

# HALTON CARERS CENTRE

A Network Partner of  
**CARERS  
TRUST**

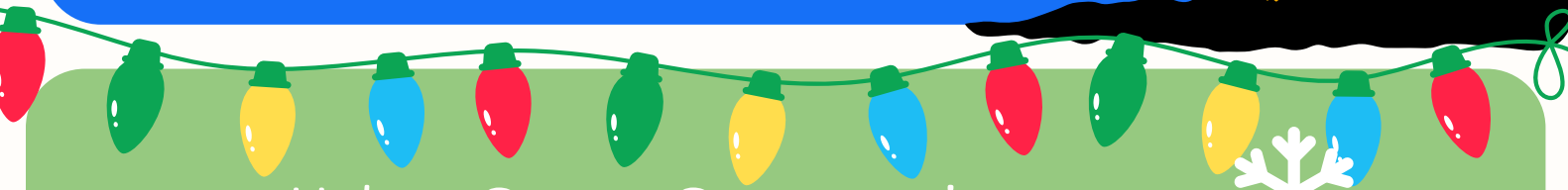


# Newsletter

## Issue 10, Sept 24



Welcome to our young carers newsletter...  
Halton Carers Centre have lots of fun things coming up, including lots of groups 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

**FREE**

**Contacting us**

**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



# TEDDY BEARS PICNIC



You said  
...we did

# GARDENING DAY



# VR SESSIONS

# MANLEY MERE



CARERS TRUST  
PART OF A GROUP OF  
**YOUNG CARERS**

# FIRST AID TRAINING



# NO BAKE COOKING

# YOUNG CARERS HEALTH CHAMPION



CARERS TRUST  
Hearts of England

YOUNG CARERS

HALTON  
CARERS  
CENTRE

A Network Partner of  
CARERS TRUST

FREE

COME AND JOIN THE YOUNG CARERS  
TEAM TO HAVE FUN AT THE YC  
HALLOWEEN PARTY

# HALLOWEEN PARTY

TUESDAY 29TH OCT  
PRIMARY SCHOOL AGE YC  
TWO SESSIONS  
11AM-1PM & 2PM-4PM

For a possible place scan the QR code or click the link:  
<https://forms.office.com/e/LzRBm5fGB1>

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

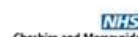
CONTACT YCT:  
01928 580 182 or  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

Halton Young Carers Interested list  
-Halloween Party



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## Podiatry treatments

FOR ALL YOUNG CARERS



Stu says.....

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



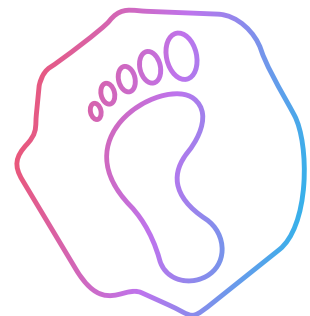
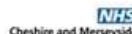
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CONTACT YCT:

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Halton Young Carers Interested list  
-Spooky World 16&17 years only



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**No booking required**  
**for more information please call 01928 580 182**

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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 treatments as a way to provide a respite from your caring responsibilities. You can choose from the following options:**



**Contact us:**

 **01928 580 182**



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# YOUNG CARERS!

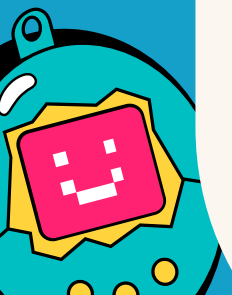
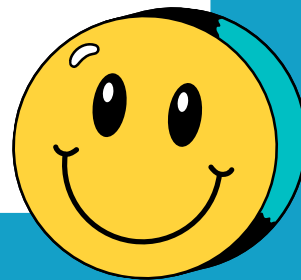
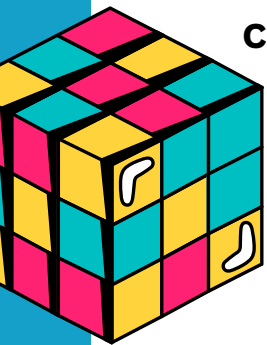
activities

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



Design a poster  
What is it like to be a young carer?

- Who do you care for
- How often do you care
- What type of things do you do
- What does your day look like  
at home and school
- We would like to know all the fun bits but also the  
challenging parts too



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

ENTRIES EMAILED TO  
HELP@HALTONCARERS.CO.UK

CARERS TRUST  
Heart of England

YOUNG CARERS

HALTON CARERS CENTRE

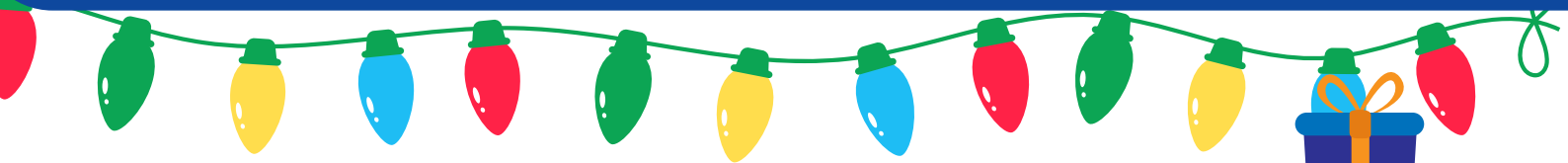
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FREE



# CHRISTMAS PARTY

TUESDAY 17TH DECEMBER 2024  
4.30PM-6PM  
PRIMARY SCHOOL AGE



For a possible place scan the QR code or click the link:  
<https://forms.office.com/e/3mAwVeJLV2>  
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 Young Carers Interested list  
-Christmas Party





**FREE**

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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

10.09.24

24.09.24

8.10.24

22.10.24

12.11.24

26.11.24

10.12.24

## WIDNES ME-TIME

@Kingsway Academy

11.09.24

25.09.24

9.10.24

13.11.24

27.11.24

11.12.24

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).

CARERS TRUST  
Hearts of England

YOUNG  
CARERS

HALTON  
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# 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 organisations.**

**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

19.9.24

3.10.24

17.10.24

7.11.24

21.11.24

5.12.24

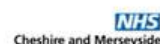
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Halton Young Carers Interested list  
-R-Time



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



## Check out #haltonyoungcarers on Facebook

01928 580 182  
help@haltoncarers.co.uk

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 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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# SCHOOLS

PLEASE BOOK IN THIS ORDER

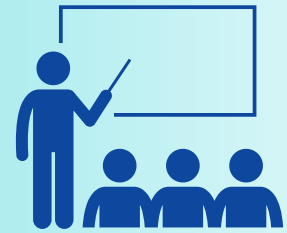
**STAFF AWARENESS**



**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.

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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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Your online space for nurturing emotional wellbeing

# Halton | inourplace



## Free online courses for all parents, carers, grandparents and teens

### Nurturing emotional health and wellbeing from bump to 19+ years

Halton Borough Council, in partnership with the Solihull Approach, offer free access to online courses expertly designed for parents, carers, grandparents and teens living in the region.

Sign up to understand your child's feelings, as well as your own, as you go through life as a family. Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship.

<https://inourplace.co.uk/halton/>

#### How to sign up:

Residents can access these courses for free by entering the Halton Access Code:

**TOGETHER**

at [inourplace.co.uk](https://inourplace.co.uk).

inourplace 