



The Princess Royal Trust
for Carers

Newsletter

October 2011 • ISSUE 12



Halton and St Helens



Welcome to our **Autumn Newsletter!**

Following a summer of activities and day trips we are settling into autumn with a less hectic day trip schedule!

We are focussing on a series of fundraising activities over the next three months, including a bingo night, race night and a sponsored sky dive!

One of our brave members of staff Steph "Fearless" Doyle will be performing the dive along with her partner Dale and Lisa Horrock's partner Aaron. Thanks to them all for their courage, in advance! We will be organising a series of skydives in 2012, as many carers have expressed an interest in

this. If you are interested in doing a sponsored Sky Dive for our Carers' Centre please ask us for a Sky Dive Pack. Alternatively, if you would like to sponsor Steph, Dale or Aaron please contact us or access our Facebook page and click on the BIG GIVE link.

And finally, would you like to receive our newsletter via e mail in future? If so, please contact us to ensure that we have your correct e mail address. Receiving the newsletter via e mail will help us to keep our costs down and save the planet at the same time! ps You will see that we've also gone "green" with the production of this newsletter. It is now printed on a FSC accredited recycled paper!

Carl Harris

Carl

Halton Carers' Centre Manager

Halton Carers' Database

We recently wrote to all our registered carers to see if you agree to have your name entered on a central database of carers. Most carers have now agreed to have their name recorded on the database, which will be managed by Halton Carers' Centre and Halton Borough Council. New carers will also be asked to have their names entered on the database. The database will enable the Carers' Centre and Halton Borough Council to keep track of how many carers there are in Halton. This information is useful when planning carers' services and the allocation of funding to carers' organisations in the borough. **Please note that only carers' names will be entered on the database.**

Carers' Update

**Have you got a child with a hearing impairment who needs equipment?
Contact the Deafness Resource Centre
32-40 Dentons Green Lane**

St Helens WA10 2QB.

Tel no 01744 23887.

E mail

enquiries@deafnessresourcecentre.org

Website

www.deafnessresourcecentre.org.

A couple who have registered with our Centre-Jay and Joanne Timms have recently set up a Facebook page: 'Living with ADHD and Autism'. The group has been a great stepping stone for ADHD support, which has already helped many parents. Carers and the cared for are welcome to join!

Halton Carers' Centre is now on Facebook!!!



Halton Carers' Centre has now joined Facebook and we have a page which is open for all to join. This is where we will be updating you with all sorts of information, including forthcoming fundraising events. It's a great way to spread the work we do at Halton Carers' Centre to identify new carers. 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 enter "Halton Carers' Centre" under person search. Once we receive your friend request you will receive an invite to our private group. It's as simple as that! **Please make sure it is Halton Carers' Centre you request not Halton Young Carers as this is only for 13 – 18 yr olds.**



Norton Priory Community Pass

The Norton Priory Community Pass is a free family pass for residents of Castlefields and Windmill Hill electoral wards. The Pass was set up in early 2007 by Norton Priory's HA2 Project, funded by the Heritage Lottery Fund. This allowed residents of Castlefields electoral ward free

entry to the Norton Priory site. In late 2007 this was extended to include residents of Windmill Hill electoral ward thanks to funding by Neighbourhood Management through Martin Cooil. The passes are available to Castlefields and Windmill Hill as these wards border the Norton Priory site and Norton Priory is in walking distance from these wards, thanks to the new footpaths and cycle paths from Phoenix Park.

If you live in Castlefields and Windmill Hill you can now obtain a form from the Carers' Centre to apply for a free Community Pass. As you can see from the activities listed below there is a lot going on at Norton Priory for families. Children under 16 must be accompanied by an adult.

October

Mon 24th & Tue 25th 1 - 4pm

Scary Hairy Halloween - Half Term family activities in the spooky Undercroft.

Tue 25th 6pm

Spooky Stories - An evening of spooky storytelling for families.

