



Newsletter

Edition 54 Dec 24 - Mar 25

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello all and welcome to our Winter 2024 Newsletter

So, here we are near the end of 2024, I hope that everyone enjoys the festive season, whatever that looks like for you.

I also hope that you enjoy reading our winter newsletter. We have listed all our upcoming events and activities and other local news that might be relevant to you. Please feel free to send any feedback about our newsletter to help@haltoncarers.co.uk

In November, we said goodbye to one of our Young Carers Support Workers, Ashley Kinsella. Ashley has moved on to an exciting new role with Halton Borough Council, and while we're sad to see her go, we wish her all the very best in this next chapter of her career.

I'm sure that we all have a busy time ahead of us. So why not take some time out and grab yourself a hot drink, get comfortable and enjoy the read.

Best Wishes

Carl Harris



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



CONTACT US

62/64 Church Street, Runcorn

01928 580182

help@haltoncarers.co.uk



Christmas Office Hours

As the festive season approaches, our team at Halton Carers Centre will be taking a well-earned break to recharge and prepare for the year ahead. Both of our offices will be closed from **Friday 20th December at 4pm** and will re-open on **Thursday 2nd January at 10am**.

During this time, if you experience any difficulties with your caring role, please reach out to Halton Borough Council at **0303 333 4300** for support.

We want to take this opportunity to wish you and your family a safe, joyful festive break and all the best for a healthy and prosperous 2025!



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



This December, we're turning up the festive cheer by increasing our prize amounts for the Christmas Lottery Draw!

🎁 **1st Prize - £250**

🎁 **2nd Prize - £150**

🎁 **3rd Prize - £50**

Don't miss out—join the fun by scanning the QR code above or calling us at 01928 580182. All funds raised help us to continue supporting carers' in Halton.



We're excited to announce a new weekly drop-in service for carers in Halton who support someone in this borough age 18yrs +

Halton Carers Centre now have a member of Halton Borough Councils Prevention & Wellbeing Team based weekly in our Runcorn office on a Tuesday 10am - 2pm (62/64 Church Street)! The Prevention and Wellbeing Service is the first point of contact for adult social care in Halton. The team is trained to provide information on wellbeing, signpost to local and national resources, and help you access a social care or carers assessment if you're eligible, in line with the Care Act 2014.

Whether you're looking for information about wellbeing, care, and support options in Halton, or you believe you or the person you care for might qualify for additional support, the drop-in sessions offer a chance to meet with the Prevention & Wellbeing team face-to-face.

Additional Information:

If you're unable to attend these drop-in sessions or would like more information, you can contact the Prevention and Wellbeing Service directly at 0151 907 8306 or visit www.halton.gov.uk and search for "Adult Social Care."

If you're a registered carer with Halton Carers Centre and would like to arrange a local authority carers assessment or need a review of a previous carers assessment, please contact us on 01928 580182. We can refer you to the Prevention & Wellbeing team, who can arrange a Carers assessment for you to be carried out over the phone or you can ask to meet them in our Runcorn office on their 'drop in session'





We're excited to announce that starting in Jan 25 our relaxation therapist will be adding some amazing new treatments to help carers unwind and feel rejuvenated.

- ✨ Relaxing Gua Sha Facial – A calming facial that soothes your skin and melts away stress.
- ✨ Back Spa Treatment – Indulge in a revitalizing treatment designed to pamper and relax your back.
- ✨ Mini Facial with Head Massage – A perfect combo to refresh your face and ease tension in your head.
- ✨ 1-2-1 Guided Meditation – Enjoy personalised relaxation to clear your mind and restore your balance.

Find prices on page 8 of our newsletter, and book your session today by calling us at 01928 580182. All treatments are available at both of our offices.



