

**CARERS
TRUST**

Sefton Carers
Centre

GRAB A BREW.. IT'S TIME FOR YOU!

**SEFTON CARERS CENTRE,
PARENT CARER VIRTUAL
COFFEE MORNINGS**

Join us online via your tablet,
phone or laptop on
Thursdays 10:30-11:30am
(Term time only)

Meet the Sefton Carers Centre Team, special
guests and connect with other
parent carers in Sefton

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FULL DETAILS OF GUEST SPEAKERS BELOW

THURSDAY 22ND APRIL

KATIE ENSTONE FROM CAREER CONNECT WILL BE JOINING US TODAY, PROVIDING INFORMATION, ADVICE AND GUIDANCE FOR YOUNG PEOPLE BETWEEN THE AGES OF 13-24 WHO HAS ADDITIONAL NEEDS AND HAD OR HAS A HEALTH AND CARE PLAN (EHCP) ISSUED BY SEFTON COUNCIL.

THURSDAY 29TH APRIL

CAROLINE AND VICKY FROM SEFTON CARER'S CENTRE PARENT CARER TEAM WILL BE ON HAND TO ANSWER ANY QUESTIONS YOU MAY HAVE RELATED TO YOUR CARING ROLE.

THURSDAY 6TH MAY

ANDREW JENNINGS WILL BE JOINING US TO GIVE US GUIDANCE ON HOW TO NAVIGATE OUR WAY THROUGH THE RECENTLY UPDATED SEFTON LOCAL OFFER.

THURSDAY 13TH MAY

COME AND JOIN VICKY AND CAROLINE FROM SEFTON CARERS CENTRE PARENT CARER TEAM, ALONG WITH OTHER PARENTS AND CARERS TO GAIN SUPPORT, ADVICE AND GUIDANCE.

THURSDAY 20TH MAY

TODAY CAROLINE AND VICKY WILL BE TALKING ABOUT A NEW SERVICE SWACA ARE DELIVERING. COME AND LEARN ABOUT THE CHILD ON PARENT VIOLENCE PROJECT, SUPPORTING FAMILIES WHERE THERE IS AGGRESSION TOWARDS PARENTS/CARERS.

For further information or to book your place, please contact Vicky.Harris@carers.sefton.gov.uk or call us on **0151 288 6060**

Sefton Carers Centre is a registered charity,
No. 1050808