



Annual Impact Report 2022/2023

Empowering people and supporting communities to reach their full potential



Welcome to our annual **Impact Report**

Our mission at Local Solutions is to **Empower People and Support Communities** with a primary focus on those experiencing disadvantage, exclusion and vulnerability within the Liverpool City Region and North Wales.

Our Social Care, Support and Accommodation and Communities departments deliver a diverse range of services which are underpinned by our key purposes: to Care Unconditionally, Understand the Challenge and Empower Change.

On behalf of all the people that we support, their families and staff at Local Solutions, Thank you. Your support is helping us to achieve our vision of a society where all people can live with dignity, lead fulfilled lives, and realise their full potential.

Our response to a **challenging year**

"Our service users, staff and supporters have provided us with the energy, enthusiasm, and ideas we have all needed to understand and meet the challenges over the last 12 months.

By working together and investing directly in new initiatives at crucial times, we have empowered people to increase their independence and develop new skills and supported communities through the challenges posed by the rising cost of living and the impacts on fuel and food costs, housing, and connectivity'.

'As ever, we haven't done this alone but in genuine partnership with the whole community and we are proud and privileged to be part of these stories".

Tom Harrison | Chief Executive

Our impact in numbers



Reach

Over **36,000** individuals supported by Local Solutions in 22/23 across the Liverpool City Region and North Wales



Care

333,543 hours of care delivered to 1281 individuals in their homes by our Homecare team



Connect

17,007 people took part in an activity at Liverpool Watersports Centre



Support

1,816 people took part in a health and wellbeing activity at Liverpool Carers Centre



Advice

1,396 victims of domestic violence have been supported by our Independent Domestic Violence Advisors (IDVA)



Home

Over **600** young people between 16-25 have been provided with temporary accommodation, support, advice and guidance

Domiciliary Care

Local Solutions has been providing person-centred care into people's homes, across the Liverpool City Region for over 25 years. The care that we provide offers individuals the support they need to enable them to continue to live independently in their own homes.

We provide help to live at home in Liverpool, St Helens, Sefton, Knowsley and the surrounding areas.

We offer people of all ages the expert care that they need to achieve their goals and lead fulfilled lives.

Meet Wilf & Evelyn

Wilf and Evelyn have been married for 70 years this year, Wilf is 93 and Evelyn is 90. They have lived in the same house in south Liverpool for 65 years. Prior to COVID they both enjoyed a full and happy retired life. Evelyn went to line dancing lessons with her friends and enjoyed trips to the shops. Wilf was an active member of a bowling club, regularly watched the local cricket team and enjoyed the independence that driving gave him.

Life slowed down dramatically during COVID and, as instructed by the Government, they both stayed at home. During this time Wilf had a fall and broke his hip. He was admitted to hospital and his health and independence deteriorated.

Prior to discharge from hospital, Wilf and Evelyn's home was fitted with a stairlift, grab rails and a walk-in shower. A hospital bed was placed in the living room and a fast response alarm was fitted in case of emergencies.

We know that every individual is different with their own strengths, needs and preferences which is why we tailor our care packages so that they are unique to each individual.



From April 2022 to April 2023, Local Solutions delivered **333,543** hours of care to **1281** individuals in their own homes

“ I would not have liked to go into a nursing home, I wouldn't have liked that at all ”

Today, Wilf receives a call from a Local Solutions carer once a day, Wilf's carer helps him out of bed, assists him to wash and dress and supports him to make sure that he has the correct medication. There is no way that Evelyn could look after Wilf without the support of Local Solutions – the only other option would have been for him to have moved into a residential home.

The daily visits from a carer provide huge peace of mind for Evelyn and the rest of the family; they are safe in the knowledge that he has all the support that he needs in the comfort of his own home.



Wilf and Evelyn

Complex Care & Support

We support people with learning disabilities and behaviours that might be challenging to live safely and independently in their own home.

Our specialist care enables all adults to access the support that they need to live a happy and a fulfilling life in their own home and to maintain relationships with family and friends.

Our support is tailored around the needs of each individual - they may require daily support with personal hygiene, dressing and attending college or appointments. Their diagnosis may mean that they have trouble perceiving and relating to situations and people, or need additional support around social activities, work and school.



In 2022/23 Local Solutions, Support Workers delivered **33,955** hours of complex care across the Liverpool City Region

Meet Melanie

Melanie is 38 years old and has been receiving help from a Care Support Worker at Local Solutions for the last 15 years.

