

Autumn/Winter Edition 2025

Newsletter



**Knowsley
Carers Hub**



Welcome
to the
2nd
Knowsley
Carers Hub
Newsletter

n|compass
towards a **brighter** future

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Knowsley Council

Welcome to the 2nd Edition of Knowsley Carers Hub

Welcome to the Autumn/Winter edition of the Knowsley Carers Hub Newsletter. We hope you and your loved ones are keeping well as the leaves start to fall and the jumpers come out of hiding! With autumn rolling in and winter not far behind, we've lined up activities and events to help brighten the darker days, have a browse through what we've got planned. We'd love for you to join us!

If you haven't already, pop over to our Facebook group for regular updates, photographs, and reminders as it's the best way to stay in the loop: <https://www.facebook.com/groups/638003378649882/>

Have you enjoyed something we've done before? Or maybe you've got a suggestion that could make our service even better? This hub is all about YOU, and we'd love to hear your thoughts, big or small.

Our Carers Assessment and Support Officers are always just a telephone call away if you need information. Why not come and say hello in person at one of our Coffee & Chat sessions (details in the *Activities and Events for Adult Carers* section).

We've also had a few exciting changes to our team. Please join us in giving a warm welcome to Aimee Marnell, Participation and Engagement Officer, and Amy Davies, who's joined as a Carers Assessment and Support Officer. You'll find out more about them in this newsletter!

**Wishing you a cosy,
cheerful season ahead,
Knowsley Carers Hub Team**

How to Contact us

Opening Times

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

☎ 0151 549 1412

✉ enquiries@knowsleycarershub.org.uk

🌐 www.knowsleycarershub.org.uk

📘 [/knowsleycarershub](https://www.facebook.com/knowsleycarershub)

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.



Welcome to the Team

Hi I'm Amy Davies, I've recently joined Knowsley Carers Hub as a Carers Assessment and Support Officer.

I have worked in various roles within the Health and Social Care sector over the last 15 years and I am looking forward to my new role at N-Compass.



Hello! My name is Aimee and I am the newest member of the Knowsley Carers Hub team and will be working here as a Participation and Engagement Officer. I am currently working part-time whilst also studying for a Master's degree in Counselling and Psychotherapy.

Previously, I have done a lot of youth work within the education and mental health sectors, supporting young people and their wider families. I am really looking forward to getting started and meeting all of the wonderful people within the Knowsley community!"

Aimee Marnell,
Participation and Engagement Officer



Your Information, Your Voice

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
- 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: <https://www.n-compass.org.uk/>

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 a 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

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 the volunteer and carer to get to know each other. All phone 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

Our Support

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/knowsleycarershubs>. 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



The
Volunteer Hub
PEN PALS

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

Activities and Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from October to January. 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@knowsleycarershut.org.uk



Coffee & Chat Calendar



Please note as of 7th October 2025, the Halewood Coffee & Chat will change to a Tuesday at a new venue, please see below for further information.

Halewood	Huyton	Kirkby
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
10.00am – 12.00noon	10.00am – 12.00noon	10.00am-12.00noon
7th and 21st October	1st, 15th and 29th October	2nd, 16th and 30th October
4th and 18th November	12th and 26th November	13th and 27th November
2nd and 16th December	10th December	11th December
13th and 27th January 2026	7th and 21st January 2026	8th and 22nd January 2026
Free parking available on site	Free parking available on site but this depends upon capacity	Free parking available on site

NEW VENUES



Knowsley Carers Hub is proudly teaming up with Knowsley Parent Carers Voice to launch Prescott Coffee & Chat—a friendly drop-in session designed especially for carers and parent carers across the community.

Monday 6th October 2025

12.30pm - 2.30pm

**Community Room, Tesco Prescott,
Cables Retail Park, Steley Way, Prescott, L34 5NQ**

Calling carers who live in Stockbridge Village (or surrounding area). Following a request on our Facebook Group, Knowsley Carers Hub will be piloting a Coffee & Chat session.

