



HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

Newsletter



Issue 7, Oct 23

Your YCT



YCT are in schools

Keep a look out for us in your school, even better ask your school for us to come in

Contacting us

01928 580 182

help@haltoncarers.co.uk

Hi all YC....

Hope everyone has settled back into school well, here you'll find all groups, trips, activities, therapies and more that we have on offer for you as a registered Young carer

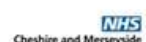
Look out for this sign



Halton Carers Centre try and keep all our trips and activities free for YC

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

Company limited by Guarantee No: 06574889





ALTON TOWERS



GULLIVERS WORLD



BLUE PLANET



MANELY MERE

You said
...we did



GARDENING



BEE KEEPING



FIRST AID TRAINING



KAYAKING



HALTON CARERS CENTRE

A Network Partner of
CARERS TRUST



HALLOWEEN SPECIAL

YOUNG CARERS TUESDAY 31ST OCTOBER 4-11 YEARS

PUMPKIN CARVING



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

Halton Young Carers Interested list
- Pumpkin carving



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





**HALTON
CARERS
CENTRE**

A Network Partner of
**CARERS
TRUST**

YOUNG CARERS



**THURSDAY 2ND NOVEMBER
11YRS-17YRS**



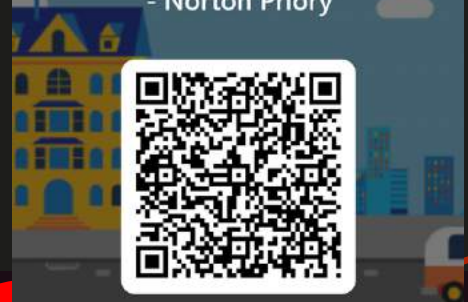
SPOOKY TALES CRAFT ACTIVITIES TOUR OF THE UNDER CROFT



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

Halton Young Carers Interested list
- Norton Priory



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



HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**



Therapy treatments

FOR ALL YOUNG CARERS

FREE

Emma says....

'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 choose from the list below:

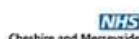
- Manicure
- Mini Pedicure
- Mini Facial
- Mini Back Massage



Contact us:

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

Company limited by Guarantee No: 06574889



 **01928 580 182**



help@haltoncarers.co.uk



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



Young Carers Christmas Cinema trip



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



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

Company limited by Guarantee No: 06574889





HALTON CARERS CENTRE

A Network Partner of
CARERS TRUST

Podiatry treatments

FOR ALL YOUNG CARERS

FREE

Stu says.....

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



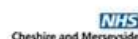
Contact us:

01928 580 182

help@haltoncarers.co.uk

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

Company limited by Guarantee No: 06574889

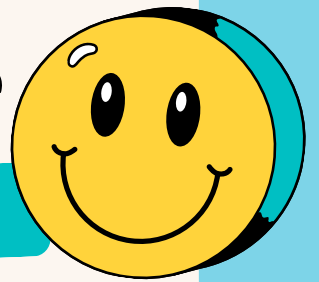




YOUNG CARERS!



Its competition time



We're looking for your Happy times

We hope you're all going to give this a go, one young carer said

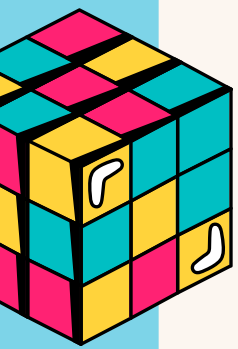
'My Cat makes me happy 😊 because she gives me cuddles'



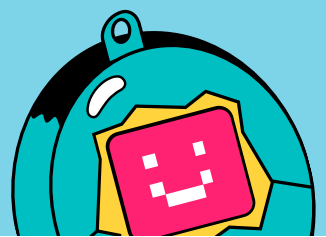
To be in with a CHANCE TO WIN a gift voucher !!!

send us you awesome stories or pictures!

Schools/Parents/Guardians/friends
anyone can help the YC enter.
You can send pictures/quotes/drawings



SEND YOUR ENTRIES INTO
HELP@HALTONCARERS.CO.UK





FREE

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



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

- 12.10.23
- 26.10.23
- 16.11.23
- 30.11.23



Halton Young Carers Interested list
- Runcorn Me-Time



WIDNES ME-TIME

- 11.10.23
- 25.10.23
- 15.11.23
- 29.11.23



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



HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**



R-Time



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 quest speakers from local and national organisations.

When is it on?... On Thursdays 5-7pm (dates listed next page), although you must get a txt invite to attend.

**YOU
deserve
BREAK**

Halton Young Carers Interested list
-R-Time





HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

R-Time

YOU
deserve
BREAK

Grangeway

5.10.23

19.10.23

9.11.23

23.11.23

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

Halton Young Carers Interested list
-R-Time



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

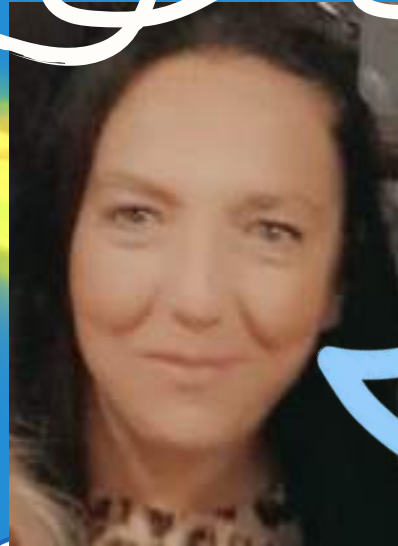
Company limited by Guarantee No: 06574889



HALTON CARERS CENTRE

A Network Partner of

CARERS TRUST



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



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

Company limited by Guarantee No: 06574889



“THE BIG CONVERSATION”

Hello!