Melanie had to have major surgery at only 3 days old, a life-saving shunt was fitted to drain her brain. At the age of 2, she had additional surgery and it was then that she had a major fit and was diagnosed with epilepsy. At the age of 6, a scan revealed a cyst on Melanie's brain requiring further surgery.

As a result of her condition, Melanie has complex learning difficulties, slow speech, short-term memory loss and poor hand and eye co-ordination. Her health issues are complex, and she requires constant supervision throughout the day. During the night she is also linked to a sleep apnea machine. Melanie's dad sadly died from cancer in 2016 and so mum, Sue is her full-time carer. The only respite that Sue receives is a weekly 4-hour call from Melanie's Support Worker, Ann.

“ If I didn't have Ann I wouldn't be able to go out at all without my mum ”

Ann is a highly skilled Care Worker and is also fully trained in first aid. She can recognise the signs that Melanie may be about to have a fit, and she can also maintain her safety if she does have a fit. Routine is very important to Melanie and Ann supports her with weekly structure and familiarity.

They enjoy shopping together and Ann helps her to manage her money, supports her with checking change and helps her to understand her choices. With Ann's support, Melanie can leave home without her mum and have some independence and feel empowered.



Melanie

Support & Accommodation

Local Solutions operates a wide range of accommodation and support for people impacted by homelessness across the Liverpool City Region and North Wales.

Our services are continually developing, as we look for the most effective ways to support people out of homelessness and set them up with skills. This can be to sustain tenancies, access training and employment and build a positive support network.

Our aim is to ensure the support that we provide is unique to the individual and tailored to their strengths and needs. Our staff help them to achieve personal goals, keep them safe, maintain tenancies and live their life independently.



Over the last year, **600** young people between 16-25 have been provided with temporary accommodation, support, advice and guidance by Local Solutions

Meet Tanya

Today Tanya is packing her bags in her room and preparing to move into a flat. For the last 12 months Tanya has received support and accommodation from Sunraye, the Local Solutions service in North Wales that supports single women aged 16 and upwards.

In 2022, Tanya had fled her home to escape domestic abuse.

Tanya had nowhere to live and, addicted to alcohol and cocaine, she was in a dark place and her life was spiralling out of control; she had hit rock bottom. She stayed briefly with a friend and eventually, was allocated a room at Sunraye.

At Sunraye staff worked closely with Tanya to provide practical and emotional support and a sense of safety. They supported her through a breakdown, and she opened up to them about her addictions. In the knowledge that she was safe, she was able to focus on her own recovery.

“ Without the help of Sunraye I would not be alive today or have such a positive future ahead of me’ ”

The future is looking much brighter for Tanya; she is volunteering at the Citizens Advice Bureau and is enrolled on a beauty course. Her support worker has signposted her to funding that will enable her to complete more qualifications in beauty and become a trained technician.

Our research has shown that, when residents engage with our Support & Accommodation teams, there are clear and measurable positive outcomes in three key areas; an increase in safety and security, independence levels and skills and confidence.



Tanya



Anhaf

Homeground

Homeground provides accommodation to 16–21-year-olds experiencing homelessness and other challenges, including family breakdown, leaving care, criminal exploitation and addiction issues.

Matched with a Key Worker and Mentor, all of the young people at Homeground are supported to gain the skills they need to access stable accommodation and the skills and confidence they need to return to education or to secure employment.

Meet Anhaf

Anhaf was 20 years old when he was placed at Homeground. Prior to this, life was tough. The COVID pandemic had hit and Anhaf was in the midst of a family breakdown and conflicts at home. Anhaf left home and was referred to Local Solutions for accommodation and support.

Anhaf lived at Homeground for two years. This was a challenging time for him but, with the patience and advice of the Homeground team, he worked through a number of goals to help him achieve the progress that he needed to shape his future.

During his time at Homeground, Anhaf studied Business Studies, Psychology and Art at The City of Liverpool College. The support he received from Homeground helped him get through some difficult periods and keep him on track with his studies.

Each young person who receives accommodation at Homeground is supported to gain the skills they need to access stable accommodation and to get into education and employment.

Over **600** young people between 16-25 provided with temporary accommodation, support, advice and guidance in 2022/23

“ The support from Local Solutions has really left a mark on my life and I can only thank everyone who helped me when I was at Homeground. ”

After successfully achieving his A-Levels, Anhaf has moved into student accommodation in London and has started a degree in Business Management and Human Resources at the University of Westminster.

