



Newsletter

Edition 45 June 2022 - Sep 2022

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello and welcome to our new look newsletter. As usual we've tried to provide information for all carers and we hope you find what's inside useful and informative but if you think we are missing something please get in touch and tell us.

We recently said goodbye to a long standing trustee of the centre Eula Hersey who has gone off to pastures new, we wish her well in her new life abroad and thank her for her time and commitment to the centre.

We are currently recruiting for new trustees to sit on the board of the Carers Centre, if you interested please call on 01928 580 182 or email help@haltoncarers.co.uk for an information pack.

The Centre also raises much needed funds for the centre via our Carers Lottery, see page 2 for more information.

We have a Carers Forum coming up on the 28th June at The Foundry in Widnes which promises to be a very informative day for Carers on services in the borough, see page 14 for more information.

Many Thanks

Carl Harris

**HALTON
CARERS
CENTRE** A Network Partner of
**CARERS
TRUST**



01928
580182

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493
Company Limited by Guarantee No 06574889





Helping Women Sparkle In Their fight against Cancer

Sam's Diamonds is a charity aimed at supporting ladies aged 18+ throughout Merseyside & Cheshire, with any cancer diagnosis.

A Cancer Diagnosis can be the most frightening thing to happen to you and your family. During the journey, through treatment, you may feel that you are losing control and that your cancer is not just damaging your body, but also taking over your life.

Sam's Diamonds helps you to take back control and keep you moving forward. They provide regular activities that increase self-esteem confidence and motivation to keep you going forwards in life. They provide social activities, including walking groups, arts & crafts, book club, afternoon tea, bingo, coffee meet ups, exercise classes to name just a few! you can also join the Diamonds on an annual getaway.

Becoming a diamond will help you:

- Regain your zest for life
- Strengthen your body & mind
- Feel Empowered
- Form supportive long lasting friendships
- Share knowledge/experiences with fellow diamonds who truly understand

If you or any ladies you know have been diagnosed with Cancer and would Benefit from the support Sam's Diamonds offer, you can either call Sam & the team on 01928 593113, register on the website www.samsdiamonds.org.uk or email admin@samsdiamonds.org.uk



Have you received your Carers Newsletter through the post? We currently still post out over 1600 paper copies to individual addresses! If you have an email address and would prefer to receive an electronic copy please scan the QR code and complete your email details. Any future newsletters will be sent directly to your email inbox!

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



If you wish to join our monthly lottery please scan our QR code above or ring the office 01928 580182

Caring for someone can come with challenges,

It may be difficult to know where to go or ask for help but it's important to find out what support is available to you, for information, guidance, a catch up or a chat, pop into our Runcorn office newly decorated Duty Room where you will be given a warm welcome in a relaxing environment to discuss anything to do with your caring role.

Mon – Fri 10am – 4pm &

Sat 10am – 1pm

No appointment needed



RUNCORN DUTY ROOM



How to use a QR Code?

Throughout the newsletter you will see several QR Codes, these support you in being able to log your details to take part in our lottery, register someone new as carer or simply show your interest in a trip or activity! To use the QR Code you need a smart phone camera, open up your camera on your smart phone, and hover this above the QR code, your phone should pick this up and will ask you to open a link via your web browser this will then take you to our secure on line links.

But don't worry if you don't have a smart phone you can still contact us via telephone/calling into the office to do anything you can with a QR Code!



Does your child have a diagnosis or is under assessment for a Neurological condition?

ADDvanced solutions is a service that supports parent carers with children with these conditions, specific learning difficulties and associated mental health needs within Halton and the surrounding area.

ADDvanced solutions offer engaging, community-based, learning, coaching and mentoring programmes which will help you and your family to better recognise, understand and meet your individual needs, enabling you to manage the day-to-day challenges.

Tracey HCC Support worker said 'I have completed the Family learning programme myself and I can honestly say it was one of the best courses I have attended. The information I gained and insight into the conditions was invaluable. I managed to access this training online of an evening over a number of weeks, but they do hold daytime sessions also'.

These sessions cover:

- Neurodevelopmental conditions/learning difficulties and associated mental health difficulties
- Autism Spectrum Disorder/Condition
- Attention Deficit Hyperactivity Disorder (ADHD)
- Sensory Processing/Integration Difficulties (SPD)
- Supporting behaviours associated with ND conditions
- Your local offer, welfare rights and special educational support

To book on the face-to-face programme call ADDvanced Solutions on 0151 486 1788.

