

HALTON CARERS' CENTRE

Registered Charity No: 1124493



Newsletter

July 2013 • ISSUE 19

Welcome to our **SUMMER Newsletter!**

As you will see we have a busy schedule for the coming three months and we have also been approached by a lot of organisations asking to advertise their services in this issue. Halton Borough Council (see inside) are asking for carers to become involved in carers' sub lit groups over the coming months, so if you are keen to get involved in order to influence carers' services in Halton please let us know.

We have a vacancies for guitar lessons for adults and young carers so please get in touch if you would like to try this service. We will be offering weekly guitar lessons to young carers during the school holidays so please contact as soon as possible as we are sure to be booked up quickly!

And finally many thanks to Student Social Worker Marie Whelan, who will have completed her 100 day placement with us in July 2013. Good Luck with all you do in the future!

Carl

Carl Harris
Halton Carers'
Centre Manager

For more information contact
Halton Carers Centre on

01928 580182



Your chance to have a say!

Halton Borough Council and Halton Clinical Commissioning Group are committed to working with Carers' to improve their experiences of the services they and the person they care for receive.

Previously the Council has worked to understand the views of carers' through annual, local and national surveys, and a range of sub groups. However, both the Council and the Clinical Commissioning Group would like to take this further, developing a programme of activities where carers', working with health and social care professionals, are an integral part of shaping the future of services in Halton.

If you are interested in taking part you are welcome to attend one of the following meetings;

- Adults with Learning Disabilities on Wednesday the 24th July at 9.30am
- Adults with Physical & Sensory Disabilities on Friday the 26th July at 1pm
- Drugs and Alcohol on Tuesday 13th August at 9.30am
- Mental Health on Thursday 15th August at 11am
- Older People on Tuesday 20th August at 11am

All of the above meetings will be held at Runcorn Town Hall, but in the future we will make sure that we meet at various locations across the Borough.

Initially the meetings will be chaired by a senior manager from the Council, and there will be attendance by the appropriate Commissioning Manager, Halton Clinical Commissioning Group's Engagement & Involvement Manager and the manager of the Carers' Centre. However, membership will vary, depending on the issues we have identified to resolve.

Steve Eastwood
Commissioning Manager

If you are interested in attending could you please inform either the Carers' Centre by telephone on **01928 580 182** or email **help@haltoncarers.co.uk/mickey.leck@halton.gov.uk** beforehand so as we can make sure we have sufficient room space.

Carers' Hospital Support

It can be a very confusing and distressing time when you are thinking about caring for someone who is coming out of hospital, or you may have been caring for someone but their care needs have changed following a hospital stay. We now have a Hospital Link Carer Support Worker at our Carers' Centre – Rosanna Burnley who is able to support you. If you or the person you care for has been admitted to hospital and you need support, information such as contact names and telephone numbers or advice about discharge processes please contact Rosanna at the Carers' Centre in Runcorn.



**Our new
Carers' Hospital
Support leaflet**

Rosanna covers Halton, Warrington and Whiston Hospital but if you or the person you care for is in a different hospital she is still happy to help. You may want to access information about support available to you as a carer in a hospital setting, travel costs or help with interpreting hospital discharge procedures. If you have any issues that you want to discuss privately and confidentially, Rosanna can arrange a meeting at one of the hospitals or at another venue. Alternatively, you can discuss any issues you have via the telephone **01928 580182** or e mail **rosanna.burnley@haltoncarers.co.uk**

Carers' Update • Mental Health Carers' Update • Mental Health

A recent survey of carers who support people who have mental health problems identified that one of the most common issues was how to cope at times of crisis with the person they care for. As a result of these findings our Mental Health Carers' Lead –Janet Roberts has linked up with Making Space to run a pilot workshop to address this issue. The pilot workshop will be held in July 13 and will include coping strategies in times of crisis, practical help such as emergency telephone numbers and expert advice. If the pilot is successful we plan to roll out this service for all carers of people with mental health conditions so watch this space!



OUR SERVICES

ADHD Group

Last Monday of month 10am -12pm
Churchill Hall, Cooper St, Runcorn

Last Wednesday of month
11.30am - 2.30pm

Kingsway Learning Centre,
Kingsway Library,
Widnes

Coffee Group

3rd Thursday 12pm - 2pm

Hosted by Janet Roberts, Mental Health
Carer Support Worker.

