



The Princess Royal Trust  
for Carers

# Newsletter

January 2012 • ISSUE 13

  
Halton and St Helens



## Welcome to our **Winter Newsletter!**

May I take this opportunity on behalf of Halton Carers Centre to wish all our carers and partner organisations a

**Happy New Year!**



I would also like to thank the friends and family of Sheila Pye who passed away last year for the donations made to Halton Carers' Centre in her memory. The donations totalled £90, which will be used to support carers over the coming year.

We will be having another sponsored Tandem Sky Dive on 17th March 2012. So far we have 6 willing volunteers! We will be planning further dives throughout the year so if you would like to volunteer to do a Tandem Sky

Dive please contact the Carers' Centre for an information pack.

We have recently started to use email to offer Personalised Break Funding to carers, as this is speeding up the process and cutting postage costs, leaving more money to allocate between carers. Please let us have your email address for our records if you want to be contacted by email.

By the time you read this we will have registered our **4,000th** carer!

**Carl Harris**

*Carl*

Halton Carers'  
Centre Manager



# Halton Carers' Database

In October 2011 we wrote to all our registered carers to ask permission for your names to be entered onto a central database of carers so that Halton Carers' Centre and Halton Borough Council can jointly plan carers' services and allocate funding appropriately in future. Most carers agreed to have their name entered onto the database, which will be managed by Halton Borough Council. All new carers will be asked to allow their names to be entered on the database. As Halton Borough Council fund the services we provide to our registered carers, those carers who previously did not give permission for their names to be put on the carers' central database would be unable to access council funded services, such as breaks, holistic therapies and training.

Please let us know if you would now like your name to be entered onto the database so that you can access council funded services. Only carers' names will be entered on the database and this information will not be shared with anyone else.

**Carers Forum**  
**14th March**  
**2012**

Our next carers' forum will be held on Wednesday 14th March 2012 at the Bridge Suite Stobart Stadium Lowerhouse Lane in Widnes from 10 until 2pm. Lunch will be available from 1pm. The forum will consist of a themed market stall type event with information for all categories of carers. We will also have speakers in another room to cover money advice and benefits and a speaker from Working Families-Eamonn Fetton who supports working parent carers of disabled children. This will be arranged for 1pm so that working carers can access the talk during lunch time. Transport will be arranged for carers from Runcorn. A weekend for two at The Bond Hotel Blackpool will be raffled at the forum. If you would like to attend the carers' forum please contact the Carers' Centre and let us know if you need transport or have any dietary requirements.

**Remember** we have a Carers' Centre base at Peelhouse Family Centre Peelhouse Lane Widnes. Carers can call in for information and advice from Monday-Friday between 10am and 4pm or telephone on **0151 257 9673**

# Bond Holidays

## Fully Accessible Holidays & Respite Breaks

**Bond Holidays** have specialised in providing holidays for people with disabilities for many years. Current owners are Shaun & Jeanette. Every night is party night at Bond Holidays, with a full cabaret programme in the hotel Showbars every night of the year. There are 3 venues to choose from where you can have a great holiday with access to all the special facilities and equipment you could need, with friendly and helpful staff always on hand:

**PARTY at the Bond Hotel, Blackpool** -a traditional 65 bedroom family run hotel located just minutes the famous Blackpool Pleasure Beach, South Pier and a short walk away from the resort's other attractions. There is always great live entertainment 7 nights a week in the cabaret bar which is open late. For many of the guests this is such a great place to take a break that they return two or three times a year.

**RELAX AND UNWIND at the Bond Hotel, St Anne's** -a 27 bedroom luxury hotel situated on the promenade in Lytham St Anne's and just a few miles south of Blackpool. Here is emphasis is on style and comfort, but with all facilities that any guest with disabilities may need. The hotel boasts an abundance of adjoining rooms and family suites and is an ideal size to completely tailor make any group holiday. Watch the sun setting from the first floor lounge with spectacular views as the nightly cabaret takes place.

