



62 - 64 Church Street

01928 580182

# Newsletter

Edition 50 Nov 23 - Feb 24

## A WELCOME MESSAGE FROM CARL HARRIS CEO

*Hello all and welcome to our 50th edition of our newsletter. Where has the year gone? The years appear to be going by quicker and quicker the older I get.*

*I hope you find something useful within these pages, whether it be information, accessing an activity, trying a therapy or taking part in our carers lottery.*

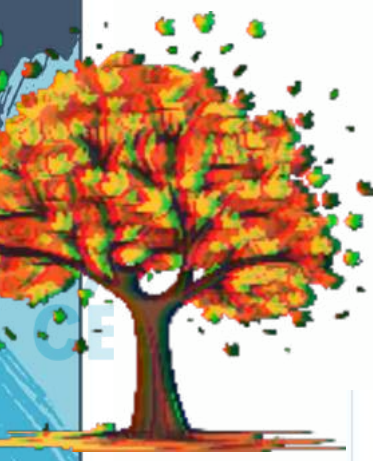
*Our monthly lottery is held the 20th of each month and for Christmas we have upped the amount awarded. Tickets are £5 each and you've got to be in it to have a chance to win up to £500 which will be paid into your account before the 25th December. (see page 3 )*

*The Carers Centre will be closing its office for Christmas at 2pm on Friday 22nd December and will reopen on Tuesday 2nd January at 10am. See page 2 for further details*

*All the best  
Carl*

### CONTACT US

62/64 Church Street, Runcorn  
01928 580182  
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 Christmas Opening Times

The Carers Centre will close its office doors for the Christmas period at 2pm on Friday 22nd of December 2023 and reopen at 10am on Tuesday 2nd January 2023.

You will still be able to speak via the telephone to a carers support worker on the following days if necessary by calling 01928 580182.

**Telephone line open: Wednesday 27th, Thursday 28th & Friday 29th  
December 10am - 4pm**

**Please note: Over the Christmas period the telephone line will be open for people to speak to a carers support worker only.**

**We will not be taking bookings for activities or therapies over the Christmas closure period, please call after the 2nd January to book appointments etc.**

## INVICTUS GAMES

Liam Guatella from the Runcorn area has recently returned from Dusseldorf Germany, where he competed as part of Team UK at the Invictus Games.

Liam served in the Armed Forces for a 14 year career, which was cut short due to a permanent injury which he sustained whilst serving abroad. Later he was diagnosed with Post Traumatic Stress Disorder which he still battles with to this day.

Determined not to let this hold him back, Liam always wanted to work with young people and give back to the local community. Since leaving the Forces, Liam has worked with young people in a number of different roles such as a team leader with The Prince's Trust program, Cheshire Fire and Rescue youth engagement and now works in the education field. All these roles with the same goal to inspire, motivate and encourage each young person he interacts with ensuring they follow their dreams and never give up.

Liam recently met with some of our young carers to share his journey to the Invictus Games and beyond.





# 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: 30-99-14  
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

**For our December Christmas Carers lottery draw only we are increasing our prize amounts!**

**1st - £500**

**2nd - £250**

**3rd - £125**

**To take part please scan the QR Code above or contact our office on 01928 580182!**

**All funds raised continue to support carers services in Halton.**

## ***Have you heard of Comfort Dolls & Twiddles?***

*This a group of volunteers in Halton who source baby dollies, knit or crochet outfits and blankets for them and provide them to people with dementia for doll therapy. Doll therapy has been proven through research to have a very calming effect on those living with dementia and helps improve their overall wellbeing through their engagement with the dolls. The group also make twiddle items such as muffs, blankets & cushions which can also help dementia patients relax, focus & engage. Although, initially the group started local they have now expanded via social media to people all over the country who donate wool, twiddle decorations, and dolls as well as their time and skills. Everything is provided free of charge to individuals, as well as care facilities nationwide. We also run 2 knit & natter groups in Runcorn & Widnes area. If you have any items to donate to the group, would like to help support them or request an item please email [comfortdollsuk@gmail.com](mailto:comfortdollsuk@gmail.com) or Phone Linda 07725524410 or Angela 07443 583 285*





# Halton Community Centres Warm Welcome Spaces



Free Winter Warmer Refreshments,  
Every Wednesday 2pm - 4pm  
Recieve a warm welcome and a hot drink.



