



Newsletter

Edition 53 Sep 24 - Dec 24

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello all and welcome to our Autumn into Winter newsletter.

We have an eclectic mix of news, events and activities which we hope will help you in your caring role. We are also asking for your help in helping other carers by providing tips you wish you had known at the start of your caring journey. We know that you are the experts in care and we and other carers value the information and knowledge you can share about your caring role. Carers who are able to come along to groups and events say that this sharing of information is so helpful, and we want to find opportunities to share these valuable insights with more carers. Our aim is to produce a carer top tip resource, for use by carers no matter how long or recent they have been caring. The tips could include things which made a big difference to you, or things you wish you had known earlier in your journey. It could be how to tell relatives and friends about your caring role; making sure you ask for help when needed and where from; how to take time for yourself. If you have a top tip you wish to share with others we would be really grateful if you can let us know, by scanning this QR Code all give us a call, so we can collate into the top tip resource.

CONTACT US

62/64 Church Street, Runcorn
01928 580182
help@haltoncarers.co.uk

Take Care
Carl Harris



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





Enjoy a Break with Carefree and Halton Carers Centre

For the past year, Halton Carers Centre has partnered with Carefree to offer carers a much-needed break, including a 1 or 2-night stay in a hotel.

What is Carefree? Carefree provides carers with access to hundreds of potential breaks listed on their Breaks Hub. After registering, carers can browse options and request specific hotels on specific dates. If available, they will receive a confirmation email. If not, they can select another option.

Accommodation Hotels donate 1-2 night breaks, often including breakfast, for a carer and their companion (adult or child). Rooms are typically twin or double. Costs Accommodation is free however you do need to pay a £33 admin direct to Carefree, carers then cover other costs such as transport, food, and travel insurance.


Feedback from a Carer: "The room we were allocated was lovely. The staff were super friendly and were expecting us. We enjoyed the pool and the breakfast was included the next day. It was a lovely break, thanks very much!"

To access Carefree, email lorina.ditchfield@haltoncarers.co.uk or call us on 01928 580182 and we will refer your details on, Carefree will then provide you with access to their online hub.

Halton Carers Centre will be once again providing a viewing area for HBC Annual Fireworks display from our Runcorn Carers Garden.

Tickets are £3 per person which includes a hot drink and soup or hot dog.

If you would like to be added to the interested list please scan the QR Code here:



HALTON CARERS CENTRE LOTTERY DRAWN ON THE 20TH OF EACH MONTH

Supporting Unpaid Carers in Halton

1st
2nd
3rd
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 07833689

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

Web: www.haltoncarers.co.uk



If you wish to join our monthly lottery please scan our QR code above or ring the office 01928 580182

halton
itt independent travel training



Independence
Personal safety
Stranger danger

Road safety
Confidence
Life skills



Independent Travel Training

is available to children and young people aged 11 - 19, with additional needs, who want to learn to travel independently. Training can be delivered on walking, cycling, bus or train routes to enable an individual to travel to educational or social venues. A bespoke training plan is put in place to equip a trainee with the necessary skills, knowledge and confidence they need for them to safely travel to their chosen destination.

Please contact: Derek Donoghue 0151 511 7568 or Dawn Holden 0151 511 6780 for further information. Alternatively, you can email the team on itt@halton.gov.uk

Connect cake, coffee support group

For Male & Female patients who are on their cancer recovery journey and would like to talk to others who have been through similar



If you feel you could benefit from this group we meet up in the Delamere centre

Held on the first friday of every month 2pm-3.30pm

please call or email to confirm attendance

01928 753502/3501

whh.macmillandelamerecancercentre@nhs.net



Our Runcorn office is open for carers to drop in for information & support Mon, Tue, Wed & Fri 10am - 4pm Thurs 10am - 7pm No appointment needed.

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

Have you got your Carers Card UK yet?

This card is an excellent tool for carers to identify themselves in various places like hospitals, schools, attractions, shops, or even in emergencies. Joining the Carers Card community also grants you access to online discounts.



The Carers Card UK includes two emergency contacts, providing peace of mind if you fall ill. Additionally, cardholders can use the fantastic app that features a wellbeing carers hub and a carers circle. This app allows you to log appointments, medication lists, monitor the wellbeing of the person you care for, and if you share your caring responsibilities with others you can invite them into your circle.

