



# Newsletter

Volume 1, Issue 4  
Jan – March 2023

Hi, to all our YCs  
Hope all our YCs enjoyed their Christmas holidays and have had lots of fun with friends and family.

To help us to know what you like and dislike please share your feedback for any of the activities you did with us in 2022, click the link below or scan the QR code:

<https://forms.office.com/e/1LCQBMJuiP>

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 :)

Go Karting  
VR experience  
Me-Time  
Beauty treatment  
Roller skating support  
Competitions  
YC action day 2023



Next issue:  
April-June 2023

**FREE**

**Tuesday 21st Feb 2023  
1.30-2.30**

Transport provided/Apex Kart Chester

**Let's**

**GO!**

# GO KARTING TRIP

For age:  
8-13 years

For a possible place scan the QR code or fill in the link:

<https://forms.office.com/e/6xusJr6yVE>

this will then put the YC name down on the interested list and we will contact you if you've has been allocated a place or

**CONTACT YCT:**  
01928 580 182 or

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



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



All treatments are  
**FREE For YC!**

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

# YC Beauty Treatments

YC MUST BE ACCOMPANIED BY AN ADULT  
Age restriction on some treatments, for more information or to book a place please contact

01928 580 182 or

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

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Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 1124493

Company limited by Guarantee No: 06574889



# Me-Time



**What is Me-Time?**... A safe space to give YC a break from their caring role, 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?**... On Thursdays 4-5pm (dates listed opposite), although you must get a txt invite to attend. We are very limited to places spaces are rotated and offered on a first come basis.

Halton Carer Centre  
4-5pm  
on Thursday:  
26.1.23  
9.2.23  
9.3.23

For a possible place scan the QR code or fill in the link:

<https://forms.office.com/r/BRLsTqLwZN>

this will then put the YC name down on the interested list and you will contact you if the YC has been allocated a place or

CONTACT YCT:  
01928 580 182 or

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



Thursday

23RD FEB 2023  
12.30-2PM

Brookvale Recreation Centre

For all  
ages

# ROLLER SKATING DISCO

HALTON CARERS CENTRE  
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For a possible place scan the QR code or fill in the link:

<https://forms.office.com/e/6xusJr6yVE>

this will then put the YC name down on the interested list and we will contact you if you've been allocated a place

CONTACT YCT:

01928 580 182 or

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

**FREE**





# Example

**COMPETITION TIME**

TELL THE STORY OF BEING A YOUNG CARER IN HALTON

**'LETS MAKE A BOOK'**

Be in for the chance to have your entry in the book and win a gift voucher

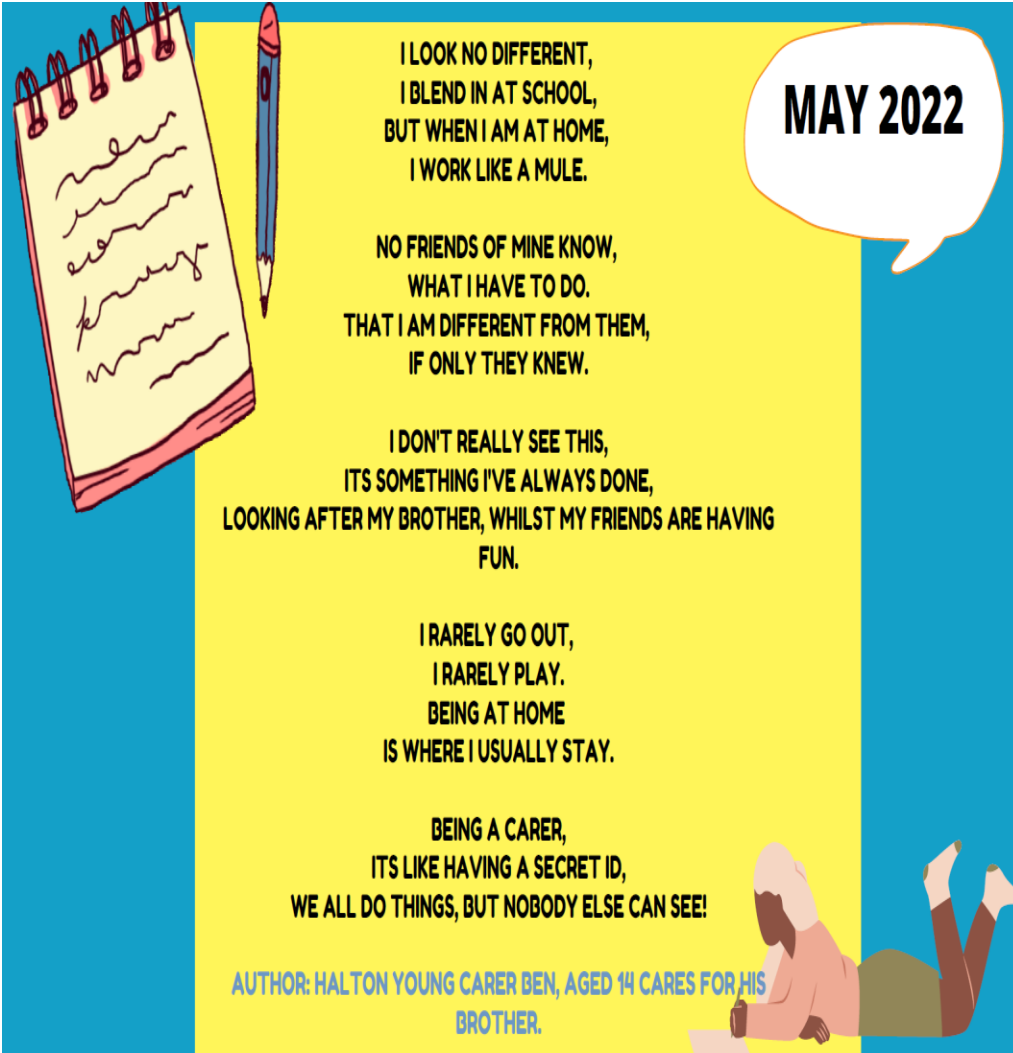
WOULD YOU LIKE YOUR STORY TO BE SHARED ABOUT BEING A YOUNG CARER IN HALTON?

