

**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

Summer 2021 ISSUE 43

Summer 2021 Newsletter

Hello and welcome to our Spring / Summer edition of the centres newsletter.

As the country moves out of lockdown we are making some changes to how we operate so that people can start to drop in to speak face to face with staff so please be patient with us while this happens, keep an eye on our social media for regular updates.

As lockdowns started to ease It's been lovely to welcome both Emma, Stuart and carers back to the centre as we start to provide therapies again, for the days they offer appointments please see page 12, we will still be following government guidance when welcoming carers in the office for appointments.. We are hoping to be able to put on face to face forums and social events again from July onwards so please look inside at what we're planning.

We have some new activities for carers to engage in, please see page 4 for further details.

Don't forget that if you shop at the Co op you can choose us as your nominated charity which will help raise much needed funds for the centre (see page 11 for further details).

Also if you shop online at Amazon you can help raise funds for the centre whilst shopping (see page 10 for further details)

Best wishes

Carl Harris



Halton Carers'
Centre Manager



For more information contact Halton Carers' Centre on:

01928 580182

If you have received any information from ourselves lately or you follow us on Social Media you may have noticed our new Logo change, this is in line with Carers Trust rebranding! Our Runcorn office has now had new signage put up out the front which we are all really happy with!



Do you know someone who may benefit from registering with us?

A carer is a person who provides unpaid support to a partner, child, relative or friend who could not manage to live independently or whose health or well-being would deteriorate without this help. This could be due to frailty, disability or serious health condition, mental ill health, or substance misuse. Very often people do not recognise themselves as 'carers'; they are just family members, friends or neighbours who find themselves in a caring situation, sometimes suddenly, sometimes gradually. A carer may not always live with the person they care for, but their help may be essential in enabling that person to continue to live independently.

Just a few of the many benefits of registering with HCC

- Accessing advice & information around practical solutions regarding your caring role
- Feeling supported emotionally
- Reducing isolation meeting other carers in similar situations
- Improve or learn healthy coping skills
- Access to all HCC services

If you know of someone who would like to register they can call 01928 580182 or email help@haltoncarers.co.uk and one of our support workers will get them registered.



Update on Carers Support at St Helens and Knowsley NHS Trust



The Trust remains committed to ensuring that we work together with Carers as partners in care and to recognise their needs. Unfortunately during the current pandemic, it has not been possible to implement all aspects of the 'Carers Passport' as individual risk assessments are required to ensure

the safety of patients and carers before we can accommodate open visiting and overnight stays.

- Identified at an early stage and their caring role recognised
- Treated with privacy, dignity and respect
- Listened to and their expertise acknowledged
- Appropriately supported, consulted and kept informed
- Involved in discharge planning to ensure safe, ongoing care

We are aiming to relaunch the Carers Passport in the future in partnership with local Carers groups.

The team can be contacted by email at patientexperienceteam@sthk.nhs.uk or contact the Patient Advocacy and Liaison Service on 0151 430 1376.



READING FRIENDS
All chit chat and
tall tales welcome

Reading Friends chat, share stories and have fun

Halton Libraries run two free weekly Reading Friends groups. It's a chance to talk about what you're reading, whether that be books, magazines, newspapers or anything else and to meet new people.

Tuesday at 2pm. A virtual group open to everyone

Wednesday at 10.30. Held over the phone for people over 60

For more information or to book, contact Halton Lea Library 0151 511 7744 or haltonlea.library@halton.gov.uk

readingfriends.org.uk



Supporting public funding by
**ARTS COUNCIL
ENGLAND**

Delivered locally by




**THE READING
AGENCY**

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Do you know anyone who lives on Brookvale or Sutton Park who is over 50 and would like to have a chat with one of our friendly team. We are based at Brookvale Community Centre and our service will help people who have become lonely or isolated during the past 12 months...

Community Chat
Telephone Befriending Service



Call our Local Rate Number
0300 770 2247
for a chat about the service

Does your GP know you care for someone?

