

**HALTON  
CARERS  
CENTRE**

A Network Partner of  
**CARERS  
TRUST**  
ACTION • HELP • ADVICE  
Charity No. 1124493

Registered Charity No: 1124493  
Company No: 06574889

**Welcome to our**

# Newsletter

**AUTUMN / • ISSUE 42  
WINTER 2020**

## Autumn / Winter 2020 Newsletter

Hello all and welcome to our Autumn/Winter 2020 newsletter. Bit of an understatement to say what a year its been! Hope you and yours are ok and are coping with the Tier Three lockdown. We've all had to make major adaptations in our lives, both at work and home which have been hard but necessary.

Inside this edition of our newsletter you will find loads of groups/activities that you can join via Zoom with the Carers Centre to help while away some hours during lockdown some fun, some informative but hopefully all beneficial.

Some good news is that we welcomed back Lisa Horrocks to the team after her maternity leave, she had a baby girl called Cozy born on 7th April weighing 7lb 14oz.

The centre will close for Christmas on Wednesday 23rd December at 4pm and reopen on Monday 4th Jan at 10am. A helpline will be operational on the following days Tue 29th Dec 10am to 4pm, Wed 30th Dec 10am to 4pm and Thur 31st Dec 10am till 1pm.

Our office doors may remained closed for the time being but please remember we are here for you if needed, be it by telephone, post, email, Facebook, Instagram, Twitter or Zoom. Please keep an eye on our social media & website to when our Therapy/Podiatry appointments will be back open and when we can finally open our office doors to all. In the meantime keep safe & look after yourselves.

**Carl Harris**

*Carl*  
Halton Carers'  
Centre Manager



**Halton Carers Centre has  
been nominated as one of  
the local causes for the  
Co-op community fund.  
Please see page 6 for  
further details!**

**For more information contact Halton Carers' Centre on:**

**01928 580182**



Since March 2020 Halton Carers Centre has had to adapt many of our services so that we can still provide support to our registered carers. One big difference we have had to contend with is following government guidelines we were no longer being able to offer face to face support to our carers whether that be in a 1-2-1 setting, in our multiple support groups or our training activities. As a team this is face to face support is invaluable for us all, with this in mind over the past few months we have adapted many of our services so we can now offer this virtually via Zoom! During the lock down period you may have used zoom yourself for work purposes, to hold the popular online family quizzes that were getting held up & down the country, or to communicate with family elsewhere in the world....its pretty much like facetime or skype but on a bigger scale, all you need is a smartphone, laptop, or tablet! If you would like to get involved in some of the activities we hold via Zoom (read on in the newsletter for everything that we are offering right up to Christmas) but you've never used Zoom before, and like many of our team at first didn't know where to start. Don't worry we are here to help you get on your way to being a Zoom user!

### [Step by step guide on how to use Zoom on your PC , tablet or Laptop](#)

Below I will show you how to Join us and be able to attend all our amazing groups, Events, and Crafts days we have ongoing here at Halton Carers Centre:

We will have already provided you with a meeting invitation via your registered email a day or so before the group will take place it will look something similar to this below:

Time: Sep 15, 2020 18:00 London

Join Zoom Meeting

<https://us02web.zoom.us/j/82953917936> —press link

Meeting ID: 829 5391 7936

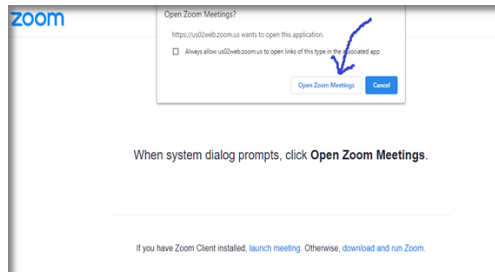
Meeting ID: 829 5391 7936

Find your local number: <https://us02web.zoom.us/j/82953917936>

Looking forward to seeing you all

Please click the link (shown above) from your email just before the group is about to start, give yourself maybe 10-15 minutes to make sure you are doing it correctly, the link will start with https://

Then this is what should appear on your screen:



☐ Automatically join audio by computer when joining a meeting

Unmute Stop Video Invite Participants Share Screen Chat Record Reactions Leave Meeting

**Using Zoom from your Smartphone**, go to your App Store on your phone, search **Zoom** and click download:

**You are now ready to join in and take part and don't forget if all else fails, or you would like a test run before the day a group is held then please don't hesitate to contact us on 01928 580182 where one of our members of staff will always talk you through this step by step.**



