

Halton
Carers' Centre



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Registered Charity No: 1124493
Company No: 06574889

Welcome to our

Newsletter

Autumn 2018 • ISSUE 37

Autumn 2018 Newsletter

I am pleased to announce that the Carers' Centre has been open for 10 years now, it's hard to believe that 10 years have gone by so quick.

I'd like to say goodbye to Cathy Harper and Becky Taylor. Cathy worked at the Carers' Centre for just under 10 years and has gone to pastures new, where we are sure she will be a success. Becky was on an apprenticeship from Halton People into Jobs on 6 months placement. Thanks for all your help.

We would also like to welcome Dan Davies as an Admin Assistant in our Runcorn Office who is with us for 6 months.

We've also recently received funding from The Henry Smith Charity and Awards for All to help with the running of the Centre for several years to come, this is most appreciated and I would like to thank the Steve Morgan Foundation alongside HBC and Halton CCG in providing funding for the Centre to continue to operate.

I can't believe I'm mentioning Christmas already but here are our closing times for the Festive period.

We close at 4pm on Friday the 21st December and reopen at 10am on Wednesday 2nd January 2019. A carer's support worker can be contacted on 07880 290310 between 10am and 4pm on the following dates Thursday 27th, Friday 28th and Monday 31st December.

AGM

Carers' Centre Annual General Meeting

Carers and organisations in Halton are welcome to attend our next Annual General Meeting on 30th October, 1-2pm at Halton Carers' Centre, 62/64 Church Street, Runcorn. The meeting is open to carers and organisations alike to hear about the work we've done last year and to have your say on the way forward for the Carers' Centre. We hope to see you there!

For more information contact Halton Carers' Centre on:

01928 580182 or 0151 257 9673

New Young Carers' Group

We have a new fantastic fortnightly group for Young Carers aged 11yrs - 17yrs to come along and take some time out from their caring role! The activities being held in the group will include film & games nights, arts/crafts, quiz nights, movie making etc! To book a place or find out more please give us a call on 01928 580182.



We need your email addresses!

If you have an email address and haven't already please contact the office to share your email address with us or you can email dan.davies@haltoncarers.co.uk with your name & address and he will add your email address to your details on our system. It is important for us to have your email as it helps us to reduce costs as you will receive the newsletter electronically rather than via the post and we will also be able to get more frequent information out to you such as carers centre news, when your review is due, trips/training opportunities plus much more!



Are you on Facebook?

We have 2 closed groups for our carers to join where you can find out the latest news on whats happening in the carers centre! Search for Halton Carers (Adult Carers) if you are an adult registered with us. If you have a young carer registered with us we now have Halton Carers' Centre Young Carers! We look forward to seeing you in our groups!



GP Extra



Do you need a routine GP appointment after 6.30pm midweek or of a weekend?

If so, in Runcorn & Widnes we now have the GP Extra Service operating!

There are pre-bookable or same day appointments available with prescribing practitioners.

To access an appointment: in Runcorn or Widnes you can contact your own GP Practice requesting an appointment with the GP Extra Services or of a weekend you can ring 01928 593078 (Runcorn) and 0151 495 5479 (Widnes) to book an appointment. Runcorn appointments are held in Heath Road Medical Centre, Heath Road, Runcorn and Widnes appointments are in Widnes Health Resource Centre, Oaksplace, Caldwell Road, Widnes.

Ear, Nose & Throat Clinic



The Ear Nose & Throat Clinic provide a wide range of ENT services for Halton Residents aged 2yrs+. The services covered in the clinic include FREE NHS hearing tests, ear wax removal, microsuction, outer/middle ear infections, removal of foreign bodies in the ear canal, mastoid cavity & perforated eardrums!

There are daytime & evening appointments available as well as onsite FREE parking. All appointments are held in Highfield Hospital, Highfield Road, Widnes. A GP referral is required for the service.

Flu Jab

Have you had your Flu jab yet? All carers are entitled to an annual flu jab through your GP practice. Please contact your GP Practice for further information.