Hand massages available with Volunteer
Louise Ryan Churchill Hall, Cooper Street,
Runcorn

3rd Wednesday 10am - 12pm

Peelhouse Family Centre,
Peelhouse Lane, Widnes

Please note the venue will change to the Mind
Centre Vine Street from 21st August 13

Counselling Service

Location to be
agreed when counselling
session arranged

Former Carers' Group

1st Thursday 1pm-3pm
Churchill Hall, Cooper Street,
Runcorn

Podiatry Service

Wednesday 10am - 4pm

Halton Carers' Centre Runcorn

Thursday 10am - 4pm

Peelhouse Family Centre Widnes

Saturday 10am - 1pm

Halton Carers' Centre Runcorn

£5 charge for repeat
appointments

*Podiatry Charges

There is a £5 fee for podiatry appointments. I am sure you will agree that this is a small price to pay to access such a wonderful service. For first timers the initial session is free but after that all appointments are £5. If you have had podiatry from the Carers' Centre before, you will be asked for £5 for each appointment. This applies to the podiatry appointments only

Carers' Choir

Monday 4.30pm - 6.30pm
Churchill Hall, Cooper Street,
Runcorn

Free Guitar Lessons

Mon - Thurs & Sat am
Contact Runcorn office on
01928 580182 to book an appointment

Free Therapies

Massage - Manicures Pedicures - Facials

Monday 10am - 2pm

Saturday 10am - 1pm
Halton Carers' Centre

Tuesday 10am - 1pm
Peelhouse Family Centre,
Widnes

Charged Therapies Runcorn

Tuesday with Emma Banks 10-2
(Manicures, Pedicures, Facials, Massage,
Waxing, Lash and Brow Tinting, False lash
application)
07541 008013
emma_j_banks@yahoo.co.uk

Thursday with Linda Mair 10-1pm
(Reiki, Reflexology, Angel cards, massage)
0151 424 1224
linda1449@hotmail.co.uk

To book an appointment and for
costs/treatments please contact
therapists direct

Reiki Training

If you are a carer interested in
attending a Reiki training workshop,
Linda Mair who is a Reiki Master is
planning to provide half day training
Thursday 1st August and Thursday
15th August 10am-1pm (venue to be
decided). There are only 8 places
available so please let us know if you
would like to attend as it will be a
case of first come, first served. If the
training is successful then we will
provide more over the coming year.


If you would like more information about
Reiki please contact Linda on:
0151 424 1224
or e mail:
linda1449@hotmail.co.uk

For FREE 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 podiatry appointment. Any carers who do not
pay the charge will be unable to access any further
appointments.

Annual Family Open Day

Saturday 31st August 2013 12-3pm - Warrington Hospital

Bridgewater Community Healthcare 
NHS Trust

Bridgewater Community Healthcare hope that you can join us for our annual Open Day at Warrington Hospital when you will be able to meet some of the teams, find out about your health and hospitals and you can also get to see behind the scenes on one of our exclusive tours. We are planning a much bigger open day this year with lots more to do for the whole family. Following the Open Day there will be a Trust members meeting at 3pm in the Lecture Theatre at Warrington Hospital. Further updates about the event will be published nearer the date via Trust members newsletters and e mails.

H.A.L.D.S. Halton Adults with Learning Disability Support

Enjoy 2/3 hours of free and easy chat meeting new friends, all carers who can empathise with your caring role. We meet on a monthly basis at lunchtime on the last Monday of the month, at Vine Street, Widnes. You will receive a monthly newsletter, have social events e.g. lunches at local restaurants, Dances, trips out etc

If you would like any further information about this informal group or would like to discuss any issues please contact:

Pam Roberts – Tel: **07583694671** e-mail: **p.halds6213@virginmedia.com**
www.halds.org Registered Charity No. 1145268

THE CARERS
FRIENDLY SUPPORT
GROUP FOR
PARENTS/CARERS
OF ADULTS WITH
LEARNING
DISABILITIES



Would you like to be a member a **MENCAP's** youth club? The group is aimed at young people between the ages of 11-21 with learning difficulties/disabilities and is run **every Thursday** during term time between 19:00-21:00. Activities include, gardening in MENCAP's own garden, arts and crafts, meals out, outdoor activities amongst many more! They also offer a buddying scheme in which young people would support the other young people with all activities. This is a great opportunity and a lot of fun! Would also look great on your CV!

The group meets in the MENCAP Center at Laburnum Grove, Grangeway, Runcorn.

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If you would like any information about this group or becoming a buddy or even volunteering with MENCAP, please call Ralph Owen on **01928 574 792**
email **mencap.link.yc@gmail.com** or text 07712 593983.

ADHD Group Picnic in the Park!