Monday 20th October 2025

10.00am - 12.00 noon

**Craigs Community Centre, Little Moss Hey,
Stockbridge Village, L28 5RL**

If these pilot groups prove popular, we're keen to hold regular sessions.

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@knowsleycarershut.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@knowsleycarershut.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@knowsleycarershut.org.uk

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

Activities and Events

Weekly Zoom Sessions for Adult Carers

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 & mental health.

"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.



Scan Here

To access any of our Yoga or Reiki sessions [click the link here](#) or scan the QR code to complete a 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.

Activities and Events

Bingo

Thursday 13th November 2025

Doors open 12.45pm, eyes down 1.00pm

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

Wednesday 21st January 2026

Doors open 12.45pm, eyes down 1.00pm

Old Schoolhouse, St Johns Road, Huyton, L36 0UX

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



Board Games Afternoon

Tuesday 9th December 2025

2.00pm – 3.30pm

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

Looking for a perfect way to unwind, laugh, and enjoy good company? Say no more! We're inviting you to a cozy, fun-filled afternoon that celebrates old-school charm and friendly competition.

Snacks, laughs, and good times. We're bringing the snacks, you bring the moves. Expect:

- A variety of classic and modern board games
- Light bites and warm drinks to keep the energy up
- Comfy seating, cheerful company, and plenty of banter

Whether you're in it to win it or just here for the laughs, our Board Game Afternoon promises a laid-back escape into a world of dice rolls, strategy, and shared joy. Don't miss out—this could be your best move yet!



To book any of these activities

Places are limited. For more information and to register an interest, please email: enquiries@knowsleycarershub.org.uk or call **0151 549 1412**

Carers Rights Day!

**This year, Carers Rights Day is on
Thursday 20 November 2025.**

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 **11.00am-2.00pm** on Thursday 20th November 2025 if you have any questions regarding your rights. Come and enjoy a cake and a cuppa with the team!



Royal Court Liverpool

The Scouse Christmas Carol

We invite you to experience A Christmas Carol like you've never seen it before packed with laughter and joy.

Thursday 27th November 2025

Royal Court Theatre, Liverpool



This is an evening trip for carers!

Whether you're a die-hard Dickens fan or just love a good laugh, this uproarious retelling of A Christmas Carol is the perfect way to kick off the Christmas season. If you are given a place, please be aware that you will have to make your own way to the venue. Places are limited. For more information and to register an interest, please call **0151 549 1412** or email: enquiries@knowsleycarershub.org.uk

You're Invited to Our Christmas Party!

We'll soon be getting ready for the festive season and would love for you to join us for our Christmas celebration!

Wednesday 17th December 2025

11.00am-3.00pm

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



You're invited to join us for a day filled with raffles, delicious food, and the best company around. It's a chance to take a well-deserved break and connect with fellow carers in a supportive, joyful atmosphere.

Please note: Transport is not provided, so we kindly ask that you make your own way to the venue.

For more information and to register an interest, please call **0151 549 1412** or email: enquiries@knowsleycarershub.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:	ICE
Contact 1:	
Contact 2:	

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



Useful Information

After the Caring Ends

Grief doesn't have a time and the journey that follows the loss of a loved one can feel overwhelming, especially for those who devoted their lives to caring. At Knowsley Carers Hub, we recognise that the role of a carer doesn't simply stop once the caring ends. That's why we're here to support you, even when the responsibilities are behind you.

Ongoing Support for Former Carers

Did you know that Knowsley Carers Hub offers continued support for 12 months after the passing of the person you cared for? During this time, you're warmly welcome to stay connected and participate in some of our regular offerings:

- Coffee and chat sessions
- Holistic therapies for wellbeing
- Social events and community activities
- Practical information and emotional support

Even when the role may have ended, the relationships, shared experiences, and emotional needs continues and so does our commitment to you.