Carers' Services

Therapy Appointments

Tuesday 10am – 4pm
Thursday 10am – 2pm (Reflexology)
***Saturday 10am – 1pm**
Halton Carers' Centre,
62/64 Church Street, Runcorn
Wednesday 9.30am – 2pm
Peelhouse Centre, Widnes

***Saturday appointments are for young carers and working carers only**



Podiatry Services

Wednesday 10am - 2pm
***Saturday 10am - 1pm**
Halton Carers' Centre,
62/64 Church Street, Runcorn
Thursday 9.15am – 2pm
Peelhouse Centre, Widnes

£10 charge for repeat appointments

***Saturday appointments are for working carers only**

To book a therapy or podiatry appointment please contact either of our offices during our opening hours. Therapy appointments available include: Massages, facial, pedicures, manicures, waxing, tinting etc. Your first appointment will be free and for any following appointments with our beauty therapist there will be a small charge. Please request a current price list from our offices. For podiatry again your first appointment will be free and any following appointments will be £10 each.

Charges for missed appointments

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 £25.00 for a chiropody appointment and £10 for a therapy appointment. Any carers who do not pay the charge will be unable to access any further treatments.

We have lots of great coffee groups coming up over the next few months, if you want to know about any of our groups please give us a call at either of our offices! All our groups are free to attend and refreshments are provided.

Widnes Carers' Coffee Group: 10am – 12pm Meet in Trinity Church, Peelhouse Lane, Widnes.
Future dates: 17/10/2018, 21/11/2018 & 16/01/2019.

For our above carers coffee groups we have speakers attending, to find out who please give us a call!

There is also a closed Facebook group that you can join if you are supporting someone with MH in Halton, please search on FB for 'Halton Mental Health Carers' Group.

Dementia Carers' Group: 6.30pm – 8pm Brunswick House, Water Street, Runcorn.
Future Dates: 15/10/2018. 29/10/2018. 12/11/2018. 10/12/2018.

Knit & Knatter: 12pm – 2pm Halton Carers' Centre 62/64 Church Street, Runcorn.
Future Dates: 15/10/2018, 29/10/2018, 12/11/2018, 10/12/2018 The group belongs to Teeny Treasures and is a lovely knitting and crochet group.



Halton Young Carers!

We have now over 700 young carers in Halton registered with ourselves! Our young carers range from 4yrs—17yrs when they will then transition over to our adult carers. We've had a jam packed summer and had some great activities for the young carers to get involved in, see our little recap below! We are now busy organising our October and Christmas activities which you will find on the next page.....

If you have a young carer who is supporting you alongside your caring role please let us know, they can be registered with us and access all our activities as well as our therapies, info & support, carer break funding etc!

Young Carers Summer Programme



Holiday Club

Norton Priory

Breakout Rooms

Bowling

Holiday club met every Tuesday in August, we had visits from Halton Sports Development and Halton Health Improvement Team.

Norton Priory Pirate Survival Day Young carers spent the day as pirates, they made doughnuts on the fire, built dens and made pirate jewellery.

Breakout Rooms We got the train to Liverpool Breakout Rooms, where one out of three groups managed to break out.

Bowling Young Carers strike out The Hive Widnes for a game of bowling, a burger and making new friends.





Do you have any spare time?

Young Carers team are looking for volunteers to help with transporting Young Carers to and from groups. If this is something that you could help with please contact The Young Carers Team at Halton Carers Centre on 01928 580182 for further information.

All individuals will have to be DBS checked and volunteer training

Logos: Halton, Carers Trust, NHS, Steve Morgan



Young Carers' Day Trips & Activities!

Please contact our young carers team for any information on our activities or to book on!




YOUNG CARERS HALLOWEEN HOLIDAY CLUB

Thursday 25th October 2018
10am – 2:30pm
Mencap Building
Laburnum Grove Runcorn

To book your place contact our young carers team at Halton Carers Centre on 01928 580182

Fancy dress is encouraged

Logos: Halton, Carers Trust, NHS, Steve Morgan



Halton Young carers aged 11+ are invited to join the young carers team at Crocky Horror Show at The Crocky Trail

Date: Tuesday 30th October 2018
6:30pm – 9pm

To book your place please see your carers team at Halton Carers Centre on 01928 580182

Pick up points: Withers Stadium: 6:30pm Runcorn Old Town: 6:45pm	Drop off points: We will leave The Crocky Trail at 3:30pm we will consider once left to confirm times of arrival.
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Logos: Carers Trust, Halton, Steve Morgan



We will also be having a Christmas party for our young carers, keep a look out for further information



*Monday 22nd – Friday
26th October*

October Half Term

- **Tuesday: Archery & Table Tennis 7 years +**
Frank Myler pavilion 2 – 4pm

- **Thursday: Archery & Ball Games 7years +**
Castlefields Community Centre 1 - 3pm

- **Friday: Freestyle Football: 7 – 12yrs**
Frank Myler Pavilion 10 – 12 noon
Grangeway Community Centre 1 – 3pm

For Children 7 years +
Sessions FREE

For more information contact Jenny Illidge
Jenny.illidge@halton.gov.uk
0151 511 7869
07920833405

www.activehalton.co.uk



Halton Carers' Centre Fundraising Activities

Halloween Prize Bingo

Thursday 25th October, doors open 6pm—eyes down 6.30pm - 9pm
in Churchill Hall, Cooper Street, Runcorn. Fancy dress is optional!