November

Sun 27th 12 - 4pm

Traditional Christmas Fair - In the medieval Undercroft with farmer's market, stalls, gifts, produce and activities. Perfect for presents & stocking filler gifts!



**Norton Priory
Museum & Gardens**

Tudor Rd, Manor Park, Runcorn, Cheshire, WA7 1SX

If you are a carer and would like to attend a series of sessions, useful to your caring role and meet other carers in a relaxed, friendly environment, then sign up for our next Caring with Confidence Course. To book a place on the course contact the Carers' Centre on 01928 580182



Next course commences 9th November 2011 at All Saints Children's Centre Church Street, Runcorn 10.00am - 2.00pm (course dates 9th 16th 23rd & 30th November 2011)

Course details:

1 Finding Your Way

An introduction to the course

2 Caring & Coping

This session offers carers the time and space to look at emotions involved in looking after someone. It goes through what strategies each carer uses and what they could do to cope with stress more effectively. It also looks at your own health and wellbeing

3 Caring Communicating & Resources

Carers are invited to look at the best way to communicate with different people using real life situations. It also highlights ways for carers to maximise their income and access other resources to save money.

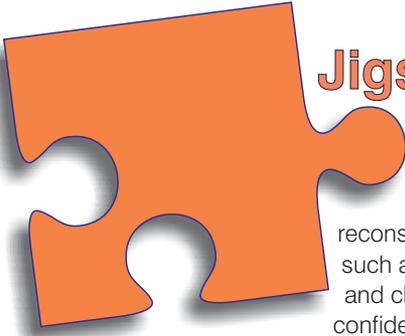
4 Caring Day to Day

This session looks at the essentials of looking after someone day to day, from medication to emergencies at home. It also gives carers a chance to take time out and think about how they juggle the demands of a caring role and how their caring role fits with other aspects of their life

1st Wed Former Carers' Group

The Former Carers' Group meets on the 1st Wednesday of every month at Churchill Hall Runcorn. The aim of the group is for former carers to meet each other, arrange trips, and have an opportunity to volunteer for the Carers' Centre and/or to mentor other carers. 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!





Jigsaw Counselling Service

Through Jigsaw Counselling Service, Mind Halton aims to support people through a range of talking therapies to begin to seek solutions within their own capacity and reconstruct their lives following the effect of life altering events such as loss, bereavement, divorce, abuse, domestic violence and child hood issues. We provide a professional and confidential service.

The service is available to adults living in Halton and can be accessed by self referral as well as health and social care agencies. We offer one-to-one counselling sessions in a comfortable, secure and safe environment where you can feel relaxed and able to discuss concerns freely. We aim to provide a service that meets your varied needs and so aim to provide the service during the day time and evenings. We aim to keep the waiting time for your first appointment to a minimum.

As part of the Carers' Respite Break Funding we are able to offer carers who are registered with the Carers' Centre or have had a Carers Assessment with Halton Borough Council this service free of charge.

For more information or to make a referral then please contact
Nic Lunt, Coordinator
0151 495 3991
Terry Churney,
Counselling Development Worker
0151 424 3362



Male Carers' Group-Just for Men!

Halton Carers' Centre has approximately 1100 registered male carers. Nationally, 42% of carers are, in fact, men! We recognise the great work that men are doing for their loved ones and would like to set up a "Just for Men" support group to offer more support for male carers and gear services specifically towards what men want!

Often caring can be isolating, and some men may find it hard to talk to someone about what they are going through. Men should not feel alone! We would like as many men as possible to help us to set up a support group, which will be fun, interesting and supportive for men. We would like to have our first Just For Men support group on Monday 7th November at 1pm at The British Legion in Runcorn, when we will get together to share ideas and future plans for the group. Please contact Steph Doyle if you would like to attend the meeting. Alternatively, we welcome your views if you are unable to attend.