Our ADHD Carers' Group will take a change in direction during the summer hols. Bring along the children for a picnic and fun day in the park. There will even be activities for those with enough energy! Bring your own picnic and a rug! In case of rain we will retire to a room in the park.



Widnes

11.30-1.30 Victoria Park Widnes
Wednesday 31st July
Wednesday 28th August

Runcorn

11.30-1.30 Phoenix Park, Castlefields
Monday 29th July
Tuesday 27th August

Courses For Young Carers!

Tom and Michaela are planning the next Caring with Confidence Course for young carers between the ages of 8 - 11. The course will be held **from 10am-2pm** on:

- Monday 12th August
- Tuesday 13th August
- Monday 19th August
- Monday 20th August

and will look at how young carers feel , what they can do to make sure they get the chance to do the things that they want to do and give them a chance to speak to other young carers.

Maybe you know other young carers from school or from where you live? If so young carers can book onto the course together. Even if you don't know anyone , the young carers attending the course will make friends on the course and together they will all get to know about support they can get to help them in their role as a young carer.

If you are a parent, professional or a young carer and would like to come on the course please contact Tom or Michaela on **01928 580182**. We will let you know where the course will be held nearer to the date. If transport will be a problem please let us know and we will arrange transport for the young carer.



Whats on July - October 2013

Please contact us if you haven't had a trip before or within the past year. We will need details of all the people you would like to come on the trip with you, as charges vary.

*Family prices are for 2 adults and 2 children.

July

Monday 29th July

Chester Zoo

Carer £5

Child £5 Guest £14

*Family of 4 £15

9.15am Widnes

9.30am Runcorn

Return 4.pm

August

Friday 2nd August

Llandudno

Carer £5 Family of 4 £15

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Friday 9th August

Trentham Gardens

Prices include entry to gardens, shops and restaurant.

Wheelchair accessible Picnic tables for bringing your own lunch.

Carers £5

Children **FREE**

Guests £10

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Wednesday 14th August

Young Carers' trip

Go Ape Delamere Forest

FREE

Time to be arranged



www.h

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August

Thursday 15th August

Farmer Teds Ormskirk

Adult carers £5 Child £3

Guest £10 Family of 4 £15

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Thursday 15th August

Southport Flower Show

(40 places carer and cared for)

Carers £15 Guests £20

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Saturday 17th August

Crocky Trail

Outdoor adventure for all the family

Carer £6 Child FREE

Guest £9 *Family of 4 £15

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Wednesday 21st August

Blakemere Garden and Craft Centre

£4 carers £6 Guests

9.30am Runcorn 9.45am Widnes

Return 3.30pm

Sept

Thursday 19th September

Manchester Ship Canal Cruise

£20 for carers & £35 for guests

Sailing from Seacombe at 10am for a

6 hour cruise to Salford Quays

passing through 5 locks and 30

bridges. A historian will be on board

for advice along the way. Café on

board but bring your own picnic if

you wish. Return journey from

Salford Quays by coach.

Wheelchair accessible.

9.30am Runcorn 9.45am Widnes

Oct

Friday 11th October

Cabaret afternoon at Oswaldtwistle Mill

We arrive mid-morning for a

shopping opportunity then a 3

course lunch and cabaret.

£10 carers £18 Guests

9.30am Runcorn 9.45am

Widnes

Return 3.30pm

Tuesday 29th October

Spooky World at Apple Jacks

Due to the scariness of this trip

only young carers aged 10 and

over can attend.

£3 per young carer

To be arranged

To book any of these trips contact us on

01928 580182

haltoncarers.co.uk

Family and Carer Support

Halton Integrated Recovery Service

Is someone else's drug or alcohol use causing you problems or concern ?

Do you feel alone, ashamed or scared, Are you confused, stressed, frustrated or fed up?

Do you want to know what help is available to them and to you?

Would you like to learn coping strategies to deal with someone's behaviour?



If you answered 'yes' to any of the above then this service could be for you.

Substance Misuse Carer Support welcomes adults who are working hard to balance their own needs with those of someone who has problems arising from their use of drugs or alcohol (illicit or prescribed).

If you are a friend, family member or significant other, you can access our carers' support services even if the person you are worried about is not a Crime Reduction Initiative (CRI) client.

HOW WILL IT HELP ?

CRI values the contribution made by carers to the recovery of those with drug or alcohol problems and recognises that carers need information, advice and support.

Many carers do not consider themselves to be a carer. They may just be looking after a family member, friend or significant other; simply getting on with it and doing what anyone else would do in the same situation. Carers provide care because of the relationship they have with the cared person. Most do it willingly but some feel they have no choice. If you are a carer, you are entitled to support in your caring role.