The card costs £8 and is valid for 2 years

To learn more about the card and its benefits, visit www.carerscarduk.co.uk.

HALTON CARERS TRAINING

If you are interested in attending a course please contact the centre on 01928 580182 or Scan the QR code next to the session.

Places are limited on each session.

All training is FREE to registered carers.

Mental Health Training

This course aims to give you a better understanding of mental health conditions/types/symptoms/behaviours/causes, recognising misconceptions associated with MH, strategies and much more. This session is suitable for any carer aged 18+. - This course is facilitated by

Mersey Cares NHSFT

Thurs 3rd Oct 9.30am - 1pm

St Maries Church, Lugsdale Road, Widnes



Strengthening Family Relationship Skills

This is a 4 week course (1 session per week) and covers invalidation, validation, understanding emotions, support positive communication, managing stressful situations and much more! Please see attached poster for more information, again this is suitable for any carer aged 18+

Starts Tues 8th Oct then the following 3 Tuesdays 10am - 12noon in St Maries Church, Lugsdale Road, Widnes.



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 (Nov 2024)





HALTON VETERANS LEGION C.I.C.

COMMUNITY FEEDING PROGRAMME



A Food Drive Supported by
Feeding Halton
A Hungry Free U.K.

OPENING TIMES

Tuesdays: 1-2, Wednesdays: 1-2
Thursdays 10-11,
Fridays: 1-2

For More Information
Halton Veterans Legion



HALTON ROYAL BRITISH LEGION
MAIN STREET
RUNCORN
WA7 2BE

The Olde Cottage
Community Store



HALTON CARERS WIDNES OFFICE



Our Widnes base is
open for carers to
drop in for
information &
support Tuesday &
Wednesday
10am – 4pm,
Thursday
10am – 2pm.
No appointment
needed.

St Maries
Church,
Lugsdale Road,
Widnes

Is the person you care for currently in Whiston Hospital?

You may be eligible for a 'Carers Passport,' a valuable card that provides a range of benefits to help you support the person you care for. By requesting this card from the Ward Manager, you can access: visit outside of visiting times, help with washing/feeding, be involved in team meeting discussions, and planning the discharge where appropriate, about the person they care for, discount in the Restaurant at Whiston & Parking concessions: these are available to patients and visitors that are required to regularly attend either hospital.

If the person you care is in a different hospital it is worth approaching the ward manager there to see if they run a similar scheme.

HALTON CARERS CENTRE

A Network Partner of

CARERS TRUST

MONTHLY CARERS GROUPS

**EVERY
OTHER
MONDAY**

CARERS EVENING DEMENTIA GROUP

6PM - 8PM BRUNSWICK HOUSE, RUNCORN

**LAST MON
OF THE
MONTH**

ADHD CARERS ZOOM GROUP

6PM - 7PM 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, WIDNES

**2ND FRI
OF THE
MONTH**

PARENT CARER SUPPORT GROUP WIDNES

9.30-11AM ROOM 15 LIBRARY WIDNES

**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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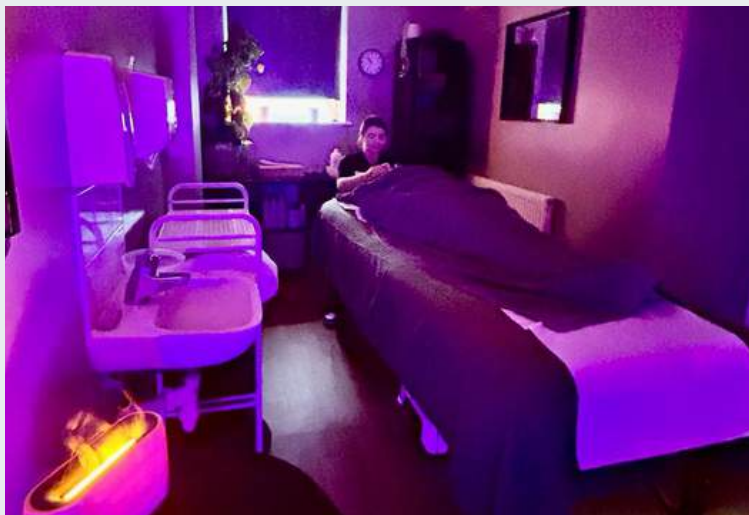


Feb 2024



As a carer registered at Halton Carers Centre you can access Relaxation Therapies, We have a podiatrist and Holistic therapist that hold weekly appointments in both of our offices! Your first appointment with both Hannah (Holistic Therapist) & 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!



