

**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 44
WINTER 2021**

Autumn / Winter 2021 Newsletter

Hello and welcome to our Autumn/Winter newsletter.

There's a lot to read inside of forthcoming activities we've got planned. We've got training opportunities aplenty, we've increased our therapy provision in Widnes to include Fridays so more of you can access treatments in Widnes if needed. We've also got trips for you to enjoy with family or on your own so please take time to read this newsletter so you know what we've got planned for the months ahead.

Thank you to everyone over the last year who shopped at the Co-op and chose us as their chosen charity. Every time over the past year that Co-op members bought selected Co-op branded products and services, 2p for every pound spent went to support community organisations and local causes like ourselves and its been much appreciated. So far you've helped raise over £8,700!

Remember Halton Carers Centre provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Halton. So don't be shy, give us a try.

Carl Harris

Carl

Halton Carers'
Centre Manager

Halton Carers Centre - Christmas Closure

Close - Thursday 23rd December at 4pm

Telephone service only

Wednesday 29th Dec – 10am to 4pm

Thursday 30th Dec – 10am to 4pm

Friday 31st Dec – 10am – 12 noon

Reopen – Tuesday 4th January at 10am



For more information contact Halton Carers' Centre on:

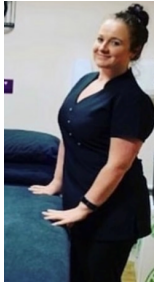
01928 580182

Spotlight on Dementia

Many people diagnosed with dementia live at home and are cared for by a family member or friend and it is important that we find the best ways to support the carer as well as the cared for. Caring for people with a diagnosis of dementia or undergoing assessments for a diagnosis can be challenging and stressful and about 40% of those carers will have symptoms of depression and/or anxiety. Halton Carers Centre has recognized this and now offers several groups throughout each month, these groups give us the opportunity to meet carers face to face, carers can share experiences and strategies in a safe, open, understanding environment and get to meet other carers in similar situations. All sessions are free to attend and refreshments are provided, If you would like to attend any of our Dementia Carers Groups please contact the centre to book your place!

	When	Time	Where
Dementia Carers Day time group	Fortnightly, Friday	2.15pm	Brunswick House, Water Street, Runcorn
Dementia Carers Evening Group	Fortnightly, Mon	6pm - 8pm	Brunswick House, Water Street, Runcorn
Dementia Carers Zoom	Fortnightly, Thurs	1.30pm - 2.30pm	Zoom
START Training	Meets for 7 weeks	Contact The office	Contact the office

Halton Carers Centre also facilitates a 7 week training programme called **START**, which is for carers of those with dementia. This training is to empower carers and help them have a better understanding, it covers stress, wellbeing, reasons for behaviours, behavior strategies, communication styles, planning for the future plus much more that will assist you feeling more confident in your caring role. For future dates of our next sessions please contact the office.



EXTRA DAY!

We are pleased to announce that our wonderful therapist Emma will now be providing an additional day of appointments in our Widnes office!

You can now book in for a pamper in St. Maries every Friday!!!

Which now also means we will have a Support Worker available in our Widnes office:

Wed 10am - 3pm, Thurs 10am - 4pm and Friday 10am - 4pm!

Autism a game of Life One autistic perspective of life

Imagine everyone is playing a game and everyone knows the rules, I'm expected to know the rules implicitly but do not. I unknowingly make a mistake and penalized for it, with no idea why. I need to count things now.

Everyone seem to be talking very loudly, my ears hurt and the lights are to bright, I cant concentrate on the game that I had no idea I was playing. Why does the label scratch so much? Why do I feel angry? I don't know! Stop asking me so many questions, I've forgotten the first one already. I was laughing, but now I'm crying and I don't know why. I need to count things now.

I talk to much or not at all to hide or fit in and people find this weird or difficult. They are not interested when I talk about the things that I like, telling me to shut up or go away weirdo.

I only like certain foods but according to the game they are not the right foods. They are not healthy, I need to count things now.

I love to play the same games over and over, but to others they are boring, weird or not right. They are not the right game of life. I need to count things now.

Why cant I stop myself from counting, even when I try?

Phil Crowley
The Autistic Teaching Assistant.