Hi my name is Tracey, I run the ADHD group which is currently online via Zoom. We meet up once a fortnight on a **Tuesday from 12-1pm**. We are a small

group of parents/guardians of children with or without a diagnosis of ADHD, I myself have a 23yr old son who has a diagnosis. We are all small group of Parent/guardians of Children with or without a diagnosis of ADHD including myself who has a son who is 23 with a diagnosis, we are all very supportive of each other and offer tips and advice to help with coping strategies, behaviours, schooling just your normal day to day. If you would like to join our Zoom Support or to have a chat to me please give me a call on 01928 580182 or email [tracey.strain@haltoncarers.co.uk](mailto:tracey.strain@haltoncarers.co.uk)



*'I find being part of the ADHD groups helps me so much. I get to chat to other parents who understand exactly what its like caring for a child with ADHD. You are not judged at all, if you are looking after someone with ADHD I urge you to join and see the difference it can make for you & your family'*

My name is Brenda and I currently run our 'all carers' coffee group with my friend & colleague Rose.

Our group is for all carers, no matter who you care for whether it be your parent, child, partner, grandparent, or friend you can come & join our group!



Currently due to Covid like our other groups we are hosting our group via Zoom, this is held fortnightly on a **Wednesday 11am - 12pm**. Our group can involve us sitting and having a chat, we've had quizzes, bingo, games and even ventured into trying some crafts. But most of all it's a time for us to have some company and a much needed laugh together. Both myself & rose would love you to come and join our next one and see what its all about. All we ask of you is to make yourself a cuppa, log on and join in!



Do you care for someone with anxiety, depression, bipolar, OCD, personality disorder, schizophrenia or panic attacks?

I am Lucia and I host our monthly mental health carers group to support carers who care for someone with a mental health illness.

The group is currently meeting via zoom on the **last Wednesday of each month 1pm—2pm**. The group offers peer support as often other carers understand the daily pressure that others experience on a daily basis and are able to help share and guide you through some coping strategies but mostly importantly to be there to listen to you.

My role within the Halton Carers is as a GP & Hospital liaison worker, if you are experiencing any difficulties with Mental Health Services or GP/Hospital services then I can liaise with the clinical teams on your behalf and try and ease any worries you may be having.

To find out more about the group or to join please give me a call on 01928 580182 or email [lucia.urquhart@haltoncarers.co.uk](mailto:lucia.urquhart@haltoncarers.co.uk). If you cant access Zoom but would still like to access any support from me please get in touch.

Are you caring for someone diagnosed with Alzheimer's or dementia and would like to chat to other carers in similar situations, well our group is for you! Our names are Julie & Michaela, prior to the lockdown we facilitated Halton Carers Dementia training but during the lock down while we were speaking to carers we recognized the need that carers would still benefit from peer support so we set up and now run our dementia carers every other **Thursday 1.30pm– 3.30pm**. Our date in November will be the **12th Nov and fortnightly thereafter**.



The group enables carers to offer information and advice to each other and exchange their own experiences and strategies for coping day to day in looking after someone with dementia.

I (Julie) & Mick can help tell you what support is available in Halton for you and the person you care for. If you can't access zoom but would still like to have a chat please just give us a call on 01928 580 182 or email [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

We are delighted to announce that once again Halton Carers Centre have been chosen as a local Co-op Community Fund cause in Halton.

How this works.....Every time you shop in your local Co-op from 25th October 2020 until 23rd October 2021 if you use your Co-op loyalty card 3 local charities will benefit. You could support all three or if you prefer to just raise funds for Halton Carers Centre you can go online logging onto the Co-op portal and select Halton Carers Centre to be your main charity. The more members who select us the more funds we will raise to be able to provide more activities for you. Also if you buy selected Co-op branded products you will earn a % for local causes including ourselves, as well as this you will save money with personalised offers and earn rewards to spend in store. So next time you feel the need to justify buying that chocolate bar you could buy one at your local Co-op and feel less guilty as you will be helping us and also collecting points for yourself!

We will use the funding raised to provide well-being activities for carers that can take place in groups or individually, at home or in our centre, according to individual needs and ongoing Covid restrictions. We aim to offer a range of activities for carers to participate in. Sessions will be delivered in partnership with other local charities and social enterprises.

What to do next.....If you already have a Co-op card you should have received an email from the Co-op on the 25th October which explained how you can nominate your chosen charity, by you doing this and choosing Halton Carers Centre we can continue to provide support to the thousands of unpaid carers in Halton.