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.

Holistic Therapy Treatment Price List Jan 24

Holistic Facial - 30min treatment - £10
Back/Neck/Shoulder Massage - 30min treatment - £10
Indian Head Massage - 30min treatment - £15
Hot Stone Massage - 30min treatment - £15

Reflexology - 35min treatment - £15
Reflexology + inc foot scrub/mask - 45min treatment - £18

Reiki Healing - 40min treatment - £15
Crystal Healing - 40min treatment - £15
Hopi Ear Candles - 30 min treatment - £10

Podiatry Price List Jan 24

Podiatry - 30/45min treatment - £15.00



Appointments Available

RELAXATION THERAPIES

Runcorn Office:

Thursday 11am - 7pm

Friday 10am - 4pm

Widnes Office:

Tuesday 9.30am - 3.30pm

PODIATRY

Runcorn Office:

Wednesday 10am - 2pm

Thursday 3pm - 6pm

Widnes Office:

Thursday 9.15am - 2pm

Call 01928 580182 to book your appointment

OTHER CARERS

Do you get support in your caring role from another family member? Or maybe you know a family member or friend who has their own caring role and is not yet registered with us to access support in their own right! If so, tell them about us and that they can register by simply scanning the QR below and completing our online form to access our services



1-1 SWIMMING LESSONS

Friday nights - 6-6:30 / 6:30-7 / 7-7:30 / 7:30-8

Kingsway Leisure Centre, Widnes WA8 7QH

For young people aged 4-11 with additional needs



£8.60 per lesson

- 1-1 with an In Pool Technician
- Qualified Swim Teacher poolside
- Small groups to ensure high quality teaching
- Half an hour slots
- Opportunity to achieve inclusive swim awards



supported by



Contact

Lauren Sanders
lauren@sportworksltd.co.uk
07800 525092
www.sportworksltd.co.uk



Dementia Coffee Morning

Do you look after someone with dementia? The Prospect Inn, Weston Village, Runcorn are excited to announce the start of a Dementia Morning for people with dementia and their loved ones.

What to expect?

Exclusive Use of the Downstairs Area, Pool Table
Access Fun Activities: Bingo, Chess, Dominoes, Board Games, and more! Refreshments: Enjoy tea and coffee served throughout the morning.

They will also be offering a small discounted lunch menu from 12pm-2pm



Date: Every Monday. **Time:** 10am
For more details and to RSVP, please contact Dean on
01928-620711 or 07914944092

COMING
SOON!

FREE NHS
Health Checks!

*"It saved
my life!"*

"My blood
pressure was so
high, I was in
danger of a stroke.
It was only spotted
at my FREE NHS
Health Check."



Health Checks are coming here soon!

Halton Carers Centre are working in partnership with Halton Borough councils Health Improvement Team to give Carers and their families the opportunity to receive a Community NHS Health Check.

The appointment takes 45 minutes

You may be eligible for a free NHS Health Check if:

- You are between 40 – 74 years old.
- You live or work in Runcorn or Widnes.
- You have not had an NHS Health Check in the last 5 years.
- You have not been diagnosed with or are not taking medication for:-
 - Heart Disease or Heart Failure
 - Stroke or TIA (Mini Stroke)
 - High Blood Pressure
 - Atrial Fibrillation
 - High Cholesterol
 - Kidney Disease
 - Heart Attack
 - Arterial Disease
 - Diabetes.

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

Health Checks available in
our Runcorn Office on
Tue 8th Oct & Tue 12th Nov.

Call us on 01928 580182 to
book your appointment
now!



Halton Health Improvement Team

NHS

HALTON CARERS TRIPS

OCT 24 - DEC 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.

