



Liverpool
City Council



**CARERS
TRUST**

Liverpool Carers Centre Christmas Activities 2020

We are continuing to work a little differently at the moment due to Covid -19 but we want to reassure you that we are still here supporting carers

We are continuing our activities online via Zoom Session or our Facebook page

If you would like to find out how to access our activities or would like help to get online please call us on 07803 200 476 or email: healthandwellbeing@localsolutions.org.uk

Upcoming Training and Activities

Online Induction for Carers via Zoom

Monday 7th December at 2:30pm-3:30pm.

This is an opportunity to find out what support is available for you from the Health and Wellbeing Team. If you are a carer who has not yet used the Carers Centre or have not attended for a while and would like a reminder of our services, then please join us for an informal information session. Please book your attendance

Please give us a follow on our social media



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Christmas Quiz Time



Tuesday 22nd December 12 noon – 1:30pm
Come along and join us for a festive quiz on Zoom

Christmas Bingo on Zoom



Friday 18th December 2:30pm- 3:30pm
Come along and join us for a festive game of bingo using your telephone number as you bingo card.

New 'Look Who's Cooking' Men's Online Cooking Course On Zoom



Open for Men only, this will be a live cook along session delivered by Food Active. Held on Tuesdays at 11:00 am and on Wednesdays at 4:00pm starting week of 7th December. All recipes and ingredients will be delivered to your door.

If you would like to attend please contact the Health and Wellbeing Team to book your place

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DigiHub Sessions



Every Friday morning via Zoom 11:00am – 12:30pm
Learn more about how to use your your Computer, Tablet or Smart Phone.

We hold informal sessions whilst you chat and have a cuppa!
We also hold structured sessions around; getting online using zoom, using Facebook, internet safety, staying safe whilst shopping online, social media tips and general safety tips around browsing the internet.

Evening Carers Book Club Online



Every first Monday of the month 7:00pm – 8:00pm on Zoom

Are you a working carer or only able to access evening activities?
Join us for a chat with other carers over a drink in the comfort of your own home.

Evening Coffee & Chat Online



Every Third Tuesday of the Month 7:00pm- 8:00pm on Zoom

Are you a working carer or only able to access evening activities?
Join us for a chat with other carers over a drink in the comfort of your own home.

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Lets Cook with Maryam



Festive Baking Ideas Every Monday at 11am on Facebook

The cooking video is uploaded every week watch the video and cook the recipes.

Quiz on Tuesdays



Every Tuesday Afternoon 12noon - 1:00pm

You are welcome to join in and have a go at testing your knowledge every Tuesday afternoon on Zoom.

Coffee & Chat Online



Every Monday at 12noon – 1:00pm and Wednesday at 2:00pm - 3:00pm

Every Monday for a chat with Paul

Every Wednesday for an informal coffee and chat with the team.

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Yoga with Mytime at Home



Every Monday and Friday at 10:00am - 11:am

Easy chair based excersies and yoga every Monday and Friday on Facebook at 10 am
tune in for live & video sessions.

Virtual Calming Craft



Online using Zoom every Thursday at 11am -12:15pm

Join in our christmas craft projects or complete your own crafts with us.

“It has made me feel connected to friends I would have otherwise have missed dreadfully”
quote from one carer who has been attending our online session regulary.

ACTIVITY	TIME	Cost
Monday		
Yoga with Mytime at Home	Every Monday pre-recorded on Facebook. 10:00am	FREE
Let's Cook with Maryam	Every Monday on our Facebook page. 11:00am	FREE
Coffee & Chat with Paul	Every Monday via Zoom join Paul with a cuppa and a chat. 12noon -1pm	FREE

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Evening Book Club	Every First Monday Evening of the month via Zoom 7:00pm – 8:00pm	FREE
Tuesday		
Look Who's Cooking Men's Cooking Course	Every Tuesday for 6 weeks via zoom 11:00am – 12noon.	FREE
Quiz	Every Tuesday via Zoom 12noon – 1:00pm	FREE
Evening Coffee and Chat	Every Third Tuesday evening of the month via Zoom 7:00pm – 8:00pm	FREE
Wednesday		
Coffee & Chat with the team	Every Wednesday via Zoom join the team with a cuppa and chat. 2:00pm -3:00pm	FREE
Look Who's Cooking Men's cooking course	Every Wednesday for 6 weeks via zoom 4:00pm – 5:00pm	FREE
Thursday		
Virtual Calming Crafts	Every Thursday online via Zoom 11:00am - 12:15pm	FREE
Friday		

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DigiHub	Every Friday online Via Zoom 11:00am – 12:30pm	FREE
Yoga with Mytime at Home	Every Friday Live on Facebook 10am -11am	FREE

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