Mental Health Hub Widnes



**Are you worried about your mental health,
or someone you know?**

**We are here to put you in touch with
services who can help.
It's free and confidential.**

**Green Oaks Shopping Centre
3rd WEDNESDAY of every month
9.00am - 2.00pm
(times may be subject to change)**



As a carer registered at Halton Carers Centre you can access Relaxation Therapies, We have a podiatrist and Beauty therapist that hold weekly appointments in both of our offices! Your first appointment with both Emma (Beauty Therapist) & Stuart (Podiatrist) are free any appointments there after will have a small charge - Please see across for charges as of May 2022. All appointments are pre booked so please contact the office to book yours in today!

Back Massage - £10.00
 Facial - £8.00
 Manicure - £5.00
 Pedicure - £7.00
 Eyebrow wax - £5.00
 Eyebrow tint - £5.00
 Eyebrow wax & tint - £8.00
 Lip/chin Wax - £ 5.00
 Lash tint - £6.00
 Reflexology £15.00
 Podiatry session £15.00



Appointments Available

Relaxation Therapies

Runcorn Office:

Tuesday 10am - 4pm

Thursday 10am - 4pm (reflexology only)

Saturday 10am - 1pm

Widnes Office:

Wednesday 10am - 4pm

Podiatry

Runcorn Office:

Wednesday 10am - 2pm

Saturday 10am - 1pm

Widnes Office:

Thursday 9.15am - 2pm

Call 01928 580182 to book your appointment

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.

what is Attendance Allowance?

Benefits



Attendance Allowance is a non-means tested benefit for people aged 65+ who are not already in receipt of DLA/PIP

Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you.

It does not cover mobility needs.

You do not have to have someone caring for you in order to claim.

If you do have a carer, they could get Carer's Allowance if you have substantial caring needs.

Attendance Allowance is paid weekly at 2 different rates – the one you get depends on the level of help you need.

Attendance Allowance rates

Rate Level of help you need

- Lower rate – £61.85 Frequent help or constant supervision during the day, or supervision at night
- Higher rate – £92.40 Help or supervision throughout both day and night, or you're terminally ill

You can get Attendance Allowance if you've reached State Pension age and the following apply:

- you have a physical disability (including sensory disability, for example blindness), a mental disability (including learning difficulties), or both
- your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
- you have needed that help for at least 6 months (unless you're terminally ill)

You must also:

- be in Great Britain when you claim – there are some exceptions, such as members and family members of the armed forces
- have been in Great Britain for at least 2 of the last 3 years (this does not apply if you're a refugee or have humanitarian protection status)
- be habitually resident in the UK, Ireland, Isle of Man or the Channel Islands
- not be subject to immigration control (unless you're a sponsored immigrant)

If you're terminally ill

If you're not expected to live for more than 6 months, there are 'special rules':

- there's no qualifying period for how long you've had your illness
- if you're eligible, you'll automatically get the higher rate of Attendance Allowance

For more information please contact your local benefit office.

Discounts for Carers!

Below is just some of the discounts you could take advantage off if you are taking the person you care for with you. If an attraction is not on the list below or you are in any doubt, please check the website of the venue before visiting or contact them directly as you never know they may offer discount.

The following places Carers go FREE with a full price paying ticket (the person you care for)

- Chester Zoo
- Knowsley Safari Park
- Alton Towers
- Sealife Centre, Blackpool
- The Catalyst Museum
- Norton Priory Museum
- Monkey Forest, Trentham
- The Quirky Quarter, Liverpool
- Lego Discovery Centre, Manchester

- Discount for Carers - Join to receive discount codes from Various sites - <https://discountsforcarers.com>
- CEA Card - Carer goes free at supporting cinemas - <https://www.ceacard.co.uk>
- National Trust - Up to two Carers goes free - To order your pass or card, just get in touch with us by phone, email, or post. Call: 0344 800 1895
Email: enquiries@nationaltrust.org.uk
- The Crocky Trail - Carers ticket £5
- Theatres - Some do offer concessions, before booking please check.



