

# HALTON CARERS' CENTRE

62 - 64 Church Street

01928 580182

# Newsletter

*Edition 48 May 2023 - Aug 2023*

## A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello and welcome to our 'spring edition' of our newsletter. I hope you manage to find time to look through as there are plenty of organisations and events throughout Halton that may help you in your caring role, from support groups to activities to information its all in here!

We have training courses available over the next few months around dementia, autism and mental health as well as Beekeeping, all details on page seven and we have a variety of support groups you can attend, please see page six or contact the centre for further details.

We've said goodbye to Hannah who provided holistic therapies at both Widnes and Runcorn sites and we wish her well in her new employment and we've welcomed Tanya, who replaces Hannah in Widnes on Fridays and

Runcorn on Saturdays.

All the best, *Carl Harris*



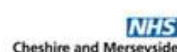
**HALTON CARERS CENTRE** A Network Partner of **CARERS TRUST**



01928  
580182

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

Company limited by Guarantee No: 06574889





# CARERS WEEK

## 5TH - 11TH JUNE 2023



The theme for Carers Week 23 is 'Recognising & Supporting Carers within the community', keep an eye on our social media pages for what we will have happening throughout Carers Week!



**Halton Carers Centre is delighted to let you know we have become a referrer for a Charity called Carefree.**

Carefree turns vacant accommodation into vital short breaks for unpaid carers, this can be 1 or 2 nights in a hotel or cottage, plus breakfast (where available) for a carer and their companion. There is no cost for the accommodation but the carer must pay an admin fee of £25 which goes directly towards Carefree's operating costs

To meet the eligibility criteria the carer must be over 18, caring for more than 30 hours per week. The carer can take a companion on the break but they are unable to take the person they are caring for, they are also responsible for their travel costs and expenses

Once a referral is made Carefree will give you access to the breaks hub via email, there are hundreds of potential breaks up and down the country. There is also a very simple booking system and if your chosen accommodation is available on the date you wish to go you will be on your way!



**If you would like to access a short break with Carefree then please email [lorina.ditchfield@haltoncarers.co.uk](mailto:lorina.ditchfield@haltoncarers.co.uk) and we will happily make the referral for you.**



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

Supporting Unpaid Carers in Halton



1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
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: 30-95-14  
Account Number: 07833889

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](mailto:holly.robson@haltoncarers.co.uk)  
Web: [www.haltoncarers.co.uk](http://www.haltoncarers.co.uk)

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



## Child bereavement UK helps families to rebuild their lives when a child grieves or when a child dies.

We support children and young people (up to the age of 25) when someone important to them has died or not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

### Bereavement support

We offer free, confidential bereavement support for individuals, couples, children, young people and families by telephone, video or instant messenger, wherever you live in the UK.

We also offer face to face support from a number of locations. In addition, the following support groups run at various times, by video and / or in person in some areas of the UK.

- Groups for families
- Groups for young people
- Groups for parents.



For more information please contact:  
Call our helpline: **0800 02 88840**  
Live Chat: [childbereavementuk.org](http://childbereavementuk.org)  
Email: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)



**'Attending the group has done me so much good. I have made new friends and that has helped me to feel good about myself.'**

Susan, whose husband has dementia

# Socialise with other people affected by dementia

Improve your confidence, chat to others in a similar situation or get advice from highly skilled staff who are on hand to support you.

Attendees need to register with the service first: [halton@alzheimers.org](mailto:halton@alzheimers.org)

To find out more contact us on:

[halton@alzheimers.org.uk](mailto:halton@alzheimers.org.uk)

07540 920 983 or 07518 299387

[alzheimers.org.uk](http://alzheimers.org.uk)



## Where to find us:

Ditton Community Centre, Dundalk Road, Widnes, WA8 8DF - Last Friday of every month: 2pm - 4pm

Brookvale Community Centre, Northwich Road, Runcorn, WA7 6PB - 2nd Wednesday of the month 11am - 12.30pm



## Would you like to join our Men's group in Upton, Widnes?

The group meets every Monday from 12:30pm - 2:30pm In Upton Community Centre and is open to anyone aged 50+

The group is usually just a social chat with refreshments provided, however sometimes we have guest speakers/activities!