Join us this Winter in one of our Warm Welcome  
Spaces across Halton Community Centres

Castlefields Community Centre - Runcorn  
Ditton Community Centre - Widnes  
Grangeway Community Centre - Runcorn  
Murdishaw Community Centre - Runcorn  
Upton Community Centre - Widnes

[www.haltoncommunitycentres](http://www.haltoncommunitycentres)

Like us on Facebook



Is there someone else 18yrs+ helping you with your caring role or do you know another person who is a 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!



## Find dementia support that's right for you in Halton

If you're affected by dementia and live in Halton  
you're not alone.

Our local community Dementia Advisers can help you with:

- understanding a diagnosis and the changes as it progresses
- information about legal decisions and money matters
- finding local support and services

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

0151 420 8010

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

Come along and join our activity groups for people living with dementia. Carers are welcome to come attend too. Refreshments provided. You can drop into any session, and our advisers are always available to offer information and support.

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

**Brookvale Community Centre:**  
Northwich Road, Runcorn, WA7 6PE  
Second Wednesday of every month 11am-1pm



Alzheimer's  
Society





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 thereafter will have a small charge:  
Please see across for charges.  
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 wax & tint - £8.00
- Lash Tint - £6.00
- Lip & Chin wax - £5.00
- Reflexology - £15.00
- Indian Head Massage - £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:**  
Tuesday 10am - 4pm

**PODIATRY**  
**Runcorn Office:**  
Wednesday 10am - 2pm  
Saturday 10am - 1pm  
**Widnes Office:**  
Thursday 9.15am - 2pm  
**Call 01928 580182 to book your appointment**



## HALTON Bereavement CAFE

Halton Libraries, Widnes & Runcorn Cancer Support Group, and Halton & St Helens VCA are launching a new bereavement café in Halton.

This informal, peer led group is an opportunity for Halton's bereaved adults to get together to chat and support each other.

The groups are held monthly

Booking is not necessary

For more information please email Laura Beechey via [lbeechey@haltonsthelensvca.org.uk](mailto:lbeechey@haltonsthelensvca.org.uk) or telephone 01928 592 405



The Centre  
Widnes & Runcorn Cancer Support Group



Halton & St Helens  
Voluntary and Community Action

**Company Shop is an award-winning social enterprise, they enable the biggest retailers, manufacturers, food service and logistics providers to unlock value from surplus stock, which may have otherwise gone to waste. Company Shop members enjoy a unique way of shopping, offering them surplus products from well-known brands at amazing prices, helping stretched budgets go further.**

**As well as providing members access to deeply discounted foods, you will also find household items, toiletries, cleaning products and much more**

**To see if you are eligible to become a member please visit [www.companyshopgroup.co.uk](http://www.companyshopgroup.co.uk)**

**The most local store to Halton is in St Helens.**



**COMPANY  
SHOP**





# HALTON CARERS TRAINING

We are pleased to announce that we have two new fantastic training opportunities to access over the next few months alongside our popular START training. 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, the course is 90 min over 6 weekly sessions, with the 7th week session being a meal out for attendees.

Date & Venue to be confirmed

This training is **FREE** to attend.

## Tourettes Workshop

In partnership with Tourettes Action UK we will be hosting a Parent Carer Workshop all about Tourettes, places are limited and if you are successful in gaining a place we will contact you. **There is a £5 fee per person to attend this full day workshop.** To show your interest please click the scan the QR code or call our centre:

Saturday 2nd Feb 24 -

The Masonic Hall, Runcorn.

