



# Newsletter

YCT =  
Young Carer  
Team



Have your say!



R-Time

THERAPY  
APPOINTMENTS



School leaver

Hi, to all our YC

Our Young Carers Team have an amazing jam packed summer of activities for Young Carers over Summer 2022!

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

Please note be aware all our trips and activities have limited spaces available, and adhere to our allocation policy when allocate places

Your YCT Ash & Kate



DM us on: Facebook  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk) / 01928 580182



## All treatments are **FREE!!!**

Choose from:

Facial

Manicure

Neck and back massage

Pedicure

Note all YC MUST BE ACCOMPANIED BY AN ADULT  
Age restriction on some treatments

CONTACT:

YCT:

01928 580 182

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

# YC Beauty treatments

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**CARERS**  
**CENTRE** **TRUST**

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# Competition for Young Carers: Time to Fly

Date for flight: Sat 21st May 2022

## COMPETITION TIME

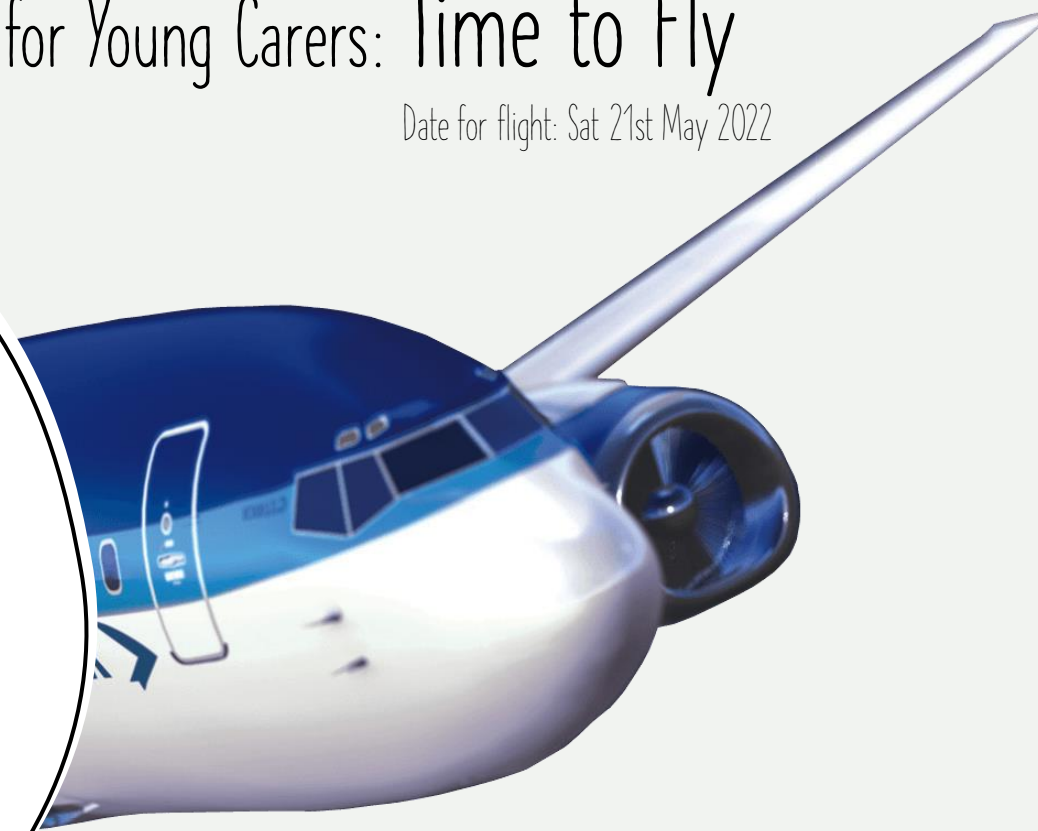
WOULD YOU LIKE TO.....FLY A PLANE?

What does being a Young Carer look like to you?

You could show us with:

Pictures, Videos , Dances, Poetry, Songs, Drawings, Short story, Poster, Sculptor, Model or build us something!!!

Anything that expresses what being a Young Carers is to you!



To enter  
**CONTACT:**

**YCT: 01928 580 182**

Or

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

Entres closing date: 11.5.22

Drawn date: 13.5.22

**GOOD LUCK YOUNG CARERS!!!**

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YC age 11+  
would you like to  
go  
Rock climbing!!  
17.8.22

To book a place  
CONTACT:  
YCT: 01928 580 182  
Or  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)



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Or

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Come along and join  
us, at Halton Carers  
Centre Jo's Reptiles  
Wednesday 1st of  
June 11am till 1pm.