Friends of Carers

If you feel that your support needs extending beyond the 12-month period, you're invited to register as a 'Friends of Knowsley Carers' which is an extension of the Hub that allows support and social connection to continue.

A Gentle Reminder

We rely on direct contact to know when a carer's loved one has passed, as we are not automatically informed by external agencies. If we ever reach out unaware of your recent loss, please accept our sincere apologies. And if you're ready, please let us know so we can support you appropriately and compassionately.



To make contact, please call Knowsley Carers Hub on **0151 549 1412** or email: enquiries@knowsleycarershub.org.uk

OCT Scanning in Diabetic Eye Screening Programme

What is OCT?

- OCT stands for Optical Coherence Tomography
- An advanced screening camera
- Uses light waves to capture 3D images of the eye
- Gains more accurate, in-depth results
- Still a part of your diabetes care, free for anyone aged 12+ living with diabetes



Why is it being introduced?

- Achieves more in depth results
- Can detect earlier signs of eye conditions
- Creates more OCT scanning options
- Help reduce hospital backlogs
- Will save more than 120,000 appointments

Which venues will offer OCT screening?



Halton

Millbrow Clinic, WA8 6RT



Knowsley

Manor Farm PCRC, L36 OGB



St. Helens

ASDA St. Helens, WA10 2EF



Warrington

The Outset, WA1 1NN

We apologise if service users travel further than normal. We strive to add more locations in the future.

Who is eligible for OCT screening?

- Service users in the Digital Surveillance pathway (except pregnant patients)
- Service users with the last results of stage 2 pre-proliferative retinopathy or maculopathy
- Referrals back from the Hospital Eye Services



0151 495 5100



miul.administration@nhs.net

Scan QR Code
for details



Useful Information



My Time

Age UK Mid Mersey have launched 'My Time', a Maintenance Cognitive Stimulation Therapy (MCST) programme. This is a structured, evidence-based, 12 week programme to support memory, thinking and social engagement for individuals with mild/ moderate dementia or MCI. There is also the offer of a parallel carers' support group. The groups are led by trained MCST facilitators and are fully funded by National Lottery Community Fund.

The first Knowsley groups are now running at Bryer Road Community Centre, Prescot. To increase accessibility, the group will move to different venues around Knowsley.



The next group starts early October and will be held at:

Arncliffe Community Centre in Halewood.

It will run on a Thursday.

Referrals are open now!

For further details, please contact the AUKMM MCST team on **0300 003 1992** or e-mail them at mcst@aukmm.org.uk



Useful Information

Knowsley Admiral Nurse Service

One to one support and expert advice
for families living with dementia

Admiral Nurses

Working in partnership with Dementia UK to offer specialist one to one support and expert advice for families living with dementia through Admiral Nurses.

Admiral Nurses work collaboratively with families, helping them cope with the fear, uncertainty and difficult everyday reality of dementia.

Admiral Nurses are at the forefront of dementia care, and all have significant clinical experience of working with people diagnosed with dementia before taking up the role.



What does an Admiral Nurse do?

Admiral Nurses support families living with the effects of dementia across the UK. They:

- Work with both the person living with dementia and their family.
- Focus on the needs of the family, including psychological support and relationships. Living with dementia can be an incredibly hard and lonely experience for both the person with dementia and their family.
- Help families better understand dementia and use a range of specialist clinical interventions that help people live well with the condition and develop skills to improve communication and maintain relationships.
- Help families cope with feelings of loss and bereavement as dementia progresses.
- Provide advice on referrals to other appropriate services and liaise with other health and social care professionals on behalf of the family.
- Provide consultancy and specialist dementia education to professionals to improve dementia care in a variety of care settings.
- Admiral Nurses provide the compassionate, expert support that families need every step of the way, helping everyone in the family to live more positively with dementia in the present and to face the challenges of tomorrow with more confidence and less fear.

How can family carers access Admiral Nurses in Knowsley?