**Please see page 10 for more information on this training**



## Sensory Workshop with Shine Therapy

We will be hosting a Sensory Workshop, this will be delivered by Lisa Hamer from Shine Therapy, Lisa is a clinical Specialist Occupational Therapist and has vast knowledge and experience working in schools and NHS Trusts with children & young people with a number of conditions & difficulties. These include but are not limited to Autism, ADHD, Sensory Processing Disorder and global development delay.

**There is a £5 per person fee to attend this full day workshop.**

Date & Venue to be confirmed (early 2024)

To show your interest please click the scan the QR code or call our centre:



## Introducing The Macmillan Information and Support Centre App

The Delamere Centre has introduced a Macmillan Information and Support Centre App.

The app is full of useful information and support, financial advice, community services, and all the centre booklets for patients, carers and health professionals.

### Download the app

1. Install the HealthZone UK App from your App store



2. In the search bar Type: The Macmillan Delamere Information and Support Centre

3. The App will now open



## Put an end to loneliness in Halton

go for a cuppa  
**get involved**  
volunteer  
start a conversation  
try something new  
join a club

For more ideas, check out [bemoreus.org.uk](http://bemoreus.org.uk)



If you or someone you know is affected by loneliness, call Sure Start to Later Life, who can signpost you to local support and services for the over 55s:

**01928 569498**

If you are hearing impaired please text:

**07988 09 56 68**

Share and help us put a #HaltOnLoneliness



# Carefree

**Halton Carers Centre are still working in partnership with Carefree.**

Carefree turns unused hotel rooms into vital breaks for unpaid carers. We have recently completed an evaluation with our carers who have been referred by us to Carefree and accessed a break, the feedback was absolutely fantastic!

To find out more about Carefree and check if you are eligible for a break you can find all the information on their website using the link - [Care free article](#)

**If you would like to be referred for a Carefree break please email**

**[lorina.ditchfield@haltoncarers.co.uk](mailto:lorina.ditchfield@haltoncarers.co.uk)**

Once a referral has been made you will receive an email from Carefree giving you access to the breaks hub, here you can view the available hotels up and down the country and check availability, Hotels will donate either one or 2 nights and breakfast will be provided. there is no time frame on when you need to take the break and there is no obligation to take a break if you choose not to. The only cost of having the break is a £25 administration fee to Carefree which will be paid when you book.