WE CAN OFFER:

- Counselling service
- Professional advice and support
- Education about drug use for parents/carers
- Emotional support
- Practical help
- Peer Support group

OPENING TIMES

The carers' support group is held **every Tuesday evening 5pm - 6.30pm** at Ashley House, Ashley Way, Widnes, Cheshire WA8 7RP

Tel 0151 422 1400





BRIDGEWATER MOTOR CLUB

Fun, Food, Live Music and Crafts

Saturday, September 7th 2013 from 12 noon to 6.00 pm.

At the Bridgewater Motor Boat Club, Runcorn

Bridgewater 2013 is the title of a celebration event aimed at generating well-being among participants, and in particular people living Mersey Ward, Runcorn. It will foster local interest in Runcorn's waterways, crafts and musical heritage. The event will be based at the Bridgewater Motor Boat Club which will offer crafts, food, boat rides, canal heritage and music. In addition to the event itself, work has already commenced on linked musical, art and educational projects with local groups (including schools).

There will be ticketed entry to the event but tickets will be free. Income will be earned by charging for particular activities, e.g. stall holding and boat rides. Bridgewater 2013 is receiving financial support from Central Government via the Community Development Foundation, following recommendation from the Mersey Community First Panel. The financial support comes with match funding targets and income generated will be used to achieve these. Any surplus will be used to support Halton Disability Partnership's work with disabled people in Halton.

The event is led by Halton Disability Partnership, and Bridgewater Motor Boat Club. The Canal Boat Adventure Project and Warrington Disability Partnership – each of whom has 'accessible' boats – are also taking part. There will a particular emphasis on the involvement of disabled people, and through the linked project work, young people.

If you would like tickets (no charge) for Bridgewater 2013, or would like to enquire about having a stall, contact: David Atkinson at Halton Disability Partnership.

Charges for stalls are £25.00 under cover and £20.00 if you bring your own cover (gazebo, etc.)

Telephone **01928 593117** (direct line) or **01928 592405**

e-mail:

davidatkinson@haltondisability.org.uk

Website: **www.haltondisability.org.uk**

A video on the website home page includes footage of an event held at the Bridgewater Motor Boat Club in 2012.

Company Number: 7335794

Charity Number: 1138404



CARING WITH CONFIDENCE COURSE



**Next Course starts 10th October
at Mind Centre, Vine St, Widnes 10.00am – 2.00pm**

- **Finding Your Way**
An introduction into the forthcoming sessions
- **Caring Day-to-Day**
The practical aspects of caring.
- **Caring and Resources**
The financial issues that carers face.
- **Caring and Me**
Keeping well, both physically and mentally.
- **Caring and Coping**
The emotional aspects of caring.
- **Caring and Life**
Caring for someone can sometimes seem to leave little room for anything else, caring and 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 and Communicating**
Taking control and using effective communication to get what you need for yourself and for the person you care for.

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

Free First Aid Courses with the Red Cross

If you are a carer and would like to attend a First Aid Course with the Red Cross over the next three months please contact us



Behavioural Course for Parent Carers

Calling all stressed out parent carers! We are planning to hold a Behavioural Strategy Course for parent carers of children with ADHD, ASD or who display challenging behaviour as a result of a health condition. The course will be held 9th September 2013 from 10am-2pm. The venue is to be agreed nearer the date. If you are interested in attending this course then please contact Widnes or Runcorn office to put your name down.



Halton Fibromyalgia Support Group

Serving St Helens, Runcorn, Warrington and Widnes



Our aim is to provide opportunities for local sufferers to help themselves and support each other. Join us from 11.30 on the 1st Tuesday of every month at St Pius X Church Hall, Sefton Avenue in Widnes WA8 9EF

Free Parking and Refreshments, meet other sufferers, enjoy hot wax hand treatments, crafts and activities.

For more information contact

Mary on

07503766198

Email to receive our

Facebook page Link

Emfibrogroup@outlook.com

Urgent Care Health Services in Halton Survey

The new Clinical Commissioning Group (CCG) and Halton Borough Council are conducting a survey to obtain your views on plans to extend health services at Widnes Walk In Centre and Halton Hospital. This is designed to reduce the impact on A&E departments in Whiston and Warrington Hospitals .

You can complete the survey online at **www.haltonccg.nhs/urgentcare** or you can contact Halton Carers Centre for a form, which can be returned via freepost. You have until Friday 30th August 2013 to provide your views .