Admiral Nurses work with family carers usually over the age of 18 who are caring for a person living with any type of dementia. In Knowsley the carer must be registered with a Knowsley GP and/or live in Knowsley. The person living with dementia may live outside the borough in both Knowsley.



We accept referrals by **telephone, fax, post or email.**

Self-referrals from carers are accepted.

Our Admiral Nurses are available **Monday to Friday**, usually from **9.00am until 5.00pm**, excluding public holidays.

Contact us

Knowsley Admiral Nurse Service

Willow House Resource Centre,
168 Dragon Lane, Whiston,
Merseyside L35 3QY

Tel: 0151 351 8440



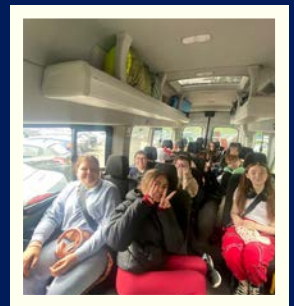
KNOWSLEY YOUNG CARERS



VIBE UK PROVIDE A 12 WEEK
RESPITE SERVICE FOR YOUNG
CARERS IN KNOWSLEY. THIS JUNE
15 YOUNG PEOPLE WENT ON A
TRIP OF A LIFETIME TO
SOUTHAMPTON TO THE YOUNG
CARERS FESTIVAL.



THIS EXPERIENCE ALLOWED THESE
YOUNG PEOPLE TO CONNECT WITH
OTHER KIDS LIKE THEMSELVES.
THE YOUNG PEOPLE DEVELOPED A
SENSE OF EMPOWERMENT AND
CONFIDENCE ON THIS TRIP AND
MADE MEMORIES TO LAST A
LIFETIME!!



ME TIME

KELLY.GILLEECE@VIBEUK.ORG





Do you care for someone with dementia?

MONDAY 6 OCTOBER

1.30–3.30 pm

Knowsley Carers Hub
143 Bewley Drive
Kirkby L32 9PE

**Would you like to know more about
carers assessments and get some help
for the interview?**

If so, come along to our workshop! You will learn more about

- your entitlements
- what you can expect from an assessment
- how to think about your needs and what would help you
- what questions to ask and how

HOW TO BOOK

Email carers@tidecarers.org.uk OR contact Ruth Eley

☎ 07786 979997



**COMMUNITY
FUND**



Mersey Care
NHS Foundation Trust

Strengthening Family Relationship Skills for Carers

Delivered by Mersey Care's Carer Engagement Team

Who is the course for?

Unpaid carers supporting a Mersey Care NHS Foundation Trust service user.

What will the course cover?

Strengthening family relationship skills for carers training is designed to help carers understand, strengthen and develop relationships to support their caring role.

The course consists of four sessions, two hours per session.

Our next course is - Knowsley

Where?	When?
Knowsley Carers Hub	Tuesday 14 October
143 Bewley Drive,	Tuesday 21 October
Kirkby	Tuesday 28 October
L32 9PE	Tuesday 4 November

All sessions will run 2pm - 4pm

To book your place:

Contact Knowsley Carers Hub on:

Phone: 0151 549 1412

Email: enquiries@knowsleycarers.co.uk

Attendees will be asked to register on the Carer Support Pathway on the first day of the course.

Carer Engagement Team: carers@merseycare.nhs.uk

The course will cover the below topics:

- Invalidation
- Validation
- Understanding emotions
- Supporting positive communication
- Managing stressful situations
- Effective problem solving
- Supporting positive relationships
- Personal wellbeing.



Are you a Carer or do you rely on the support of a Carer?

Hospital Trusts across the Merseyside and Cheshire Region have worked together with Carers and Carer organisations to develop a Carer Passport for use when a person is admitted to hospital for an inpatient stay

The passport;

- Raises awareness of the importance of the Carer role
- Provides support to Carers
- Recognises the importance of Carers in patients' lives.
- Provides information to Ward Managers and key Healthcare Professionals.
- Details a partnership agreement in supporting the care of the patient and the Carer during their stay in hospital.