**BE INDEPENDENT** and enjoy a fully accessible caravan holiday **at Marton Mere Holiday Park**, just three miles from Blackpool Tower. These fully accessible homes sleep up to 6 people and are fully equipped to cater for your every need. Even though you may choose to go self catering you will still have access to all the Bond services and are welcome to visit any of our hotels.

"Accessible group holidays are so easy to plan with Bond Holidays. We can tailor make any part of your holiday to suit your interests. With themed menus, cabaret and your choice of excursion package to accompany your holiday, we aim to provide the ideal holiday for you."

Bond Holidays also provide free use of specialised equipment such as hoists, shower chairs, ceiling tracking, electric profiling beds, bed rails, commodes and so much more. Our Holidays With Care team are also available to provide a tailor made care package if you require a little extra help or respite break.

Blackpool has so much to offer guests staying with Bond Holidays that we provide daily coach excursions to various attractions throughout the area every day. In 2011 a new 57 seat fully accessible coach was a welcome addition to the company. As well as providing group holiday transport it has been fantastic for our guests to travel in style on our day trips.

To request a brochure please contact **01253 341218** or send an email to **sales@bondhotel.co.uk** or visit **www.bondhotel.co.uk**

Save  
**£20.00 per person**  
discount off your next  
holiday simply by quoting  
**"Halton Carers Centre"**  
when making your  
reservation.





The Deafness Resource Centre (DRC) is looking forward to working with local partners and residents in Halton to develop services to support people (all ages) who are deaf or have a hearing loss. Having successfully tendered for the contract with Halton Borough Council, the DRC will be providing a range of services aimed at improving the quality of life of deaf people and their families/carers.

The DRC is a registered charity based in St Helens; managed and run with direct input from D/deaf people and has a proven record of success, not only in St Helens but across the North West area. Services provided include Advocacy, environmental aids assessment and supply and Interpreting services.

Though based in St Helens, the organisation is keen to establish a permanent base in Widnes and Runcorn that can provide a facility from which services can be delivered. Temporary arrangements have been set up to provide a 'drop in' facility in both areas, one day per week, for people to get information and advice and individual support where needed. Staff based there are also keen for people to let them know what services people would like to be developed in the area, for example a recent survey highlighted the need for a social group for people who are hard of hearing and families with deaf members expressed the need for help with communication. Plans are already in place to have these services up and running in the New Year, so anyone interested in getting involved can contact the DRC now for more information.

People who are hard of hearing and are struggling to hear the television, phone or door bell can contact the DRC and they will arrange a visit to assess the problem and demonstrate equipment to improve the situation. The equipment will be supplied free of charge on a long term loan basis with ongoing help available at any time from qualified and experienced staff. There is a full range of equipment available from personal listeners to deaf smoke alarms so whatever difficulty a person may be having there is usually a simple solution. Existing clients frequently say that the equipment makes a significant difference to their lives which is often endorsed by their family. If you; or someone you know, would like to find out more or book an appointment for an assessment then contact the DRC on 01744 23887(voice or minicom) or email [enquiries@deafnessresourcecentre.org](mailto:enquiries@deafnessresourcecentre.org)

The team are happy to provide information and advice on any issues you may have. They can help you to make independent and informed decisions on anything from social care, housing and benefits to looking for a job or joining a new social club. Go along to one of the drop in centres

### **Runcorn Drop In**

Every Tuesdays 9.30am – 4.30pm  
Halton & St Helens VCA, Sefton House,  
Public Hall Street, Runcorn, WA7 1NG

### **Widnes Drop In**

Every Thursdays 9.30am – 4.30pm  
Meeting Room 22 (3rd Floor)  
Kingsway Learning Centre, Victoria Square,  
Widnes, WA8 7QY



Age UK's trained Money Advisors can cover everything to do with money from benefits and tax credits for people of all ages (not just the over 50s). This includes pensions, retirement planning, budgeting and saving, credit and borrowing; mortgages and insurance and help with advice on debt. We offer free, unbiased, confidential money advice you can trust and that can make a real difference to your life. To book a free appointment with a Money Advisor contact Age UK Mid Mersey at Runcorn 01928 575400 / Widnes 0151 257 7128 and ask for an appointment with Angela Moss. Home visits can also be arranged.