Following the survey there will be 2 consultation events, when you will have an opportunity to ask questions of a panel of managers involved in this project, as follows:

- 23rd July 2013 from 12.30 at the Select Security Stadium Widnes (formerly known as Stobart Stadium)
- 20th August from 5.30pm at Runcorn Town Hall

For more information contact Des Chow on **01928 593578** or e mail to **des.chow@haltonccg.nhs.uk**

Freshstart is a weight management programme with a **FREE** 6 month diet and exercise programme to help you get healthy and lose weight. Sessions last 1 ½ hours and include education, gentle exercise and cooking demonstrations. Dieticians are available to offer specialist support to those who need it. The course is open to adults of every age and ability at a variety of different local venues across Runcorn and Widnes. Before the course you will be given a **FREE** health check.

Fresh Start

We cover:

- Top tips for weight loss
- How to control cravings
- How to get more active
- Cooking demonstrations and tasting
- Making meals healthier

Working with FM UK
Registered
Charity: 1042582

If you would like to join **Freshstart** or have any comments or questions please call **0300 300 0103** or email **health.improvement@nhs.net**.

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Young Carers'

As the summer is approaching it's more important than ever to keep an eye out for all the exciting opportunities that are happening in Halton. If you are aged 13 and over, becoming a member of our Facebook group for young carers is a great way of hearing about the many things that are going on with the youth service.

How to join...



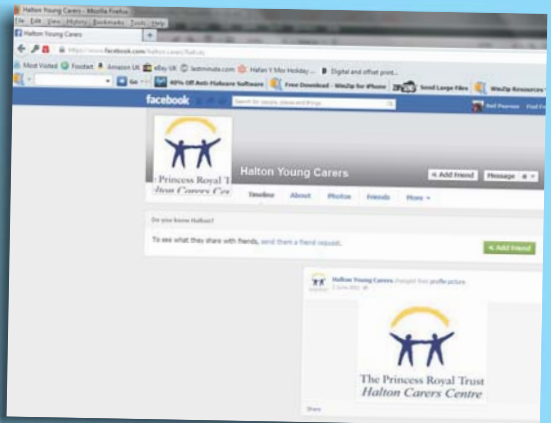
1. Search for “Halton Young Carers” and request to be our friend, you will see our logo right:

Warning – make sure you search exactly as it is written above because there is an adult carers Facebook Page with a similar logo!

2. We will then accept your friend request and let you join our group.

3. Then you will be a member of the Halton Young Carers Group.

4. After this we will “unfriend” you – this is because I'm sure you don't want us knowing everything about your personal life!! You will still be a member of Halton Young Carers Group.



IMPORTANT

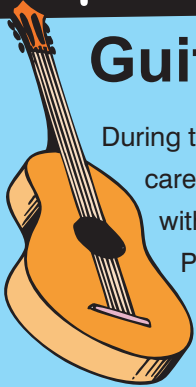
This is a “secret” Facebook group – this means nobody can see the group or its members unless you are part of it. This group is only for young carers who are registered with Halton Carers' Centre if you would like support or to talk to somebody about your caring role then please do not hesitate to get in contact with us. Tom Coates and Michaela Casey are the Young Carers' Support Workers at Halton Carers' Centre. We would be able to have a friendly chat with you about all things going on in your life and if you need support but we can't help you, then we'll find someone who can!

Update

Guitar Lessons

During the summer holidays young carers can book free guitar lessons with Billy our Guitar Teacher.

Please contact us so that we can book you in as we expect to be booked up quickly!



Help and support



If you would like support or to talk to somebody about your caring role then please do not hesitate to get in contact with us. Tom Coates and Michaela Casey are the Young Carers' Support Workers at Halton Carers' Centre. We would be able to have a friendly chat with you about all things going on in your life and if you need support but we can't help you, then we'll find someone who can!

Former Carers' Group

Are you a former carer and finding that you are feeling a little isolated, at a loose end or lonely now that your role has ended? Rest assured that you are not alone. Our Former Carers' Group is organised by Beryl and Marjorie and all group members were once feeling like you are now. The group consists of approximately 12 former carers-men and woman who have restarted their social lives which includes visits to the theatre, lunch and evenings out, day trips and bi-monthly get-togethers. If you would like to join the group please let us know and we will put you in touch with Beryl and Marjorie.

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**



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:

Freeport 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

Name: _____

Address: _____

_____ Postcode: _____

Telephone Number: _____

Please tick if you want your details removed from our database

Fundraising Corner!



Bingo Night

Thursday 26th September 2013

Eyes down – Look in for our next bingo night at Churchill Hall Runcorn. Doors open 6pm for 6.30pm start. Prizes galore and refreshments available



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