



Newsletter

Have your say!

Bonfire night

Flag designing

R-Time

School leaver

Me-Time

Halloween

Info and advice

Christmas

Hi, to all our YC

Hope all our YC enjoyed their summer holidays and have had lots of fun with the young carers team and with friends and family. It has been great to see you all!

You'll find all the YC info on groups, trips, therapies, help, support and much more in this latest newsletter....If you need any more info or support, please contact us we are always here for a chat :)

Please note all our trips and activities have limited spaces available, and we adhere to our allocation policy when allocating places
YCT Ash, Kate & Vikki
Or DM us on: Facebook
help@haltoncarers.co.uk / 01928 580182

Hi everyone,

My name is Vikki and I am really happy to be welcomed into the Halton Carers team in my new role as a Young Carers Support Worker working alongside Kate and Ash.

I'm really looking forward to meeting you all at the activities and sessions and having lots and lots of fun.

See you all soon

Vikki





YC Beauty treatments

All treatments are
FREE!

Choose from:
Mini-Facial
Manicure
Neck and back massage
Pedicure

YC MUST BE ACCOMPANIED BY AN ADULT
Age restriction on some treatments for more information please contact

01928 580 182

help@haltoncarers.co.uk

**COMPETITION
TIME!**

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

Design a Young Carer flag

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

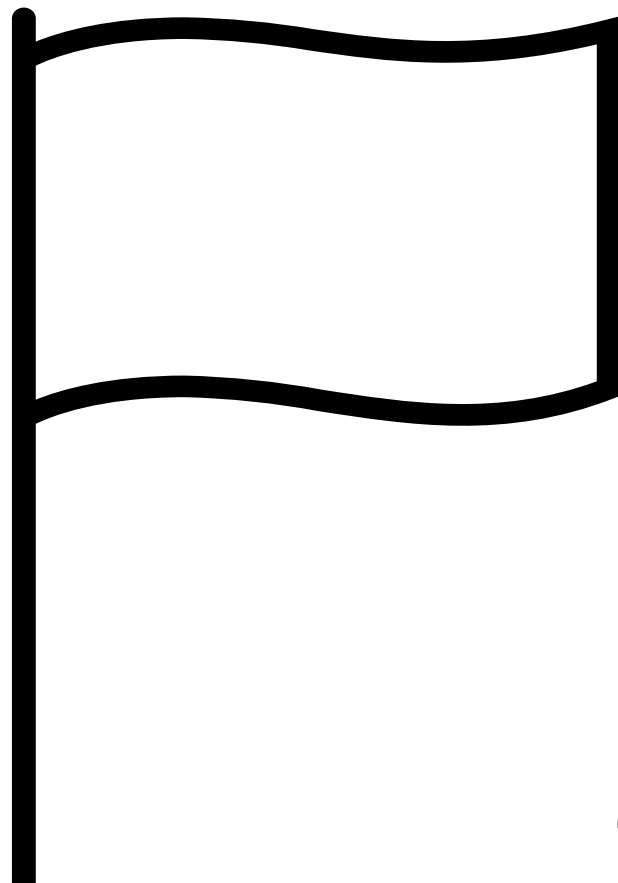
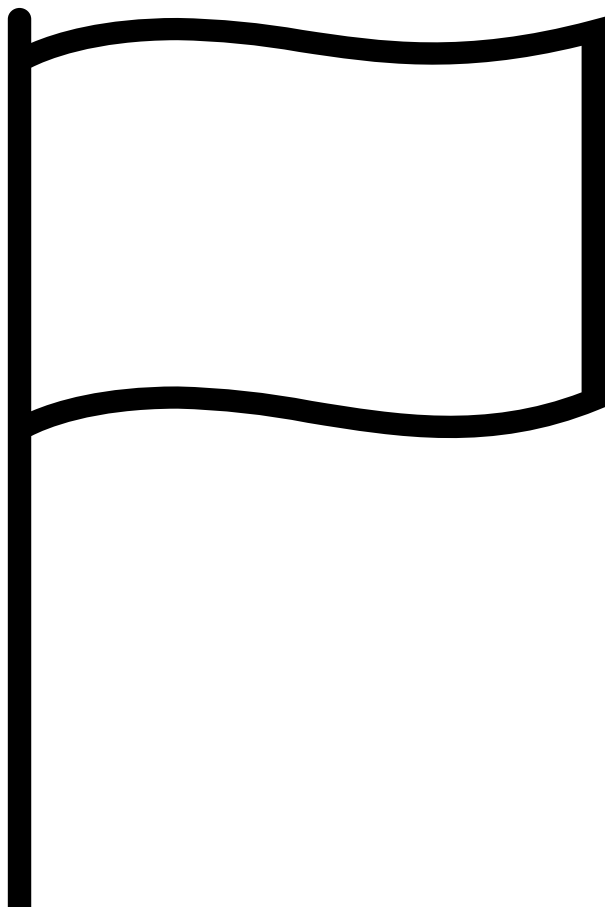
Your design could be anything that represents that we are
the Young Carers of Halton!
Make your design as creative, colourful
and vibrant as you want!