**HELPING HANDS** is a friendly Home Help service that provides domestic cleaning, companionship, shopping and handyman services to Halton residents who are unable to do their household chores themselves or in the case of many carers – simply don't have enough time.



The main services we provide are general household chores such as cleaning, ironing and changing bed linen but we are also able to do jobs like hanging your curtains, putting up pictures or even setting up your home pc – if we can – we will!

We take our clients out shopping, accompany them on appointments or on days out. Many clients just want company and a friendly face to have a cup of tea and a natter and this is where Helping Hands come in.

Our service is a very personal one – we have a small team of caring and friendly people who visit you weekly or fortnightly and you always get the same person visiting so the familiar face becomes more like a friend.

For more information  
please contact  
**Emma Baker**  
on 0151 420 2143  
or 07739 012 908

Although there is a charge for our services, we are registered with Halton Borough Council for Direct Payments and Carers' Break funding, which means that you may be able to obtain our services free of charge.

# Young Carers' Update

## Happy New Year!!!

Check out the day trip to Monkey Forest on the 13th February and get your name down for it quick – first come first serve (it's on the day trips page of this newsletter). It's only £4.50 per person which means if you save £1 per week from now on you should be able to afford the trip. If you want to come on the trip as a family but KNOW that you will

NOT be able to afford the £4.50 then still please get in touch as we might be able to help out.

2012 sees lots of exciting projects starting up for young carers in Halton. At the moment we are getting names together for two great opportunities. First is an Employability Skills workshop – fancy learning new skills to get a part time job? Or want help getting a full time job? Get in touch with Tom and he'll put your name down for it. Second is really fun Money Skills workshop – this a great opportunity to learn really useful skills about money and how to manage house hold finances as well as plan for the future. Once again, if you're interested, let Tom know and he'll put your name down for it.

Aside from these I'd like to remind you of the young carers Spoken and Heard group that meet at the Grangeway Youth Centre on Thursday nights. We meet up between 5pm and 7pm and whilst we have lots of fun, this group is about coming together to improve things for young carers in Halton. All are welcome but please let me know if you fancy coming so we know to expect you.

Don't forget – you can get in contact with Tom and the rest of the team regarding your caring role and how it is impacting on you anytime – if you need support or help with anything please don't wait for us to contact you – pick up the phone and ring us, or Facebook me or email, you could even pop into the office if you want? Tara for now guys

Tom

Carers of all ages, especially Young Carers need help getting to and from places from time to time. We rely on volunteer drivers to enrich the lives of Young Carers and with an estimated 400 Young Carers in Halton we need your help.

Do you have use of car? Do you have some spare time to give? Would you like to help Young Carers to make the most out of life? Well here is your opportunity to make a big difference to lives of Young Carers in Halton.

We have teamed up with Halton Borough Transport and if you would like more information on being a volunteer driver simply get in touch with us. Jeff or Lisa from

Halton Transport will then speak to you on the phone and tell you

about the application process. You'll be offered a FREE MOT each year as well as some training. Being a volunteer driver with Halton Transport means you won't be out of pocket and all mileage expenses will be paid and lunch.



So, if you'd like to get involved or would like more information get in touch with us and we'll ask Halton Transport to speak to you.

Volunteer drivers can decide how much or how little driving they do, whether you only have 30 minutes to spare each month or many hours available – the Young Carers need you.

Speak to Tom (Young Carers Support Worker) on **07557159338** or **01928 580182** if you're interested or know someone who is.