If you would like to join us, please contact us on 0300 003 1992 or [enquiries@aukmm.org.uk](mailto:enquiries@aukmm.org.uk)

**GREEN FINGERS**  
GARDENING GROUP

DO YOU ENJOY GARDENING?  
WOULD YOU LIKE TO HELP ON A COMMUNITY ALLOTMENT?  
DO YOU WANT TO SPEND MORE TIME OUTDOORS?

WE HAVE 2 ALLOTMENTS  
ONE AT BROOKVALE COMMUNITY CENTRE  
ONE AT BROOKVALE CHILDREN'S CENTRE  
YOU ARE WELCOME TO COME ALONG TO THE ALLOTMENTS ANY TIME THAT THE CENTRES ARE OPEN

**BROOKVALE COMMUNITY CENTRE**  
NORTHWICH ROAD, RUNCORN, WA7 6PE  
**THURSDAY 10:30AM - 1:00PM**

FOR MORE INFORMATION PLEASE CONTACT PAM ROBERTS ON 07530383690

WE GROW VEGETABLES, FRUIT AND FLOWERS

COME ALONG TO LEARN  
NO EXPERIENCE REQUIRED

A COMMUNITY GROUP OPEN TO ANYONE





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/Tanya (Beauty Therapists) & 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



**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.

## Appointments Available

**Relaxation Therapies**  
**Runcorn Office:**  
 Thursday 10am - 4pm (reflexology only)

Friday 10am - 4pm  
 Saturday 10am - 1pm

**Widnes Office:**  
 Friday 10am - 4pm

**Podiatry**  
**Runcorn Office:**  
 Wednesday 10am - 2pm  
 Saturday 10am - 1pm

**Widnes Office:**  
 Thursday 9.15am - 2pm

**Call 01928 580182 to book your appointment**



**Do you know someone who is D/deaf, or is hard of hearing? We are here to help!**

We are a local partnership with Deafness Resource Centre, Vision Support and Halton Borough Council and provide all residents of Halton who have hearing loss FREE support, equipment, advocacy communication services and much more.

- ✓ Deaf Awareness Training
- ✓ Advocacy for D/deaf people
- ✓ Youth, Children & Families Support Services
- ✓ BSL & Deaf Awareness Training
- ✓ Interpreting
- ✓ Equipment



**HALTON**

Halton Sensory Services Deafness Resource Centre

**FREE HEARING EQUIPMENT**

Halton Sensory Services offer support and equipment to aid you in your independence.

**HEAR YOUR TV**

**HEAR YOUR DOORBELL**

**HEAR CONVERSATIONS**

**HEAR SMOKE ALARMS** AND MORE...

We will complete a Home Assessment, looking at your needs and requirements. We have equipment suitable for people with and without hearing aids. **DO NOT STRUGGLE WE ARE HERE TO HELP.**

For further information Call: **0151 511 8801**

**TINNITUS & HARD OF HEARING**

**SUPPORT GROUPS**



We have **NEW** groups and **NEW** venues starting in April

**TINNITUS SUPPORT GROUP**

1st Thurs of month - 1:30-3:30pm

Alternate: Broome Court, Runcorn & Halton Sensory Service, Widnes

**HARD OF HEARING GROUP - RUNCORN**

2nd Wed of month - 1:30-3:30pm

Broome Court, Brookvale Ave North Runcorn

**HARD OF HEARING GROUP - WIDNES**

3rd Wed of month - 1:30-3:30pm

Naughton Fields, Liverpool Rd, Widnes

Clients, carers, friends & family all welcome

**HALTON**

Halton Sensory Services Deafness Resource Centre

**FREE BATTERIES FOR YOUR HEARING AIDS**

If your Hearing Aid batteries go flat, get in touch, we offer **FREE** replacements.

**Call: 0151 511 8801**

Email: Wendy.Edwards@deafnessresourcecentre.org

If you know someone who is blind or vision impaired, get in touch. We can refer you to Vision Support and the VI Team at Halton Borough Council.







# 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](mailto:help@haltoncarers.co.uk) places are limited on each session.