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**

Young Carers' Update

Young Carers' Update from Young Carers' Support Worker – Tom Coates
If you are a young carer and would like to speak to Tom in private, he is available on the first Saturday of every month at the Carers' Centre in Runcorn. You can either book an appointment with him or just turn up between 10am and 1pm. Tom will next be at the Centre on Saturday 5th November .

Facebook



Our Facebook Group for young carers in Halton is now fully up and running. We have sent a letter to every young carer who is currently registered to advise you how to join and we've included some safety hints and tips too! If you would like more information about this please speak to Tom. The group is open to all young carers aged over 13 years (minimum age for Facebook members).

FACEBOOK!! – All you have to do is this...

1. Log onto Facebook
2. Search "Halton Young Carers Group"
3. Then you will see the group with our logo
4. Click "join this group"
5. You must be at least 13 years old be a registered carer with the Carers Centre

Volunteer Drivers

Young carers are always in need of lifts to and from places and volunteer drivers are such a valuable part of enriching the lifestyles of young carers. But – we need more!! If you have a car and a kind heart please consider if you have even a small amount of time to spare each week to give a lift to a young carer. Now that winter is approaching and the days are shortening, this makes it even harder for young carers to use public transport safely and affordably. Simply get in touch and we can talk to you in more detail about this fantastic volunteering opportunity.

Sub-lit

This is a fancy name for "Local Implementation Team"! In the last newsletter we advertised that this sub-lit was being set up. I'm pleased to announce that many of the young carers registered with Halton Carers' Centre have become part of this great new team. The local Youth Service has set this team up and they have now decided on the new name of "Spoken and Heard" (much better than Sub-lit!!). The Spoken and Heard team will be changing the services offered to young carers in Halton for the better, by researching and debating hot topics. Last week the Spoken and Heard team completed accredited interview panel training. This will allow them to sit on interview panels to recruit young people for employment posts within Halton Borough Council. Also, the girls within the team were awarded recognition and medals for the work they are doing at the recent Young Women's Awards. Spoken and Heard have a "more the merrier" policy so if you too want to get involved simply speak to Tom on 01928 580182 or Rob Warburton at the local Youth Service on 07540919525 for more information. The team meet at the Grangeway Youth Centre every Thursday 5pm until 7pm.



Eating Disorder Self Help Group

What is an eating disorder?

Food and eating play a very important part in our lives, we all vary in the foods we like, how much we need to eat, and when we like to eat. Food is essential for our health and development. It's not unusual to experiment with different eating habits, for example you may have decided to become a vegetarian or tried changing your diet to improve your health. However, some eating patterns can be damaging.

Problems with food can begin when it is used to cope with those times when you are bored, anxious, angry, lonely, ashamed or sad. Food becomes a problem when it is used to help you to cope with painful situations or feelings, or to relieve stress perhaps without you even realising it. If this is how you deal with emotions and feelings and you are unhappy about it, then you should try to talk to someone you trust. Try not to bottle things up - this is not helpful to you or other people around you, it won't make you feel any better and the problem is unlikely to go away.

It is unlikely that an eating disorder will result from a single cause. It is much more likely to be a combination of many factors, events, feelings or pressures which lead to you feeling unable to cope. These can include: low self-esteem, family relationships, problems with friends, the death of someone special, problems at work, college or at university, lack of confidence, sexual or emotional abuse. Many people talk about simply feeling 'too fat' or 'not good enough'.

Often people with eating disorders say that

the eating disorder is the only way they feel they can stay in control of their life, but as time goes on it isn't really you who is in control – it is the eating disorder. Some people also find they are affected by an urge to harm themselves or misuse alcohol or drugs you may find that in common with many other people you experience feelings of despair and shame. You may have a feeling of failure or lack of control because you cannot overcome these feelings about food on your own.

Who do eating disorders affect and when?

Anyone can develop an eating disorder, regardless of age, sex, cultural or racial background, although the people most likely to be affected tend to be young women; however, it is not unusual for an eating disorder to appear in middle age.