Did you know if you care for someone you are eligible for an annual flu vaccination and also the covid vaccination?

Lucia Urquhart who is our carer GP & Hospital Liaison worker works closely with the GP practices in Halton and can share your details with your GP that you are a registered carer with Halton Carers Centre. Please give Lucia a call on 01928 580182 if you would like her to let your GP know that you care for someone. Lucia can also offer support if you are experiencing any difficulties with your GP Practice or local hospitals.

During Covid we adjusted our services to so our registered carers could still have social interaction and the time to learn something new, this involved us hosting a range of activities via Zoom, this has included herb pot making, water colors, healthy cooking, pom pom wreath making, sock snowman, xmas door hanger to name a few.

We have our next few sessions for carers, as of yet dates have not been confirmed but if you are interested please get in touch:

- Baking with Lucia—a 4 week zoom course. We will provide and deliver all ingredients free each week for the sessions.
- Carers Walking Group
- Knitting
- Painting
- Bee Keeping
- Wind Chime Making

TODAY
is the day to
learn something
NEW



As a parent/carer myself I understand how difficult these last 12 months have been trying to find places to go and activities to do safely during the COVID Restrictions, fortunately I became aware of The

Childrens Adventure Farm Trust set In the heart of the Cheshire countryside within 10 acres of surrounding land.

They are offering COVID Safe visits to their amazing outdoor spaces, to families of children in the North West who are either socially disadvantaged, have a disability or a terminal/life limiting illness.

Here in your own family bubble you can safely visit the 3 large outdoor spaces.

There is an animal farm were you can feed the sheep, pigs, alpacas, goats and more.

There is a large adventure playground which is fully enclosed so children can roam freely, lots of play equipment, swings, slides, zip line and various activities to do including football, table tennis swing ball and also a sand pit.

You can also spend time in their woodland area where there are more activities including toasting marshmallows, planting sunflowers and a visit to the mud kitchen.

The staff here are so friendly and passionate about what they do to ensure everyone has a good time. It is a very peaceful quiet place with a warm and friendly atmosphere.

I have been very lucky to have had recent visits here and each time we have felt very safe and had a fantastic time

You can find further information on the CAFT Website at www.caft.co.uk, or to request a visit you can email lan.eccles@caft.co.uk, alternatively telephone on 07786088446.

*From
Lorina*





Are you a Parent or Carer of a child who has or awaiting a diagnosis of ADHD?

Attention Deficit Hyperactivity Disorder

Do you feel alone? Like no one understands? Or maybe you just need some advice from others in a similar situation, then please think about joining us in one of our Zoom support groups, these groups are held every other Tuesday 12-1pm and also the last Monday of the month from 6-7pm.

We are a small friendly group who are very supportive of each other and understands what each other is going through. During this group we have developed friendships with others we have never met before, we have advised behaviour techniques to try in different situations, We have shared coping strategies and not forgetting just your normal day to day life.

A couple of times we also have had the support of my son on the group who is 24 with a diagnosis of ADHD, he has been available to answer any worries you may have regarding behaviours, school, work, friendships, adulthood among other things.

Over the past few weeks I have set up a Facebook support group just for Parent/carers, this is a great way of asking for help or advice without having to wait till the group, if you would like to join this page please search for:

ADHD Parent Carers@Halton Carers Centre

If this is something that you think you would like to be a part of then please contact me, Tracey , either by email on:

tracey.strain@haltoncarers.co.uk Or by calling the office on 01928 580182

We're here for you, lets all stick together and support one another.

Best wishes

Tracey



Registered carers at Halton Carers Centre have an opportunity every Wednesday to participate in some self care with an online carers session.

Every Wednesday evening we have Relax & Recharge hosted by Angelita Woosman, she will guide you through a relaxation session. For more information or to join please give us a call!