What to do if you haven't a Co-op membership card but want to help Halton Carers Centre raise funds? You can get yourself a Co-op card either by asking in store at your local Co-op or you can apply online here: <https://membership.coop.co.uk/new-registration>

Thank you for your continued support.





FREE  
Training  
Available  
Now

We have been lucky enough to be able to adapt and continue offering our Carers Mental Health training with John Chiocchi who is a highly specialist Peer Support Worker for North West Boroughs Healthcare NHS Foundation Trust. These sessions are currently held via Zoom and are FREE for carers registered with ourselves!

**Mental Health Awareness Training** - The aim of these sessions is for carers to get together and gain a better understanding of various Mental Health Conditions. The course is held over 2 sessions and to complete the course you must attend both sessions. Next training dates **Friday 22nd & 29th January 2021, 1pm - 3pm.**

**Personality Disorder Training** - The aim of these sessions is for carers who have a loved one diagnosed with Personality Disorder to get together and gain a better understanding of PD! The course is held over 2 sessions and to complete the course you must attend both sessions. Next training dates **Friday 5th & 12th February 2021 1pm - 3pm.**

**Autism Spectrum Disorder Training** - This sessions covers Autism, Asperger's & ADHD and it aims to allow carers to get together and gain a better understanding of the conditions. The next session will be held on Friday 19th February 2021 1pm - 3pm.

To put you name down for any of the sessions please ring the office on 01928 580182, nearer to the date we will contact you to see if you still wish to attend.



## **BRAND NEW TRAINING!!**

### **Anxiety & Panic Disorder training.**

Do you or someone you care for live with anxiety or panic attacks. We will be delivering a one off course on anxiety & panic attack disorder. The course will cover what anxiety & panic attack disorders are, how our body reacts when we are in fight/flight mode and it will teach coping and breathing techniques. The course will be delivered via Zoom but please don't worry if you can't access Zoom, we can discuss support around this. We are waiting on a course date and time to be confirmed but if you are interested in attending please contact the office on 01928 580182 or email [lucia.urquhart@haltoncarers.co.uk](mailto:lucia.urquhart@haltoncarers.co.uk)



## WOULD YOU LIKE TO LEARN ABOUT BEES & BEEKEEPING?

HALTON CARERS CENTRE ARE DELIVERING ONLINE BEEKEEPING COURSES FOR YOUNG PEOPLE & ADULTS!

SESSIONS WILL BE DELIVERED BY EXPERIENCED BEEKEEPERS WHERE YOU WILL LEARN ABOUT BEES, HONEYBEES, HOW THEY LIVE, WHAT JOBS THEY DO AND HOW YOU CAN HELP THEM

COMPLETION OF THE COURSE WILL ENABLE YOU TO SIGN UP TO A PRACTICAL BEEKEEPING COURSE IN SPRING 2021 WHERE YOU WILL LOOK AFTER BEES AT THE CENTRE!

For more information, please contact:

Halton Carers Centre on 01928 580 182

Big thanks to our supporters



Then join us via Zoom to learn all about Bees and Beekeeping.

It is a four-week course and is suitable for young & adult carers! Each session is an hour long & will include the following:

**Week 1:** Introduction to bees and how to ID honeybees

**Week 2:** Lifecycles of honeybees, pollination, honey

**Week 3:** Beehives and bee space, swarms

**Week 4:** Open Topic - What would students like to learn?

To put your name down for the next course please give us a call!

Hopefully in Spring 2021 we will have our very own bee hives in the garden at our Runcorn Office. Carers who have completed the Zoom training course will be able to come along to learn the practical side of Beekeeping and Honey Making.

*Something new  
is coming soon!*

During the lockdown we have been working on getting a new interactive website online up & running! This has now been launched and over the next few months our website will allow you to access something we've never done before at the Carers Centre!

We have listened to our carers who have wanted to access training that we provide but due to commitments whether that be family, work or your caring role have never been able to attend...well wait no longer....we will soon be launching online training packages via our website that you can complete in your own time at your own leisure!!!

Please check out [www.haltoncarers.co.uk](http://www.haltoncarers.co.uk) and tell us what you think of our new website!





Come and Join us every Wednesday for our version of Wellness Wednesday! Its important at any time to make sure you are providing self care to yourself whether that be physical or mental self care. But during Covid it has become even more necessary to ensure we are looking after not only the person we care for but also ourselves! With that we have 2 fantastic sessions which can help you with either your physical health and/or mental health. You can join either session or why not make the most of Wellness Wednesday and join both! Both sessions are free for registered carers and can be accessed via Zoom. For more information on either session or to join please get in touch with us on 01928 580182!

