

Newsletter

Edition 47 Jan 2023 - April 2023

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello all and welcome to our winter Newsletter!

First of all a massive Thank You to everyone who donated to our Christmas Toy appeal as we were overwhelmed by your generosity and were able to provide toys to 115 individual children.

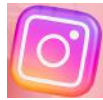
We have plenty of activities planned so please take the time to read through and hopefully there is something for most to participate in from holistic appointments, training and social get togethers. If you aren't on our email mailing list and would like to receive up to date information from the centre of activities etc please contact us to give us your details, also it helps us keep costs down if we can email this newsletter out to you too.

Our therapist Hannah will be starting to offer additional therapies over the coming months please see page 2 for more information.

We recently were awarded funding from the National Lottery Awards for All Community Fund to do up the outdoor space at the rear of our Runcorn Office so watch this space.

If you haven't yet joined our carers monthly lottery and would like the chance to win up to £150 please see inside for details about how to register.

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



01928
580182

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

Company limited by Guarantee No: 06574889



GP OUTREACH

We are pleased to announce our monthly outreach sessions are now back up & running! If you can't get down to the office and would like to speak to a member of our team face to face you can find us in the waiting room areas with our information at the following practices.:

Runcorn:

Grove House Practice

Last Mon of the month 10am - 12pm

Castlefields Health Centre

Last Wed of the month 9.30am - 11am

Weavervale Practice

11th Jan & 6th March 10am - 12pm

Widnes:

Hough Green Health Park

2nd Thurs of the month 9am - 11am

Fir Park Medical Centre

2nd Tues of the month 10am - 12pm

Bevan Medical Centre

2nd Tues of the month - 10am - 12pm

If you work at a practice that we don't attend yet and would like us to have a monthly presence in your waiting area, please get in touch.



New Treatments!



We are pleased to announce that our relaxation therapist Hannah will now be providing Reiki & Indian Head Massage for Carers - ***This treatment will only be available on the days Hannah is based with us - This is in Widnes on a Wednesday & Runcorn on a Sat.*** Reiki will be a 30 min appointment and will be £12 per session, Indian Head Massage will last approx 40mins and will be £15 per session. Appointments can be booked by ringing us on 01928 580182. Please see page 4 for further details on all treatments available, prices and times sessions are held.

Healthwatch Halton is your local health and social care champion. From Appleton to Windmill Hill and everywhere in between, we make sure National Health Service (NHS) leaders and other decision makers hear your voice and use your feedback to improve care. Our work covers all areas of health and social care. This includes GPs, hospitals, dentists, care homes, pharmacies, opticians and more. Join the conversation by sharing your experiences.

You will find us out and about at a range of local venues during the coming months. Please come over and talk to the team if you see us:

- Tell us your experiences of local services.
- Ask about volunteering opportunities
- Find advice or information on services

When and where you'll find us during January:

Mon 9th, Runcorn Urgent Treatment Centre, 1.30-4.30pm
Tues 10th, Widnes Urgent Treatment centre, 1.30-4.30pm
Mon 16th, Whiston Hospital, 10am-12pm
Tues 17th, Halton Lea Library, 10am-12pm.
Wed 18th, Ditton Community Centre, 11am-2pm
Fri 27th, Widnes library, 10.30-12.30pm

Find more outreach sessions at:

<https://www.healthwatchhalton.co.uk/events>

You can also feedback at any time using our 'Have Your Say' feedback form; <https://www.healthwatchhalton.co.uk/share-your-views> or call 0300 777 6543 during office hours.



Halton Carers Centre office opening times:

62/64 Church Street, Runcorn:

Mon - Fri 10am - 4pm, Sat 10am - 1pm

St Maries Church, Lugsdale Road, Widnes:

Wed & Fri 10am - 4pm, Thurs 10am - 3pm.