Are you suffering from an eating disorder such as anorexia, bulimia or a compulsive overeating disorder?
Are you a parent, carer or partner of a person with an eating disorder?
Would you like to talk to others in the same position, share your experiences, learn more about the help available and get support and advice?

Then come along to the Halton Eating Disorder Self Help Group we're located at The Vine Street Centre, 30a Widnes Road, Widnes, WA8 6AD. The group meets on the last Thursday of every month at 6.30pm and finishes at approximately 8pm

If you are interested or would like more information please contact Terry or Maria on **07919 258935** or email us at **halton.eatingdisorder@gmail.com**

ADHD Group

(Attention Deficit and Hyperactivity Disorder)

Halton Carers' Centre would like to set up an ADHD Group. We are holding a coffee group on Monday 14th November at Churchill Hall Runcorn 1pm – 3 for ADHD carers. The aim of the group is to identify what support you need and how we can help you to access training

What is ADHD?

ADHD is a condition where the sufferer has a short attention span, is restless and easily distracted and is constantly fidgeting. People with ADHD appear unable to control physical activity and they can demonstrate very impulsive behaviour. One theory about the cause of ADHD is that it may be due to an imbalance of neurotransmitters (chemicals that transmit nerves signals in the brain). Another theory is that the brain is unable to filter the huge amount of stimulation we receive from the world around us.

ADHD affects up to 9% of the school age population and is the most common behavioural problem in the UK. It's most often seen in young children, though it is possible to be diagnosed with ADHD in later life. There is no cure, but the symptoms can be managed with various medications, as well as through physical and behavioural therapies that seek to address the behavioural problems and improve an individual's symptoms.

The Way Forward

Many carers who are caring for a child who have or are awaiting a diagnosis of ADHD have told us that they often have real struggles with professionals. They feel that it's difficult to have their views heard and to get the right support and help for their child. We are aware that currently there are no services within the Borough which specifically support carers and the cared for with ADHD. Therefore, we would like to raise awareness and enhance services. We have linked up with an ADHD support group in Wirral called 'WAADDSUP'. The members are adults with ADHD who can provide training for both our carers and the cared for with ADHD, to help them to control and manage their emotions and behaviour.

If you are interested in attending the first meeting please contact Steph Doyle at the Carers' Centre. Alternatively, we welcome your views if you are unable to attend.



SUPPORT FOR FAMILIES & FRIENDS OF THOSE WITH DRUG OR ALCOHOL PROBLEMS

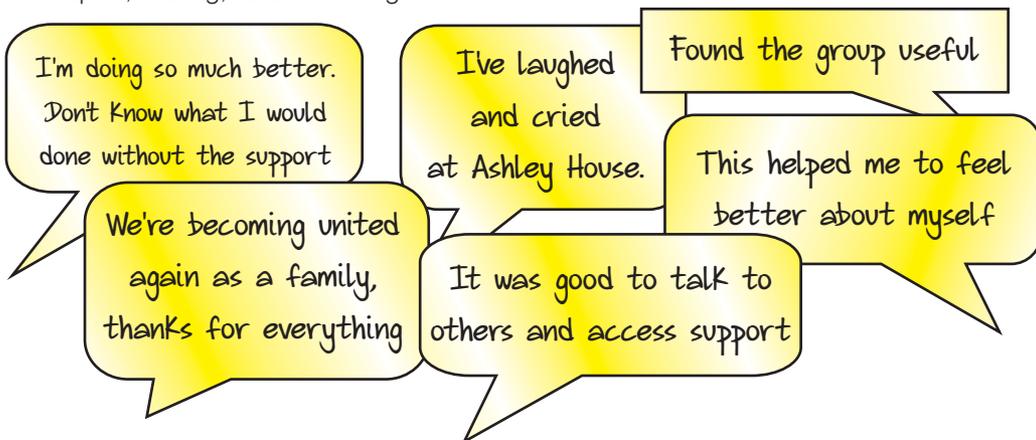


Helping a loved one with drug or alcohol problems can be a long and demanding journey and it's easy to feel alone and isolated. Family members and friends often don't consider themselves to be carrying out a role and so can miss out on help and support available.