As you may have seen we have changed what was formally the ADHD face to face support coffee group to now include all parent carers of a child with a disability or health condition. The decision to do this was made so all parent/carers have a chance to meet up with others and discuss any issues, worries they may be having, or to just come along and meet new people for a cuppa and refreshments. We do still host a monthly Zoom ADHD Group please see page 11 for dates and times

Myself and Lorina have been trying to help reach as many Parent carers as possible to come along and join us, don't be shy, both of us have been in the same situation as yourself so understand how it feels to join a group you haven't been to before, we are a very friendly group who would love to welcome you. If you're feeling a bit shy and would like a chat with us first then please call the office on 01928 580182 we're here to help.

Thanks Tracey

If there is another person who is helping you with your caring role or you know someone who is a carer they can also register with ourselves! To do this they can ring the centre on 01928 580182 or if they have a smart phone they can scan the relevant QR code which will take them directly to our online form! Once we receive this into the office a member of our team will ring the carer to get them fully registered!

**Adult Carer
aged 18+**



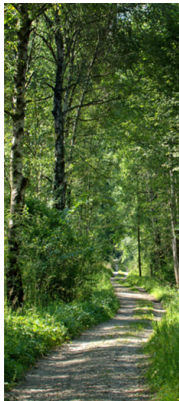
**Young Carer
aged 5yrs - 17 yrs**



Following on from the success of our parent carers walk & talk, this group has now been opened to all carers registered at the centre. Walks take place in both Runcorn And Widnes.

This is a gentle stroll around the park lasting 45minutes to one hour, it is suitable for all ages and abilities. After the walk we enjoy a nice warm drink and a chat in one of the on sight cafes.

This has been a fantastic opportunity for carers to meet other carers in similar Situations , it is a very friendly and welcoming group and on the previous walks it has been lovely getting to know lots of new people, We've had plenty of laughs, shared lots of useful information and all whilst getting some exercise in the fresh air.



Many of the carers that have attended have said it has lifted their mood, improved their wellbeing and also helped them to feel less lonely and isolated.

If you feel this group would be of benefit to you, you are very welcome to come and join us on one of our forthcoming walks, we plan to continue the walks as long as we can but depending on the weather and the winter approaching we will have to put them on hold at some point but we will continue them once able to.

Please contact Lorina.ditchfield@haltoncarers.co.uk if you are Interested and I will keep you up to date with forthcoming dates.

We hope to see you soon, Lorina & Tracey

CARERS FORUM COMING SOON!



We will be holding our first face to face forum in over 18months in November 2021!!

Please make sure you follow our social media pages or provide us with your email address so we can let you know the date/- time & venue!

DOES YOUR GP KNOW YOU ARE A CARER?

Please tell your GP practice that you are a carer and they will note your records so they can better support you. This could be via free Flu vaccinations, referral to our Carers' Centre for you to be registered and supported and they will be aware your health may be affected by your caring role. Carers are twice as likely to suffer from ill health, compared to non-carers.

If you or the person you care for have to go into hospital, please remind your GP that you are a carer and ensure they liaise with the hospital. If you would like Lucia our carers GP & Hospital liaison to contact your gp to let them know you are a carer please contact Lucia on 01928 580182 or email on Lucia.Urquhart@haltoncarers.co.uk



eConsult

eConsult is a clever bit of software that allows you to quickly and safely get help and advice from your own doctors and GP practice online, for free, from anywhere. Just simply find your own gp practice online and search for econsult which is usually at the bottom of your gp practices home page then click on get started and choose from one of the options below for help and advice. Your GP practice will aim to respond within 48 hours. If you need advice sooner you would need to contact your gp practice, NHS 111 service or go to your local walk in centre.

Contact your doctors to get advice for your problem now

I want help for my condition >

Get advice about specific conditions like **back pain**, coughs, mental health concerns and more

I want general advice >

Get advice about general symptoms like **tiredness**, bleeding, pain or weakness

I want administrative help >

Request **sick notes** and **GP letters** or ask about recent tests

I want help for my child >

Get help for common childhood problems like **rash**, earache, cold, flu, vomiting and diarrhoea



What is autism?

Friday, 4th February 2022, 1:00pm till 3:00pm at Halton Carers Centre
Covering: How do people with autism see the world? About Autism,
Difficulty with social communication, Difficulty with social interaction,
Characteristics of autism, Love of routines.

Mental Health Training

Friday 11th and 18th February 2022, 1:00pm till 3:00pm at
Halton Carers Centre
A Definition? Mental illness is...
Common, It can happen to anyone, Different according to culture,
Longstanding it is called 'severe mental illness'.