Tuesday 1st October 6pm - 8pm

Tea & Tranquility - Creative Art Session

@Space, Runcorn

The session is FREE but a £10 deposit is required which will be returned at the session. (Adult Carer Only Trip)



Monday 28th October

Reel Cinema Trip to watch The Wild Robot

£3 per person.



Wednesday 27th November

Chester Zoo Lanterns - 5pm onwards

£10 per person, £8 registered young carer.
Coach transport provided there & back.



Friday 29th November 6pm - 8pm

Festive Wreath Making @ The Hummingbird Art Studio

£15 per person (Adult Carer Only Trip)



Monday 2nd December 8.45am pick up

York Christmas Market

£15 per person.

Coach transport provided there & back.



Age Well Community Exercise Classes



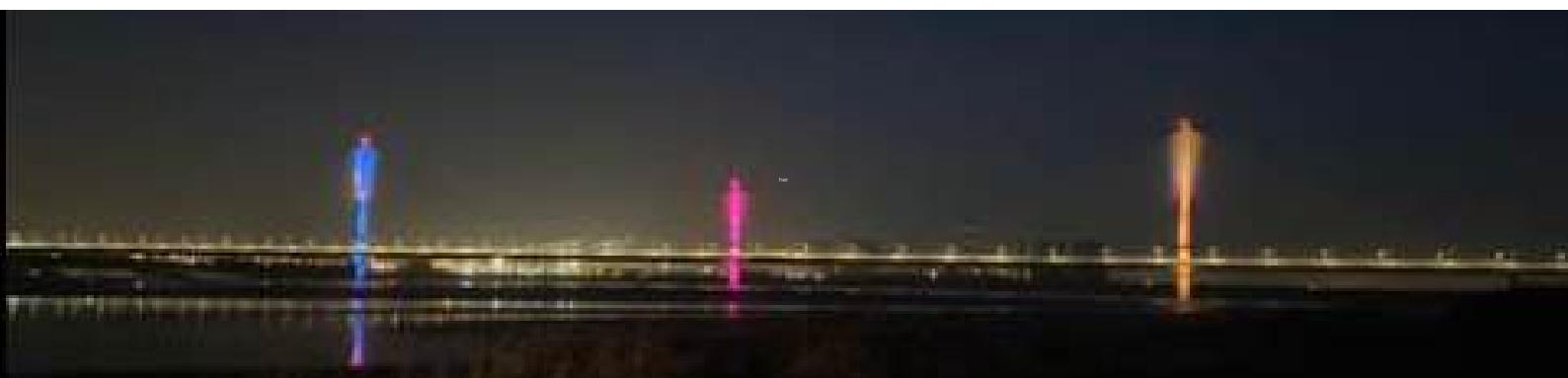
The exercise on referral programme is a free 12 week service, designed to support you in improving your balance and stability. Over the 12 weeks, you will attend weekly sessions, which aim to improve your confidence and competence to exercise independently and make long-term changes which will benefit your overall health, and reduce your risk of falls.

The Exercise on Referral scheme can help with a wide range of long term conditions, such as:

Stress, anxiety and depression, Osteoarthritis, Rheumatoid Arthritis, Osteoporosis and osteopenia, Asthma, COPD, Long Covid / post respiratory infection rehab, Heart attack, angina, cardiovascular disease (CVD), Strokes and TIA (Transient ischaemic attack or 'mini' stroke), Pre and post cancer treatment rehab, Hypertension (high blood pressure), Hyperlipidaemia, Diabetes Types 1 & 2, Fibrosis, Cirrhosis

HBC Aging Well Team have classes both sides of the bridge (Frank Myler Pavillion & Murdishaw Community Centre)and following an assessment with one of their life style advisors they will find a class most suitable for you.

For more information give them a call **0300 029 0029** and ask for more details.



This year Halton Carers Centre will have the Mersey Gateway Bridge lit on Thursday 21 November to represent all carers in Halton on Carers Rights Day 2024!