You can show this through:  
a drawing/ Short story/ Comics strip/ Poems/  
or  
any other way it can be added to our book!

Entry closing date: 16.3.22  
Drawn date: 23.3.22  
GOOD LUCK YOUNG CARERS!!!

 WE encourage schools /parents/guardians to support the young carers getting their entries to us

Please send entries to:  
 [Help@haltoncarers.co.uk](mailto:Help@haltoncarers.co.uk)  
or  
 62 Church street Runcorn Cheshire WA7 1LD



**MAY 2022**

I LOOK NO DIFFERENT,  
I BLEND IN AT SCHOOL,  
BUT WHEN I AM AT HOME,  
I WORK LIKE A MULE.

NO FRIENDS OF MINE KNOW,  
WHAT I HAVE TO DO.  
THAT I AM DIFFERENT FROM THEM,  
IF ONLY THEY KNEW.

I DON'T REALLY SEE THIS,  
ITS SOMETHING I'VE ALWAYS DONE,  
LOOKING AFTER MY BROTHER, WHILST MY FRIENDS ARE HAVING FUN.

I RARELY GO OUT,  
I RARELY PLAY.  
BEING AT HOME  
IS WHERE I USUALLY STAY.

BEING A CARER,  
ITS LIKE HAVING A SECRET ID,  
WE ALL DO THINGS, BUT NOBODY ELSE CAN SEE!

AUTHOR: HALTON YOUNG CARER BEN, AGED 14 CARES FOR HIS BROTHER.



Wednesday 22nd

FEB 2023

11.30-2PM

# VR EXPERIENCE TRIP

**FREE**

Picow Farm Road Runcorn

For age:  
11 years +

To be added to the interested list please contact:



01928 580 182

or

Email:



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



For a possible place scan the QR code or fill in the link:

<https://forms.office.com/e/6xusJr6yVE>







@HALTON\_YOUNG\_CARERS

#YOUNGCARERSACTIONDAY



The Bridge will be lit up  
in the colours of the #Haltonyoungcarers on the  
16th March 2023

There is a prize for the best selfies with the bridge lit up  
in the background ....good luck all YC !



WE encourage  
schools /parents/guardians  
to support the young carers getting their  
entries to us

Please send entries to:



Help@haltoncarers.co.uk

or



62 Church street Runcorn Cheshire WA7 1LD

We ask all young carers do this with an adult's support and attendance.

The Young Carers team will be meeting in the car park of the  
Costa coffee in Runcorn  
Address: Crossville way, Runcorn WA7 5TW  
@ 4.30pm-4.45pm On Thursday, 16th March 2023,

Why not come along to get a selfie with the bridge lit up in the  
background alongside ourselves and munchie! **Due to the  
unpredictable weather please call on the day to make sure this  
event is taking place: 01928 580 182.**

If you would like to come along there will be a free drink from  
Costa for the YC and we will hopefully get the biggest group  
picture of our Young carers celebrating our  
#youngcarershalton on Young Carers Action Day.

**ADULT MUST ATTEND WITH THE YC.** The young carers team  
will not be responsible for any YC that attends without adult  
support. The winner of the best selfie will be contacted via  
telephone or email after the 16th. If you submit a picture from  
another location of yourselves and the bridge lit up on the  
16th March it will also be added as an entry.

# R-Time



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**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 doing a range of things - arts and crafts, using 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?**... 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:

19.1.23

2.2.23

2.3.23

For a possible place scan the QR code or fill in the link:

<https://forms.office.com/r/BRLsTqLwZN>

this will then put the YC name down on the interested list and you will contact you if the YC has been allocated a place or

CONTACTYCT:  
01928 580 182 or

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



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A guide for young people

## Exam stress

ARE YOU OFF TO COLLEGE THIS YEAR?  
DO YOU NEED SOME SUPPORT AND  
GUIDANCE?