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 our Beauty Therapist & 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:

*Thursday 10am - 4pm (reflexology only)

*Friday 10am - 4pm

Saturday 10am - 1pm

Widnes Office:

Wednesday 10am - 4pm

Podiatry

Runcorn Office:

Wednesday 10am - 2pm

Saturday 10am - 1pm

Widnes Office:

Thursday 9.15am - 2pm

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.

Call 01928 580182 to book your appointment

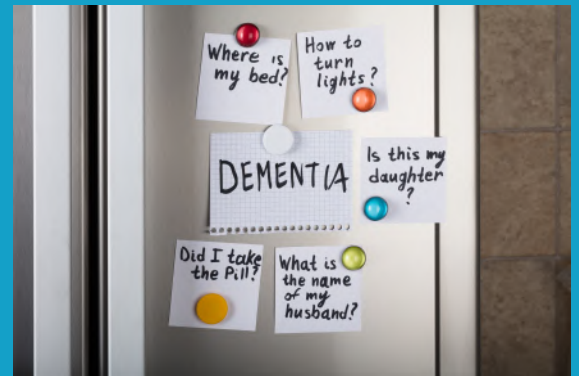
START TRAINING

STRATEGIES FOR RELATIVES CARING FOR SOMEONE WITH DEMENTIA

If you are caring for a family member or friend who has been diagnosed with dementia then starting 6th March 2023, Halton Carers Centre will be delivering a 7 week training course in St Maries Church, Lugsdale Road, Widnes.

The course will look at some of the behaviours associated with dementia, the trigger or cause of these behaviours and strategies to help manage these behaviours. Each session will last for 90mins and the weekly sessions are as follows

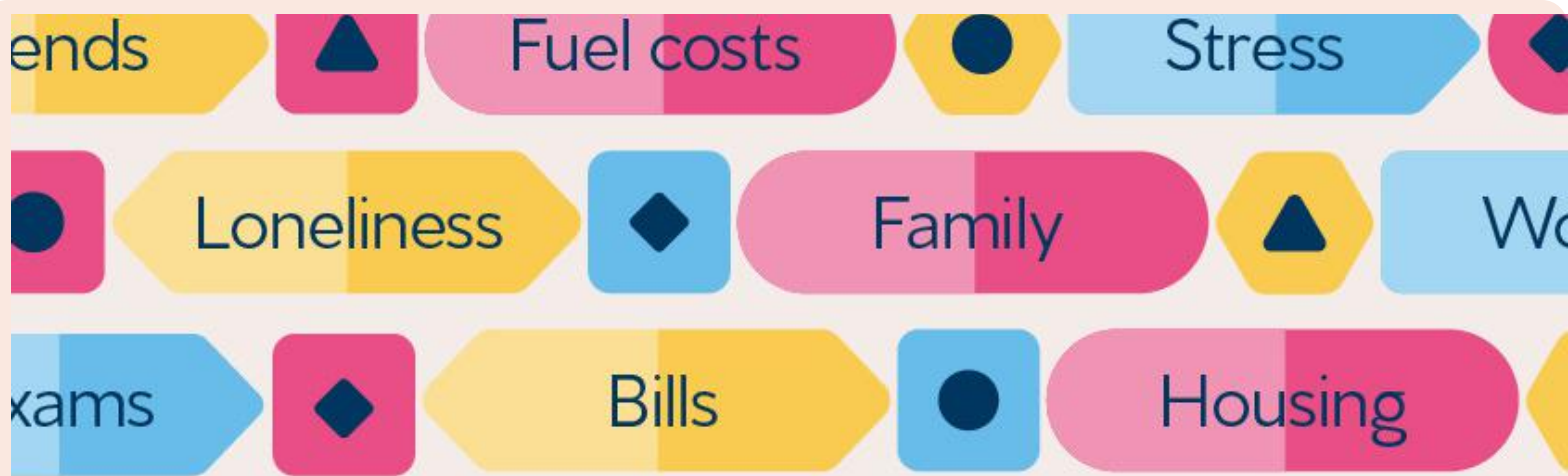
- Stress and Wellbeing
- Reasons for behaviour
- Making a behaviour plan
- Behaviour strategies and unhelpful thoughts
- Communication styles
- Planning for the future
- Introduction to pleasant events and your mood
- Using your skills in the future