Speak to the Ward Manager where you or your loved one are being cared for and ask about the Carer Passport and what can be done to support you at this time.



What we have been up to

Numbers are starting to grow at Kirkby Coffee & Chat. It's lovely to see the room filling up again with both old and new faces.



Jaguar Land Rover held their annual event 'Care for Carers' for their employees during Carers Week. Joanne Simm, Senior Carers Assessment and Support Officer and Pam Cornwall, Team Leader (pictured above) attended and had a great day reaching out to carers, signposting and offering support. Our thanks to Jaguar Land Rover for the invite (and the beautiful plants).

Kirkby Coffee and Chat



Halewood Coffee & Chat with Cream Tea – early Carers Week Celebration

We were lucky to be joined on this occasion by Michelle & Holly from the Locality Team, Adult Social Care along with Karen, Healthwatch and Alli from Mid Mersey Age UK



We had a day out to Chester on 15th July 2025. After a great few days of sun, we ventured out on a miserable day, however, our spirits were high, and we still had fun. Kenny (our coach driver from Hartley's Travel, pictured with both arms in the air) kept everyone entertained.



Volunteers' Week celebration!

2nd June 2025 saw us give thanks to our valued volunteers. Pictured above (from left to right) Volunteers Wendy Maher and Tony Martin, Martyn Robson (Business Development Manager), Joanne Simm (Senior Carers Assessment and Support Officer), Volunteer Diane Fowler, Amanda Brooks (Head of Service - Carers, Wellbeing, Safeguarding Lead) and Volunteer Paul Wishart. Our Volunteer Members continue to grow, and we give thanks to those who selflessly give their time to support our service and carers. Talking of which, July saw Peter Stewart (pictured on the right) join as a 'Friends of Knowsley Carers'. On the left of the picture is Ian Leadbetter, Volunteer Co-ordinator of N-Compass.

Team Leader Pam Cornwall (pictured left, above) had the pleasure of meeting Mayor of Whiston Town Council, Councillor Joanne Burke during Dementia Action Week in May.



We welcomed our new volunteer

Marguerite Dawson, Participation and Engagement Officer at Liverpool Royal Hospital during Carers Week

Marguerite's display stood as a tribute to carers and the vital role they play every day. Both informative and inviting, many stopped by to learn more about available support, share their own experiences, or simply to gain information.



Knowsley Carers Hub is delighted to be a community partner with

Carefree

Carefree offers an annual one to two night hotel stays for unpaid carers.

Eligibility:

- Carers must be registered with Knowsley Carers Hub
- Carers must be over 18 years of age
- Carers must be providing over 30 hours of unpaid care per week
- Carers must not take the person they care for with them
- Carers will need an up-to-date email address.

How it works:

- Carers inform Knowsley Carers Hub they wish to access a break
- Knowsley Carers Hub will then pass your details to Carefree
- Carefree will make direct contact with carers and provide an access code to their website, explain how to check availability and book.

The break includes your accommodation and breakfast, you must be able to provide respite for the person you care for and pay extra expenses (travel, other food etc.). Carers may book up to one break per calendar year. The breaks are across the UK and cost just £33 in admin fees.



To make contact, please call Knowsley Carers Hub on **0151 549 1412** or email: [**enquiries@knowsleycarershub.org.uk**](mailto:enquiries@knowsleycarershub.org.uk)

Useful Numbers

Knowsley Adult Social Care

0151 443 2600

Age UK Mid Mersey

0300 003 1992

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 351 8440

Stroke Association

0151 305 0015

Falls Team

0151 244 3362

Livv Care & Repair

0151 351 8734

Knowsley Disability Concern

0151 480 4090

Stroke Association

0151 305 0015

Knowsley Young Carers

0151 443 2336

Alzheimer's Society

0151 426 4433

Knowsley 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.