With all attractions T&Cs apply, advance booking and proof of eligibility may be required, please check with each organisation in advance

ADULT CARER



Is there someone else helping you with your caring role or do you know another person who is a carer? This could be an adult or young carer. If so, they can also register with ourselves as a carer and receive support. To do this they can either scan the relevant QR code with their smart phone or can give our team a call! Once our Support team receive the details they will be in touch with the carer to register them fully!

YOUNG CARER



Had enough of struggling to make ends meet?

If you want to make choosing between heating and eating a thing of the past, we're here to help!



Citizens Advice Halton offers free, confidential impartial and independent advice and information on a wide range of subjects. Get in touch in a way that works for you. Halton CAB are now offering a Face to Face reception service in Runcorn & Widnes at the times listed below:

Mon & Tue 10am – 2pm
Wed 10am – 2pm (Widnes closed)
Thurs & Fri 10am – 2pm

Had enough of struggling to make ends meet?

Anyone who is not currently working can join Citizens Advice Halton's GROW employability support programme.

As well as 1-2-1 dedicated employability support (e.g. boosting your confidence, learning new skills, new CV, job search support) we can help you get access to:

- Income maximisation advice
- Aldi shopping vouchers and Foodbank vouchers
- Gas / Electricity fuel vouchers (if you're on a pre-payment meter)
- Budgeting advice and fast-track debt advice
- Confidence building support & access to training and learning

Tel: 0151 257 2449 (leave a message and we'll call you back) Email: grow@cahalton.org.uk

Citizens Advice Halton Runcorn Office is now based opposite Argos in
Runcorn Shopping City



Carers Support Groups

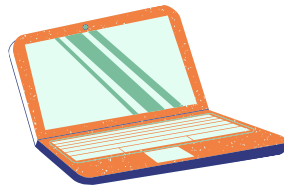
All of our groups are free to attend & refreshments are provided

Dementia Carers Groups

Evening Group - Every Monday 6pm - 8pm @ Brunswick House, Runcorn.

Every other Friday 1.15pm - 3.15 pm
@ Brunswick House, Runcorn

Zoom online group, every other
Thursday 1pm - 3pm



All Carers Coffee Group

3rd Wednesday of the
month 10am - 12pm @ St
Maries Church, Widnes

3rd Thursday of the
month 12pm - 2pm @
Halton Carers Centre,
Runcorn

Parent Carer Group

Every other Tuesday 12pm
- 2pm @ Brunswick
House, Runcorn

ADHD Carer Zoom Group

Last Monday of the
month 6pm - 7pm

Mental Health Carers Group

Date/Time/Venue To
Be Confirmed.

For exact dates of our groups
or for the links to the Zoom
groups please contact the
centre on 01928 580182

WORRIED ABOUT THE ENERGY CRISIS?

You, or the person you care for, could be entitled to free support to help you manage your energy bills. Local charity, Energy Projects Plus, can provide Halton residents with support including:

- ✓ Free Energy Saving LED light bulbs
- ✓ Free radiator panels and draught proofing
- ✓ Free & impartial energy saving advice
- ✓ Support with energy debt
- ✓ Grants for heating repair & replacements



To find out more, call our Save Energy Advice Line on 0800 043 0151 or visit www.epplus.org.uk



Our Widnes base is open for carers to drop in for information & support
Wednesday 10am – 3pm,
Thursday & Friday 10am – 4pm. No appointment needed.

St Maries Church, Lugsdale
Road, Widnes

Have you visited Curts Coffee Club?

The group meet fortnightly on a Sat morning in
Chi Community Cafe, Phoenix Park, Runcorn
11am – 12pm.

The group promotes men's physical & mental wellbeing and is a safe safe zone for men to come and talk. If you want to know more please check out Curts Coffee Club Instagram page.





Halton Carers Centre are delighted to have been donated these wonderful books from Lynsey called 'Mummy goes to hospital'. After being diagnosed with Cancer Lynsey, with the help of her young son Theo, wrote this children's story book with the aim of helping families with younger children make sense of the big change happening in their lives as mummy goes through treatment. If you feel this book could help yourself or somebody you may know and would like a copy please contact Lorina at the centre on 01928 580182 or you can email lorina.ditchfield@haltoncarers.co.uk

TELL US YOUR THOUGHTS

Halton Carers Centre would appreciate it if you could complete this questionnaire about you, your caring role and life in general. We collect Information like this as it helps us to get a snap shot of how carers are feeling and how we are performing as a centre. We then collate the information and use it in our funding bids and reports.