Please contact the office on 01928 580182 if you are interested or email lucia.urquhart@haltoncarers.co.uk or lorina.ditchfield@haltoncarers.co.uk

Our team of adult & young carers support workers at HCC are here for you! If you have a problem and you are not sure where to turn always give us a call or pop into either of our offices. Our team are here to support with any issues you maybe experiencing, we can signpost/refer to a multitude of services across Halton on your behalf or we can be here as a listening ear when times are difficult.





Halton service connects local people to practical, social and emotional support

‘We Connect’ is a service for people who are experiencing practical, social and emotional challenges. The service has a dedicated team of Wellbeing Link Workers who provide 1-to-1 support to help people turn their situations around. The We Connect team work with people to unpack what’s going on for them and together they make a plan to get them back on the right path. From financial pressures to loneliness or stress, the team connect people to services that can help them move forward.

Mark Swift Co-founder and CEO at Wellbeing Enterprises CIC said:

“We’re delighted to offer this service thanks to funding from the NHS. The recent pandemic and now the cost of living crisis are putting an incredible strain on people and families in Halton. Furthermore, it can be difficult to know where to turn for help when needed. Our dedicated We Connect team are here to help people through every step of the process to get them back on their feet”.

Anthony Leo, NHS Cheshire and Merseyside’s Place Director for Halton, said: “Helping Halton's communities to live healthy and independent lives is a key focus of the local NHS and wider partners through One Halton, so we’re delighted to be able to support services in making a difference to local residents.”

The WE Connect service is available for anyone aged 18 and over who is registered with a GP Practice in the Halton area.

Simply call 01928 589 799 and speak with a friendly Wellbeing Link Worker who will be happy to help you or contact your GP practice.

Open 8.00am – 5.30pm Monday – Friday.

We Connect is provided by Wellbeing Enterprises CIC



FUNDRAISING ACTIVITIES

EASTER FAMILY PRIZE BINGO

WED 5TH APRIL 2023

DOORS OPEN 6PM,

EYES DOWN FOR 6.30PM

AT THE LOCKDOWN, RUNCORN



If you are doing any shopping on Amazon don't forget to use Amazon Smile and choose us as your nominated cause and help raise funds for Carers in Halton!

If you are unsure how to raise funds from the comfort of your armchair while online shopping via Amazon Smile please give our team a call on 01928 580182 and we'll be happy to explain.

Thank you 

Thank you to every one who throughout the year who has helped support Halton Carers Centre via various methods including using Amazon Smile, all financial donations dropped into the centre all the gifts & prizes towards our Halloween & Christmas bingos! And finally to those who bought gifts for our Christmas toy appeal for young carers and families, we were so overwhelmed and grateful for the amount of toys we received, because of all your kind donations we were able to provide 115 children/young people with a christmas sack each full of presents!

A big thank you to the team at The Bridge View for allowing us to use their venue for our Halloween Bingo, and the donation we received from them and also East & West. It's support like this from our community that helps us to keep costs down so more of the money raised goes straight back to Carers in Halton.

HALTON CARERS CENTRE LOTTERY DRAWN ON THE 20TH OF EACH MONTH

Supporting Unpaid Carers in Halton



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

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



Counselling for Carers

We are pleased to announce that from early 2023 Halton Carers Centre will be back offering counselling sessions to carers.

If you feel this is something you would benefit from please give us a call on 01928 580182

Venus Halton Services

The Venus Centre works to empower, promote and support individuals in developing their potential, recognising their choices, achieving their goals and challenging injustice.

Coffee Morning

A wellbeing group that provides a safe and comfortable place to talk. Thursdays between 12-2pm at the Community Shop/Cafe, Priory House, Northway, Palacefields, Runcorn, WA7 2FS.