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# First Aid Training

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Would you like to be  
confident in first aid

Place: Halton Carers Centre

Date: Thursday 18<sup>th</sup> August  
2022 @1pm

To book a place  
CONTACT:  
YCT: 01928 580 182  
Or

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



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## Hummingbirds Arts & Crafts session

YC age 10 and under:  
Tuesday 2.8.22  
11am till 1pm

YC age 11+:  
Thursday 4.8.22  
11am till 1pm

**CONTACT:**

**YCT:**

**01928 580 182**

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

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# A Day of FUN!

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Place: Halton Carers Centre

Date;16.8.22

Time:11-1pm

YC age: 10 and under



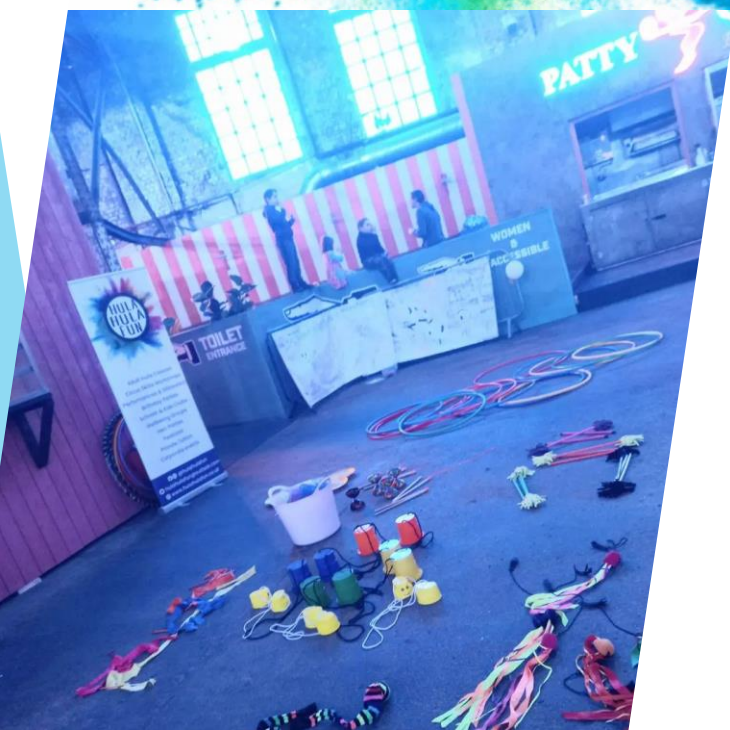
Circus games

demonstration of all the  
equipment - hula hooping,  
juggling, bucket stilts, poi,  
flower sticks, spinning plates and  
diablos!

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# R-Time

Thursday 5-7pm



A safe space to give our YC a break from their caring roles. YC age 11+

What we do:

Arts and Crafts

PS5 and switch console

Meet other Young Carers

Guest Speaker

Quizzes

Watch movies

Games and Themed Nights

Dates you can ask for a place is:

Thursday 5th May

Thursday 12th May

Thursday 19th May

Thursday 26th May

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

Unfortunately, no transport provided

CONTACT:

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Or

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## R-Time 5.5.22 5pm-7pm YC age 11+

This session is to find out a bit more about Mako Create and all we do.

- ▶ Mako Create provides unique, fun and engaging training and experiences in all things creative and digital - inspiring our learners to embrace creativity, letting their imagination run wild to see where it takes them. No matter what their age or ability.
- ▶ Our goal is to encourage everyone to reach their full creative potential. We stage projects locally and further afield across the UK. We do everything from one-off taster sessions to full courses and events too. And everything can be face to face or online, the choice is yours.



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# R-Time 12.5.22 5pm-7pm, YC age 11+



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The 5 Ways to Wellbeing teaches how we can be proactive when it comes to our own wellbeing.

Implementing small changes through everyday life can help to improve our overall wellbeing.

This is an interactive and fun session.

- ▶ **Connect** - How we can connect with others to improve our wellbeing
- ▶ **Be Active** - Being active helps to release feel good hormones and is also good for our physical health.
- ▶ **Take Notice** - Taking notice of what is around us, such as, nature is a good wellbeing booster.
- ▶ **Keep Learning** - 'If you don't use it, you'll lose it Try something new, Push yourself out of your comfort zone.'
- ▶ **Give** - The power of giving is rewarding and helps to boost whoever you are giving to. It could be your time, a smile, your services etc.

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# R-Time 19.5.22 5pm-7pm, YC age 11+



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This is what the session will focus on:

GLOW Halton's LGBTQ+ Youth Group  
Providing support and activities for LGBTQ+ young people aged 10-19 years.

GLOW provides information and advice.  
provide a safe space for young people to socialise  
positive activities.

