



# Newsletter



## Issue 9, May 24



Welcome to our summer newsletter...



**DID YOU KNOW?**

Halton Carers Centre have lots of fun things coming up this Summer including lots of training and trips to ensure that Halton Young Carers get a break from their caring role

Halton Carers Centre strives to ensure that all our trips and activities remain free for Young Carers



**Contacting us**

☎ 01928 580 182

✉ [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

# SPIRIT OF THE HERD



You said  
...we did

# GARDENING



# FIRST AID



CARERS TRUST  
PART OF ENGLAND

# YOUNG CARERS ACTION DAY 2024



YOUNG  
CARERS



HALTON CARERS CENTRE A Network Partner of CARERS TRUST



Tuesday 28th May
Childrens yoga and mindfulness made fun.
Primary school age YC 1pm-2pm



For a possible place scan the QR code or click the link:
https://forms.office.com/e/4ijW4G5rLH

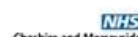
This will then put the YC name down on the interested list and we will contact you if you've been allocated a place

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



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Company limited by Guarantee No: 06574889





# HALTON CARERS CENTRE

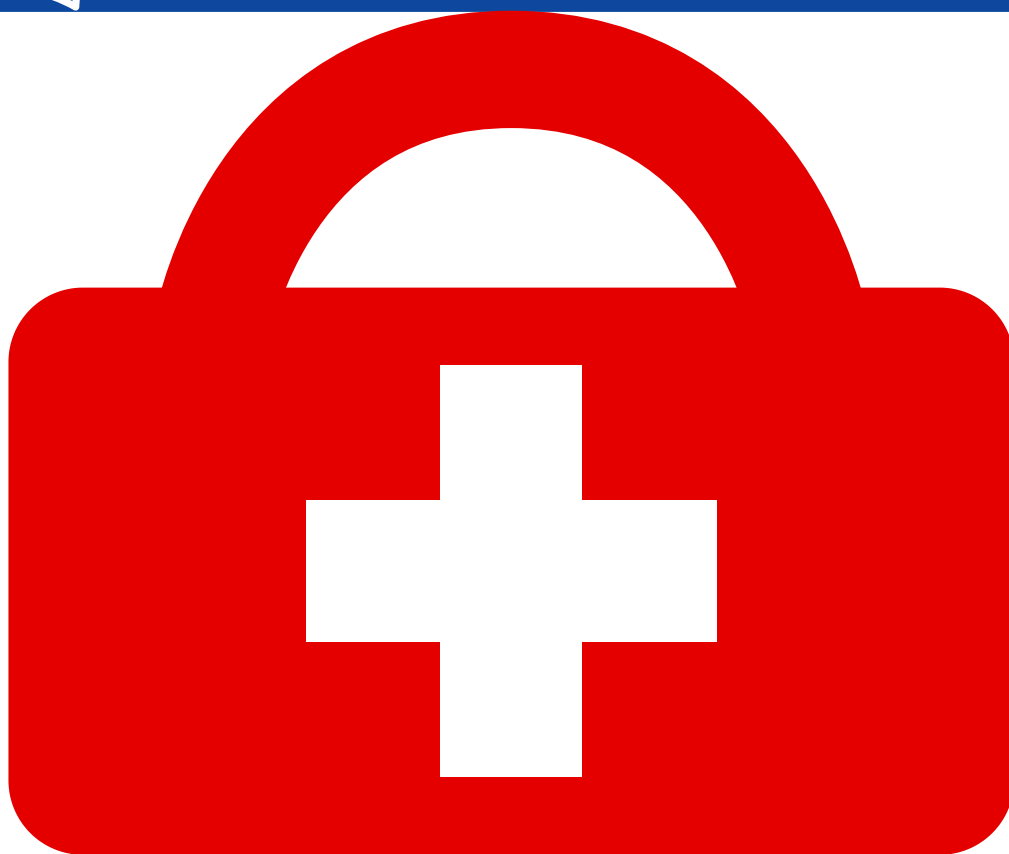
A Network Partner of  
**CARERS  
TRUST**

**First Aid Training**  
British Red Cross  
@Halton Carers Centre



## Thursday 28th August

### All ages



For a possible place scan the QR code or click the link:  
<https://forms.office.com/e/K541UsB4Db>

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

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# HALTON CARERS CENTRE

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# No Bake cooking

@ Runcorn Library

Thursday 20th August  
Secondary school age



For a possible place scan the QR code or click the link:

<https://forms.office.com/e/1TTUwnJT8F>

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:

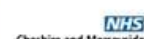
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Young carer  
VR Experience

Thursday 1st August 2024

8+ Age YC



For a possible place scan the QR code or click the link:

<https://forms.office.com/e/tRFcfAC97c>

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](mailto:help@haltoncarers.co.uk)



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# HALTON CARERS CENTRE

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## Therapy treatments

FOR ALL YOUNG CARERS

**FREE**

- Mini Facial
- Mini Massage
- Mini Reflexology
- Mini Head massage



**Hannah say's....we can offer 14  
treatments as a way to provide a  
respite from your caring  
responsibilities. You can choose  
from the following options:**



**Contact us:**

 **01928 580 182**



**help@haltoncarers.co.uk**

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# YOUNG CARERS!