International Drop-in

A trained team who will assist in the support of non-English speaking individuals. The first Wednesday of each month between 9.30am-12.30pm at Trinity Church, 138 Albert Road, Widnes, WA8 6LG and every other Wednesday between 10-2pm from the Old Police Station, Mersey Road, Runcorn, WA7 1DF.

Afterschool Club

We offer an afterschool club during term time only, contact us for more information.

Parent to Parent

Our family support team works with families in partnership with trained volunteers to empower individuals to make positive changes and take control of their lives.

ICE Project

We offer both a course and one to one support in the community focusing on promoting good home conditions, decluttering and cleaning routines within the family home.

Find us at: Halton Brook Children's Centre, Fernhurst, Halton Brook, Runcorn WA7 2NJ

Referrals: You can refer to one of our services by visiting our website www.venuscharity.org or by contacting us on 01928 573265.

Volunteer Applications: If you are interested in becoming a volunteer or would like more information on what mental wellbeing interventions we offer, please call on 01928 573265.



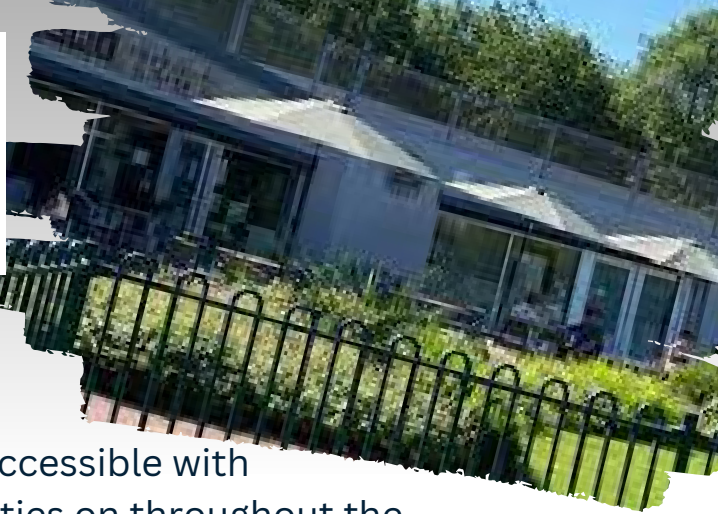
@thevenuscentre



@VenusCentre



@thevenuscentre



Have you visited Chi Community Café based at Phoenix Park, Runcorn yet? Not only do they have a packed menu of hot/cold food and freshly baked cakes the café is fully accessible with changing facilities and has a wide range of activities on throughout the month including photography & craft sessions, mens informal mental health & fitness group, weekly pre school stay & play session plus a weekly community bike ride group - if you don't have a bike they have a small selection of bikes you can use! For more info on times or dates of activities please contact Phil Thornton on 07903 601486 email philip-chi@hotmail.com or if you are looking for a small room to hire for a group give these a try!

HALTON PARKINSON'S SUPPORT GROUP

We provide support and companionship for those suffering with Parkinson's and for their Carers and loved ones in a relaxed and informal atmosphere.

Our Meetings are held on the second Tuesday of each month at **St Edward's Church Hall, Ivy Street, Runcorn from 1.30 until 4pm.** Door to door transport provided if needed.

Please contact Myra on 01928 574518 or Lorraine on 01928 580015 for further information.



Age UK Mid Mersey left their Widnes Market Stall on 2nd December and have relocated to Halton Direct Link for Wednesday each week, week commencing 5th December. You can either drop-in or make an appointment.

Halton Direct Link Address:
Halton Direct Link
Widnes
WA8 6NB

To book an appointment call
0300 003 1992

IMPORTANT!

Halton Carers Trip information

A vital part of our carers service is the day trips & activities that we plan & host, these activities enable carers and your families to have a much needed break from your caring role. We only have limited places on each trip and as you can imagine they are very popular with carers and we are often over subscribed and have large reserve lists of carers waiting in case space/s become available.