We would love to see your pictures of the Mersey Gateway lit up, tag us in on your social media and use #carersrightsday2024



The club was formed to support Stroke survivors of any age, as well as their families and carers in Halton. There is an annual £25 membership fee charge and this enables you to access either or both of their monthly groups:

The first one is the 2nd Wednesday of the month
8pm - 10pm at the

DCBL Stadium, Widnes (transport can be provided for this meeting for members who cannot access their own transport) The 2nd meeting is the 3rd Wednesday of the month 2pm - 4pm at Grangeway Community Centre, Runcorn. The club also organises day trips every month between Mar - Oct using a fully accessible coach! For more information please contact
Teresa Cook
(Chairperson) 01928 564069.



Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied



Halton Compassionate Communities Network have devised an extremely informative booklet **'What to do when someone dies'** the booklet includes how to register a death, planning the funeral, money matters & seeking support. If you wish to receive a copy please email: ccn@haltonsthehensvca.org.uk



HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

Fundraise for Halton Carers Centre this year!!

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!



Over the past year, we've been fortunate to receive some wonderful donations at our center. Whether it's a kind cash donation dropped off at our office or the lovely gifts provided for our raffles and prize bingos, your generosity has been amazing.

These thoughtful contributions play a vital role in supporting our services for unpaid carers across Halton. From our whole team, a heartfelt thank you—we are incredibly grateful for your ongoing support!

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

Halton Carers Halloween CASH & PRIZE BINGO

Bring the family for a frightfully fun evening of fundraising bingo! Join us for a family-friendly bingo night filled with spook-tacular prizes

 **Date: Tuesday 29th October 2024**

 **Venue: Lock Down Pub, Runcorn**

 **Doors Open: 6:00 PM**

 **Eyes Down: 6:30 PM**

Children are welcome but must be supervised by an adult. Don't miss out on a fang-tastic evening—all in support of Halton Carers Centre!

❄️ Fancy Dress Optional ❄️

Access to Essential Services

Help us with our Research

Citizens Advice would like to shine a light on digital access to essential services over the last year. We aim to understand how people engage with these and whether they are accessible to all. Our findings will inform providers about real experiences, helping ensure these services better meet the needs of those who use them.

If you would like to take part you can access our questionnaire via this web address: <https://bit.ly/citasurvey>

You can scan the QR code below or ask for a paper form at your current location



**citizens
advice**

Halton



Interested in joining our Parent and Carer forum?

The Level Up Parent and Carer Forum is open to all parents and carers whose young people are currently accessing or have previously accessed children and young people's specialised mental health services.

The forum is a safe space for parents and carers to meet people who have similar experiences and to share views, insights and feedback of the mental health services.

Joining the forum will enable you and other families to effect positive change and truly make a difference to services providing specialised mental health care to young people.



If you are interested in joining
please scan the QR code or visit:
www.levelupcm.nhs.uk/carers

If you are not sure, would like more information or need support filling in the form please contact our Carers Ambassador:
cwp.levelup.carers@nhs.net



TELL US YOUR VIEWS ABOUT CLIMATE CHANGE

Join us at one of our in-person, interactive climate change focus group sessions taking place at the Butterfly House in Victoria Park on **Friday 13th September**. All views are welcome and you will receive a £20 gift card for taking part!

For more information scan the QR code below or contact rosie.marr@halton.gov.uk



PAWFECT

Dog Grooming & Pet Sitting Services



Contact Lucy

07944 980558



PawfectDogGroomingx



Runcorn, Cheshire

**YOUNG
CARERS**

Young Carers



Young Carers Half-Term Relaxation Therapy Appointments

FOR ALL YOUNG CARERS

FREE

28th/29th Oct young carers can book an appointment with our relaxation therapist Hannah in our Runcorn office on the Monday & Widnes office on the Tuesday. Treatments available to book include:

- Mini Facial
- Mini Massage
- Mini Reflexology
- Mini Head massage
- Crystal Healing
- Reiki

All appointments for young carers are **FREE** of charge*

*Cancellation charges apply if you don't attend your appointment without cancelling.

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To book an appointment
please call us on: :

01928 580 182



help@haltoncarers.co.uk



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!



Our team are gearing up ready for the October half term with trips including a spooky halloween party and a spooky trail! Check out our young carers newsletter for more information

BOO!



Back to school and our YC team will be out & about with our outreach information stands in school! Keep an eye on our social media to see where we will be in the upcoming months!

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 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

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.

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