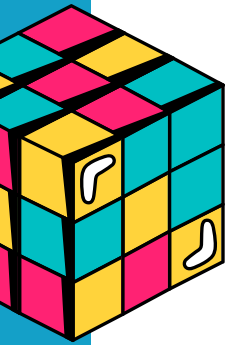
activities

Would you like to enter  
our raffle for a chance to  
win a voucher?

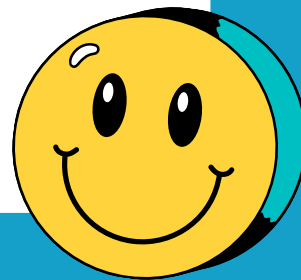


Lets us know your ideas for future  
activities

Simply click the link or scan the QR code  
with your name and share any suggestions  
you have for places where young carers  
can relax, have fun and take a break from  
their carer role.



<https://forms.office.com/e/dMp9NMvsbV>



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



ENTRIES EMAILED TO  
[HELP@HALTONCARERS.CO.UK](mailto:HELP@HALTONCARERS.CO.UK)





**FREE**

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CARERS  
CENTRE**

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# Me-Time

Primary school age

**Me-Time is - A designated safe space for Young Carers (YCs) to take a break from their caregiving responsibilities, specifically designed for those in primary school. The sessions are held in both Widnes and Runcorn.**

**During Me-Time- YCs engage in various enjoyable activities within the group, including arts and crafts, meeting fellow young carers, participating in quiz nights, playing games, and enjoying themed nights.**

**Sessions are scheduled - Every other Wednesday in Widnes and Tuesday in Runcorn.**

**It's important to note that attendance requires a text invite, as spaces are limited for these sessions.**





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# Me-Time

## RUNCORN ME-TIME

@Halton Carers Centre

21.5.24

11.6.24

25.6.24

9.7.24

## WIDNES ME-TIME

@Kingsway Academy

22.5.24

12.5.24

26.6.24.

10.7.24

Halton Young Carers Interested list  
- Runcorn Me-Time



Halton Young Carers Interested list  
- Widnes Me-Time



To express interest in securing a spot, simply scan the QR code. This will add the Young Carer's (YC) name to the interested list. If you are successfully allocated a place, we will contact you. For further assistance, feel free to reach out to the Young Carers Team (YCT) at 01928 580 182 or via email at [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk).



# HALTON CARERS CENTRE

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# Podiatry treatments

FOR ALL YOUNG CARERS



Stu says.....

Halton Carers Centre is offering complimentary Podiatry appointments for all Young Carers.

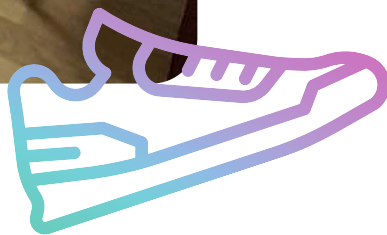
**Contact us:**

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# HALTON CARERS CENTRE

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KEEP OUR GARDEN CLEAN

LEARN HOW TO PLANT

WATER THE SOIL

## YOUNG CARERS

LEARN ABOUT DIFFERENT VEGETABLES

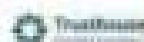
**Thursday 30th May  
2024  
1-2pm**

For a possible place scan the QR code or click the link  
<https://forms.office.com/e/NOBHdK8xpV>  
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 580182 or [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)



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Company Number: 04000489





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**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

Young Health  
Champion

with  
Halton Borough Council  
Health Improvement Team

The Health Improvement Practitioners are eager to collaborate with young carers.

The qualification offered is equivalent to a GCSE.

the following is an overview of the benefits of the Young Health Champion qualification:

- Increased likelihood that young people will seek information from and approach peers.
- Understand the benefits of a healthy lifestyle
- Learn the skills to make healthier choices
- Develop skills for the workplace -
- Increased knowledge of risks of unhealthy behaviours
- Linked to the key local and national support services
- CV development Young Health Champions (YHCs).



The course will be in Halton Lea Library on

Tuesday 6th Aug 10am-4:30pm

Wednesday 7th Aug 10am-4:30pm

Thursday 8th Aug 10am-4:30pm

For a possible place scan the QR code or click the link:

<https://forms.office.com/e/GSiNRdaK7k>

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

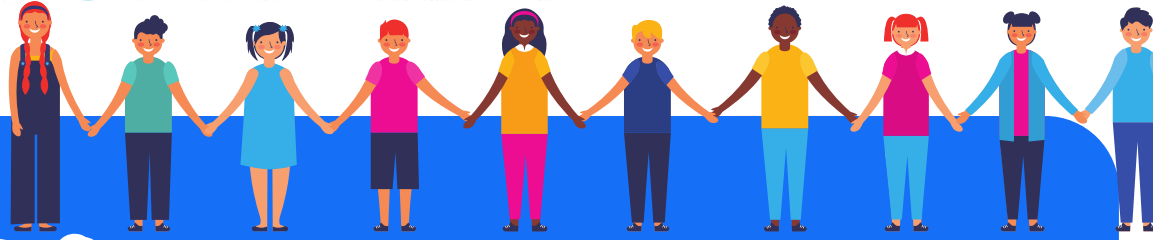
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