### *Chair Based Exercises*

We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes, especially in this strange time. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for!!!

**Fortnightly on a Wednesday 2.00pm – 3.00pm.** Free to all Registered Carers.

The classes are delivered by Janet Woodcock; a qualified and experienced instructor. Exercises will be gentle in nature and aim to improve your mobility, strength and stamina.

### *Relax & Restore*

Each day are minds are full of things we need to do & remember not just for ourselves but for the person we care for, our family, work etc. Do we ever allow the time for our minds to be at peace and to relax, very rarely I expect! But we need to, we need to mentally recharge our batteries and have some relaxing downtime for this. If you would like to take 1 hr of the week for you to indulge in some relaxation then this session is for you! It is held **every Wednesday evening 7pm - 8pm** and is ran by Angelita from Recharge & Restore CIC! Once you have joined the zoom session you can switch your camera off and relax!

If you want to ask any questions about our wellness Wednesday activities please get in touch 01928 580182 or [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

## LEARN SOMETHING NEW

Thanks to funding from the National Lottery Fund we are able to offer some exciting Christmas Arts & Crafts zoom sessions over the next few months! We are lucky enough to have a facilitator offering the below opportunities! For all sessions all materials needed will be provided FREE to you by ourselves!

**Bay Leaf Door Hangers** - Friday 6th November 1.30pm - 2.30pm

**Pompom Wreath** - Friday 20th November & Friday 4th December 1.30pm - 2.30pm



**Sock Snowman** - Friday 18th December  
1.30pm - 2.30pm

If you would like to take part in any or all of the activities please give us a call on 01928 580182.



**Halton Carers Centre will be holding a Christmas Cash raffle.  
Keep an eye on our Social Media pages for further details!!!**



Have you entered our Carers Centre Lottery yet? Halton Carers Centre's Carers Lottery is an opportunity for you to help us raise money for carers and have a chance of winning a cash prize!

Anyone can join the lottery as long as you are over 16 years of age, its £5 per number and you can have as many numbers as you wish.

The draws are held on the 21st of each month or the Friday if the 21st falls on the weekend. You can either pay by card over the phone, cheque or set up a monthly standing order. Contact the office for further information 01928 580182.

# 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**  
St Maries, Widnes

If you are coming for a massage:  
Underwear must be worn, some people may prefer to wear shorts. Ensure you bathe or shower before your treatment to remove any build-up of products, perspiration or environmental pollutants as you don't want this rubbed back into the skin. A shower or bath also helps relax the muscles making your massage more beneficial.



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

## Day Services

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

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

**Large repeat appointments**

To book a therapy or day service appointment please contact either of our offices during our opening hours. The services available include: Massages, facial, pedicures, manicures, waxing. Your first appointment will be free and for any following appointments with a therapist there will be a small charge. Please request a current price list from either office. If you return again your first appointment will be free and any following appointments will be £10 each.

## Charge for appointments

We request a £10 charge for a cancellation so that we can reallocate the appointment. Other than this we charge you for the cost of the appointment. This will be £25.00 for a child/young person and £10 for a therapy appointment. Any carers who do not pay the charge will not be able to access any further treatments.

**CURRENTLY ON HOLD. PLEASE CHECK OUR SOCIAL MEDIA SITES FOR THE LATEST UPDATES**



# Halton Young Carers



Hi, I'm Kate Crane, a young carers support worker. I have been in post at Halton Carers Centre since January 2020 working with young carers and their families covering the Widnes area. I also work with primary & secondary schools across Halton to help identify young carers within the schools setting. If you require any information about our young carers services, groups, activities or carer break funding please contact me on 01928 580182 or email [kate.crane@haltoncarerscentre.co.uk](mailto:kate.crane@haltoncarerscentre.co.uk)

## R-TIME

for Young Carers 11-16yrs

Back to School

R-time Zoom session have moved times to Thursday Evening 5pm to 6pm

See Kate, Garry and other Young Carers for fun & activities.

To join the group contact Young Carers team

01928 580182

[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

Txt: 07884 658054



follow

Young Carers activities on social media



[halton\\_young\\_carers](#)



[HaltonCarersCentre](#)



[HaltonCarers](#)



For regular updates on our Young Carers Activities please give our social media pages a follow! We will shortly be promoting our plans for Nov—Dec! If you haven't already please let us know your email address so we can send you to our electronic mailing list to receive regular email updates!