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



JUSTHELPING
Registered charity number 1147968

**RECYCLE
YOUR TREE**

HALTON HAVEN
Hospice for a special kind of caring



TO REGISTER "**SCAN HERE!**"

www.just-helping.org.uk/register-tree

- Registration Opens 11th Nov 2024
- Registration Closes 6th Jan 2025
- Collecting 10-13th January 2025



giftaid it

JustHelping supports volunteers, businesses, and charities to contribute to their community and the environment. Our national Christmas tree collection raises essential funds for charities in the local community.

After costs, 90% of monies raised will go to Halton Haven Hospice. The remaining 10% will be distributed to charities in the local community.

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 from Halton Borough Council

The aims of this training are: To distinguish between mental health and mental illness. • To describe the signs & symptoms we may experience with the most prevalent mental health conditions. • Describe some of the tools and activities you can use for yourself to look after your mental health. •

To recommend services that are available to support mental health in

Halton

Friday 7th Feb 10am - 1pm



Stress Training from Halton Borough Council

The aims of this course are to: Explain what stress is. • Discuss how and why the body responds to stress. • Relate this information to identify when our own body is responding to stress. • Distinguish between the different systems that control stress. • Interpret the different levels of stress. • Introduce a number of resources available to help you to create your own 'cave'. • Identify how you would use the information and knowledge to reduce stress or better manage our stress

Friday 7th March 10am - 12pm



Parent Carer Training - Dealing with Big Emotions with Halton Borough Council

Everyone has Mental Health and looking after your child's Mental Health has never been so important. This session is based on the 5 ways to wellbeing and will give you tips and advice on how to support your child's mental health. It will look at resources that promote positive mental health and easy techniques you can use to build resilience

Friday 28th March 11am - 12pm



All above training sessions are held in the Play Council, Mersey Road, Runcorn (opposite Kwikfit)

Halton Support at Home Service with the British Red Cross provides one to one short term support for up to 6 weeks, to increase a person's resilience and independence following an illness, injury, hospital admission or other crisis. This support can be crucial in helping individuals navigate challenging times and transition back to their regular routines.

Support Provided – Person Centered Personalised care and support planning

Wellbeing checks - Telephone call or visit

Community transport – to appointments or voluntary/community-based activities

Shopping support – support with on-line delivery & face to face shopping

Prescription collection – Home delivery of prescriptions & collecting

Home safety checks – Smoke, carbon monoxide and heat alarms are tested

To access the service you must be over 18yrs, registered with a Halton GP and a resident of Halton. You must also live alone or have no support. You can be referred in by a Health or Social Care professional or self refer by emailing: Haltonsupportathome@redcross.org.uk or call: 07739 863 042

WORRIED ABOUT THE ENERGY CRISIS?

You, or the person you care for, could be entitled to free support to help you manage your energy bills. Local charity, Energy Projects Plus, can provide Halton residents with support including:

- ☒ Free Energy Saving LED light bulbs
- ☒ Free radiator panels and draught proofing
- ☒ Free & impartial energy saving advice
- ☒ Support with energy debt
- ☒ Grants for heating repair & replacements



To find out more, call our Save Energy Advice Line on 0800 043 0151 or visit www.epplus.org.uk

**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

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 ALCHEMY, 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 ST MARIES CHURCH, WIDNES