Personality Disorder Training

Friday 25th February and 4th March 2022, 1:00pm till 3:00pm at
Halton Carers Centre
To help you understand what a personality disorder is.
Dispel unhelpful misconceptions about people and behaviours associated
with a personality disorder.
Provide some guidance on how to care for somebody with a
personality disorder.
Information about services and what is available

**Places are limited on all sessions, to book your place please call the office
on 01928 580182**



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!

Carer Break Funding

Halton Carers Centre has Carer Break Funding available for registered carers to apply for a payment of up to £150!

You can apply for carer break funding if you are over 18 years of age and have been registered with the centre for at least 3 months.

The person that you care for is a resident of Halton Borough but is not in a residential home.

The funding can be used for:

- A holiday, day trips, short breaks, driving lessons. **(not including any already booked or taken)**
- Equipment for your own use which will enable you to have a break or access Services to enhance your caring role.
- Leisure activities, gym membership, therapies or hairdressing treatments. Theatre or sport tickets.

Please ring the office on 01928 580282 for more details on how to apply for the Carer Break Funding.

**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
01928 580182**

Carers Centre Trips



November 2021

**No Transport
for trips will
be provided!**

16th November - Create your own Tote Bag @ **Hummingbird Art Studio**, Runcorn. Come and join us in making your own Tote bag to take home, whether you are a keen artist or complete novice, come along and be guided through making something completely unique to you while having a coffee and a chat! £5 per person.

19th November - Spa morning @ **Riverside College**. Come and have a few hours relaxation at Riverside college, upon arriving you will receive a delicious warm pastry and hot drink then will be able to choose 2 treatments from a manicure with a hand/arm massage, luxury facial and/or back massage.



December 2021



7th December - Come and join us @ the **Hummingbird Art Studio**, Runcorn and get in the festive spirit whilst having a coffee and making a beautiful Christmas Tree decoration to take home! £5 per person.

8th December - **Luminate @ Walton Gardens**. 5pm A wonderful festive light experience in Walton Gardens. £5 per person. (Immediate family only)

15th Dec - **Xmas 2 course meal and entertainment @ the Heath Business Park**. £5 per person and only 2 tickets per Carer.

18th Dec - Family Trip - **Cinderella @ The Brindley**. 1pm show £5 per person. Tickets must be for parents/guardians/children only. (Immediate family only)

22nd Dec - Family Trip - **Cinderella @ The Brindley**. 6.30pm show £5 per person. Tickets must be for parents/guardians/children (immediate family only)

For all our trips we will continue to follow our trip allocation policy which is carers who have not accessed a break with Halton Carers Centre before will be given 1st priority to be offered a place, all other carers will be put on a reserve list for if/when places become available. If you are allocated a place on a trip - you will be notified by receiving a phone call then letter to confirm your place/s and the deadline for payment to be made. If your payment is not made by the deadline date you will be removed from the trip and your place/s will be allocated to the next person on the reserve list. If you are offered a place and can no longer attend please let us know asap so your place/s can be allocated to those waiting on the reserve list.

FUNDRAISING



HALTON CARERS CENTRE LOTTERY DRAWN ON THE 20TH OF EACH MONTH

Supporting Unpaid Carers in Halton

1st
2nd
3rd
Prizes



How To Play ? For Just £5.00 per month per number

Pay by Standing Order:
Halton Carers Centre Bank Details:
Organisation : Halton Carers Centre Ltd
Sort Code: 30-99-14
Account Number 07833689

Standing orders to be paid on or before the 15th of the month,
Cash by 12pm on the 20th of the month
You can now Pay over the phone on 01928 580182



62 Church Street, Runcorn WA7 1LD - Telephone 01928 580182
St Marie's Church, Lugsdale Road Widnes. WA8 6DB - Telephone 01928 592405
Email: holly.robson@haltoncarers.co.uk
Web: www.haltoncarers.co.uk

Halton Carers Centre is a Registered Charity. Number: 1124493 Company Limited by guarantee. Number 06574889



Halton Clinical Commissioning Group



amazonsmile
You shop. Amazon gives.

Its coming up to that time of year we're all we all get organised with Christmas shopping! If you are a user of

Amazon, you can make your purchases while raising money for Halton Carers Centre by using Amazon Smile instead. It is completely the same format as Amazon but for each purchase you make a % of the cost will also be donated to Halton Carers Centre! To find out more and how you use Amazon smile, give our team in the office a call and we'll talk you through it!

A massive thank you to Jamie Twist who recently ran a half marathon on behalf of Halton Carers Centre and managed to raise over £500 for unpaid carers in Halton!!