The Caring with Confidence Course has been a huge success! Last year we held a course in Widnes and Runcorn, both proving popular with our male and female carers. Learning new skills or improving your existing knowledge can make life as a carer much easier. The Caring with Confidence programme gives carers a better understanding of the problems they face and helps them find new ways to tackle them. **The next course is at the Mind Centre, Vine St, Widnes (dates to be arranged)**



## **The course will cover the following subjects:**

### **Caring Day to Day**

is all about the practical aspects of caring.

### **Caring & Resources**

is all about the financial issues that carers face.

### **Caring & Me**

is all about keeping well – both physically and mentally.

### **Caring & Life**

gives you the opportunity to step back and think about how to achieve a reasonable balance between your caring commitments and the other things in your life that are important to you.

### **Caring & Coping**

is about the emotional aspects of caring.

### **Caring & Communicating**

is all about taking control and using effective communication to get what you need for yourself and for the person you care for.

It will help you to:

Understand how the care system works.

Discover how caring affects your life and balance your commitments better.

Communicate more effectively with the person you care for as well as health and social care professionals.

Take control of your time and finances.

Understand the emotions you may feel when caring and find practical ways to deal with them.



**If you are interested in attending the course please contact Rose or Julie -  
Runcorn: 01928 580 182  
Widnes: 0151 257 9673**

# ADHD Parents Carers' Support Group

Thanks to all those parent carers who attended a meeting in November 2011 about starting an ADHD Support Group. We will have our next meeting Tuesday 31st January 2012 10am-12 at Old Police Station, Mersey Road, Runcorn WA7 1DF and hope to invite the ADHD Foundation from Liverpool to tell us about the pathway they follow when someone is diagnosed with ADHD. If you are interested in attending the next group meeting please contact the Carers' Centre on **01928 580182**.



## Facebook!!!

Don't forget to check us out on Facebook for details of trips, events and carers' news. If you are an adult carer registered with us and you use Facebook you can join our general page but you will then be invited to join our 'Halton Carers' Centre Adult Group' this is where you will get updates on trips, events, services and coffee groups, it is also a great way to find out about anything new happening in Halton. You will also be able to private message our Information and Support Workers if you have any problems, to find us on Facebook please search for a person as Halton Carers Centre, once we receive your friend request you will receive an invite to our private group....its as simple as that! But please make sure it is Halton Carers Centre you request not Halton Young Carers as this is only for 13 – 18 yr olds.

## Please let us know.....

If your details have changed since you registered with us, such as you have become ill, or you start to care for more than one person or the health of the person you care for changes please contact us on **01928 580182**

# Whats on in 2012

## January

Tuesday 31st January

### Quiz Night and Hot Pot

Barley Mow Pub starts 6.30pm

Church Street Runcorn.

Register your team for £5  
by contracting the Carers' Centre  
(up to 5 people per team)

## February

Thursday 9th

### Charity Bingo Night

Masonic Hall, Widnes.

Doors open 7.30pm



Monday 13th

### Young carers with their families. A trip to Monkey Forest Trentham for £4.50 per person.

Young carers over 14 are welcome to  
come on their own or with their family.

Friday 17th

### Belle Vue Manchester Dog Races with a meal £8 per person

Friday 24th

### Half Day Pamper Session

at Widnes college

£7.50 per person

(meal and entrance included)

Tuesday 28th

### Male carers' social night with Hot Pot

Barley Mow Pub, Runcorn

## March

Monday 19th

### Bourne Poacher Cleveleys Blackpool Meal and entertainment.

£15 per person

St Patricks Day Theme!

## Fundraising Corner!

### Upcoming Fundraising Events

Tuesday 31st January  
**Quiz Night**  
Barley Mow Pub, Runcorn

Thursday 9th February  
**Bingo Night**  
Masonic Hall, Widnes

Saturday 17th March **Tandem  
Sky Dive**  
at The Parachute Centre  
Whitchurch

In 2011, with your  
support we raised  
**£10,190**  
so many thanks to  
all involved.  
Can we double  
it this year?!!