The chosen winner will not only win a prize but their design
will be made into a flag to represent young carers in Halton!

Good Luck to you all

Flag templates

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



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

Entries to be in by 30.9.22
send your entries to:
help@haltoncarers.co.uk or hand deliver to
Halton Carers Centre WA7 1LD.
These are the only methods we can accept for
your entries.
Good Luck to all young carers

R-Time



What is R-Time?... A safe space to give our YC a break from their caring roles. Empower YC on what services local for them, YC age 11+

What do the YC do?... We have lots of fun in the group, arts and crafts, use the PS5 and switch console, meet other young carers, listen to guest speakers, quiz nights, movie nights with popcorn, games and themed nights.

When is it on?... Every other Thursday 5-7pm, although you must get a txt invite to attend. We are very limited to places spaces are rotated and first come basis.

Grangeway Community
Centre WA7 5HA

Every other Thursday

5pm-7pm:

8 Sept

22 Sept

6 October

20 October - Halloween Movie
Night

3 November

17 November

1 December

15 December

For a possible place

CONTACTYCT:

01928 580 182

or

help@haltoncarers.co.uk

Me-Time



What is Me-Time?... A safe space to give YC a break from their caring roles. Age 5-10yrs

What do the YC do?... We have lots of fun in the group, arts and crafts, meet other young carers, quiz nights, movies nights with popcorn, games and themed nights.

When is it on?... Every other Thursday 4-5pm, although you must get a txt invite to attend. We are very limited to places spaces are rotated and first come basis.

Halton Carer Centre 4-5pm, every other Thursday

15 Sept

29 Sept

13 Oct

10 Nov

24 Nov

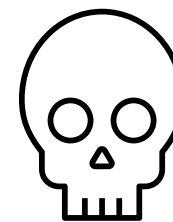
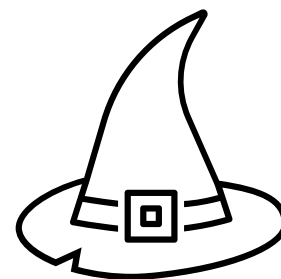
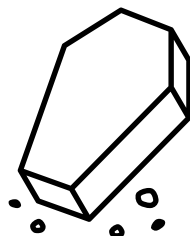
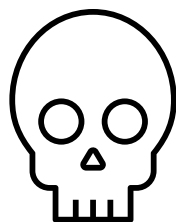
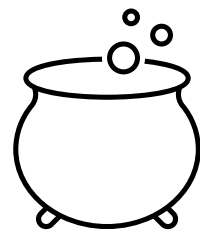
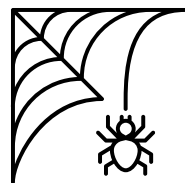
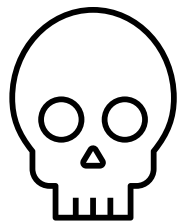
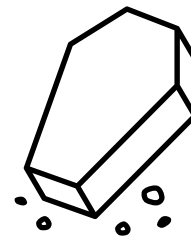
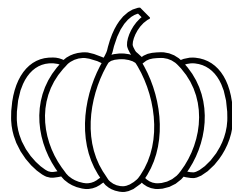
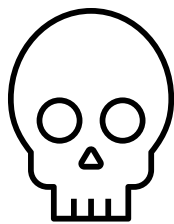
8 Dec