Supported Lodgings

Supported Lodgings provides family-style accommodation to homeless young people. Registered Householders offer a room in their own home, with a shared kitchen and bathroom facilities. Each young person receives support from their Householder and a Support Worker to prepare for independent living.

Meet Liam

“ The Supported Lodgings team put a roof over my head when I didn't have anywhere to go. I was lucky to have my key worker and householder ”

When Liam's relationship broke down with his partner, his family made it clear that, due to his sexuality, he would not be welcome in the family home. At the age of 17 and homeless he was welcomed into the home of a Supported Lodgings Householder.

Liam formed a great relationship with his Householder and, reflecting on his time with her, said that she was instrumental in teaching him life skills including cooking, washing and money management. Liam admits, "They might seem like simple tasks, but I had no clue on what to do and they really supported me in giving me the skills I needed to prepare myself for the outside world".

With no place in education or employment, Liam was lacking motivation. With help from his Support Worker, he was accepted on to a course at Liverpool Community College. He thoroughly enjoyed this and went on to secure his first job working in a call centre.

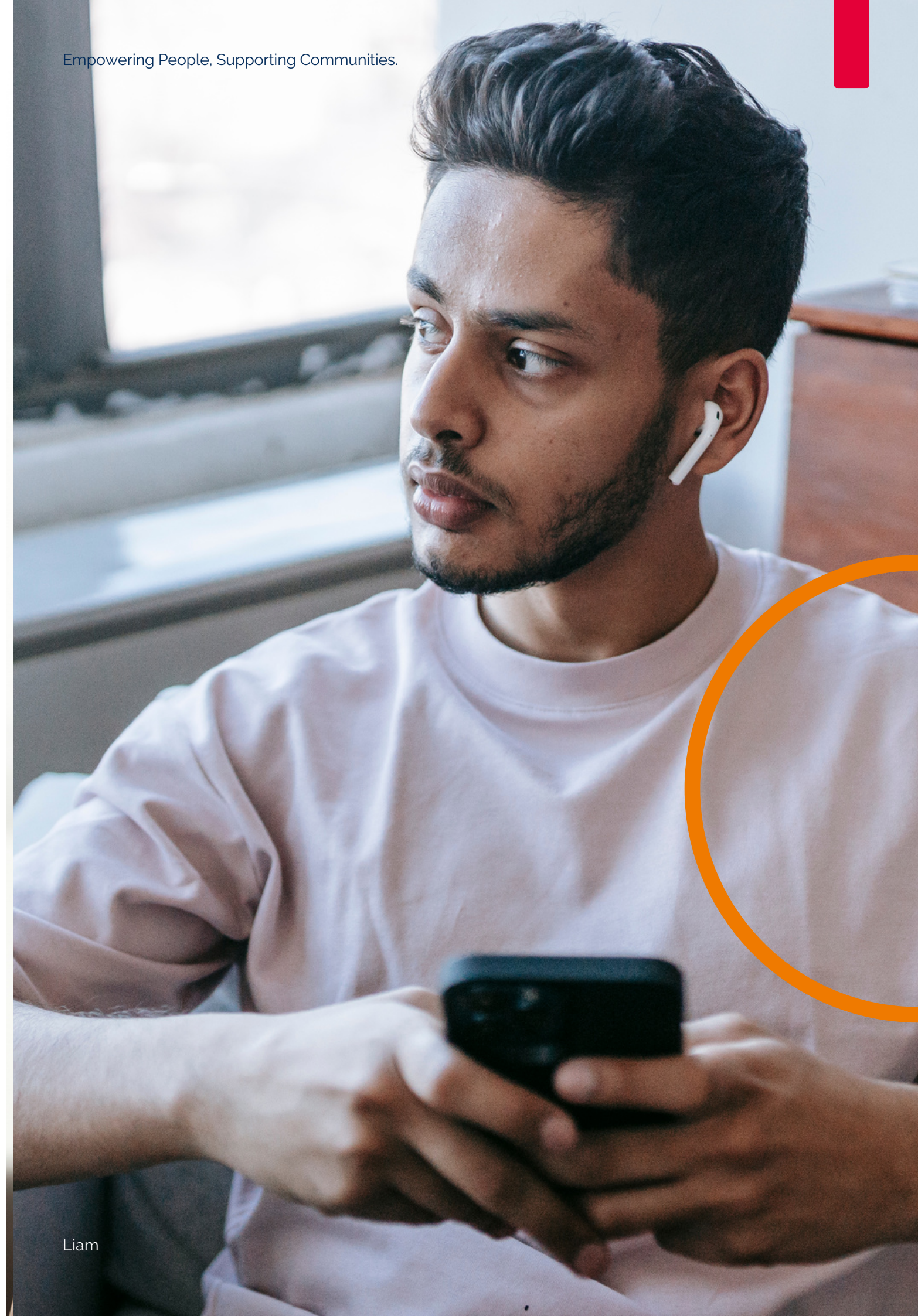


104 young people received accommodation and support through Supported Lodgings in 2022/23

With a support network around him and a secure place to live, Liam started planning towards securing his own tenancy, saving money and buying items every pay day. Shortly after, Liam was delighted to be placed on the housing register and began to bid on properties. Without the guidance from his Householder he admits, "I wouldn't have had the knowledge on how to move into my own place confidently and independently."

18 months on from the day that Liam found himself homeless, he is now working for a company that supports adults with learning difficulties, he has secured his own flat and has kitted it out with everything that he needs from his pay day purchases and savings. He has, never been happier than he is right now.

When asked what impact Local Solutions has had on his life Liam said, "I always had a support network, there was always someone to help cheer me on and calm me down and support me to tackle the issues I had head on instead of running away from them."



Liam

AIMS

Activities, Intense Mentoring & Skills

At AIMS we believe that no young person should feel unseen or overlooked. Working with young people aged 16-25 who are not in education or employment (NEET), our services place special focus on helping young people improve their self-confidence and self-esteem, learn methods to cope with difficult situations and look towards an optimistic future.

Meet James

At the age of 7, James was stealing cars and bikes. At 13 he was selling drugs. At 22 he was sentenced to 4 years and 6 months in prison. At 24, with the help of his Local Solutions support worker he is gaining qualifications and he is committed to 'sorting his life out' to show his children the 'right life and not the wrong one'.