Mind Listening Service



The Telephone Listening Service is available to local residents experiencing loneliness and isolation for any reason, it could be a one-off

all or we can set up a regular weekly check-in to see how you are feeling. It is not counselling but it does give you the opportunity to talk to a trained listener in complete confidence about anything that is going on for you, and we may even be able to help you to identify some positive changes you can make or signpost you to other local events, activities and services that could be beneficial. We have already provided support to many carers in Halton who have reported positive results from speaking to us. The service is available to Monday to Friday 10am to 4pm and Saturday mornings from 10-12, we can also make arrangements for weekly calls to be made outside of this times if availability is an issue for you.

You can call us on 01928 391043 or email listeninggear@mindhalton.org.uk

Many people living with someone with dementia are missing out on a 25% council tax discount worth an average of £400 a year. To highlight this issue dementia UK have been working with Money Saving Expert on their campaign to raise awareness of the discount, which they could be eligible to if they or their partner has dementia.



DementiaUK

People are either unaware of the existence of the discount or are losing out thanks to poor and confusing information. If you or your partner have dementia you may find that you are struggling to pay your Council Tax, but there's financial support available, so it's important to find out what you're entitled to. In England, Scotland and Wales someone who has been medically certified as having a permanent severe mental impairment such as dementia, and who is entitled to a disability benefit e.g. Attendance allowance, personal independence payment or disability living allowance, could be entitled to a Council Tax reduction or exemption. This could result in a reduction of 25% where two people are living in a property and one person diagnosed with dementia meets the disregard criteria, or an exemption if the person with dementia is living alone.

Degenerative Cognitive Impairment exemption

The term Severely Mentally Impaired (SMI) is defined in the Council Tax Bill as a severe impairment of intelligence and social functioning which appears to be permanent. Many people diagnosed with dementia, and their families, find the term SMI derogatory. Dementia UK wants to see it renamed the Degenerative Cognitive Impairment exemption, to reflect the reality of degenerative cognitive conditions such as dementia and Parkinson's.

For full details of this discount, contact your local council.

(Source www.Dementiauk.org)

What we've been up to during Covid 19....

7996 phone calls to carers registered at Halton Carers Centre



We ran **13 Online training Sessions** to enable Carers to have more knowledge of the person they care for health condition.

We held **151** Zoom Carers Support groups



Fortnightly, all Carers group
A daytime and evening time ADHD Carers Zoom Group
Dementia Carers Group



Information & Advice was provided to carers **5372** times.



We held 24 Zoom sessions were **Carers could learn a new skill!**

Informed GP practices of over **1000** carers that were not know to their practice as having a caring role.

We made **192** referrals to other services and organisations in Halton



621 new carers registered at Halton Carers Centre.

71 Online **Wellbeing Sessions**,
Yoga, meditation & chair based exercise Zoom sessions.



4459 reviews on carers to ensure they were supported with their caring role.

We would like to thank all the services in Halton who have continued to support our carers and their families, and to all the new services that we have partnered up with to be able to offer some of our activities such as Relax & Restore CIC, Gateway collective, Old Town Bloomers to name but a few! (all data from 23rd March 2020 - 31st March 2021)



During Covid—19 Halton Carers Centre like many other organisations have not been able to run our usual fundraising activities which include bingo sessions, craft stall days etc but did you know there are several ways that you can help raise funds for Halton Carers Centre, this can be from the comfort of your armchair, when you shop at your local co-op or even when you enter our monthly lottery which puts you in with a chance of winning a cash prize!

Fundraise for Halton Carers Centre from the comfort of your own home - If you like many of our team use Amazon you can help support us via Amazon Smile, follow our instructions as how you can do this:

- On your internet browser enter www.smile.amazon.co.uk
- On the first screen it will ask you to register or sign in, if you are already an Amazon member please use your normal sign in details if you are not a member you can create an account here.
- The next page will ask you to pick your charity, enter Halton Carers Centre in the search tab & press go!
- You can then select us by ticking the box next to our name. It will then take you the Smile Amazon desktop store which is exactly the same as the Amazon Store.