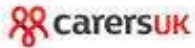






# Carers Rights Day

## Thursday 23rd Nov 2023



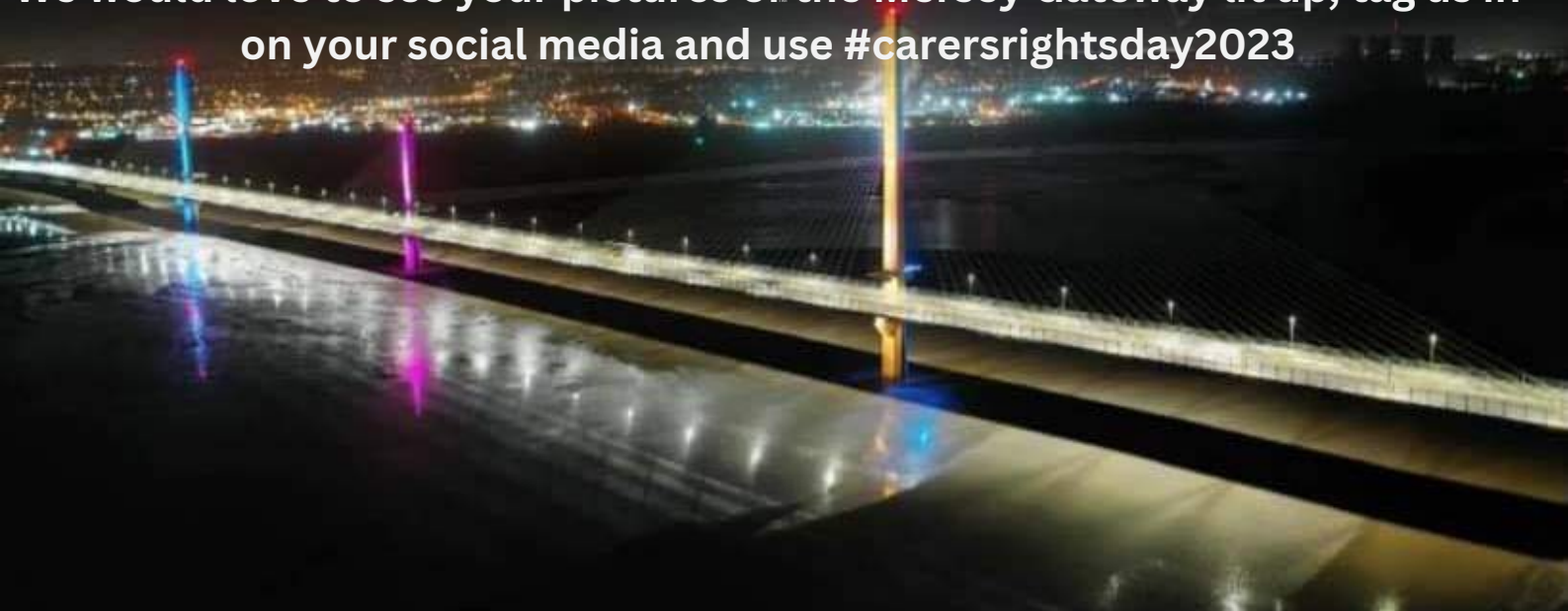
[carersuk.org/CRD](https://carersuk.org/CRD)

Each year Carers UK promotes Carers Rights Day where they're joined by hundreds of organisations like ourselves and thousands of individuals raising awareness of caring, helping to identify carers and signposting you to information, advice and support.

Whether you have recently become a carer, realised that you have been caring for a while without support or you've been caring for someone for many years, it's important you understand your rights and are able to access the support that is available to you whenever you need it. Carers Rights Day empowers carers with information and support. It helps you to feel confident asking for what you need and challenge things when your rights are not being met, whether that be that in the workplace or education, in accessing health or social care, when interacting with other professionals or at home.

If you are experiencing any difficulties with your caring role or have any questions, our team of carers support workers at Halton Carers Centre are here to help. You can access our support by dropping into either of our centres or by ringing us on 01928 580182 during our opening hours.

**This year Halton Carers Centre will have the Mersey Gateway Bridge lit on Thursday 23rd November to represent all carers in Halton! We would love to see your pictures of the Mersey Gateway lit up, tag us in on your social media and use #carersrightsday2023**



## MONTHLY CARERS GROUPS

**EVERY  
OTHER  
MONDAY**

**CARERS EVENING DEMENTIA GROUP**

**6PM - 8PM BRUNSWICK HOUSE, RUNCORN**

**LAST MON  
OF THE  
MONTH**

**ADHD CARERS ZOOM GROUP**

**7PM - 8PM ONLINE ZOOM SESSION**

**3RD WED  
OF THE  
MONTH**

**WIDNES CARERS COFFEE GROUP**

**10AM - 12PM ST MARIES CHURCH, WIDNES**

**3RD THUR  
OF THE  
MONTH**

**RUNCORN CARERS COFFEE GROUP**

**12PM - 2PM BANK CHAMBERS, RUNCORN**

**1ST FRI  
OF THE  
MONTH**

**DEMENTIA CARERS COFFEE GROUP**

**1PM - 3PM ST MARIES CHURCH, WIDNES**

**2ND FRI  
OF THE  
MONTH**

**PARENT CARER DROP IN SESSION**

**1.15PM - 2.30PM HALTON LEA LIBRARY, RUNCORN**

**LAST FRI  
OF THE  
MONTH**

**PARENT CARERS SUPPORT GROUP\***

**12PM - 2PM CHI CAFE, PHOENIX PARK, RUNCORN**

**ALL OUR GROUPS ARE FREE TO ATTEND AND LIGHT REFRESHMENTS ARE PROVIDED -  
FOR MORE DETAILS ON EACH GROUP CALL OUR OFFICE ON 01928 580182**

