



Have your say!  
Trips/activities updates  
THERAPY APPOINTMENTS

YCT = Young Carer Team

Hi, to all our YC

Our Young Carer Team have had an amazing jam-packed summer of activities of FUN!

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 or help@haltoncarers.co.uk / 01928 580182



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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)





All treatments are  
**FREE for YC!!!**

Choose from:

Facial

Manicure

Mini back massage

Pedicure

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

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# YC Beauty treatments

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# COMPETITION TIME!

WHAT WOULD YOUR FLAG  
LOOK LIKE, PUT YOUR  
IDEAS HERE AND SEND TO  
THE YCT

send your entries to:  
help@haltoncarers.co.uk or hand deliver to  
Halton Carers Centre WA7 1LD. This is the  
only methods we can accept for your entries.  
Good Luck to all Young Carers

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## Design a Young Carer flag

You could show us with:

Colours ,Creative original designs, shapes....

Anything that show that we are the Young Carers of  
Halton!

WIN-the chance to have the flag made to represent the **YOUNG  
CARERS**

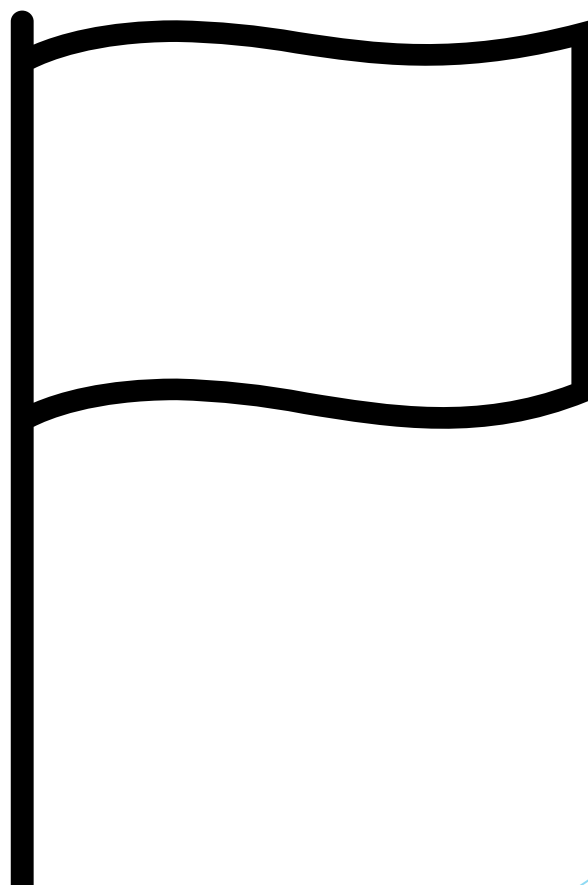
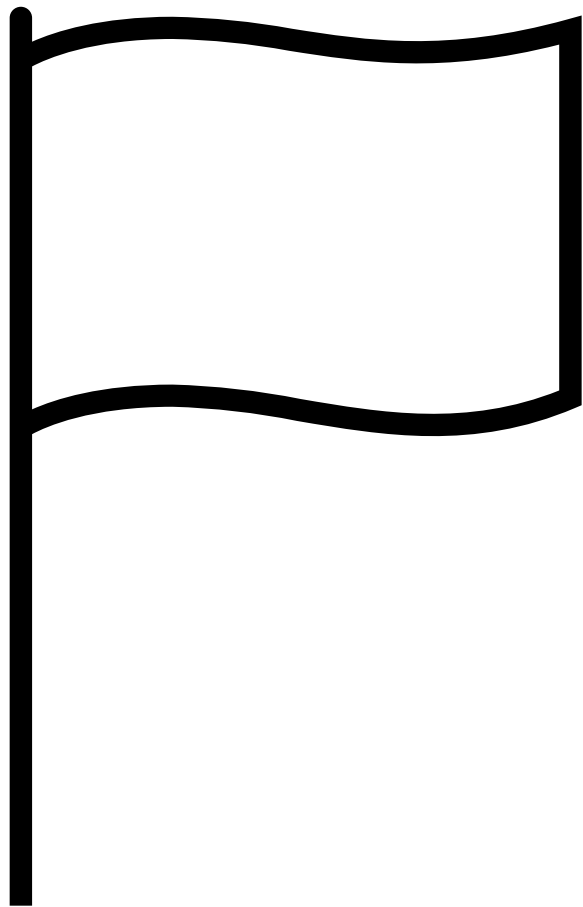
And a chance **TO WIN** a prize  
Good Luck to you all

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# Flag templates

The flag can be any shape or size or colour...make your ideas original



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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**Young Carers**  
**We have a trip to:**

Wednesday 3rd of  
August

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# 5 Ways to Wellbeing Halton



Make Mood Jars

5 ways to wellbeing Ages 11+

11<sup>th</sup> August 22

Halton Health Improvement Team | Halton Borough Council

To add a YC to the interested list CONTACT:

YCT:

01928 580 182

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

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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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# 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!

CONTACT:  
YCT:

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Please follow the link below:

- ▶ <https://www3.halton.gov.uk/Pages/health/hit/start/haf.aspx>

positive activities for children & young people aged 4-11 years old, in Halton this summer.





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# Beekeeping Course

Would you like to learn about Bees & Beekeeping

Halton Carers Centre will be delivering Beekeeping Courses, delivered by experienced Beekeepers, you will learn about, Bees, Honeybees, How they live, What jobs they do & How you can help them.

## Dates For Your Diary

5th of August  
19th of August

Young Carers only



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# Groups Me-Time & R-Time

Will be back in  
September

For all of our YC aged 5-18yrs.

These groups are about empowering  
our YC of Halton

To be added to the interested list CONTACT:

YCT:

01928 580 182

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

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

**KOOTH.com (APP) for Mental Health and  
wellbeing support**

**Childline 0800 1111**

Samaritans 116 123

For all ages - children, young people and adults If  
you need urgent mental health support, please call  
our 24/7 freephone crisis line on: [0800 051 1508](tel:08000511508)

Young Carers [-Help@haltoncarers.co.uk](mailto:-Help@haltoncarers.co.uk) or 01928 580  
182



Here are some  
great organizations  
that can help support  
you

# YCT are here for you!

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:

CONTACT.YCT:

01928 580 182

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



*halton\_young\_carers*



*HaltonCarerCentre*



*HaltonCarers*



Scan to add us on Facebook

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STOP.  
BREATHE.  
THINK.

A SWITCH180  
PROGRAMME

Mental health support

Guides and advice

Support us

About us

Donate

# We are a game changing mental health service for young people

We give young people, aged 21 or younger, access to free 1-1 counselling sessions. No wait times and available nationally, Stop.Breathe.Think provides vital support to those who need it right now. Stop.Breathe.Think is run by the national youth charity Switch180.



<https://www.stopbreathethink.org.uk/>





**Sidekick**

<https://sidekick.actionforchildren.org.uk/>

**TEXT US FOR SUPPORT ON  
07888 868 059\***

Sidekick is a confidential and anonymous SMS service for young carers aged 13-18. You can text us any time, about anything that's bothering you as a young carer. We'll text you back within 24 hours, Monday to Friday.

\*It's free to text if you have free texts included in your mobile plan, if not, it will cost the normal rate charged by your mobile phone provider.



Need urgent help? If you're worried about your safety call Childline on 0800 1111. You can also text Shout to 85258 to get mental health support. Both services are free. If you need urgent help from the police or a hospital, dial 999 from any phone.

## 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)  
01928 580 182



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