CARERS TRUST  
Hearts of England

YOUNG  
CARERS

HALTON  
CARERS  
CENTRE

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CARERS  
TRUST



# R-Time



**R-Time - Provides a secure environment designed to offer Young Carers (YCs) a respite from their caregiving responsibilities. This program is tailored for those in secondary school.**

**During R-Time sessions - YCs engage in a variety of enjoyable activities within the group, including arts and crafts, meeting fellow young carers, participating in quiz nights, enjoying movie nights with popcorn, playing games, and experiencing themed nights. Additionally, there are guest speakers from local and national.**

**R-Time - Takes place on every other Thursdays from 5-7 pm (dates listed on the next page). However, attendance requires a text invite. If you receive an invitation, you are welcome to join the session.**

YOU  
deserve  
BREAK

Halton Young Carers Interested list  
-R-Time





# HALTON CARERS CENTRE

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# R-Time

YOU  
deserve  
a  
**BREAK**



Grangeway

16.5.24

6.6.24

20.6.24

4.7.24

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Halton Young Carers Interested list  
-R-Time



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staying updated by following our social media accounts. Find us on Facebook, Twitter, and Instagram for the latest updates.



## Check out #haltonyoungcarers on Facebook



reach out if you require support, information, advice, guidance, or simply want to have a chat. Feel free to call the Young Carers (YC) team for assistance.



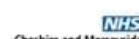
The YCT have changed the way we run our our group invites!

🎉 With 1000+ YC registered, we aim for maximum productivity to dedicate more time to supporting young carers. Now, we'll send just one invite via text if you've requested a spot. 📱 If you miss the session, simply reconnect with us for a spot on the interested list!

Check out the group poster link or give the centre a ring. 📞

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## HeadzUp Halton

### Young people's drop-in

Age 17 or under?

Worried about your mental health?

Want to talk to someone about your concerns?

HeadzUp is an informal mental health drop-in for children and young people in Halton.

Drop by to see us:

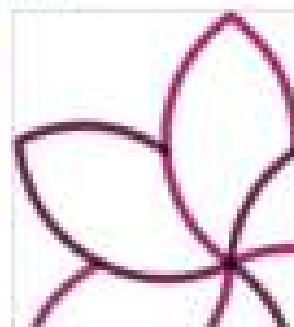
- Every **Tuesday** from 2.30-4.30pm at **The Hub, Grangeway, Runcorn, WA7 5HA**
- Every **Thursday** from 2.30-4.30pm at **Warrington Road Childrens' Centre, Widnes, WA8 0BS**

Please be advised this is not a CRISIS service.

For more information...

Tel: 01928 568 162

Web: [www.nwh.nhs.uk/camhs-halton](http://www.nwh.nhs.uk/camhs-halton)



HALTON HEALTH IMPROVEMENT

## Fit 4 Life

### Bite Size Sessions



START WELL

#### Bitesize Workshops for Parents/Carers

Our online workshops cover Sleep & Screens, Fussy Eating & Snacks and Physical Activity & Sugar. The workshops will help build awareness around each topic and equip parents with knowledge and confidence on...

# 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

Is your child asking for the new 'craze' drink? We shed some light on the new drink 'craze' that has got our children hooked. We will look at the different types of sugars and caffeine and how the body uses them both. We will also look at how to encourage children to come away from their screen and get more active!

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, or visit -> [book a workshop on Eventbrite](#)

Alternatively you can email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)



For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)

@HaltonBC Halton BC

# SCHOOLS

PLEASE BOOK IN THIS ORDER

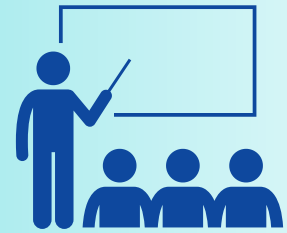
**STAFF AWARENESS**



**SCHOOL ASSEMBLIES**



**SCHOOL OUTREACH**



The Young Carers support workers have returned to schools in Halton, setting up information stations. Additionally, they are conducting one-on-one review meetings with Young Carers within the school premises.



The primary goal of being present in schools is to provide registered Young Carers with support, information, advice, and guidance. If you are a registered Young Carer and would appreciate a support worker visiting you in school, please reach out to the Young Carers team at 01928 580 182.

 **01928 580 182**

 **help@haltoncarers.co.uk**

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# HALTON CARERS CENTRE

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Have you been receiving texts, emails, or voicemails prompting you to complete a review for your Young Carers?

If you haven't had the time to reach out, you can conveniently complete the review process by scanning the attached QR code or by following the provided text link.



Your opinion matters!

Your feedback is crucial to our Young Carers Team (YCT) as it guides our decisions for the future. If there's anything you would like to share or have your say on, please email the YCT at [help@haltoncarers.co.uk](mailto: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](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.

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