Once this is set up each time you shop at Amazon with your log in details, even on the normal Amazon App it will automatically link to your amazon smile and 0.5% of your purchase cost will be donated to HCC at no extra cost to yourself.



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.



Choose us as your
Co-op local cause
 Go online coop.co.uk/membership



Halton Carers Centre has been lucky enough again to be chosen as one of the Co-ops local Cause's in Halton, this means if you are a Co-op member every time you shop in your co-op or purchase a product online from the Co-op and use your membership card a % of your sale price will be donated to Halton Carers Centre at no extra cost to yourself and also earn rewards for you to spend back in the store! If you are a Co-op member already you can log onto your account and select us as your local cause for 2021, If you are not yet a member and wish to help raise funds for carers in Halton you can get a membership form in any Co-op store or apply online. So next time you feel the need to justify buying that cheeky chocolate bar you could buy one at your local co-op and feel less guilty as you will be supporting carers in Halton and earning rewards for yourself!

Plus Dane Housing 

Plus Dane SHAP Floating Support
 is a free service for people living in Halton who may be having difficulties managing their home.

Floating Support can help you in a time of crisis, giving you the skills and confidence to take control of your life and make your own decisions.

Get in touch with us:
 email: Plusdane-ShapReferrals@plusdane.co.uk
 phone: Paula Meadows 07800 543 380 or Pauline Harrison 07471 035 402

What can I get help with?

- Managing your first tenancy, or moving on if you have struggled to manage a tenancy in the past
- Sustaining your current tenancy
- Living independently if you are leaving hospital, prison, or care
- Applying for grants for essential household items as part of your wider support needs
- Managing debt and rent arrears
- Maximising your income
- Remaining in your home or finding alternative accommodation if your home is at risk due to breaches of tenancy like anti social behaviour issues or substance misuse
- Accessing physical and mental health services
- Moving on from temporary accommodation into somewhere more settled
- Accessing education, training, and employment
- Maintaining independence
- Reducing the need for crisis and emergency interventions

What floating support services cannot help with?

- We cannot provide any help with personal care or domestic duties like cooking, cleaning, DIY or gardening. We offer a wide range of practical support, but are not a counselling or befriending service.

However, we can put you in touch with other places that can help.

If you are homeless and need housing support or advice, contact the Homeless Team on 0303 333 4300

You can use this service if you:
 Are over 18 years of age
 Live in the Runcorn/Widnes area
 Need housing related support




 North West
 Boroughs Healthcare
 NHS Foundation Trust

Need urgent help with your mental health?

Live in Halton, Knowsley, St Helens or Warrington?
 Call us on our new Freephone number! We can help.

 **0800 051 1508**

www.nwbh.nhs.uk/help-in-a-crisis

Great news! Our Therapy & Podiatry Service are back up and running!

Our fully qualified podiatrist, Stuart started back on Wednesday 14th April to give your feet some well needed care! Many carers find that their caring role can take its toll on their feet, we believe that keeping carers fit and well is vital if they are to continue in their caring roles. If you are a new carer, or have never had this service before, your first appointment will be free of charge; any appointments after this will be a £15.00 charge. This is a 1 hour treatment. We advise carers to continue to access podiatry appointments via your GP Practice in addition to our service. The podiatry room will be cleaned thoroughly between each appointment.



Runcorn Podiatry: Wednesday's 10:00am-3:00pm. Saturday's 10:00am-1:00pm

Widnes Podiatry: Thursday's 9:15am-2:00pm



Our therapy service is provided to give carers a break from their caring role. Emma, our fully qualified therapist, started back on Tuesday 20th April to give you all some well-deserved relaxation! Emma provides a range of treatments including: back massages, reflexology, manicures, pedicures, hot wax treatments, eyebrow shaping and facials. Following health & safety guidelines; some treatments may vary to keep staff and carers safe. The therapy room will be cleaned thoroughly between each appointment. Your first therapy appointment will be free of charge. There will be a small charge for any appointments after this. Appointments last between 30 minutes to 1 hour.