If the answer is... **YES**

Please give us a call:

01928 580 182

Or

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

YCT Ash, Kate & Vikki  
DM us on: Facebook



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He asked to do it again, only he hasn't decided if he likes honey yet lol

*Beekeeping, Summer 2022*

My daughter is keen to try new challenges such as this. It really boosts her confidence to know that other young carers have responsibilities at home too.

*Breakout rooms, Spring 2022*

He said he really enjoyed it, He had 3 hours just him time

*Spirit of the Herd, Summer 2022*

Thank you for letting me attend, I really enjoyed myself and there was free biscuits

*Family Story Art Workshop, Spring 2022*

I really enjoyed it thank you. I love climbing.

*Boulder hut, Summer 2022*

What our Young Carers have been saying .....

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

01928 580 182



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**Here are some organisations you can check out and reach out to for support**

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**SHOUT (text 'SHOUT' to 85258).**

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**Childline: 0800 111**

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**Stonewall LGBTQ+ : <https://www.stonewall.org.uk/>**

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Samaritans: 116 123

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**KOOTH: [KOOTH.COM](http://KOOTH.COM)**

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



# School Offer

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- Lunch/break outreach sessions for pupils: Raise awareness, identify, give out leaflets
- In school reviews : Making sure our Young carers are receiving the best support from us in regards to their caring role.
- Assemblies (All school ages): Raise awareness, Help young carers identify themselves and others
- Staff Awareness sessions (30mins) Raising awareness, Help identify young carers.



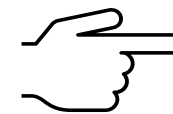
For more details contact  
the Young Carers Team on:



If you would like to book any of the above,  
please click the link below or scan the QR code:



<https://forms.office.com/e/nk7LZu0PB6>





## Back to school



The Young Carers support workers are back in schools in Halton with our information stations and we are also completing in school 1:1 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

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## Advice for Parents of School-aged Children in Halton

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust
- Service: Halton 5 – 19 Parents Service
- For: Parents and carers of children and young people aged 5-19 (25 for young people with a disability or complex need) in Halton
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)\*

07480 635988

## Advice for Parents of Under 5's in Halton

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust
- Service: Halton 0 - 5 Parents Service
- For: Parents and carers of 0 - 5's from the antenatal period to school aged in Halton
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)\*

07507 327025

## Advice for Teens in Halton

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust
- Service: Halton 11 - 19 Young People's Service (25 for young people with a disability or complex need) in Halton
- For: Children and Young People aged 11 - 19 in Halton
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)\*

07507 330521

# Confidential help and advice

It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

START A CHAT

<https://chathealth.nhs.uk/>



Please contact  
Fit 4life directly  
for further  
information on  
0300 029 0029

# FIT 4 LIFE

## HAS GONE DIGITAL!

Access the **FREE** programme with our app!



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](mailto:HIT@halton.gov.uk)

*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 or following the link*

Scan our QR code



Alternatively contact us on

YCT

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

01928 580182

OR

Follow this link:

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

# 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 our social media, 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 nearly 900 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:

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



*halton\_young\_carers*



*HaltonCarerCentre*



*HaltonCarers*



Scan to add us on  
Facebook



# Volunteers we need you!

Do you have an hour or two free each week/month?

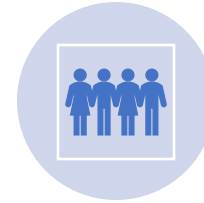
Would you like to try something new?

Why not consider volunteering with Halton Carers Centre?

The benefits of volunteering are endless but here are a few reasons what people gain from volunteering in their local community:

- Meet new people
- Learn new skills
- Improved self esteem
- Improved social skills
- Provides future job prospects
- Bring some new fun into your life.

If you are interested in volunteering please scan QR code or telephone Lucia on 01928 580182



The Young Carers Team are looking for someone who is.....



Enthusiastic, fun, committed, has good communication skills

Please follow the link to register your interest

<https://forms.office.com/r/m7CU0egmLR>

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HALTON VETERANS LEGION C.I.C.

# COMMUNITY FEEDING PROGRAMME

A Food Drive Supported by  
Feeding Halton  
A Hungry Free U.K.

**OPENING TIMES**  
Tuesdays: 1-2, Wednesdays: 1-2  
Fridays: 1-2

For More Information  
Halton Veterans Legion

HALTON ROYAL BRITISH LEGION  
CASTLE ROAD  
RUNCORN  
WA7 2BE

**The Old Cottage  
Community Store**

The poster features a background image of a pizza. On the right side, there are white icons of a fork and a knife. A Facebook logo is visible in the bottom right corner of the text area.

# Family support

📍 [Royal British Legion, Castle Road, Runcorn, United Kingdom](#)

☎ 07396 106023

✉ [HaltonVL@hotmail.com](mailto:HaltonVL@hotmail.com)

**We also have free food from our local CO-OP shops to help our community. This Shop is open to all, working, benefits, and retired.**

**Please come along and find upto 25% off main supermarket prices.**