James entered the care system when he was only 5 years old and lost count of how many families he lived with for the next 8 years. Without a positive role model in his life, he followed the example of the other boys on his housing estate and drug dealing was described as 'going to work'. At 12, James was selling crack cocaine and heroin.

Convicted of possession of drugs and with multiple offences on his record, James spent two and a half years moving from prison to prison riding what is known as 'the ghost train'. As he moved from site to site he began to recognise the faces of older men that had previously been released and were back in prison. It was then that James decided this would not be the life he lived. He didn't want to be in and out of jail at the age of 50, he had to sort his life out so that he didn't waste it behind bars.

Mentors work with young people on a one-to-one basis or in a group setting. Activities are selected to enhance employability skills, improve physical and mental health & well-being and teach transferable life skills.

“ I want to live 'a normal life' with a 'normal job' and be the role model for my children that I never had. ”

James was released from prison 6 months ago; he describes it as 'like being born again'. Everything had changed and the friends that he had grown up with were either dead or in jail.

For the last 6 months James has been attending the Local Solutions Young Person's HUB. He has been assigned a Mentor and he is using the AIMS lifeskills programme to develop confidence, self-esteem and transferable skills. He has enjoyed learning new skills at Liverpool Watersports Centre and boxing with former professional boxer, Derry Mathews.

With the support of his Mentor, James has been learning the skills and qualifications that he needs to enter into employment - how to use a computer, CV writing, interview skills. He is currently working towards qualifications that will help him into employment.

James is excited to be on the Property Pool to secure his own tenancy and he is working with his Mentor to learn the skills that he needs to manage his money, pay his bills and live independently.



James

AIMS Family Support

Local Solutions provides support for families who are homeless at risk of homelessness or need support to move on and sustain tenancies in North Wales.

An experienced team of community coordinators support families to access services, develop skills and sustain housing in the community and from a family skills hub in Flint.

Meet Dewi

At the age of 19, Dewi and his girlfriend were evicted from their family home with their 2-year-old son. They both had serious debts and had fallen behind with their rent and bills.

Dewi's partner was drinking heavily and so custody of their son (Euan) was given to him. He was allocated temporary accommodation through Flintshire County Council. Those first few months living on his own with Euan were tough. As the only parent and carer for his son he struggled to comprehend how he could find his way out of debt, his mental health suffered and he began drinking heavily to self-medicate.