## **START Training**

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

**Tuesday 2nd May and the following 6 Tuesdays, 10am - 11.30am - St Maries Church, Lugsdale Road, Widnes**

## **Autism Training**

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

## **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.

**This course is for all Young & Adults Carers**



## 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



Halton & St Helens  
Voluntary and Community Action

### Calling all Halton Carers

As a Carer who is looking after a loved one, you have no doubt travelled with them on a journey through a lifelong condition or illness. You may have a condition yourself. If you or a your cared for have one of the following conditions we would love to hear from you;

- Cardiovascular condition
- Respiratory disease such as COPD
- Cancer
- Mental health conditions

#### ***What would we like to know?***

- We would like to know what barriers, emotions, practical issues such as finance you came across from going to a GP through to diagnosis and treatment.
- The impact of family & friends
- Any suggestions / recommendations on what could have made the process better?

#### ***Why are we doing this?***

We are collecting stories **anonymously** and **in confidence** to help improve health services for other people with a similar condition to make their journey easier. We can come to you at a venue to suit you, or at our offices at St Maries Church, Widnes.

*Please come for an informal chat with us over a cuppa, we would love to hear from you.*

If you would like to tell your story or need more information, please contact Janet or Lorna on 01928 592405 or email us on [j.roberts@haltonsthelensvca.org.uk](mailto:j.roberts@haltonsthelensvca.org.uk) or [llucas@haltonsthelensvca.org.uk](mailto:llucas@haltonsthelensvca.org.uk)







# Carers Support Groups

All of our groups are free to attend & refreshments are provided, they are the perfect place to come along and meet other carers and have a chat to our team

## Dementia Carers Groups

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

1st Friday of the month 1.00pm - 3.00pm  
@ St Maries Church, Widnes

Zoom online group, 3rd Thursday of the month 1pm - 2pm



## 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

Last Friday of the month 12pm - 2pm  
@ Chi Cafe,  
Phoenix Park,  
Runcorn.

## ADHD Carer Zoom Group

Last Monday of the month  
6pm - 7pm

## Mental Health Carers Group

1st Tuesday of the month 10am - 11am  
Halton Carers Centre, Runcorn

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

## A Carers Voice -

We think it is important to hear the views from registered carers on the difference engaging with our services has made to them, below is Kellys story....

*I have always been a private person. I keep myself to myself and don't like to bother people with my stresses, issues, problems etc. I have struggled for many years with my child's diagnosis and behaviour and felt as a mother that's what I was supposed to do, struggle through.*

*I was made aware of the carers centre through the doctor. It took me a while to reach out. I registered with them but didn't use the services for a long time. However, I heard about some of their trips and groups, and one day I decided to try a trip with my son to the Crocky Trail.*

*To say that I'm glad I did was an understatement. Attending the trip gave me the courage to attend a coffee morning with other parent carers.*

*Since attending the groups, trips and therapy sessions (massage, nails etc), I have absolutely started to feel much more supported.*

*The parent carer coffee morning groups have been invaluable to me. The staff and other parents made me feel so welcome. For the first time I felt that someone else understood me and my situation, they had lots of good advice and I've made friends for life with the other parents. I have taken walks with the carers centre, enjoyed a cup of tea in the park, just chatting and enjoying being with other people in similar situations. I have booked in for manicures and massages and felt so much more relaxed afterwards. I have attended day trips and accessed the carers break funding which meant I was able to do such things like overnight stays in a spa, a gardener to clear my garden in order to be able to enjoy sitting out in the summer, and singing lessons. I also met Princess Anne!!*

*The most important thing to me about being part of the carers centre is the support I have received from staff and other carers.*

*I now have just finished 5 years in university and besides having a child with complex needs I have been given the confidence to complete a masters degree and start a new career. I'm not sure I would have been able to do these things had I not had the support from the carers centre and the other parents. The carers centre has allowed me the strength to continue my caring role, and for that I will always be grateful.*

*Was I afraid I would be judged? Unheard? Not valued? Hell yes! Did those things happen? Absolutely not! I have never felt such a part of something as I have the carers centre!*

**"Be the change you want to see in the world"**



# Party in the Park

Due to the success of the last 2 years 'Parent Carers Party in the Park' event we are bringing it back even bigger and better this year!!

We are calling all parents/guardians who have a child with a disability or long term health condition to come and join us at our Summer Event! The date is yet to be confirmed but will be held at Phoenix Park so there is plenty of room for us to all have fun! We will bring along all the outdoor games such as skittles, bat balls, parachute and a picnic lunch will be provided!

All you need to do is come along with your family!

Please keep an eye on our social media pages for dates and further information.



## Carers Dog Walking Group - led by Lucia

NEW

We are offering a new carers dog walking group hosted by our own Carers Support Worker Lucia.