**\* A LIGHT LUNCH OPTION IS PROVIDED IN THIS GROUP**

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Company limited by Guarantee No: 06574889





"Independent Provider of Special Education Advice (known as IPSEA) is a registered charity (number 327691) operating in England. IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND)"

IPSEA, as stated above, are a charity who provide independent special education advice and support. IPSEA also provide legal training across a broad sector, accessible to parents, carers, school staff, support groups and organisations, to increase their knowledge of the SEN framework.

As a charity, IPSEA also offer multiple accessible support routes for parent, carers and families, including an advice line, a tribunal helpline and a tribunal support service, as well as an array of free template letters for families to use as correspondence with school and local authorities. IPSEA's templates are designed to support families to have the tools, knowledge and terminology they need, to ensure they are advocating for their children and young people in the best way possible, to help them to get the appropriate training, education and support that is within the law, so that children and young people being appropriately supported to fulfil their potential.

For more information on IPSEA, please visit: <https://www.ipsea.org.uk/>



**Runcorn Masonic Hall**  
Masonic Cemetery

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

**Tourettes action**

# TOURETTE'S WORKSHOP FOR PARENTS

**SATURDAY 3 FEBRUARY 2024**

**Runcorn Masonic Hall, York St, Runcorn, WA7 5BB**

Following this day long workshop you will leave equipped with the knowledge of how to support those with TS better. You will have a thorough understanding on how Tourette syndrome affects those with the condition and the hidden barriers they face daily. You will leave the day feeling empowered in the knowledge that you will be using tested strategies that actually work.

## OUR SPEAKERS



**EMMA MYERS**  
**TA EVENTS MANAGER**  
Emma is the Tourette's Action Events organiser, planning the Ticket, TEEfest and adult weekends as well as workshops and webinars. Emma joined TA in 2019 and has a daughter with TS.



**IONE GEORGAKIS**  
**THERAPIES AND ADVOCACY MANAGER**  
Ione is an occupational therapist who works part-time for Tourette's Action. Using her professional and lived experience, Ione develops and leads our evidence-based online and face to face, training programme and workshops. Ione provides consultancy and clinical consultation to professionals, employers, and individuals with TS.



**KATIE SKINNER**  
**SPECIALIST TEACHER**  
Katie has experience supporting pupils with communication, interaction, social, emotional and mental health difficulties to develop appropriate emotional regulation, leadership and executive function skills in both specialist and mainstream settings, at primary and secondary level. Katie is also a sleep specialist sleep counsellor and holds an MSc in Senior Leadership.



**DR. ED PALMER**  
**JUNIOR DOCTOR & TA TRUSTEE**  
Dr Edward Palmer is a trainee Psychiatrist and researcher at the University of Birmingham. He has had symptoms of TS since early childhood, but was only diagnosed with the condition in his teens. It was at this point he came into contact with Tourette's Action and became aware of the amazing work they do and support they provide.