Runcorn Therapies: Tuesday's 10:00am-3:00pm. Thursday's (Reflexology only) 10:00am-2:00pm. Saturday's 10:00am-1:00pm

Widnes Therapies: Wednesday's 9:00am-2:00pm

To book an appointment with Stuart or Emma you can contact us on 01928 580182 during our opening hours.

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. Any carers who do not pay the charge will not be able to access any further therapy or podiatry appointments.

What's Happening

Our monthly groups are still held on Zoom and are very popular with our carers, if you wish to join any of our sessions please give us a call and we can talk you through how to use Zoom and send you the access code for each group.

Carers Group/Activity	For	When
ADHD Carers Day Group	Anyone 18+ who is caring for someone who has been diagnosed or undergoing assessment for ADHD.	Fortnightly on a Tuesday 12pm - 1pm
ADHD Carers Evening Group	Anyone 18+ who is caring for someone who has been diagnosed or undergoing assessment for ADHD.	Last Monday of each month 6pm - 7pm
All Carers Coffee Group	For all carers to join and get involved in fun quizzes, bingo, chatting and laughing	Fortnightly on a Wednesday 11am - 12pm
Dementia Carers Coffee Group	For anyone caring for someone with dementia, a chance to meet other, share strategies and support each other.	Fortnightly on Thursday 1.30pm - 2.30pm
Yoga for Carers	Yoga for carers of all abilities.	Every Monday 9.45am
Relax & Recharge Session	Time to relax and take time for your mind.	Every Wednesday 7pm - 8pm

Follow us on our social media pages for regular updates on Halton Carers Centre services or if you do not use social media please let us know your email address so we can add you to our mailing list.





Halton Young Carers



Due to the changes of Covid restrictions and families staying home, all our activities moved onto Zoom during Lockdown. Over the past 12 months Young Carers support staff have been busy putting on weekly zoom session for Young Carers consisting of Quizzes, scavenger hunts, crafts & cooking activities. Making up and delivering activities bag including toys, sweet and craft kits to make. We have given out over 350 activity packs and craft kits over the Summer, Halloween, Christmas and Easter periods to Primary Young Carers, caring for a parent, and all Young Carers involved with the Zoom activities.



For regular updates on our Young Carers Activities please give our social media pages a follow! We will shortly be promoting our plans for May - Aug 2021. 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! Please search Halton Young Carers on FB & Instagram.





Halton Young Carers



Reviews for Young Carers have been over the phone instead of in school, mainly with parents, to ask how everyone is coping with the stress of staying home and home schooling. Over the first 3 months of lockdown last year we contacted all 700 Young Carers and their families to provide support and advise also to encourage Young Carers to our Zoom activities and signpost parents to our Facebook for updates.







HALTON CARERS CENTRE

Kayaking Day Trip for Young Carers.

Thursday 3rd of June
10am till 1pm

Young Carers Holiday club activity at Wonkey Garden
Ditton Community Centre Widnes
Tues 1st June 1-3pm

Come and join us out in the garden for some games, planting & willow weaving.

Contact the young carers team to book a place on 01828 180 182 Text: 07984658054 Email: help@haltoncarers.co.uk





Kayaking for Young Carers aged 13yrs - 17yrs.

Wonky garden activity for Young Carers Aged 5years - 10years

Contact us to book your place!

Activity	For who	When
Young Carers Zoom Party	For young carers aged 5yrs—11yrs come and join us for fun and	Every other Tuesday 4pm - 5pm.
RTIME Zoom Group	For young carers 11yrs - 16yrs.	Every other Thursday 4pm - 5pm



If your young carers wishes to join our Zoom groups please contact Kate or Garry and they will send you the joining code!



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.

