Contact 1:	<input type="text"/>	
Contact 2:	<input type="text"/>	

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



Falls Prevention

Have you, or the person you care for, had a fall?

Or have a fear of falling?

Unfortunately, 1 in 3 people over 65 years of age are likely to experience a fall at least once a year.

In Knowsley, we have significantly high rates of falls in residents 65 years and above and the number is only expected to rise as the population of the borough ages. Falls often lead to outcomes such as reduced confidence, hip and wrist fractures and loss of mobility. However, there are a number of things you can consider to reduce the risk of falls, no matter your age or the age of those you care for.

Footwear

Proper footwear (including well-fitting slippers!) provides stability, reduces the risk of slips and helps maintain balance

Medication review

Certain medications may lead to side effects such as drowsiness & reduced blood pressure, a medication review can therefore potentially reduce the risk of falls

Eyesight

An eye test every year can help to spot any changes with your vision, reduced vision may affect balance and a persons ability to perceive their surrounding which can increase the risk of falls

Food & Hydration

Adequate nutrition supports bone and muscle health while staying hydrated prevents dehydration related dizziness, weakness and confusion

Physical activity

Keeping your body moving helps to strengthen muscle, improve balance and coordination and increase bone density which all help to reduce risk of fracture

There is a wide range of falls prevention support and advice available for residents and patients in Knowsley, details of which can be found below:

Falls Support

Merseycare Falls and Fracture Prevention Service

Tel: 0151 351 8730

Email: knowsley.falls@nhs.net

Everton in the Community- Safe and Steady Falls Prevention exercise programme

Email: Ann.O'Hara@evertonfc.com

Physical Activity

Volair Community Wellbeing Programme and Activity for Life

Referral by GP or the Healthy Knowsley Service, or speak to your local Volair site

Green Space Rangers - Nordic Walking & Community Cycling across the borough

Tel: 0151 443 3682

IKAN Chair Based Exercise & other support for over 55s

Tel: 0800 694 0270

Home Safety

Merseyside Fire and Rescue Service – Home Fire Safety Visit

Tel: 0800 731 5958

Care and Repair Team- Minor Adaptations

Tel: 0151 351 8734.

Centre for Independent Living- Showroom of equipment

Tel: 0151 351 8705

Progress Lifeline- Telecare for your home e.g Falls detectors

Tel: 03333 204999

Email: lifeline@progressgroup.org.uk

Lifestyle Support

Change Grow Live – Drug and Alcohol support

Tel: 0151 482 6291

Email: knowsley@cgl.org.uk

Healthy Knowsley Service – Support with lifestyle changes such as healthy eating, increasing physical activity levels and stopping smoking

Tel: 0800 0731 202

Email: mcn-tr.healthyknowsley@nhs.net

Sensory Loss

Knowsley Visual Impairment Service

Tel: 0151 351 8735

Email: visualimpairmentteam@knowsley.gov.uk



Knowsley Council

Welcome to Our New Staff Members

Jill Woosey

Carers Assessment & Support Officer

I am Jill Woosey, I am looking forward to being part of the team at Knowsley Carers Hub.

I have worked in supporting unpaid carers for 8 years now with adult carers and also young carers. I was a carer for my mother for a long time so I can relate to the challenges being a carer brings. Hopefully my knowledge and experience will be of value to help carers manage and navigate them through their caring role.

I have 2 sons who keep me busy outside of work. My interests include working out regularly, meditation and I have recently taken up climbing.



Elle KIELTY

Participation & Engagement Officer

Hello, I'm Elle, and I'm excited to join the team as your new Participation and Engagement Officer. I bring 10 years of experience in adults' and children's mental health, supporting people through challenges and promoting positive wellbeing.

I value kindness, connection, and helping others reach their potential. I'm looking forward to working with our carers and seeing how your insights help shape our service. Thank you for the incredible commitment you show in caring for others

Welfare Benefits Advice

Our Benefits Advisor, Paul Murphy, continues to provide telephone advice, information, benefits calculations and support to help complete forms.

For more information

Please call on **0151 549 1412**
or email enquiries@knowsleycarershub.org.uk



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 local services



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



What We Have Been Up To



**Halewood
Coffee & Chat**



**Stockbridge Village
Coffee & Chat**

The Stockbridge Village Coffee & Chat which we are currently piloting is slowly growing.



Evening Meal for Carers
Photograph of some of the carers who attended an evening meal for carers in Prescot.



**Huyton
Coffee & Chat**



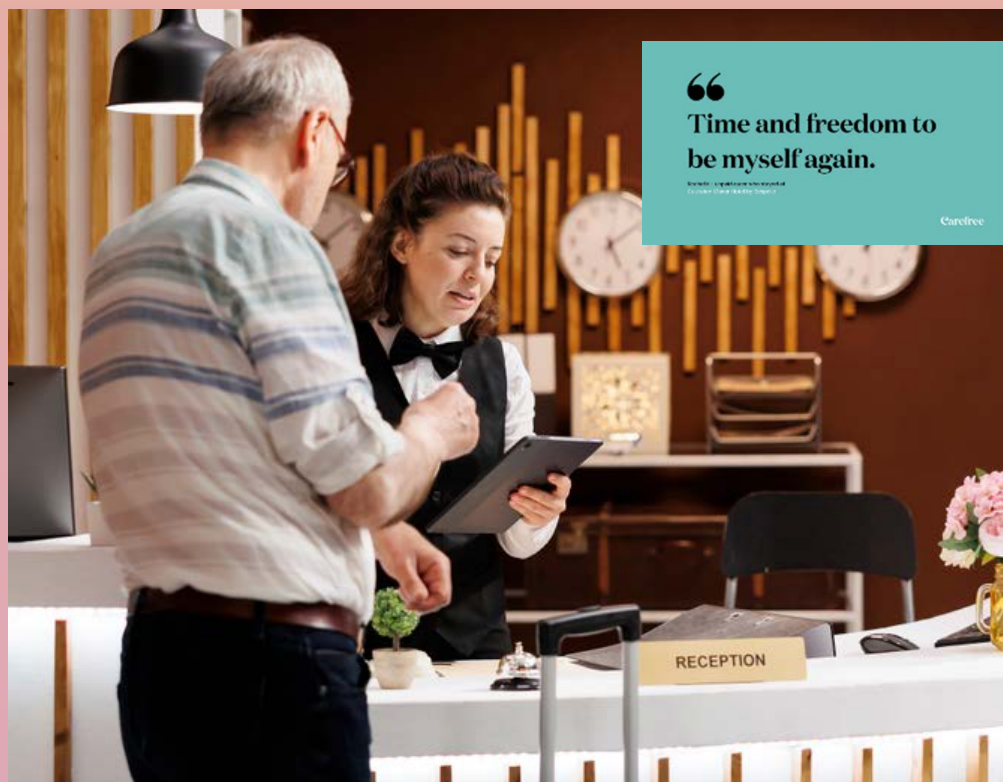
Carefree

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.**



“

**Time and freedom to
be myself again.**

Knowsley Local Authority

Knowsley Carers Hub

Carefree

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

CAB Knowsley

0808 278 7839

Knowsley Parent Carer Voice

07376 232 141 / 07368 117 415

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

SENDIASS

0333 323 7768



**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@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 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.