## ORDER OF THE DAY

**CHECK-IN / WELCOME & HOUSE KEEPING**  
9:30am - 9:45am - 10am - Emma Myers

**AN INTRO TO TICS & TOURETTE SYNDROME**  
10am - 11am - Dr Ed Palmer

**BREAK**  
11am - 11:15am

**EMOTIONAL REGULATION**  
11:15am - 12:15pm - Katy Skinner

**LUNCH**  
12:15pm - 1pm

**PAIN AND TOURETTE SYNDROME**  
1pm - 1:45pm - Ione Georgakis

**BREAK**  
1:45pm - 2pm

**SENSORY DIFFERENCES IN INDIVIDUALS WITH TICS AND TOURETTE'S**  
2pm - 3pm - Ione Georgakis

**SLEEP AND TOURETTE SYNDROME**  
3pm - 4pm - Katy Skinner

**Q&A WITH THE SPEAKERS**  
4pm - 4:30pm

**BOOK A PLACE**

[www.tourettes-action.org.uk](http://www.tourettes-action.org.uk)

# WIDNES & RUNCORN CANCER SUPPORT ARE CHANGING OUR CHARITY NAME!



Coming soon, our name will be changing from Widnes & Runcorn Cancer Support Group to Halton Cancer Support Group. This is to better reflect the area we serve. The stages of this will take some time so you will notice things gradually changing over the coming weeks. Our website and email addresses will have some clever magic going on behind the scenes so both the existing and new will be available concurrently to make the transition as seamless as possible. Our services will continue in the same way. Please let us know if you have any questions



**NHS**

## GET VACCINATED. GET WINTER STRONG.

If you're a paid or unpaid carer, seasonal flu and COVID-19 vaccines can protect you and those you care for

### Does your GP Know you are a carer?

As a carer registered at Halton Carers Centre it is important that your GP Surgery knows of your caring role, ring your GP receptionist today and ask for your records to be noted that you are a carer. If you have any difficulties with this contact our GP/Hospital Carers Support Worker Lucia on 01928 580182



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

St Maries Church,  
Lugsdale Road,  
Widnes



# HALTON CARERS TRIPS

**JAN 24 - MARCH 24**

By adding your name to the list for a day trip does not mean you have a place - we do not operate a first come first served basis, 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.

## **Date to be confirmed (Feb)**

### **Spa day with meal at Riverside college**

Registered carer only  
£8 per carer



## **Feb half term - Exact date to be confirmed**

### **Liverpool indoor fun fair**

Family trip  
Riding £6.00  
spectator £2.00  
under 2s Free  
Tickets only (no transport provided)



## **Friday 1st, 8th, 15th, 22nd March @11am**

### **Carers 4 Week meditation class**

Carer only  
£10.00 total  
Frank Myler Pavillion, Widnes



**Easter Prize Bingo**  
**Thursday 28th March**  
**6pm, Masonic Hall, Widnes!**

*More info to follow  
in our newsletter*

# HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

Fundraise for Halton Carers Centre this autumn/winter!

Whether you are looking at taking part in a sporting activity such as Tough Mudder, triathlon or colour race, maybe you want to sky dive or complete an abseil you can do so and raise funds for carers in Halton!

We now have a go fund me page which you can link to your activity and share with your family and/or on social media pages. If you have an idea of what you would like to do give us a call and have a chat with our team!

Or if you would rather fundraise from the safety & comfort of your armchair you can donate to our go-fund me page by scanning our QR code below!



gofundme



## Winter Community Kettles

FREE hot meal weekly

Save money

Stay safe and warm

Meet people and chat

No need to book, just drop in

Halton Brook Community Centre  
Starting **Tuesday 14**

**November**, then every Tuesday until March '24  
**From 4pm-5.30pm**

Meadway, Runcorn WA7 2DX  
(doors open 3pm)

Palace Fields Community Centre  
Starting **Friday 17**

**November**, then every Friday until March '24  
**From 12.30pm-2pm**

The Uplands, Runcorn WA7 2UA  
(doors open 11.30am)

**Completely free of charge**

If you would like to speak to someone about this, please call us on 01928 568 536

**Cadent**



**Riverside**

Another community initiative brought to you by Four Estates, your local charity - No 1090795