For a place
CONTACTYCT:
01928 580 182

or

help@haltoncarers.co.uk

Colour us in



CONTACT
YCT:
01928 580 182

or

help@haltoncarers.co.uk

We are very limited to places, please see our allocation policy for more information (available on our website)

young carers aged 10 years & under

27th October 2022

11am - 1pm

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

Halloween party

27th October

Under 10's

**Pumpkin carving,
fun and games,
Meet other young carers**

11am - 1pm

Happy Halloween

BOO!

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

HALTON Trusthouse Community Fund The Henry Booth Charity

Farmegeddon Friday 28th of October 7pm

Transport will be Provided
16 years old only





This year
Halton Borough council
have announced the
firework display in Halton
is back on!

Keep an eye on our social media platforms for more information on
our Fireworks evening event at Halton Carers Centre!



Young Carers Christmas Party

come join us on the

22nd of December 2022

1pm - 3pm 11yrs and under



CONTACT

YCT:

01928 580 182

or

help@haltoncarers.co.uk

Back to school



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 for the YCT to visit you in school

Schools

Important!

A vital part of our young carers service is the day trips & activities that we plan & host, these days enable the young carer to have a much-needed break from their caring role and as you can imagine are very popular with young carers requesting places.

Throughout the activities that we have hosted recently several young people who have been allocated a place have not turned up on the day and we have had no communication that the place was no longer needed, we only have limited places that can be offered on each trip/activity so we end up with a large reserve list of young carers who are waiting for places that may come available on the trips they requested.

We understand that as a young carer a situation can happen within the family which means they may need to drop out last minute but we ask if your young carer has been allocated a place and they cannot make it can you please let us know asap, this can be done by either ringing the office, texting our YC team, emailing us or a PM on here, if we are notified beforehand another young carer who is on the waiting list can then be invited to any vacant spaces.

Kind regards

Ash, Kate & Vikki

As we have over 800 Young Carers registered with us, 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:

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CONTACT.YCT:
01928 580 182
help@haltoncarers.co.uk



halton_young_carers



HaltonCarerCentre



HaltonCarers



Scan to add us on Facebook

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. Choose from the following sessions:

Online sessions via Microsoft Teams

Mental Health & Emotional Wellbeing		Fussy Eating & Snacks		Sleep & Screens	
Wednesday 21 st September	1pm	Monday 26 th September	6pm	Thursday 29 th September	10am
Monday 10 th October	6pm	Wednesday 19 th October	1pm	Friday 14 th October	10am
Tuesday 8 th November	10am	Thursday 17 th November	6 pm	Tuesday 22 nd November	6 pm
Tuesday 6 th December	6pm	Friday 16 th December	10am	Monday 5 th December	1pm

Warrington Road Children's centre sessions

Thursday 20 th October	10am	Thursday 3 rd November	10am	Thursday 10 th November	10am
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To book your place please visit

<https://halton.me/parent-carer-bitesize-sessions-booking-form/>

Or email HIT@halton.gov.uk

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk

@HaltonBC Halton BC



FIT 4 LIFE HAS GONE DIGITAL!



Who is it for? This programme is for parents/carers of children aged 4-13 years who want to make healthier lifestyle choices, grow in to a healthy weight, get more active, sleep better, feel more energetic and generally feel healthier!

How to get started:

- ▶ Download the app from [Google Play](#) or the [App Store](#) (click the link or scan the QR code to go directly to the store)
- ▶ Sign up using the invite ID **F4L-ad**



Your coach will be in touch and you will get:

- ▶ Regular content, videos and tips
- ▶ Weekly updates with your coach via the app

The app lets you work towards your own family goals, at your own pace and when it suits you.

