



Newsletter

Volume 1, Issue 1
Winter Jan-April
2022

Have your say!
Me-time R-Time



THERAPY
APPOINTMENTS

School leaver

YCT =
Young Carer
Team

Hi, to all our YC

Welcome you to your first YCT newsletter!

You'll find all the YC info on groups, trips, therapy's, help, support and much more, If you need any more info or support, please contact us we are always here for a chat

Your YCT Ash & Kate

DM us on: FB/Insta/Twitter
help@haltoncarers.co.uk / 01928 580182

Check out our social media pages



halton_young_carers



HaltonCarerCentre



HaltonCarers

Me-Time

Coming soon,
watch this space!!

5-10yrs

A safe space to have fun
and arts & crafts
Create Scrap books
Meet other Young Carers
Play Games
Learn new skills.

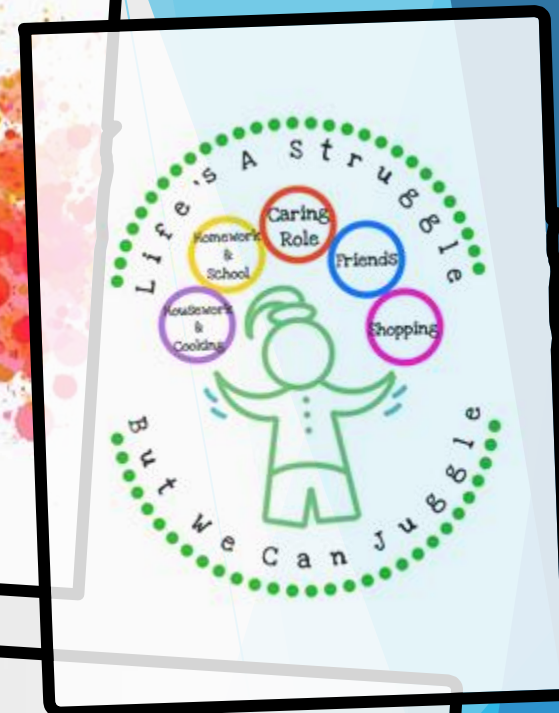
CONTACT:

YCT: 01928 580 182

Or

help@haltoncarers.co.uk

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All treatment are
FREE!!!!



Choose from:
Facial
Manicure
Neck and back massage
Pedicure

CONTACT:
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YC Beauty treatments

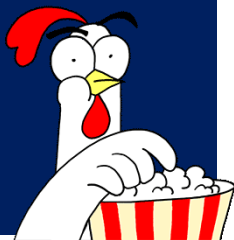
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R-Time



Thursday 5-7pm



A safe space to give our YC a break from their caring roles.

What we do:

Arts and Crafts
console

PS5 and switch

Meet other Young Carers

Guest
Speaker
movies

Quizzes

Watch

Games and Themed Nights

Dates you can ask for a place is:

Thursday 17th February

Thursday 10th March

Thursday 17th March

Thursday 24th March

Thursday 31st March

We are very limited to places and transport:
all done on a rotation and first come basis

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Or

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HaltonCarerCentre



HaltonCarers



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CLASS 2022

ARE YOU OFF TO COLLEGE THIS YEAR?
DO YOU NEED SOME SUPPORT TO
ACCESS FURTHER EDUCATION DUE TO
CARING ROLE.

If the answer is... YES

Please give us a call:

01928 580 182

Or

DM on Facebook

Ask for: Young Carers Team



Leaving School?

Don't worry!!

Young Carers Team can help you with all
the big decisions

We can support you with:

- ▶ Making arrangements for you to explore
- ▶ Feeling confident in the transition
- ▶ Be an advocate in letting the college know you're a Young Carers

YCT Ash & Kate

help@haltoncarers.co.uk / 01928 580182



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Breakout Room activity

7th April 2022⁺

Drop off and pick up point

10.00am 3.00pm

Runcorn old Town bus station

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11-16 yrs



PACKED LUNCH
REQUIRED

**HALTON YOUNG CARERS AGED 5 – 10
THE CATALYST SCIENCE DISCOVERY CENTRE
FOR SOME HALF TERM FUN**

Dates: Thursday 5th & 12th April

TIME: 10am – 2pm

VENUE: Catalyst Science Discovery Centre

Workshops
Chocolate & keyring making



TO BOOK YOUR
PLACE PLEASE
CONTACT THE
TEAM ON
01928 580182



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YCT are excited to be able to give VIBES new service in Halton to our Young Carers.

To register:

Email: carl.geraghty@vibeuk.org

Or

scan the QR code



In Halton



11-19 years old



Monday and Thursday evenings
6-8pm, 12 week programme



YP will be allocated venue on registration



Week 1: Introduction
Week 2: Worries / Goal Setting
Week 3: Exploration - develop coping strategies through creative expression
Week 4: Self Care - external provider (such as Lush) running self care sessions (bath bomb making, etc)
Week 5: Connect with Nature
Week 6: Mindfulness
Week 7: NLP session
Week 8: Coping Strategies - managing stress and anxiety
Week 9: Vibe Outdoors - retreat
Week 10: Vibe Outdoors - retreat
Week 11: Aspirations - inspirational speaker
Week 12: Evaluation
N.B Programme schedule is flexible, depending on cohort.