Dewi was referred to Local Solutions in Flintshire, allocated a Mentor and, over time, they were able to establish a relationship of trust. He began to open up and be honest about the challenges he was facing and the concerns he had about raising his son as a single parent. They worked together to create an action plan to help him gain the skills and confidence he needed to positively move on with his life and support Euan.

The aim of the project is to provide a high level of support to equip families with the necessary skills to maintain their own tenancies in the community independently.



399 individuals received support and accommodation in North Wales in 2022/23

“ I was in a really dark place and I could not see a way out. I had to be completely honest so that I could get back on track to support Euan ”

Dewi's Mentor put him in touch with the Citizen's Advice Bureau and they were able to support him with his debts. He was referred to a mental health support agency and received help from a substance misuse service to help him to reduce his alcohol intake. Gradually Dewi's mentor began to see huge changes in his health and wellbeing. His confidence and independence levels grew and he began to acquire the skills he needs to cope with the challenges that life threw at him.

Fast forward two years and Dewi has secured a flat in the local area and, with the practical skills and advice he gained from his Mentor and the AIMS Tenancy Skills course, he is managing his bills and has been able to sustain accommodation for the last 6 months. Euan is in nursery and so he is now able to look for employment. He is able to manage his finances and has remained out of debt. He is excited about the future and grateful to all that have supported him to get to the positive place physically and mentally that he is now in.

Dewi and Euan



Measuring impact against our outcomes



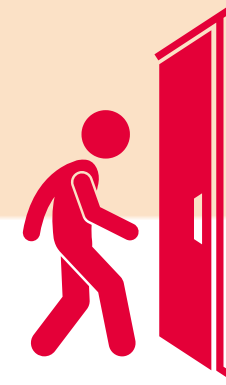
79.5% of our service users feel like their **skills and confidence** have improved a lot through the support that they have received from Local Solutions

Gaining skills and confidence



70% of our service users feel like their **independence levels** have improved a lot through the support that they have received from Local Solutions

Developing independence



79.2% of our Support & Accommodation service users feel like they have more **stable accommodation** through the support that they have received from Local Solutions

Sustaining stable accommodation



81.3% of our Support & Accommodation service users feel like their **safety and security** has improved a lot through the support that they have received from Local Solutions

Increasing safety and security



87.5% of our service users feel like their **health and wellbeing** has improved a lot through the support that they have received from Local Solutions

Improving health and wellbeing

IDVA

The IDVA (Independent Domestic Violence Advisors) service supports people in the Liverpool area who have been identified at HIGH RISK of ongoing domestic abuse.

Meet Janine

Local Solutions were made aware of Janine when she was identified by Merseyside Police as being at high risk of ongoing domestic abuse. Janine had experienced a difficult upbringing in the care system, which led to a chaotic lifestyle as an adult. Janine turned to drugs and alcohol and this lifestyle of addiction left Janine unable to sustain a tenancy leaving her in a hostel.

Janine met Andrew when he was also homeless. As the relationship progressed, she was often missing from her hostel placement and would spend the evenings sleeping out on the street with Andrew. Janine spent less time at the hostel and staff noticed when she did stay, she would have new bruises and was often intoxicated. Janine disclosed to staff that at times, Andrew would assault her, however, she excused his behaviours saying that it was due to drugs or alcohol.

The assaults escalated and Janine became more isolated from her small support network, she was rarely seen at her placement and was at risk of being made homeless. Police became aware of the couple, who were regularly witnessed having physical and verbal altercations around the city centre.

Eventually, Andrew was arrested for an assault on Janine after police witnessed the incident. Janine did not support prosecution, she was upset that he was arrested, and due to him being homeless, he was not given bail.

Our aim is to provide a short/medium term service to reduce the risk of domestic abuse and minimise the harmful effects that it can have on individuals and families.



Over the last year, **1,396** individuals have received support from IDVA (Independent Domestic Violence Advisors)

Whilst Andrew was away in custody, services engaged more effectively with Janine. She was sleeping at her placement, and she was able to reflect on the relationship. However, when it came close to Andrew's release date, Janine started to disengage. She was aware of the date he would be out, and Janine waited for him outside prison.

The relationship between the two continued, and the abuse escalated until it became unbearable for Janine.

After a particularly violent attack, Janine finally made a report to the police. Andrew was again taken into custody, giving us time to engage Janine with support for her drug and alcohol use, and support with healthy relationships. Janine worked well with all services and started a college course.