If you would like to be entered into our prize draw to be in with the chance of winning £100 voucher please tick question 16 and leave your details. The draw will be made on 1st July 2022.



HALTON CARERS BEEHIVE CLUB

Would you like to learn about Bees?

The honeybee is a remarkable insect in many ways. The biology of the honeybee reveals just how special it is and what makes it different to other insects. Here you can learn more about the features of the honeybee and some honeybee key facts about what makes it so special.

Sessions will be delivered by an experienced Beekeeper you will learn about



- Bees,
- Honeybees,
- How they live,
- What jobs they do,
- How you can help them

"Only on completion of theory sessions will you be able to take part in the practical classes"

For more information, please contact the centre on 01928 580 182

Wednesday 4.00pm – 6.00pm

6th July, 13th July, 20th July & 27th July

for registered Carers of all ages

Venue: Runcorn Office, Church Street.

If you would like to register your interest in the course, please scan the following QR Code





Halton Carers Day Trips

By adding your name to the list for a day trip does not mean you have a place, we will follow our allocation policy to allocate places which can be found on our website. Registered Young Carers go **FREE** on all our trips!



July

26th July – Knowsley Safari Park – Transport Provided. £5 Per person, under 3 and young carers go **FREE**. To put your name forward for this trip you can scan the QR code – all questions must be completed, if you can't scan the code or are requesting 6 or more places please ring the office.



Sep

22nd Sep – 9 to 5 @ The Brindley Theatre
7.30pm show. £5 per person, max 2 tickets per carer.

28th Sep – Eat @ The Heath (2 course meal & entertainment) £1.50 per person

August

2nd Aug – Llandudno – Transport Provided £7 per adult, £4 per child

9th Aug – Parent Carer Fun in the Park – Please see below for further info on this activity.

Aug – Cineworld private screening of a family movie Date, movie & Price TBC

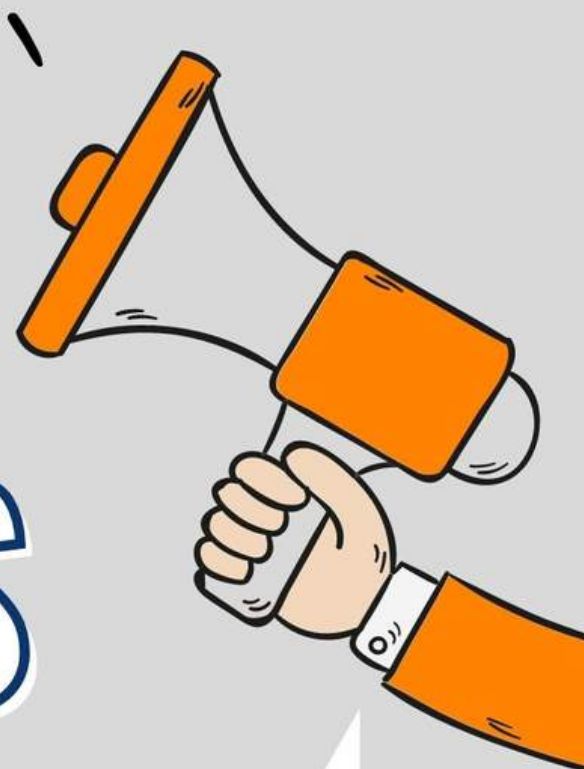
18th Aug – Southport Flower Show – Transport provided – £10 per person, max 2 tickets per person.

Parent Carer Fun in the Park

In Aug 2021 we held a very successful event 'Parent Carer Fun in the park' where approx 20 families who all had children with additional needs got together at Heath Park, Runcorn with our team and had a great few hours out! Halton Carers Centre brought along outdoor games such as skittles, bat/balls, parachute etc and we provided picnic lunches for all! We are going to host the same event this year too! If you & your family would be interested in attending please scan the QR code or call the office on 01928 580182.



HALTON CARERS FORUM



**CARERS &
MENTAL HEALTH**

Registered carers come & Join Halton Carers for our Summer Forum all around supporting carers & mental health in Halton. The day will be a mixture of speakers talking about their own experiences of mental health and information stands from services in the borough that can help reduce the impact of mental health such as benefits advice, heating costs, MIND, to name just a few!

Keep an eye on our social media for a full agenda coming soon!

Lunch & refreshments will be provided.