What's Happening

Our monthly groups are now back up & running, but places are limited. If there is a group you would like to attend please contact the centre to reserve your place! For all face to face groups refreshments are provided free.

	When	Time	Where
ADHD Carers	Last Monday of the Month	6pm - 7pm	Zoom
Dementia Carers Evening Group	Every other Monday	6pm - 8pm	Brunswick House, Runcorn
Parent Carers	Every other Tuesday	12pm - 2pm	Halton Carers Centre
Carers Coffee Group	Last Wednesday of the month	10am - 12pm	Trinity Church, Widnes
Carers Coffee Group	Last Thursday of the month	12pm - 2pm	Halton Carers Centre
Dementia Zoom Group	Every other Thursday	1.30pm - 2.30pm	Zoom
Dementia Carers Day Group	Every other Friday	2.15pm	Brunswick House, Runcorn
Carers Knitting	Every Friday	1pm - 2pm	Halton Carers Centre

To find out the dates of the next groups you can follow our social media pages on Facebook and/or Instagram or you can check out our new online calendar for Carers! <https://haltoncarers.co.uk/calendar/> Bookmark this webpage as our calendar will be updated regularly with new groups/training/activities & trips.

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
Friday 9.30am – 3pm
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**



Podiatry Services

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

£15 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.



Halton Young Carers



Sadly, we have said goodbye to Garry Fowler our Young Carers Support worker after 4 years of supporting Young Carers and their families in Halton. We would like to wish him good luck for the future from all staff.

The Young Carers support workers are back in schools in Halton with our information stations also completing review meetings with Young Carers. The aim of being in schools is to give support, information advice and guidance. If you are a registered Young Carer and would like a support worker to visit you in school, please contact Young Carers team on 01928 580 182.



CONSENT

For a Young Carer to access any of our trips, training or activities we need to gain consent from parent/guardian. Usually we would get this written consent On registration but we have recently updated our consent/first aid form. If you have not completed a form prior to Aug 2021 we would be grateful if you could take a few moments to scan the QR code into your smartphone camera, this will then take you to secure online form to complete, this completed form will then be kept securely with your Young Carers File. If you wish to complete a paper version please contact our Young Carers Team on 01928 580182 Please note this form is for Young Carers ONLY.





Halton Young Carers



Our Young Carers Team had an amazing jam packed summer of activities for Young Carers in Summer 2021! Including:

- Arts & Crafts at the Hummingbird Art Studio
- Camp Curiosity
- Kayaking
- Wild Shore Water Park
- RTIME with Reptiles

Here are just a few of our favourite pictures from the summer.



The feedback we got from parents/guardians and Young Carers who attended the activities was very positive with all saying it helped improve Young Carers Confidence, mental wellbeing, reduced isolation, gave the opportunity to make new friends and most importantly gave the Young Carer a break from their caring role.

As we have over 700 Young Carers registered with us now it is impossible to notify everyone when we are hosting a YC activity, but if you follow our Young Carers Social media pages (facebook/instagram) we will post on those platforms when an activity is planned. Alternatively you can share with us your email address and you will be added to our mailing list and will receive regular updates on our services.



Halton Young Carers



Places are limited on all our sessions, If your Young Carer would be interested in any of the below sessions please get in touch with our YC team on 01928 580182.

	Age	When	Time	Where
RTIME	11 yrs+	21st Oct	5pm - 7pm	Halton Carers Centre
YC Basic First Aid Training	7 yrs+	26th Oct	10.30am - 12pm	Halton Carers Centre
Halloween Arts	5 yrs+	28th Oct	10am - 1pm	Hummingbird Art Studio
RTIME	11 yrs+	4th Nov	5pm - 7pm	Halton Carers Centre
RTIME	11 yrs +	18th Nov	5pm - 7pm	Halton Carers Centre
RTIME	11 yrs +	2nd Dec	5pm - 7pm	Halton Carers Centre
Santas Best Christmas Ever Show (family)	5yrs - 7yrs	11th Dec (Sun)	3pm - 4.30pm	Brindley Theatre
RTIME	11 yrs +	16th Dec	5pm—7pm	Halton Carers Centre
Cinderella Panto	5yrs+	29th Dec	1pm	Brindley Theatre

Our RTIME Young Carers Group runs every Thursday and gives Young Carers the opportunity to have RTIME away from their caring role, meet other Young Carers, chat to our team and chill out for a few hours!

We have game consoles, board games, activities all available and we will be running other activities with the session such as Yoga, reptile visits etc. Please follow our Social media pages to find out more about each session.



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.