Places on our trips are not given on a first come first served basis, we allocate places to carers who have not accessed a trip with us before and then will work our way through the lists. As you can imagine to allocate places on a trip is very time consuming for our activity co-ordinator Emma, each person who is allocated a place will firstly receive a telephone call from Emma confirming they have been given their requested places on the trip at this point they will also confirm the trip cost and the date the payment needs to be made to the centre which will then secure their place and a letter will also be posted confirming all these details

Over the past few months we have seen significant increase in carers accepting places on trips and not making payments to us, in the past we have tried to be flexible and have chased payments from carers past the payment cut off date which again in its self has been very time consuming for our team. So sadly we have had to make the decision that any trips from Jan 2023 onwards if you have been allocated a place and your payment has not been made by the 'trip payment cut off date' and you have not contacted us to notify us of an issue in getting the payment to us your places will automatically be reallocated to the next carer on the reserve list, we will not ring you to notify you of this as the cut off date will clearly be stated on your letter.

If you have been allocated a place on a trip or activity and no longer wish to attend can you please let us know asap so again your place/s can be given to another carer who is waiting on the reserve list.

Thank you for your understanding

Halton Carers Day Trips

Feb 23 -
Apr 23

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. If you are interested in any of the trips please ring the office or scan the QR code for your chosen trip and complete the online form, if you are allocated a place we will be in touch.

Friday 10th Feb - Adult carers only

Mini spa day @ Vita Hair & Beauty, Riverside College.

2 Treatments & 2 course lunch

£7.50 per person.



21st Feb 2023

Private showing of a fun family film @ Cineworld, Runcorn.

Each child attending will receive a snack pack .

£3 per adult, £3 per child, £1.50 registered YC at HCC



Sat 11th March

Gullivers World - Transport provided

£10 per adult, £10 per child, £5 registered YC at HCC



Friday 31st March - Adults only

The Comedy Office, Heath Business Park

£5 per person



4th April - Adult Carers only

Evening session 6pm - 8pm

Weave Wall Hanger @ Hummingbird Art Studio, Runcorn

£7.50 per adult



April - Adult Carers only - Exact date & venue to be confirmed

Meditation Class with our relaxation therapist Hannah

£4.00 per adult



HALTON CARERS FORMER CARERS GROUP

If the person you cared for has passed away or gone into a nursing home we understand there may be a huge gap in your life.

Each month we hold a group where former carers can have a chat/cuppa/quiz/bingo and even go for days out and holidays together. The group meet at the Old police station in Mersey Road, Runcorn on the 1st Thursday of each month 1pm-3pm.

Just turn up the group is free of charge; you will be made to feel very welcomed by all our volunteers who run the group.

For further details call Lucia on 01928 580182

LIVE from the lounge at Runcorn Station.

Getting on Track-Together is the new live show from It's Good 2 Talk.

By the people for the people.

LIVE from the Community Lounge at Runcorn Station this is a podcast style show with a unique difference.

Thanks to the kindness of Avanti, and the hard work of Laura Warwick, the Community Champion, we are bringing you the perfect Monday Pick Me Up (great whenever you listen to it or watch as well)

Monday 9am-11am

Presented by

Nathan & Junior

Special Weekly Guests, Live Music, Community Info, Community and Other Heroes, Life Hacks, Topical Chat, Tips and Help, Mental Health and Wellbeing and more...

We want YOU to help build it for you, so please listen in, watch, comment, share, be a part of it.

It's an interactive show.

It's Good 2 Talk
Share the Load

PRESENTS

9am to 11am on itsgd2tk

LIVE Mondays 9am to 11am

GETTING ON TRACK
together

#stopthestigma

itsgd2tk 
itsgd2tk 
itsgd2tk@gmail.com 
07536 398821 

LIVE
from
The Lounge
at
Runcorn Train Station



Halton Carers Support Groups

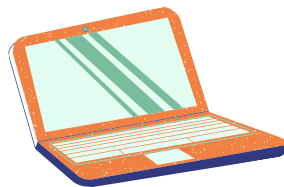
All of our groups are free to attend & refreshments are provided

Dementia Carers Groups

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

1st Friday of the month 1pm - 3pm @ St Maries Church, Widnes

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 @ Brunswick, Runcorn

Parent Carer Group *

3rd Tuesday of the month 12noon - 2pm venue to be confirmed, Runcorn.