As a resident and a Young person of Halton you may have already seen in the 'Inside Halton' magazine Halton's 'Big Conversation', Halton Borough Council have asked us to share the QR Code below with our young carers in Halton to gather your views on helping to shape the borough!

We would be grateful if you could complete the link below and share as a carer and a Halton resident what is important to you!



COMMITMENT

DRIVE
CHANGE

ENCOURAGE

LEADER

ROLE MODEL

TEAMWORK

UNDERSTANDING

CARING

LIKES TO HELP OTHERS

Would You Like To Be The Voice Of Your Community?

Healthwatch Halton are looking for young volunteers aged 13-25 to help change local health and social care services for the better.

Our aim is to establish what matters most to young people relating to health and social care, whether it be GP waiting times, sexual health clinics, mental health services etc and have their voice heard.

- Youthwatch Halton will hear young people's voices and make sure that they are involved directly in decision making within Halton.
- Develop skills and experience, build your CV, have fun and meet new friends.
- Learn about Health and Social Care and change things for the better.
- Shine a light on the issues that matter to you, your friends and community.
- Select projects to gather views from children and young people's experiences of Health and Social Care.

For more information,
get in touch with Kathy:

Call us on (+44) 07732 683480 or 0300 777 6543
kathy.mcmullin@healthwatchhalton.co.uk
www.healthwatchhalton.co.uk



Foundry House,
Widnes Business Park,
Foundry Ln, Widnes
WA8 8GT



healthwatch
Halton



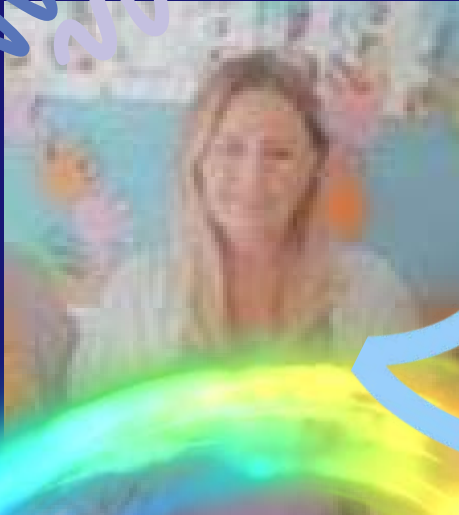
HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

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



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

Company limited by Guarantee No: 06574889





HALTON CARERS CENTRE

A Network Partner of
CARERS TRUST



Ash says.....
Please remember,
information and support
can be found on the Halton
Local Offer website
(<https://localoffer.haltonchildrenstrust.co.uk/>).



Online course for residents of
Halton

'Understanding your brain (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?



Your brain is changing!
Find out more!



8 Modules

Go to:
www.inourplace.co.uk
and enter the 'access code'

TOGETHER

to gain **FREE** (prepaid)
access where eligible

For technical support, contact:
support@inourplace.co.uk
0121 296 4448 (Mon-Fri, 9am-5pm)

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

Company limited by Guarantee No: 06574889



Fit 4 Life

Bite Size Sessions



Join us for our online 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

Are your mealtimes stressful? 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.

PHYSICAL ACTIVITY & SUGAR

Would you like to be more active as a family? Children love to be active but as they grow, their attitudes towards physical activity may change. We have some great tips and information on overcoming barriers, how sugar affects our body and the effects caffeine has on our brains.

These workshops are for parents and carers. Choose from the following sessions:

45 Minute - Online Workshop

Fussy Eating & Snacks	Sleep & Screens	Physical Activity & Sugar
-----------------------	-----------------	---------------------------

To see available dates & to book your place please scan the QR Code, 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

HALTON CARERS CENTRE

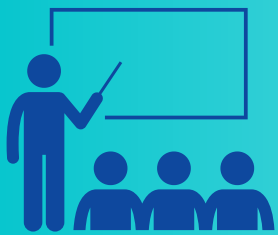
A Network Partner of
**CARERS
TRUST**



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

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





HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

EDUCATION TEAM



We can deliver:

- Assemblies
- Outreach
- Staff awareness
- 1:1 Reviews



Professionals interest form



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

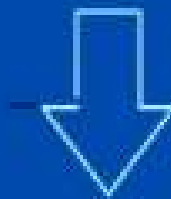


PLEASE BOOK IN THIS ORDER

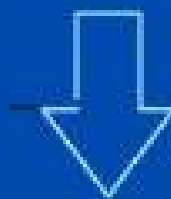
STAFF AWARENESS



SCHOOL ASSEMBLIES



SCHOOL OUTREACH



GET STARTED



HALTON CARERS CENTRE


A Network Partner of
**CARERS
TRUST**



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



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

Company limited by Guarantee No: 06574889



HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

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 at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

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

Company limited by Guarantee No: 06574889