T U E S D A Y

28 TH JUNE 2022

10 AM - 2 PM

**The Foundry, Lugsdale
Road, Widnes**

**Please contact Halton Carers
Centre 01928 580182 to
reserve your place now!**

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493
Company Limited by Guarantee No 06574889



Are you living with Long Covid?

Being unwell for a prolonged period of time can be distressing and may impact on your mental health and wellbeing. Join our online support group and share your experiences with others in a safe and supportive place.

During sessions people have an opportunity to listen and / or share experiences, connect socially and learn top tips for wellbeing.



To book a space, either **scan the QR code** or follow the link below.
Alternatively, you can give us a call **01928 589799**
Online: <https://tinyurl.com/49p54j4e>



5-a-side Football For adults with a disability All welcome age 17+

Supported by Community Bridge
Builders Team

Learn new skills, make friends, get active and build confidence
in a social setting, complete beginners welcome

Please call Leanne Curtis for information or to join:
0151 511 7685

Wednesday 1-2pm
Kingsway Leisure Centre
Widnes, WA8 7QH
£4.20 or £2.50 with Halton Leisure Card

Community Bridge Builders will support leisure card applications

Call Paula Parle for further information: 0151 511 8550
Paula.parle@halton.gov.uk www.activehalton.co.uk



HALTON CREDIT UNION



Halton Credit Union is a savings and loans co-operative based in Halton, covering all of Cheshire and all WA post codes. We offer a safe place to save and affordable borrowing for anyone who lives or works in Cheshire and all WA postcodes.

We have 2 offices in Halton: Shopping City, Runcorn and Widnes Road, Widnes.

You can contact us on 01928 790571, follow our Facebook page: Halton Credit Union LTD or check out all the services we offer on our website haltoncu.co.uk



**YOUNG
CARERS**

Young Carers



Upcoming Events for YC aged 10 & under.

Hummingbird Art Studio -

2nd Aug 11am - 1pm

Hula Hula Fun Circus Skills

@ Halton Carers Centre -

16th Aug 11am - 1pm

Upcoming Events for YC aged 11+

Hummingbird Art Studio -

4th Aug - 11am - 1pm

Rock Climbing - 17th Aug

Time TBC

Training for YC

Basic First Aid Training for

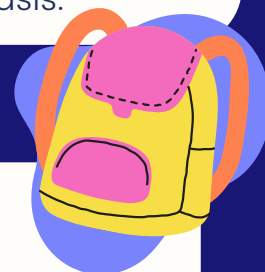
Young Carers 18th Aug

1pm @ Halton Carers

Centre



Did you know our Young Carers Team now produce their own newsletter just for registered young carers?? It is jam packed with so much info for young carers, whether that be info on what great activities we have happening for young carers in Halton or what other services in the borough are offering for all children & young adults! If you have not yet seen a copy of the YC newsletter please head over to our website haltoncarers.co.uk go to the young carers section and the newsletters are there to view! You can also scan the QR code on page 3 to share your email address and you will automatically receive the next YC newsletter direct to email! But for now here are our YC activities for the Summer Holidays! If your YC would be interested in any of these please get in touch, spaces are limited on all trips and spaces are not allocated on a first come first served basis.



Reminder

If you have a young carer registered with us please join our closed FB group Halton Young Carers or follow our Young Carers Instagram page to get regular updates on what we are doing for young carers in Halton



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 centre on 01928 580182



COMPLIMENTS & COMPLAINTS

Although Halton Carers' Centre aims to provide the highest standard of services 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.

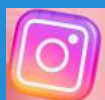
You can complain or compliment us via our CEO Carl Harris email: carl.harris@haltoncarers.co.uk or telephone 01928 580182 or Chair of the Trustee Board, Mike Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.



For regular up to date information on all of the services we offer please follow us on our social media pages:



Halton Carers Centre (Adult Carers)
Halton_young_carers



Halton Carers Centre (Adult Carers)
Halton_young_carers



Halton Carers Centre

Please keep us informed – help us to keep your information updated

If your details have changed since you registered with us, such as you have become ill, you've started to care for more than one person, the health of the person you care for has changed or your personal details have changed such as address, contact number, email address etc please let us know. You can do this by calling into our office, telephoning us or email help@haltoncarers.co.uk

If you are no longer a carer and want to be removed from our system please let us know and we can update our database.

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493
Company Limited by Guarantee No 06574889