**LAST FRI
OF THE
MONTH**

PARENT CARERS SUPPORT GROUP*

12PM - 2PM PLAY COUNCIL, 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



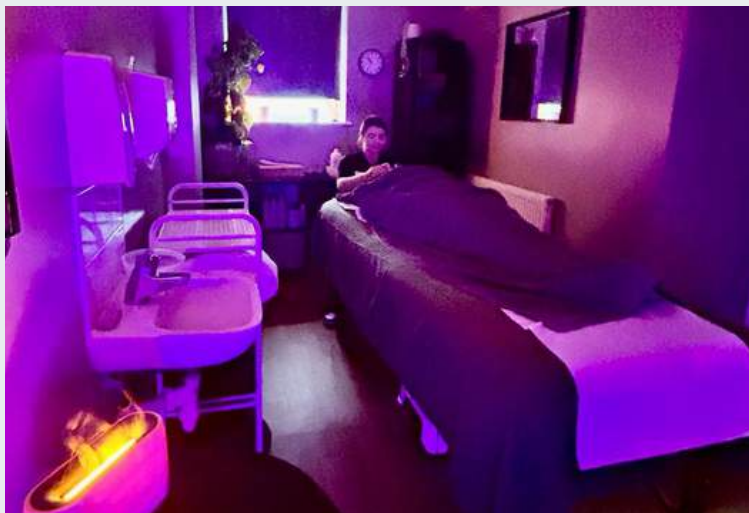
As a carer registered at Halton Carers Centre you can access Relaxation Therapies, We have a Podiatrist and Holistic Therapist that hold weekly appointments in both of our offices! Your first appointment with both Hannah (Holistic Therapist) & Stuart (Podiatrist) are free any appointments thereafter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

Holistic Therapy Treatment Price List

- Holistic Facial - £10
- Gua Sha Facial - £12
- Facial with mini head massage - £12
- Back/Neck/Shoulder Massage - £10
- Back Spa Treatment - £15
- Indian Head Massage - £15
- Hot Stone Massage (only available in Runcorn) - £15
- All treatments last between 30-40mins
- Reflexology - 35min treatment - £15
- Reflexology + inc foot scrub/mask - 45min treatment - £18
- Reiki Healing - 40min treatment - £15
- Crystal Healing - 40min treatment - £15
- Guided Meditation Session - 40min treatment £12
- Hopi Ear Candles - 30 min treatment - £10

Podiatry Price List

Podiatry - 30/45min treatment - £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 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



DESPRESSO CLUB
STARTS 7TH NOV
EVERY **TUESDAY**
10AM - 12PM

**FEELING LONELY, ISOLATED, DOWN,
OR JUST FANCY A CHAT OVER A CUPPA?**

EVERYONE'S WELCOME

FREE DRINKS

AN OPEN & NON-JUDGEMENTAL ...SPACE

...SPACE
50 REGENT ST,
RUNCORN, WA7 1LJ

 WWW.SPACERUNCORN.CO.UK
 SPACERUNCORN@GMAIL.COM
 [SPACERUNCORN](https://www.facebook.com/SPACERUNCORN)
 [SPACE_RUNCORN](https://www.instagram.com/SPACE_RUNCORN)

Times are tough, and we all feel the pinch from the rising cost of living. But here in Halton, there's a fantastic way to stretch your budget—Halton Social Supermarkets!

Open to everyone, these supermarkets offer high-quality surplus food and household items from major stores at reduced prices.

With multiple locations across Halton, they're a convenient and affordable option for your weekly essentials.

Queens Pantry - Queens Avenue,
Widnes Mon - Fri 10am - 4pm

The Route Cafe - Widnes Road,
Widnes Mon - Fri 10am - 4pm

Community Pantry, Palacefields
Community Centre
Wed 10am - 12noon

The Hill Crest Centre, Leaside,
Runcorn

Thurs 10am - 11.30am

Halton Royal British Legion, Castle
Road, Runcorn

Tues, Wed & Fri 1pm - 2pm

Halton Community Centres

Warm Welcome Spaces



**Free refreshments from 23rd December 2024 to
3rd January 2025** (*Excluding Bank Holidays and weekends)
10am-2pm at all Halton Community Centres.



**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

To find out **what's on** at your local community centre
scan the QR code, visit: www.haltoncommunitycentres.co.uk
or follow us on facebook 



SCAN ME



HALTON CARERS TRIPS

JAN 25 - MAR 25

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 11th February

Carers Sound Bath @ Thrive Mental Health & Wellness in Runcorn Shopping City.