Thank you to our local taxi company APEC Taxis who's drivers have actively been identifying passengers who are carers and telling them about our services and handing out our information for carers to register at the centre. You can download their app below or call them on 01928 575757

**APEC TAXIS**  
24/7 ON THE GO - THE ONLY NUMBER YOU NEED TO KNOW

FOR PRIORITY BOOKINGS DOWNLOAD OUR FREE APP

GET IT ON Google Play

Download on the App Store



SCAN ME



SCAN ME

ALL OUR VEHICLES AND DRIVERS ARE FULLY LICENSED AND REGISTERED WITH HALTON BOROUGH COUNCIL



Children and young people based in Halton, Knowsley, St Helens and Warrington up to the age of 18 who are experiencing a mental health crisis will have access to a dedicated 24/7 team for the first time.

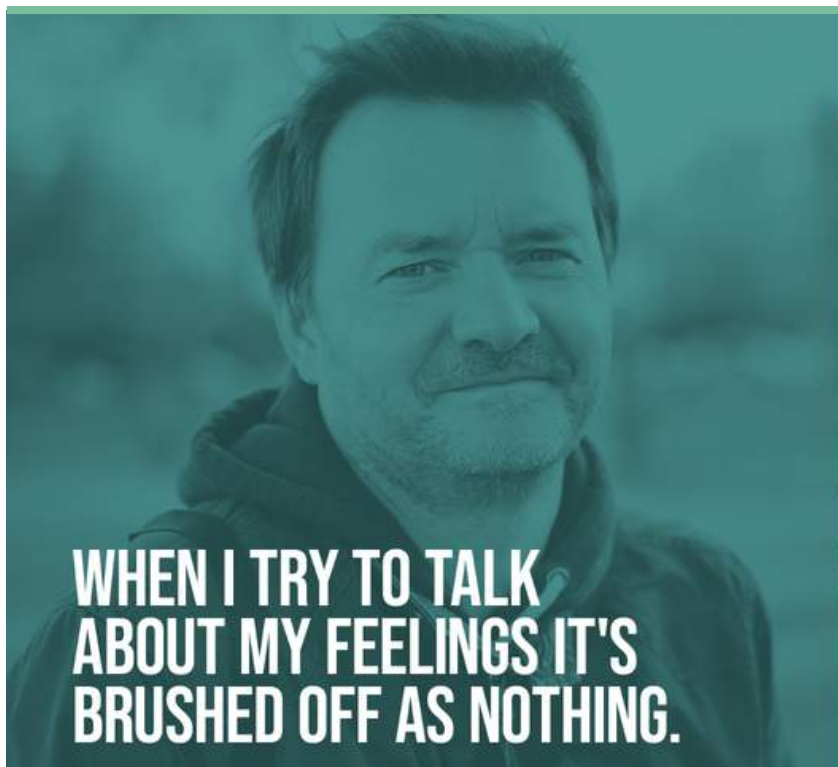
The new crisis response team, based within Mersey Care NHS Foundation Trust's Child and Young People's Mental Health Service, will help those under 18 who need an emergency response and aims to provide a risk assessment within four hours. The service is available to anyone registered with a GP in Halton, Knowsley, St Helens and Warrington.

The service will provide:

- Advice and consultation to professionals, parents, carers and children and young people
- Emergency assessment and follow up
- Brief intervention and home treatment.

The team works in partnership with social care, schools and other professionals to ensure children and young people stay safe.

**The service can be contacted on 01744 415 640 and is available 24 hours a day and seven days a week.**



**CALM  
YOUR  
MIND**

### **GET BACK TO A BETTER PLACE**

Realising you need help is one of the strongest things you can do. For practical hints and tips to look after your mental health, visit [calmyourmind.co.uk](http://calmyourmind.co.uk)



Our Runcorn office is open for carers to drop in for information & support  
Mon - Fri 10am - 4pm  
Sat 10am - 1pm  
No appointment needed.