Janine was extremely worried about the court case, however, when it came to the date, despite all her vulnerabilities and her traumatic past, Janine, supported by a Local Solutions IDVA, was calm and assured when giving her evidence, and the perpetrator was found guilty.

This gave Janine confidence in herself, and she felt that she was believed for the first time and she was able to move forward with housing and training.

Janine

Communities Liverpool Watersports Centre

Our Communities teams provide a diverse range of services and activities that give people choices empowering them to improve their independence, health and wellbeing.

Liverpool Watersports Centre aims to make watersports accessible for all by providing a variety of affordable activities for individuals and groups.



In the last year **17,707** individuals took part in an activity on the water

Meet Sue

“ If he can do it, then so can I! ”

That's what 50 year old Sue Haines said when asked why she took on the challenge of swimming the English Channel. Sue's passion for open water swimming began 13 years ago when she wanted to give something back to the hospice that looked after her mum in her final weeks of life. Sue swam one mile in the Great North Swim to raise money and since then she admits that she has been 'hooked'.

“ It's so hard to explain what it is that I love about it, even after all of these years I still get anxious before I get in the water, the anticipation makes me feel physically sick! But once I'm in the water I just switch off and I am in the zone. I spend most of my time in the water now! ”

Sue swims in the shadow of the Liver Birds in Queens Dock at Liverpool Watersports Centre three times a week throughout the winter and then at her local pool. In the summer the pool is replaced with more sessions in the Dock, swimming up to seven hours a day in the summer.

“ You can't beat the friendships that are formed through open water swimming – you can go to any club across the country and just fit in. The social aspect is the part that I enjoy the most. I can be at the club for 3 hours and only get in the water for 20 minutes! ”

Sue is currently in training to swim the 45 miles around Jersey and she has her sight set on breaking the speed record.

Studies have shown how swimming and aquatic activity not only develops aerobic fitness, but also contributes to physical, mental and social skills and wellbeing.



Sue

Shopmobility

Liverpool Shopmobility supports people with mobility restrictions through the loan of mobility equipment. The service provides freedom and independence to people and allows them to easily access amenities in Liverpool City Centre including shops, cafés, museums, and cultural events.

We have modern and easy to use equipment to hire including manual wheelchairs, electric wheelchairs and scooters. As well as this we also have a range of disability aids and adaptations to purchase including walking sticks and RADAR keys.

Shopmobility is not restricted to people who are registered disabled meaning any individual who has a mobility restriction due to age, disability or injury can use the service. Our friendly team will provide training and support around operating the scooters and wheelchairs.



In the last year **811** individuals hired a piece of mobility equipment from Shopmobility in Liverpool ONE

Meet Jane

When Jane was mugged in 2006 her independent life, free of disabilities or health problems, was snatched away from her within minutes.

On a rare day off from her job as a busy pub Landlady, Jane went to meet friends but was victim of an unprovoked attack and left at the bottom of a flight of stairs with a fractured skull and a bleed on the brain. Three of her vertebrae were broken beyond repair and she was unable to walk. Jane's life was changed forever.

Jane was unable to walk without relying on a walking frame and, even with that in place, she had to stop every ten minutes to catch her breath and regain her strength. She was unable to go shopping in the city centre on her own and had to rely on her daughter to take her.

The Shopmobility scooter that she hires from Local Solutions has reinstated that freedom and she does not have to rely on anyone else to live the life that she wants to anymore.

“ My daughter spotted a Shopmobility scooter in Liverpool City Centre, we went to their hire centre and I have never looked back. I have got my independence back and I do not have to rely on anyone ”

In Jane's words, 'being able to hire a Shopmobility scooter in the city centre has given me my life back'. I have a scooter at home but I cannot manage getting it on the bus so Shopmobility is a God send'. Jane now hires a scooter twice a week and is able to get from one end of town to the other without any problems and without any help from anyone else. The scooter is easy to use and she can even bring her grandsons shopping with her and continue to do her mum's shopping for her as well.



Jane

Carers Centre

Liverpool Carers Centre was established by Local Solutions to deliver a range of services that improve the quality of life for carers in Liverpool. As well as undertaking carers assessments, our Carers Centre also offers a flexible support service that provides impartial advice & information. We can also signpost carers to specialist organisations depending on individual needs and circumstances.