ADHD Carer Zoom Group

Last Monday of the month 6pm - 7pm

Mental Health Carers Group

1st Wednesday of the month 1pm - 2pm @ the Brooker centre, Runcorn.

- Change of venue

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

How Halton residents can benefit from free home energy improvement measures to the value of £10,000



Halton Borough Council has teamed up with the Liverpool City Region Combined Authority, to secure £4.65 Million of Government funding from the Department for Business, Energy & Industrial Strategy.

The funding is being used to improve the energy efficiency of homes in Halton to make them warmer and healthier, cheaper to heat and more environmentally friendly by reducing Carbon emissions.

Halton households can apply by completing a short online expression of interest form, accessed via the Council webpage:

<https://www3.halton.gov.uk/Pages/planning/greenhomesgrant.aspx>

For residents who require support and assistance to complete the expression of interest form, they can visit a Halton Direct Link or call the customer contact centre on 0303 333 4300. For any other queries please contact Nathan Renison, Halton Borough Council on: 0151 511 5291 or email: greenhomesgrant@halton.gov.uk

The webpage also contains the eligibility requirements, information about the grant process and what measures that can be funded. Please see a summary of the grant scheme below.

Eligibility

To be eligible for a grant residents must meet all the following headline criteria:

- The gross household income must be below £30,000 per year or below the Minimum Income Standards;
- The property should have an Energy Performance Certificate (EPC) rating of E, F or G a limited number of EPC D rated properties are also eligible; and
- Be a homeowner or live in a private rental property.

The Minimum Income Standards extends the income threshold for the scheme, particularly a household with children. You can find out how your income compares at: <https://www.minimumincome.org.uk/>

Measures

Home Energy Improvement measures funded through the scheme, subject to survey, include:

- Cavity and solid wall insulation
- Insulation for lofts and rooms-in-roofs, and under floor insulation
- Alternative heating systems such as air source heat pumps
- Solar photovoltaic (PV) electric panels

Grant Value

- Typically, owner-occupied (homeowners) will receive improvement measures on average up to the value of £10,000. This could increase where the home is primarily heated by something other than mains gas such as electric heaters, LPG, coal or oil.
- Homeowners are not required to make a financial contribution to measures installed via the Sustainable Warmth Fund.
- Private rented properties can receive a grant with the landlord funding at least one third of the overall costs.



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



April 22-Sep 22



A busy 6 months in Halton Carers Centre for our adult carers and young carers teams.



419 Carers newly registered on HCC database



2079 individual reviews completed with carers



Info & advice given to carers 2455 times



71 Carers Support groups ran in Halton



3065 telephone calls to/from carers.



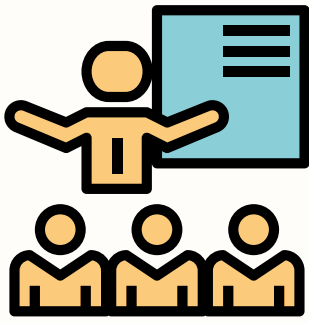
37 Activities & trips ran for carers.

Our team also signposted carers 600 times to other agencies in Halton and made 220 direct referrals to other agencies on behalf of carers.

At the end of Sep 2022 Halton Carers Centre had 5386 Carers registered (4552 adult carers & 834 young carers)

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





HALTON CARERS TRAINING

We are pleased to have carers training sessions back up & running! Below is the list of current training opportunities we have for carers registered at the centre, If you are interested in attending a course please contact the centre on 01928 580182 or email help@haltoncarers.co.uk places are limited on each session.

START Training (see page 5 for course content)

A 7 week course for carers caring for someone with dementia, the course is 90 min over 6 weekly sessions, with the 7th week session being a meal out for attendees.