62/64 Church Street, Runcorn,  
WA7 1LD  
01928 580182

# “THE BIG CONVERSATION”

The Big Conversation is about all of us being a part of shaping what the future of Halton looks like.

It’s about us starting to talk about how together we can make Halton an even better place for people to live, work, visit and grow. To start the conversation, we’ve come up with five themes – these are based on what the information we’ve gathered tells us are the most pressing issues and where making progress will bring the biggest benefits to local people.

These themes are:

- Tackling inequality, helping those who are most in need
  - Building a strong, sustainable local economy
  - Supporting children, young people and families
- Improving health, promoting wellbeing and supporting greater independence
  - Working towards a greener future

But what do you think? Do these themes reflect the things that are important to you and your life? Halton Borough Council would like to hear from you.

Get involved today: Complete and return Halton Borough Council survey before 30 November 2023 (to be in with a chance of a winning £100 gift voucher for The Brindley) The link is attached on Halton Carers Centre email to you!



**Halton Community Centres**

## FREE HOLIDAY ACTIVITIES

Come and join us for lunch, games and crafts

**Castlefields Community Centre, Runcorn**  
**Upton Community Centre, Widnes**

Wednesday 27th December	11.00-2.00 pm
Thursday 28th December	11.00-2.00 pm
Friday 29th December	11.00-2.00 pm

Lunch will be served at 12.30 pm

Children must be in receipt of free school meals to benefit from this offer  
Booking is essential as we have limited availability and children must be accompanied by a responsible adult

For children and young people, which is 4-16 for F&M, up to 18 if they are SEN/D  
SA - SEN/D Accessible: physically accessible venue or event  
F - Family friendly: accessible for all families

To book call  
Castlefields Community Centre: 0151 511 7474  
Upton Community Centre: 0151 511 6161

www.haltoncommunitycentres

Department for Education  
**HALTON BOROUGH COUNCIL**



**Change Your Life**  
*Learn something new*  
WITH HALTON ADULT LEARNING

**Halton Adult Learning Spring Term Taster Sessions**  
*Learn Something New with Halton Adult Learning*

Come along to one of our taster sessions to have a go at some creative activities and have a chat with our wonderful tutor team about the courses we have on offer! No need to book... just come along!

**Taster Session List**

- Art & Crafts
- Creative Photography
- English
- Maths
- Well-Being and Personal Development
- ICT & Computer Skills
- ESOL
- Childcare
- Education & Training
- Family Learning

**Tuesday 5th December 2023**  
starting at 3:45 to 5pm at:  
**The Acorn Learning Centre**  
Kingshead Close  
Castlefields  
Runcorn  
WA7 2JE

**Thursday 30th November 2023**  
starting at 3:45 to 5pm at:  
**Kingsway Learning Centre**  
Victoria Road  
Widnes WA8 7QY

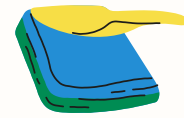
If you would like any further details before the Taster Session please contact Halton Adult Learning  
Tel: 0151 511 7788  
E mail: [adult.learning@halton.gov.uk](mailto:adult.learning@halton.gov.uk)

**HALTON BOROUGH COUNCIL**



**YOUNG  
CARERS**

# Young Carers



## Let your young carers school know about their caring role!

The young carers team are working closely with schools to support young carers in Halton . Young carers now have to be included on the school census.

We are asking all parents who have a young carer registered at HCC to inform their child's school that they are a registered young carer and asked for this to be noted on their student record this is to ensure they are supported and recognised for their care role and to also monitor attainment and attendance.

Hopefully this will lead to fewer educational barriers for young carers and improved emotional support.



*Do you have a young person supporting you with your caring role but they are not yet registered with our young carers team? If so, scan the QR below and a member of our young carers team will be in touch!*



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, Bob Bryant 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.

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

Company limited by Guarantee No: 06574889