Christmas Prize Bingo

Thursday 13th December, doors open 6pm—eyes down
6.30pm - 9pm in Churchill Hall, Cooper Street, Runcorn.
If we all behave we may have a surprise visit from Santa to call
the bingo!



Give as you live!

Have you ever wanted to raise funds for Halton Carers' Centre but not sure what you can do? What if we said you could easily raise money for us from the comfort of your armchair while doing a bit of online shopping!

Halton Carers' Centre has now joined the **Give as You Live Scheme**, it is simple for you to join and you can be raising money for carers in Halton by doing your online shopping, there are 1000's of shops that are signed up to support including Argos, Ebay, Amazon, New Look, Next, Asda, Tesco's to name just a few!

To join you need to:

- Download the FREE give as you live app which is available on Apple & Android devices.
- Register on the app and search for Halton Carers' Centre as your chosen charity.
- The app has its own google search engine, each time you shop go through the app which will take you to whichever website you have requested.
- Each time you shop via the app Halton Carers' Centre will receive a % of your shop value!



Bright Sparks



The Bright Sparks project managed by Halton Speak Out are on the lookout for new Kite markers.

Halton Speak Out work with young people from the age of 14-18yrs with additional needs.

During the school holidays, we go out and about in Halton checking places out like restaurants, places of leisure, shops and other public buildings for accessibility attitude of staff, safety and cleanliness. We also work with young people doing consultations on a number of subjects, getting the young persons views and voices heard.

If you think the person you care for would be interested in joining us, please call Halton Speak Out for more information on **01928 713877**.

safeintown

What is safeintown all about?

safeintown is a scheme that has been commissioned by Halton Borough Council and managed by Halton Speak Out.

Who is the scheme for?

The safeintown scheme is there to help people to keep safe when they are out and about in the community. For residents of Halton aged 14+ who have a learning/physical disability, someone with Alzheimer's/Dementia and people aged 60+ can sign up for the safeintown scheme.

How will the safeintown scheme help people feel safe in their community?

They will carry a card the size of a credit card that fits into their wallet or purse, this will have a telephone number of the person that cares for them or someone that can be contacted in an emergency on the back.

If they are out and about in the community and they don't feel safe they can go into any shop or building in the community that has the safeintown logo in the window show the member of staff the safeintown card and they will call the number on the card and keep them safe until the person who cares for them arrives.

Do you know a person who would be eligible for the scheme.
Contact Yvonne at Halton Speak Out on 01928 713877



Halton Carers' Training

START TRAINING

(Strategies for relatives)

If you are caring for a family member or friend who has been diagnosed with Dementia, Halton Carers' Centre will be delivering an 8 week training course in our Runcorn office. The course will look at some of the behaviours associated with Dementia, the trigger or cause of these behaviours and strategies to help manage these behaviours. Each session will last for 1 hour and the weekly sessions are as follows:

Stress and Wellbeing

Reasons for behaviour

Making a behaviour plan

Behaviour strategies and unhelpful thoughts

Communication styles

Planning for the future

Introduction to pleasant events and your mood

Using your skills in the future

Our next course will be held Thursday November 1st – Thursday 20th December
11am -12 noon in our Runcorn Office.

First Aid

We have a basic first aid session for carers being held on 30th November
in our Runcorn office 10am—12.30pm.



To attend either of the above sessions please give us a call.

Halton Carers' Centre First Aid Training

Recently a registered carer at the centre attended our FREE First Aid Training Session which is provided in our Runcorn Office by the British Red Cross. Prior to the training our carer hadn't had any experience in providing first aid and had always felt if the situation did arise when she would need to that she wouldn't feel confident, hence her attending the 2hr session. Several days after attending the training she was out shopping when a gentleman fell and she was able to use the knowledge she had learnt in the training to make him comfortable while they waited for the emergency services. Our carer said she never thought she would need to use the skills she learnt so soon after she had received the training but is so glad she did and would recommend all carers to access the training while they can as you never know the moment when you may need it! To book on our next/future session please give the centre a call on 01928 580182!