To find out more, call Halton Health Improvement Team
0300 029 0029 or email HIT@halton.gov.uk



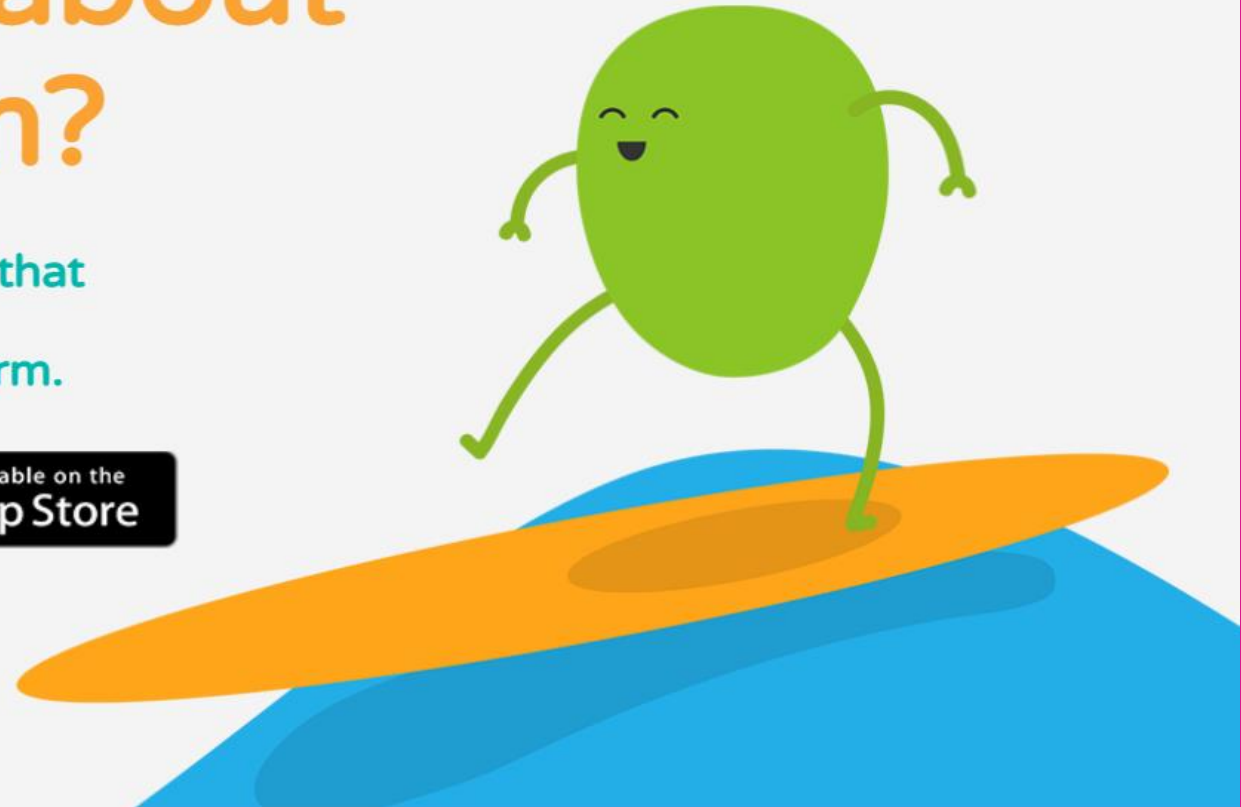
<https://calmharm.co.uk/#about>

For further support or information
please contact Ashley, Kate or Vikki at Halton
Carers Centre on:
01928 580 182



Worried about self-harm?

Calm Harm is a free app that helps you manage or resist the urge to self-harm.



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Have you been receiving texts, emails, voicemails to complete a review of your young carers caring role from ourselves? If so and you haven't had time to get back in touch with us, a review can be completed by scanning the attached QR Code

Scan out QR code



Alternatively contact us on

YCT

help@haltoncarers.co.uk

01928 580182

OR

Follow this link:

<https://forms.office.com/r/6cCpQ7AcR7>



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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 any ideas
Email YCT:

help@haltoncarers.co.uk
01928 580 182