£6 per person - Carers only



Tuesday 11th March, Wednesday 12th March & Tuesday 25th March

Design your own Cross Stitch with Rosie Roo @ Hazelhurst Arts & Crafts

This is a 3x 2 hr session course for attendees to join Rosie in creating their very own design, learning the basics of cross stitch then working on their own creation!

£25pp - Carers only



Feb 2024

Carers EASTER Bingo

Mark your calendars for a fun-filled evening on Tuesday, 8th April 2025, as we host our Easter Carers Bingo at the Masonic Hall, Widnes!

Doors open at 6:00pm, and it's eyes down at 6:30pm. Bring your family along - *Children are more than welcome but must be supervised by an adult.*

Join us for an enjoyable night with friends, laughter, and maybe even some lucky wins! We can't wait to see you there! 🎉





At Rock Steady Boxing Widnes and Warrington, they offer exercise programs tailored for individuals with Parkinson's disease. Led by Tommy, a qualified coach who also has Parkinson's, their non-contact boxing classes help improve balance, posture, dexterity, strength, and overall fitness while addressing tremors and voice activation—all in a supportive environment. Their vision is to enhance the mental, emotional, and physical well-being of participants, empowering them to live life to the fullest. The program creates community, providing practical and emotional support for individuals and their families, reducing isolation, and encouraging shared experiences.

With nine weekly sessions across Widnes and Warrington, they serve over 90 members monthly, welcoming all stages of Parkinson's. Join them to fight back against Parkinson's together!

For more information head over to their website:
<https://rsbwww.co.uk/about-us/> or call 07517 499 409

Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Saturday
Warrington Hub 12-1pm	Widnes Site 12-1pm	Warrington Hub 11am-12pm	Widnes Site 12-1pm	Warrington Hub 9-10am
	Widnes Site 2:30-3:30pm	Warrington Hub 12:30-1:30pm	Widnes Site 2:30-3:30pm	
	Warrington Hub 6:30-7:30pm	Widnes Site 2:30-3:30pm		



Get in touch to book your session or join in the fight back!



ROY CASTLE
LUNG CANCER
FOUNDATION



**I felt fine...
but I still had
lung cancer.**

**That's why the NHS is
offering people aged
55-74 who have ever
smoked a lung check
to make sure
everything is ok.**

**Chances are you'll
be ok but if it is cancer,
catching it early can
make all the difference.**

It did for me

**For more information visit:
roycastle.org/lung-checks
or scan the QR code**



**Targeted Lung
Health Check
Programme**





We can help you quit your habit!

If you are looking for support to quit smoking, the local Stop Smoking Service in Halton offers free expert advice to help you every step of the way. The service provides a range of support options, combining practical guidance with emotional encouragement throughout your quitting journey. You'll be offered a personalised 12-week programme, which includes one-to-one sessions with trained advisors. They'll work with you to create a tailored quit plan, set achievable goals, and provide expert advice on managing cravings and triggers. As part of the programme, you'll also have access to free or reduced-cost nicotine replacement therapies (NRT) and vapes, helping to manage withdrawal symptoms. This 12-week support programme ensures you have the tools, motivation, and expertise you need to quit smoking for good and stay smoke-free in the long term.

The team offers one-to-one support in various venues across Runcorn and Widnes, as well as by phone. Our trained advisors use proven methods to help you change your smoking habits and achieve your goal of becoming smoke-free. The support available also includes:

- Smoking prevention, education, and support in schools and workplaces
- Specialist advice for pregnant and breastfeeding smokers

No matter your situation, the team is here to provide the support you need to quit smoking for good.

Vapes

We are now able to offer vapes as part of our service to help tobacco smokers quit.