March 6th and the following 6 Tuesdays, 11am - 12.30pm - St Maries Church, Lugsdale Road, Runcorn

Basic First Aid Training

A one of session to make yourself feel more confident in providing basic first aid training. This session will be held at the session

April 24th 2023 10am - 11.30am - Halton Carers Centre, Runcorn

Fresh beginning cooking courses

A snap shot cookery session to help you feel more confident in the kitchen.

15th February and 8th March 10.00 – 12.00 - Trinity Church, Widnes

Autism Training

This is a 2 session course & both sessions must be attended.

9th & 16th March 10am - 12noon - Halton Carers Centre, Runcorn

6th & 13th July 10am - 12noon - Halton Carers Centre, Runcorn

Mental Health Awareness Training

This is a 2 session course & both sessions must be attended.

8th & 15th June 10am - 12noon - Halton Carers Centre, Runcorn

7th & 14th September - Halton Carers Centre, Runcorn

Halton Health Improvement Team

Here are the latest training dates for local organisations. The training is FREE for anyone living or working in Halton. Costs for outside the area available on request.

The sessions for February are delivered on Microsoft Teams, you will receive the link to join when you are booked on. April sessions will be face to face in Grangeway Community Centre.

Mental Health Awareness – For anyone to attend

- Tuesday 14th February 9:30am – 12:30pm Delivered on Microsoft Teams
- Wednesday 12th April 9:30am – 12:30pm Grangeway Community Centre Runcorn WA7 5HA

Suicide Awareness – For anyone to attend

- Wednesday 22nd February 1:30pm – 4pm Delivered on Microsoft Teams
- Wednesday 12th April 1:30pm – 4pm Grangeway Community Centre Runcorn WA7 5HA

Places can be booked by emailing me nyki.benson@halton.gov.uk

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC



**COST OF LIVING
SUPPORT**    



www.halton.gov.uk

#StrongKindSafe

Contact Halton
Borough Council
for more
information

Many of us are concerned with the rising cost of living. To help, we've pulled together information on local support and advice around food, heating and energy, crisis/emergency help, money worries and mental health.

Visit www.halton.gov.uk/costofliving or scan the QR code:



Volunteers are a Credit to Us at Age UK Mid Mersey

At Age UK Mid Mersey we pride ourselves on the dedication, integrity and selflessness of our volunteers. We want our volunteers to be seen and know that they are valued by our organisation and our clients. We couldn't deliver our services without the help of our volunteers and would love to welcome more to the organisation.

Meet two of our long standing volunteers, Tommy and Eddie [Eddie left, Tommy right]. Tommy and Eddie support us by facilitating our men's groups. Tommy facilitates the one in Knowsley and Eddie facilitates the one in St Helens. Our men's groups are a place for men over 50 to get together, play games such as cards or dominos, and have a cuppa and chat.



Tommy would describe himself as easy-going, friendly and approachable, and first started volunteering with us when he retired and thought "there's got to be more to this than Jeremy Kyle". He's now been with us for nearly 7 years and says volunteering gives him a real feeling of fulfilment. "It costs you nothing, only time, and if you've got the time, do it."

Eddie would describe himself as caring, outgoing and social and has been involved with charities all his life. He's been volunteering with us for 15 months says he's found volunteering rewarding and benefiting. "I'm giving back but I also really enjoy the engagement with the group and I've made new friends".

Volunteering can be a great way of keeping active, socialising, giving back to your community, maintaining a sense of purpose and benefiting your own wellbeing. It can be good opportunity to take up a new skill or introduce your hobby to new people.

Would you like to volunteer with us? We have a variety of roles available and only require a commitment of 2 hours per week. If so, please get in touch by calling us on 0300 003 1992 or emailing us enquiries@aukmm.org.uk



**YOUNG
CARERS**

Young Carers



Groups for YC aged 10 & under.