**Have you changed your address, contact number or email address recently?**

**If so, please let us know so we can update your details on our system!**

**Share your Heart  
& your Home**

Halton Adult  
Placement Service

## **What is Shared Lives?**

Halton Adult Placement Service provides care for people who need support due to

their age, illness or disability. The services provides daycare, short breaks and long term accommodation to enable people to live an ordinary life in the community with people who care and are willing to 'share their lives'.

**What do Shared Lives Carers do?** Shared Live Carers use their own home as a base. The person being cared for shares in the family life of the Carer, including their wider network of family and friends in the community. Carers provide company and meaningful activities in a comfortable and safe environment. The aim is to promote independence and choice and to improve the health and well-being of the person being cared for. Carers can support up to three people at any one time.

**Who can apply?** Applications are welcome from all sections of the community. Previous experience or qualifications are not essential as full training will be given.

**What about payment?** Carers are self-employed and are paid a sessional rate for the day or overnight stays. Carers providing long term accommodation are paid a basic rate for board and lodgings plus an additional payment according to the individuals support needs. This ranges from £345 to £620 per week.

**For more information please call Halton Adult Placement Services on: 0151 511 6677**

**Free flu  
vaccination  
for carers**

**As a carer, you are entitled  
to a free flu vaccination.  
Contact your GP surgery  
now to book.**



**BOOK YOUR FLU  
JAB TODAY!**

**If you have any  
difficulties please  
contact our Support  
Worker Lucia on**





## One Halton Carers Strategy 2020 to 2023

Under the umbrella of One Halton, Halton Borough Council has developed a new All-Age Carers Strategy that aims to take more joined up & holistic approach to supporting Carers in Halton. One Halton is not one organization—it is a partnership between the Council, NHS Organisations, GP Practices, Fire, Police and Voluntary Organisations.

Under the banner of One Halton, these organisations have made a commitments to achieve one goal—a community living healthier, happier and longer lives, regardless of who they are, or where they might live.

The strategy is designed to support all carers in Halton: it aims to identify areas that require Improvements, based on the views of adults and child carers in Halton, that link in to the National Statutory Guidance and National Consultation.

*"The enormous contribution of our carers not only makes an invaluable difference to the people they support, but is an integral part of our health & social carer system"*

*Cllr. Rob Polhill*

*Leader of the Council*

Alongside the Strategy sits a Delivery Plan that has been developed in conjunction with children and adult carers, along with key providers of services within in Halton.

Together the Strategy and Delivery Plan set our current position, the areas for Improvement that we need to focus on over the next 3 years and the outcomes for individuals that we want to achieve.

The Strategy is split into a number of sections, as listed below, and asks where the gaps are so that we know what needs to be done to improve the lives of carers in Halton:

- Identification and recognition of carers;
- Involving and listening to carers;
- Young Carers;
- Transition to adulthood;
- Employment and skills;



- Older carers
- Carers of people with dementia;
- Health & wellbeing of carers;
- When the caring role ends;

Some of these key areas from the basis of the Delivery Plan setting out where actions will be taken in order to improve outcomes for carers in Halton.

The Strategy also shares some carers stories throughout to demonstrate the issues face by carers and the support available.

The Strategy was approved early in 2020 with an official launch planned for April 2020, however, the COVID-19 pandemic unfortunately caused delay. One Halton would now like to promote the Strategy as widely as possible to all stakeholders; please visit Halton Borough Councils website to view the full Strategy and Delivery Plan: [www3.halton.gov.uk/Pages/councildemocracy/Adult-Social-Care\\_policy.aspx](http://www3.halton.gov.uk/Pages/councildemocracy/Adult-Social-Care_policy.aspx)

### ***What is Safeguarding Adults Week?***

It's a time we can all come together to discuss safeguarding. We all have a right to life that's free from abuse. So safeguarding is a responsibility that we all share.

Everyone from all walks of life, should be aware of the role they can play in helping to prevent abuse. We should all know how to spot the signs of abuse, and the actions we should take if we spot any signs.

That's what Safeguarding Adults Week is all about. Halton Borough Council will be participating in a nationwide conversation about safeguarding—so we can all be better, together.

We will be discussing key themes during the week and highlighting issues via our social media site. Please visit HBC and be part of the conversation.

[www.halton.gov.uk](http://www.halton.gov.uk)

[www.facebook.com/haltonbc/](https://www.facebook.com/haltonbc/)

[www.twitter.com/Haltonbc](https://www.twitter.com/Haltonbc)

**National Safeguarding Week**  
18th to 22nd November 2020





# 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

### 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](mailto: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](mailto: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.