Register Here

if you require any more
information please contact
carl.geraghty@vibeuk.org

Recharge Halton

Recharge can support those young people who require someone to listen to them, provide a safe space to reconnect, offer opportunities for reflection, gain self-awareness, make time for self-care, and develop mindfulness. The programme is delivered by youth workers who can get to know and understand the situation the young person is facing, and can support them to learn to cope with adversity while sustaining their mental wealth, help them to rebuild social connections, and focus on their happiness and confidence building.

Relationships Levels
1 - Personal
2 - Interpersonal
3 - Advocacy
4 - Community

5 Ways to Wellbeing
Connect
Be Active
Take Notice
Keep Learning
Give



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HALTON HEALTH IMPROVEMENT

Fit 4 Life Bite Size Sessions



START WELL

Join us for our 1-hour parent/carer workshops:

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Is your child a fussy eater? It's easier said than done to get children to try new foods. In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

MENTAL HEALTH & EMOTIONAL WELLBEING

Everyone has mental health and looking after your child's mental health has never been so important. This workshop is based on the 5 ways to wellbeing and will give you tips and advice for supporting your child's mental health. We'll share resources and techniques to promote positive mental health and build resilience.

These workshops are for parents and carers, and will be delivered via Microsoft Teams.

Choose from the following sessions:

| Sleep & Screens | | Fussy Eating & Snacks | | Mental Health & Emotional Wellbeing | |
|--------------------------------|------|-------------------------------|------|-------------------------------------|------|
| Mon 24 th January | 11am | Weds 26 th January | 6pm | Tues 25 th January | 10am |
| Weds 16 th February | 6pm | Fri 18 th February | 10am | Mon 7 th February | 6pm |
| Tues 29 th March | 1pm | Thurs 24 th March | 6pm | Tues 8 th March | 1pm |
| Thurs 28 th April | 6pm | Mon 25 th April | 1pm | Weds 30 th March | 10am |

To book your place, email HIT@halton.gov.uk

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC



Please contact
the email or
phone number on
the poster to book
a place



Here are some
great organisations that can
help support you

Confidence : KOOTH (APP)

Sleep: young minds sleep or Text YM to 85258

ADHD support: adhdfoundation.org.uk

Anxieties: Childline 0800 1111

Isolation: Samaritans 116 123

Eating disorders: [BEAT eating disorders - 08088010677](http://BEATeatingdisorders.org.uk)

Friendship: R-Time or Me-Time Group call HCC - 01928 580-182

Youth Group for LGBTQ+: GLOW Halton



*Print me off, and you
can always find
the support.*



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01928 580182

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Cress head family

Have some fun, ask an adult to help

A fun way to introduce kids to growing food from seed on the windowsill.



Skill Level Beginner. Adult supervision needed.

Time to Make 20 minutes plus drying time

Adult Supervision Needed Yes

How to Make

1. Using porcelain paint pens, paint the flowerpot with family member features. Leave to dry.
2. When paint is dry, put cotton wool in base, add folded kitchen towel to about 2/3rds the way up the flowerpot. Wet the kitchen towel and cotton wool, removing any excess water.
3. Sprinkle a layer of cress seeds on top of the damp kitchen towel. Place on the windowsill.
4. Keep damp daily by sprinkling with water, removing any excess at the bottom of the flowerpot.
5. When your cress is fully grown, let the kids snip hairstyles every time they make a sandwich!

Top Tip

For a continuous supply, create other family members or characters and sow a new pot every couple of days.



www.bakerross.co.uk/craft-ideas/category/kids/activity/free-printables/



Roundpond Adventure
14th April 2022
Drop off & Pick up Point
Runcorn Old Town
Bus Station
10.00am – 3.00pm

Contact the Young Carers Team
on 01928 580 182 for
information

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YOUNG CARERS ACTION DAY

16 MARCH 2022

Taking Action on Isolation



Everyday across the UK, thousands of young people help look after someone in their family or a friend, who is ill, disabled, or has a mental health problem or addiction.

Get involved with Carers Trust's Young Carers Action Day.

Help young and young adult carers stay connected, access the services and support they need and reduce their isolation.

Find out more and get free resources to help you at:

Carers.org/YCAD

#YoungCarersActionDay

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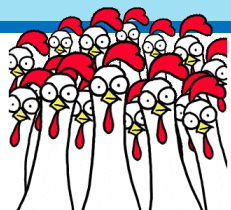
01928 580182

To combat
isolation come to
our R-time group
and trips, where
you can meet
other Young
Carers

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Meet all Find all the hidden YCT friend's
Within the YC newsletter



YCT Ash & Kate
help@haltoncarers.co.uk
01928 580182

Meet Munchie our Worry Monster,
If you would like Munchie to
come and visit you in school
please let the YCT know



Print
and
colour
me in



HAVE YOUR SAY!

Your feedback
is important to our YCT
it helps us decide what we
do in the future.

If you have anything you want
to have your say
Email YCT:
help@haltoncarers.co.uk