For more information about the group and to see how  
you can get involved contact us on  
[glowlgbt@gmail.com](mailto:glowlgbt@gmail.com)

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# R-Time- 26.5.22 5pm-7pm, YC age 11+



This is what the session will focus on:

- The first half of the session:  
A Life story share, This will look at how childhood experiences can impact a person's self-esteem, the role of peer pressure in that person's decision making and the risk-taking behavior's that they engaged in during their teenage years.  
It will discuss how experimentation with substances lead to addiction and the consequences of the addiction followed by the persons road to recovery.
- The second half of the session:  
A workshop, looking at self-esteem, peer pressure and risk-taking behavior's in greater detail.

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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

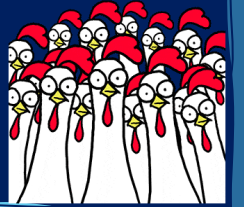
Or

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](mailto:help@haltoncarers.co.uk) / 01928 580182



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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



OR  
you can simply get your parent to scan the  
QR code to give consent

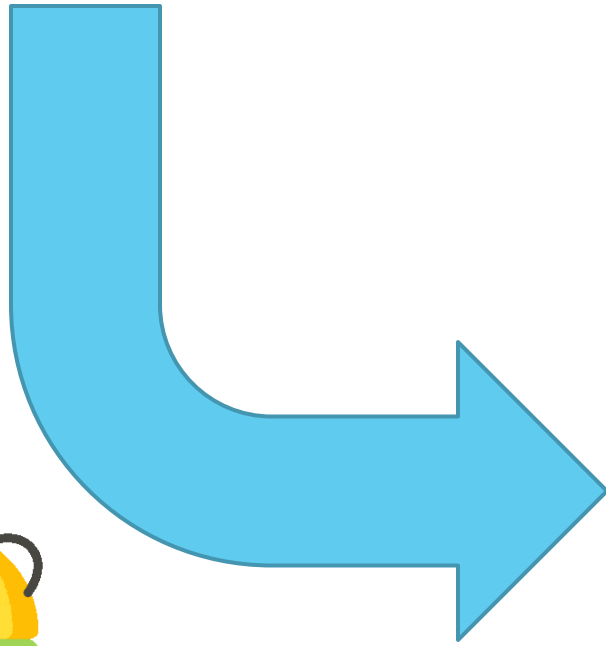
# Schools

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Please email or call  
Halton Health  
Improvement team

For more information about the  
sessions



HALTON HEALTH IMPROVEMENT

# Fit 4 Life

## Bite Size Sessions



START WELL

**Join us for our 1-hour parent/carers 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	
Thurs 28 <sup>th</sup> April	6pm	Mon 25 <sup>th</sup> April	1pm	Weds 30 <sup>th</sup> March	10am
Fri 20 <sup>th</sup> May	1pm	Weds 25 <sup>th</sup> May	10am	Mon 9 <sup>th</sup> May	6pm
Thurs 23 <sup>rd</sup> June	10am	Tues 28 <sup>th</sup> June	6pm	Tues 14 <sup>th</sup> June	1pm
Weds 13 <sup>th</sup> July	6pm	Thurs 14 <sup>th</sup> July	1pm	Thurs 7 <sup>th</sup> July	10am

To book your place, email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

For more information call the team on:  
**0300 029 0029**  
or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)

 @HaltonBC  Halton BC





please follow this link:

<https://localoffer.haltonchildrenstrust.co.uk/training-and-events/>

# For all your local courses and information

- ▶ You can open a hyperlink by hovering the mouse over the hyperlink, press and hold Ctrl and left click your mouse

Or

- ▶ copy the hyperlink to your browser

Or CONTACT:

YCT:

01928 580 182

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

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**KOOTH (APP) Mental Health and wellbeing**

Sleep: **young minds sleep** or Text YM to 85258

**ADHD support:** [adhdfoundation.org.uk](http://adhdfoundation.org.uk)

**Childline 0800 1111**

Samaritans 116 123

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

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

Youth Group for LGBTQ+: **GLOW Halton**

Here are some  
great organizations that can  
help support you

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

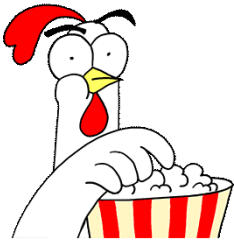
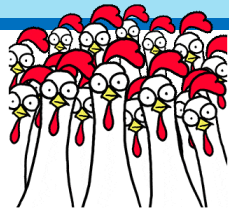


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01928 580182

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YC age: 10 and under

Meet all Find all the hidden YCT Friend'os  
Within the YC newsletter



YCT Ash & Kate  
[help@haltoncarers.co.uk](mailto: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 a  
teacher or YCT know



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# YCT are here for you!

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*halton\_young\_carers*



*HaltonCarerCentre*



*HaltonCarers*

As we have over..... 800 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. Send your email:

Or CONTACT:

YCT:

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

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# Outstanding Young Carers review???

Scan out QR code

Alternatively contact us on

YCT Ash & Kate  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)  
01928 580182



## HAVE YOUR SAY!

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



If you have anything you want  
to say

Email YCT:

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

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