The Friends and Family Support Group at Ashley House is an informal group aimed at anyone who cares for and supports someone close to them with drug or alcohol problems.

Husbands, wives, partners, parents, grandparents, carers, young people and friends meet once a week to get advice and share experiences in a supportive atmosphere. The Family and Friends Support Group meet on Tuesday evenings at Ashley House, 5.00 pm – 6.30 pm. The service is completely confidential and group members can attend as when they wish to.

Support also includes one to one information and advice with counselling service available. Activities are also encouraged to give carer's a break including holistic therapies, training, and well being activities.



For further information, please contact Ashley House on **0845 601 1500** (24 hour helpline, local rates apply). www.ashleyhousehalton.co.uk

Anyone needing help or advice with drug or alcohol problems can also ring the 24 hour number. Or visit the Ashley House Open Access 'drop in' service, Monday to Friday 9.00 am – 5.00 pm, Wednesday 9.00 am until 7.00 pm. No appointment needed.

Ashley House, Ashley Way West (Corner of Victoria Road) Widnes, Cheshire, WA8 7RP

Our Services

Chiropody Service

Free 1 hour chiropody appointment with fully trained chiropodist!

- Peelhouse Family Centre
Thursday 10am-4pm
- Wednesday 10am-4pm
Halton Carers' Centre

Coffee Group

Note: Runcorn date and venue has changed. The Coffee mornings will be held every **3rd Tuesday**, beginning 15th Nov.

3rd Tuesday 10am-12pm



- All Saints School, Church Rd, Runcorn

3rd Wednesday 10am-12pm

- Peelhouse Family Centre

Counselling Service

Thursday 10am-12pm
Tuesday 10am-11am

- Halton Carers' Centre

*Therapies

Massage - Manicures - Pedicures - Facials

Monday	10am - 2pm
Tuesday	10am - 2pm
Wednesday	5pm - 7pm
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.



Upcoming Events



November

No trips planned for November

December

Thursday 1st December

Christmas Games Extravaganza Night

at the Quayside Pub Runcorn.

Frankie Dettori Horse Racing,

Bingo and Play your Cards Right!

(proceeds to Halton Carers' Centre and Connect).

Tickets £3 must be purchased prior to the event from Halton Carers' Centre.

Saturday 10th December

Panto Cinderella

2pm at The Brindley £7 per person

Friday 16th December

Xmas Market Manchester

£5 each carers and cared for. £7.50 guests

October

Tuesday 25th October

Halloween Bingo

Churchill Hall Cooper Street,
Runcorn

with raffle, refreshments
and slimy brantub!

Fundraising Corner!

We now have a fundraising group to raise much needed funds for our charity. If you would like to join us please contact Cathy Mellor on 01928 580182. Next meeting 10am Thursday 27th October at All Saints Children's Centre, Church Street Runcorn

Look
what
we've
raised
so far!

Upcoming Fundraising Events

Saturday 22nd October Parachute Jump

at The Parachute Centre,
Whitchurch

Tuesday 25th October Halloween Bingo

7pm at Churchill Hall,
Cooper Street, Runcorn

Thursday 1st December Christmas Games Extravaganza Night!

With Frankie Dettori Racing! Play Your Cards Right! Bingo! Raffle! Tombola! Disco! Sandwiches and mince pies! at the Quayside Pub 45 Canal Street, Runcorn, WA7 1SA, Runcorn. Starts 7pm. This is a joint fundraising event with Connect. Tickets are £3 and must be purchased before the night from Halton Carers' Centre.

£3,865

Thanks to everyone involved with fundraising and those who donated money.



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:

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

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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Freepost RRZU-YZEE-CCTR
62 Church Street
Runcorn
WA7 1LD
Tel: 01928 580182