Me-Time sessions

26th Jan, 9th Feb & 9th March
all sessions are held in Halton
Carers Centre 4pm - 5pm and
include a variety of fun
activities. Places must be
booked.

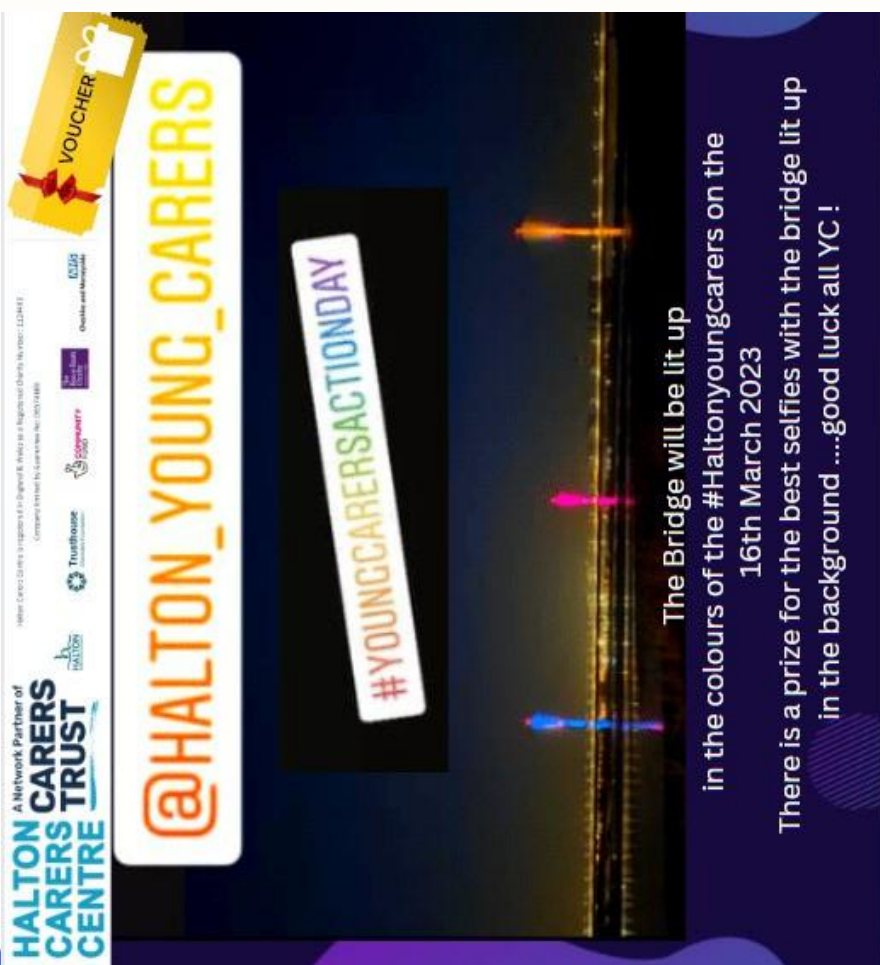
Upcoming Groups for YC aged 11+

R - TIME Sessions :

14th Jan, 2nd Feb, 2nd Mar &
16th Mar all sessions held at
Grangeway Community
Centre 5pm - 7pm. Lots of
great activities happen within
the group, places must be
prebooked.

Upcoming trips for YC

21st Feb - Go Karting 8yrs - 13yrs
22nd Feb - VR Experience 11yrs -
18yrs
23rd Feb - Rollerskating - All YC



YC Newsletter

If you have a young carer registered with us and you haven't received the Young Carers newsletter yet please contact the Young Carers Team on 01928 580182 to request your copy and to be added to the mailing list.



Have you received your Carers Newsletter through the post?

We currently still post out over 1000 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!

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.

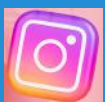
You can complain or compliment us via our CEO Carl Harris email: carl.harris@haltoncarers.co.uk or telephone 01928 580182 or Chair of the Trustee Board, Mike Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.



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 Number: 1124493

Company limited by Guarantee No: 06574889