Meet John & Jackie

In 1966 John met Jackie at an audition for a job in the thriving entertainment scene in Liverpool; he was a musician and she was a talented dancer and choreographer. Today they have been married for 52 years and have three children. In 2015 Jackie was diagnosed with dementia and her health has deteriorated gradually since then. John cares for Jackie in their family home as her full-time carer.

Jackie requires round-the-clock care with all aspects of her life; John washes, dresses, cooks for her and helps her with personal care. Her deterioration means that she cannot manage on her own. It is stressful and places huge responsibility on John's shoulders and the strain is relentless.

After her diagnosis, John took part in an eight-week post diagnostic course to prepare him for all the stages of dementia and what he should expect and prepare for. It was on that course they told him that the condition would take over and that Jackie would no longer be the person that he married. It was on that course that he also found out about Liverpool Carers Centre.

John had an assessment with one of the team at the Carers Centre and immediately felt like he had gained a friend; someone who understood and could support him.



In the last year, **903** care assessments were completed for unpaid carers at Liverpool Carers Centre

This was a major turning point; up until that point John had not told anyone about Jackie's diagnosis and had felt the need to make excuses to friends and family about why they could not attend social activities. From this point on John resolved to have no shame or embarrassment about Jackie's diagnosis. He acknowledged that life was going to change drastically but, with the support of the Carers Centre, he would never feel alone. He felt relieved and able to face the future.

John has just completed an I.T course at the Carers Centre that has provided him with practical skills to stay in touch with friends and family and access information on the Internet about dementia. He attends regular coffee mornings and, when he is unable to attend in person, he now has the skills to attend online through a Zoom meeting.

Referrals from the Carers Centre have also opened up more access to support for John; as someone who served in the RAF for two years he now receives monthly visits from a professional Dementia nurse, he has qualified for an attendance allowance from his local council, he attends a group for male carers, and he is able to have some respite when Jackie attends a day centre for people with dementia.

John and Jackie

Mytime

Mytime connects unpaid carers, who could benefit from a break from their demanding roles, with businesses and organisations offering complimentary leisure, cultural and educational activities.

Being a carer can have a huge impact on your life including impacting your relationships, finances and confidence. Mytime has developed from our work at Liverpool Carers Centre where carers were telling us about how difficult it was for them to get a break.

Meet Penny

Penny, 37 is a mum to 3 year old Daisy, and is the full time carer for her own mum who, after surviving cervical cancer, has an inoperable brain tumour.

Penny's mum's diagnosis means that she suffers from regular focal fits that can paralyse her whole body, this combined with type 2 diabetes and a crumbling spine mean that she cannot care for herself. Penny stays with her mum up to three nights a week and has sole responsibility for making sure that she has eaten, taken her medication and is safe in her home every day. It is a huge responsibility and one that is relentless.

Following the birth of her little girl, Penny was diagnosed with postnatal depression and the side effects of that means that coping with everyday tasks can be a huge challenge for her. The pressure of caring for her mum only intensifies the depression and can make every day a struggle.

Penny's Care Support worker is there for her to talk and express her feelings and frustrations. She is aware of the daily challenges that she faces, listens and understands. The support that she has received has helped her to look beyond the day to day, look forward and enjoy the positives in life.

Businesses donate breaks for individual carers to enjoy with a friend or family member and group breaks for groups of carers, such as an afternoon tea.



In the last year, **1,308** unpaid carers have benefitted from a free respite activity provided by Mytime Liverpool

“ The start of positive change in my life was going to the Carers Centre, it was the first place that I felt like there was support for me. Forming relationships with other carers has helped me to gain perspective. It has been such a huge relief”

Last year, through Mytime, Penny was able to get away on a fully paid respite break to the Lake District. This trip 'changed her life completely'. For the first time in years she was able to focus on her own health and wellbeing, she was 'able to switch her brain off' for 5 full days., reflecting on the break she said, 'If I hadn't had that break, I dread to think what state I would be in now'.

Being a full-time carer means that money is very tight for Penny and so she was also thrilled that, with the support of Mytime, she was able to take her daughter on her first trip to the theatre and to enjoy quality time with her mum at a concert at the Liverpool Philharmonic. Opportunities like that are rare and have had 'a massive impact' on her wellbeing.



Penny



Get in touch today

Do you have a great idea for a project that could empower and support your community?

Do you have feedback on a Local Solutions service that you would like to share?

Do you want to know more about our work?

Do you want to collaborate with us on a project that makes real impact?

Can your organisation support our work by volunteering for a community project?

Contact us

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