

HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**



CARERS
TRUST
Heart of England
**YOUNG
CARERS**

Newsletter

Issue 5 April 23

Hi all YC....

Here you'll find all
groups, trips,
activities
therapies and
more that we have
on offer for you
as a registered
Young carer

your YCT



**Kate, Vikki, Ash
and Munchie**

FREE

Look out for this sign
on our trips we try
and make all our trips
and activities free for
YC

YCT are in schools

We are in schools if you want
us to review your YC in school
please get in touch, we can
offer support and advice

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

Company limited by Guarantee No: 06574889



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Therapy treatments

FOR ALL YOUNG CARERS

FREE

Emma say's....

'I'd like to invite all Young carers to come along to have a treatment to give them a break from their caring role you can chose from the list below:

- Manicure
- Mini Pedicure
- Mini facial
- Mini BackMassage



Contact us:

 **01928 580 182**

 **help@haltoncarers.co.uk**

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Podiatry treatments

FOR ALL YOUNG CARERS

FREE



Stu says.....

'Halton Carers Centre
has free Podiatry
appointments for all
Young Carers'

Contact us:

☎ 01928 580 182

✉ help@haltoncarers.co.uk

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WALK AND TALK

Tuesday 30th May
To Moel Famau
Young Carers 13yrs+



For a possible place scan the QR code
This will then put the YC name
down on the interested list and we
will contact you if you've been
allocated a place

Halton Young Carers Interested list
-Moel Famau -Walk and Talk



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



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Halton Young Carers Interested list
-Alton Towers



Thursday 1st of June
Ages 13 yrs and Over
Limited spaces available



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Archery @ Phoenix Park

2nd June 2023
Young Carers 8yrs+



For a possible place scan the QR code

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:

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Halton Young Carers Interested list
-Archery





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Bee Keeper Training



WHAT WILL IT BE LIKE

We will be looking closely at the bees, how they live, what they eat, and what is honey?

IMPORTANT DATES

Dates to be...eeeeee confirmed

Please register your interest below and we will contact you with the dates



CONTACT US

to be added to our interested list for a possible place, call



01928 580 182

or

email



help@haltoncarer.co.uk

or

scan the QR code or click the link

Halton Young Carers Interested list
-Bee Keeping



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Follow



Kate says.....get on
our socials,
Facebook, twitter and
instagram for updates



01928 580 182

help@haltoncarers.co.uk

Halton Young Carers Self referral



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Me-Time

What is Me-Time?... A safe space for YCs to have a break from their caring role, Age 4-10yrs. Held in Widnes and Runcorn

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

When is it on?... On a Wednesday in Widnes & Thursday in Runcorn, although you must get a text invite to attend our sessions as places are limited





Me-Time

RUNCORN ME-TIME

20.4.23

4.5.23

18.5.23

15.6.23

29.6.23



Halton Young Carers Interested list
- Runcorn Me-Time



WIDNES ME-TIME

19.4.23

3.5.23

17.5.23

14.6.23

28.6.23



Halton Young Carers Interested list
- Widnes Me-Time



For a possible place scan the QR code

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



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R-Time

FREE

What is R-Time?... A safe space to give YCs a break from their caring role, Age 11-18yrs

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 5-7pm (dates listed opposite), although you must get a txt invite to attend.





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R-Time

YOU
deserve
BREAK

For a possible place scan the QR code

This will then put the YCs 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

Grangeway 5-7pm

30.3.23

27.4.23

11.5.23

25.5.23

8.6.23

22.6.23

Halton Young Carers Interested list
-R-Time



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Vikki says....If you need
support, information,
advice, guidance or just
a chat
call the VC team

WHAT
DO YOU
THINK?



 01928 580 182

 help@haltoncarers.co.uk



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Ash says.....
'The Young Carers Team would like all Young carers to get involved in our trips, groups and activities. Here are some of the fun things we do'



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Meet Munchie our
worry monster

SCHOOLS

Munchie says.....
'Me and a YC support
worker can come and
visit you in school to chat
about your caring role
and how we can best
support you!'



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 the Young Carers team on 01928 580 182

☎ 01928 580 182

✉ help@haltoncarers.co.uk

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*You said
we did*
...



bingo



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IT'S COMPETITION TIME

Can you come up with a quote like the one
below?

WIN!

WIN!

Life is a struggle
but
we can juggle

SEND YOUR ENTRIES INTO help@haltoncarers.co.uk
FOR A CHANCE TO WIN A.....

**Gift
card**

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Have you been receiving texts, emails, voicemails to complete a review for your young carers?

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 text link



 **01928 580 182**

 **help@haltoncarers.co.uk**



Whats on in Halton



★Join us for our Detached Youth club session at Windmill Hill!★

⚽Every Friday 4.30pm-6.30pm we are at Windmill Hill (Southwood and Westwood junction).

Come along at any time to get involved, speak with a youth worker or to connect with friends



VIBE UK ORG

Lego Club

Saturday Stories

RhymeTime

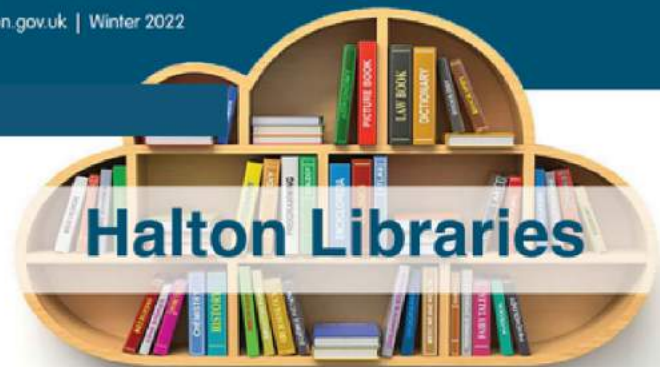
Brilliant builds

<https://library.haltonbc.info/whats-on/>



Halton Libraries

www.halton.gov.uk | Winter 2022



Lots to do at your local library

Your local community cafe

Address: Phoenix Park Ave,
Castlefields, Runcorn WA7

2LW

check out their Fb for whats

on



COMMUNITY CAFE

kooth

How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online wellbeing service, offering professional support, information, and forums for young people.

Access to counsellors, 365 days a year - who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on:
"Chat now button"

To write a message to the team, click on:
"message the team"

www.kooth.com



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down boxes, the **area** and **location** you live in



3 Select the **year** and **month** you were born



4 Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you



5 Create an **anonymous username** (not your real name) and **secure password**



6 Choose from the drop down box to explain where you found out about **Kooth**

7 Select **Next step** to complete your registration

[kooth.com](http://www.kooth.com)

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HAVE YOUR SAY!

Your feedback
is important to our YCT
it helps us decide what we do in the future.

If you have anything you want to
have your say on email YCT:
help@haltoncarers.co.uk



Although Halton Carers' Centre aims to provide the highest standard of services as possible, sometime 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, Bob Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

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