The vapes prescribed by our team are free, non-disposable, discreet, and fully compliant with the Medicines and Healthcare products Regulatory Agency (MHRA). Currently, vaping is considered the most effective aid for quitting tobacco and helps prevent relapse. As part of our 12-week programme, we provide vapes along with a range of E-liquids in various flavours and strengths, tailored to suit each smoker's level of nicotine dependency. Further information on vaping can be found by visiting: Vaping myths and the facts - Better Health - NHS (www.nhs.uk)

There are several simple ways to access the Halton Stop Smoking Service: -

Call us on 0300 029 0029 - Email us at HIT@halton.gov.uk

So, what are you waiting for? Take advantage of this fantastic, no-cost support and start your journey to a healthier, smoke-free life today!

HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

**CHOOSE US
AS YOUR
LOCAL CAUSE**



Do you often pop into your local Co-op for a few bits like a pint of milk or a loaf of bread? Did you know that when shopping at any Co-op store in Halton, you can help raise funds to support carers in our borough?

How?:

We're thrilled to announce that Halton Carers Centre has been chosen as one of the Co-op's local causes for 2024/25! This means if you choose ourselves as your local cause, every time you shop and swipe your Co-op membership card, you can help raise essential funds to support carers in Halton.

How You Can Help:

- Already a Co-op member? If you haven't already selected a local cause, we'd be so grateful if you could log into your account and choose Halton Carers Centre as your local cause: You can also scan the QR Code above!
- Not a Co-op member yet? You can easily sign up online for just £1 by visiting the Co-ops website. You'll receive a membership card in the post that you can swipe whenever you shop at the Co-op.

Becoming a member doesn't just support great local causes—it also gives you access to exclusive member deals and pre-sale tickets for events at Co-op Live in Manchester!

And don't forget: raising funds for local causes also applies to Co-op insurance, goods, and funeral plans—so every purchase counts!



RUNCORN COMMUNITY CHRISTMAS DAY

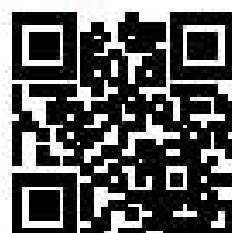
**25th December 1pm-6pm
@ Runcorn Masonic Hall**

If you'll find Christmas a little bit tough this year, join us and we'll celebrate it together. Come along and enjoy great company, great food and great fun.

Everyone Welcome!

To reserve your place at our community table please email spaceruncorn@gmail.com or send us a message on Facebook.

Donations welcome via Go Fund Me
<https://gofund.me/8cb001ai>





Active Bingo

Every Wednesday 2pm

£2

Join us to play Prize Bingo

with just a little very gentle chair-based exercise

3pm Tea, coffee, biscuits and chat

Want to join us for chat, cuppa and biscuits only?
Come along around 2.50pm for just £1

Frank Myler Pavilion

Liverpool road, Widnes WA87EZ

Places are limited

For further information and to book a place call Paula Parle

0151 511 8550

This activity has been provided in partnership with Active Through Football

www.activehalton.co.uk



New online support for unpaid carers



We're an online service led by carers, for carers. Working in partnership with Halton, and effective immediately, Mobilise will provide residents in Halton who are caring for someone access to comprehensive online support.

Residents will be able to:

- Discover an online network of people in similar situations
- Access free support from a dedicated carers coach
- Join online support sessions with others also caring
- Use simple online tools to help at each stage of their caring journey

scan me



Find out more and sign-up:
support.mobiliseonline.co.uk/halton

mobilise



**YOUNG
CARERS**

Young Carers



YOUNG CARERS In SCHOOLS

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!



We're delighted to offer three wonderful groups for young carers to enjoy, relax, and connect with others:

- MeTime (Ages 4–10): Runs fortnightly on Tuesdays in Runcorn and Wednesdays in Widnes, from 4:00pm to 5:00pm.
- RTime (Ages 11–17): Meets every other Thursday in Grangeway Community Centre , Runcorn
- 5pm - 7pm

These groups provide a fantastic opportunity for young carers to make new friends, take a break from their responsibilities, and, most importantly, have fun!

Spaces are limited, so contact us at 01928 580182 for more information or to book a spot.

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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