# Our Services

## Chiropody Service

Free 1 hour chiropody appointment with fully trained chiropodist!

- Peelhouse Family Centre  
Thursday 10am-4pm  
*NB - every 4th week sessions held on a Friday.*  
Saturday 10am-1pm
- Wednesday 10am-4pm  
Halton Carers' Centre

## Coffee Group

3rd Thursday 12pm-2pm

3rd Wednesday 10am-12pm

- Churchill Hall, Cooper Street, Runcorn
- Peelhouse Family Centre

## Counselling Service

Thursday 10am-12pm

Tuesday 10am-11am

Friday 10am-12pm

- Halton Carers' Centre

## \*Therapies

### Massage - Manicures - Pedicures - Facials

Monday 10am - 2pm

Tuesday 10am - 2pm

Thursday 11.30 am - 2pm

Friday 10am - 2pm

- Halton Carers' Centre
- St John's Centre, Widnes

### \*Therapies

We appreciate that sometimes your caring role may mean that you cannot attend your appointment, we require 24 hours notice for a cancellation so that we can reallocate the appointment. Otherwise, we will charge you for the cost of the appointment. This will be £10.00 for a holistic therapy and £25.00 for a chiropody appointment. Any carers who do not pay the charge will be unable to access any further appointments.



# Former Carers' Group

If you are registered with Halton Carers' Centre and your caring role has recently ended you are welcome to join our Former Carers' Group to help you during this difficult time. The group meets on the 1st Wednesday of every month at Churchill Hall Runcorn at 10am until 12pm. The aim of the group is for former carers to meet each other, arrange trips and if appropriate, to have an opportunity to volunteer for the Carers' Centre. If you are a former carer and would like to get involved please contact the Carers' Centre for details of the next meeting and come along!



## Male Carers' Group

We started our Male Carers' Group last month when we held a hotpot night at the Barley Mow in Runcorn. The male carers who attended all enjoyed the evening and are keen to attend more social outings. Steph Doyle is organising the male carers group and she has also surveyed all of our registered male carers, which is just over 1,000 to ask what services they would like in the future. Many male carers wanted social nights, trips to transport and nautical museums, games nights and some sports activities. Have a look at our What's On Section for activities for male carers. For instance do you fancy an evening at Belle Vue Dog Races with a meal? If you are a male carer and would like to attend any of the activities or trips please contact the Carers' Centre.

## Volunteering We Need You!



Have you ever thought of becoming a volunteer and joining a dedicated, friendly support team at Halton Carers' Centre? If you have a couple of hours per week to spare, we are looking for volunteers to fill a variety of roles such as supporting young and adult carers, volunteer drivers, assisting at presentations, administration support, attending day trips and supporting staff at outreach events. We are also looking for carers to become panel members for the Personalised Break Fund.

As a volunteer you will be offered an induction, awareness training, ongoing support through regular supervision and you will receive expenses for any costs incurred. If you would like to know more please contact Brenda Gill at Halton Carers' Centre on **01928 580182**



# HAVE YOUR SAY!

Please let us know what you think about our newsletter. Do you have any suggestions for articles? Would you like to have a go at writing an article yourself?



Contact the Carers' Centre on **01928 580 182**

If you wish to look at our website remember the details are: **[www.haltoncarers.co.uk](http://www.haltoncarers.co.uk)**

## PLEASE KEEP US INFORMED HELP US TO KEEP YOUR INFORMATION UPDATED

If any of your details have changed, particularly your name, address or telephone number. Please return this slip to:

**Freepost RRZU-YZEE-CCTR, Halton Carers' Centre, 62 Church Street, Runcorn, WA7 1LD.**

You can also ring **01928 580 182** to change your details, or email [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Please tick if you want your details removed from our database



**The Princess Royal Trust**  
*for Carers*

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