Simply just turn up at our Runcorn office at 10.00am on the 1st Thursday of the month with your dog and weather appropriate clothing/comfortable shoes

All dogs to be walked on leads and all owners responsible for their own dog at all times.

Walks will be a mixture of paths, field, woodland and may be hilly at times. We aim to walk for an hour but walk may go over depending on routes.

Lucia will provide water for the dogs and have access to both human & canine first aid kits.

**Any questions please contact Lucia  
on 01928 580182**



# CARERS DAY TRIPS

May -  
August

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.

## Wednesday 3rd May - Adult carers only

### Eat @ The Heath - Kings Coronation

2 course lunch & entertainment

£5.00 per person.



## Friday 31st May

### Chester Zoo

Transport provided there & back

£14.00 per adult & child. Registered Young Carers £7.00



## Friday 9th June - Adult Carers Only

### Introduction to Cake Decorating

Venue to be confirmed

£10.00 per person



## Wednesday 5th July

### Bury Market

Transport provided there & back

£10.00 per person



## Wednesday 12th July - Adults Only

### Goldern Years - 2 course meal with singer

Woodlands Bar & Grill, Widnes - 1pm onwards

£6.50 per person



## Wednesday 9th August

### Norton Priory Bat Walk - Please note this walk is 7.30pm - 9.30pm

£3.00 per person



## Saturday 19th August

### Llandudno

Transport provided there & back

£12.50 per person





# HALTON CARERS FORUM



**Have your say on  
HBC next  
Carers Strategy!**

Registered Carers of Halton Carers Centre you are invited to our spring forum which is all about what is out there to support with the affects of the Cost of Living & helping to build HBC Carers Strategy for the next 3 years We will have a selection of speakers & information stands for you to browse.

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

Lunch & refreshments will be provided.

Spaces are limited and booking is essential,

**TUESDAY 16TH MAY 2023**

**10 AM - 2 PM**

**The Foundry, Widnes**

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

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Positive Future Consultancy



Do you have a young carer in the family who have grown up supporting someone within their family, have they left school and attending college or university? Do they have a few hours to spare? Would they enjoy helping others as a personal assistant? Then this may be for them.

### **What is the role of a personal assistant?**

These roles are extremely varied, and no two jobs will ever be the same, these roles vary between adults and children needing support, some roles include going to the cinema, gigs, swimming, household tasks like cooking, cleaning, meal preparation, shopping, organising paperwork, personal care and, in some cases, pet care.

Don't worry too much about what your role will entail as the Employers often look for someone who is a good personal fit to the person they will be supporting.

Halton needs more PAs to register, and this would be great for anyone young or older who is looking for part time work.

If this is something you feel may suit your lifestyle while you can earn extra money and developing great employment skills around your current education and caring role, then contact Positive Future Consultancy on 0151 422 0111/ 07944976579 or have a look on their website for more information - <https://www.positivefutureltd.co.uk/>



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

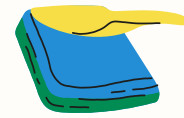
St Maries Church, Lugsdale  
Road, Widnes





**YOUNG  
CARERS**

# Young Carers



## Upcoming Events for YC

Wednesday 30th May -  
Young Carers Walk & Talk  
to Moel Famau

Thursday 1st June - Alton  
Towers

Friday 2nd June - Archery  
@Chi Cafe, Phoenix Park

We will be hosting Young  
Carers Bee Keeping  
sessions!

Please get in touch for  
further info on the above  
activities.

Do you have a young Carer registered at the Centre? Would you like them to meet other Young Carers? If so, our young carers social groups are the perfect place to be!

Me-Time: Our Me-time group is for young carers 5 - 10yrs and we meet alternate weeks in Runcorn & Widnes. The group has lots of fun playing games taking part in arts & crafts activities and so much more!

R-time: Our R-Time group is for young carers 11yrs - 16yrs and meets every other Thursday in Runcorn. We have speakers coming into the group, play games, have pizza nights plus lots more!

If you want to know about any of our groups, please get in touch!

## 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.

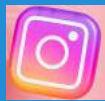
You can complain or compliment us via our CEO Carl Harris email: [carl.harris@haltoncarers.co.uk](mailto:carl.harris@haltoncarers.co.uk) or telephone 01928 580182 or Chair of the Trustee Board, Mike Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint 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](mailto: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.

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