CEA Card

Is the person you care for over 8 yrs of age and enjoying going the cinema? If so, have you ever heard of the CEA Card, this card entitles one person free entry into the cinema when they are accompanying the person who has a disability or long term health condition. The card costs £6.00 for a year and can be applied for via post or online www.ceacard.co.uk. There is an eligibility criteria and you will need to provide evidence that the card holder receives one of the following:

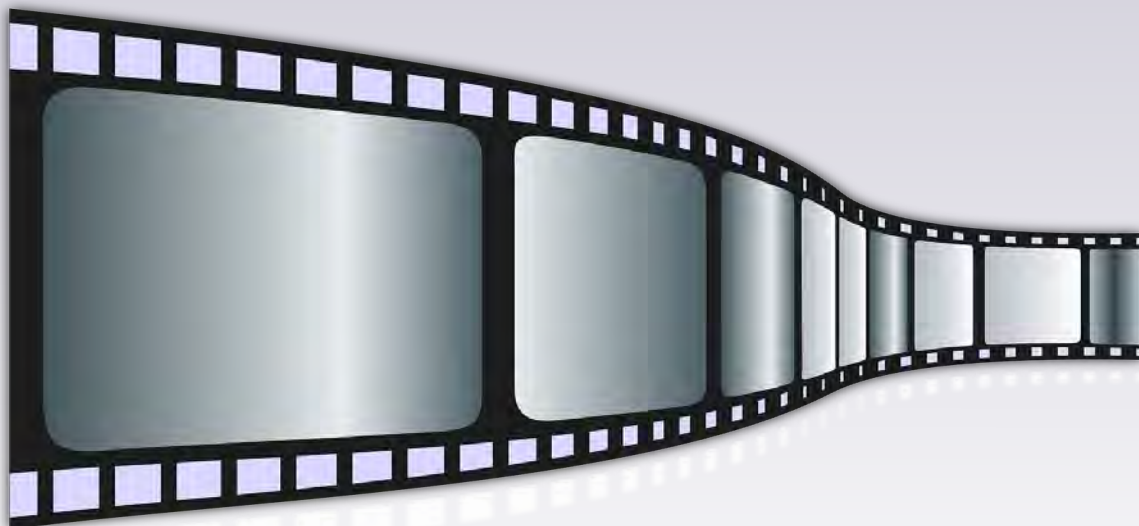


- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

You will need to send a copy of the awarding letter from DWP or a statement confirming receipt of the allowance for **the person requiring assistance** (the card holder).

This should be dated within the last 12 months.

Alternatively, if you are a Registered Blind Person then please send a photocopy of certification for **the person requiring assistance** (the card holder).



Halton Carers' Centre Trips December 2018

Manchester Xmas Markets

Sat 8th Dec

Pick up 2pm returning at 8pm

£8 per adult, £5 per child

Panto @ the Brindley

Sat 22nd Dec @ 1.00pm

£40 per family ticket

(2adults/2children or 1adult/3children)

Additional adults £15

Additional child £10

Transport not provided





What do Community Connectors do?

Halton's Community Connectors are here in your local area and have the experience and knowledge to help you link to the right people, information and local services. We look to offer support and advice that's built around you.

We work to help you:

- Get to know your local area better
- Make changes to your life
- Try new things and improve your social life
- Develop and maintain friendships
- Learn new skills and pursue interests
- Assist with queries or problems

Who is eligible to access the service?

Halton residents, over the age of 18, living in Halton Lea, Grange, Appleton or Kingsway.

How do I refer myself or someone I know?

Just call the friendly team on 0151 511 6869 or email community.connectors@halton.gov.uk. If you are referring somebody else, please always make sure you have their permission.

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

Anything we should know?

If your details have changed since you registered with us, such as you have become ill, you start to care for more than one person, the health of the person you care for changes or you are a young carer who has changed school please let us know. It's also important that we have your correct e mail address, especially if this is the way you would prefer us to contact you. We deal with many personalised break funding applications via e mail and send our newsletters out this way in order to keep costs low.

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 ☐



Compliments & Complaints



Although Halton Carers' Centre aims to provide the highest standard of service as possible, some time we may fall short of our standards. If this happens please let us know, as hearing your views helps us to improve the services we provide. You can complain or compliment us via manager Carl Harris HCC Manager e mail carl.harris@haltoncarers.co.uk or tel 01928 580182 or Chair of the Trustee Board, Mike Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

