



# Newsletter

Edition 55 Mar 25 - June 25

## A WELCOME MESSAGE FROM CARL HARRIS CEO

*Hello all and welcome to our Spring 2025 Newsletter*

*The weather's been all over the place lately, hasn't it? One day it's warm, the next it's chilly! But if there's one thing you can rely on, it's us. So, why not take a few moments to browse this latest edition of our newsletter? We're sure you'll find something of interest inside. And if there's anything you'd like to see in future editions, we'd love to hear your suggestions!*

*We also have a small favour to ask—have you registered us as your Co-op nominated charity yet? If not, please check out page 14 to see how you can help us raise vital funds to support activities for registered carers.*

*Looking for a fun evening out? Join us for Bingo Night on Tuesday, 8th April at the Masonic Hall in Widnes. With cash prizes and Easter eggs up for grabs, what more could you want? No booking needed—just turn up and enjoy! Full details are on page 14*

*A quick notice: The centre will be closed on Thursday, 17th April, for staff training. Our answerphone service will be available, and we'll respond as soon as possible.*

*Wishing you all a restful and enjoyable Easter break!*

*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





# Support for Head and Neck Cancer Patients & Carers

The Swallows Head and Neck Cancer Group is a nationwide charity dedicated to supporting patients and carers facing the challenges of head and neck cancer. Named after the difficulty many experience with swallowing, The Swallows was founded by patients for patients, offering understanding, guidance, and practical help.

We provide face-to-face meetings across the country, online support sessions, and a 24/7 helpline to ensure no one feels alone on their journey.

For more information, visit [theswallows.org.uk](http://theswallows.org.uk), call 01253 428 940, or email [info@theswallows.org.uk](mailto:info@theswallows.org.uk).

## 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: 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](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

Change Grow Live (CGL) is here to support adults in Halton experiencing problems with drug and/or alcohol issues. They promote recovery, independence, and well-being, helping individuals take positive steps toward change. They have offices in Runcorn and Widnes, offering guidance and support tailored to your needs.

☎ Get in Touch: Call 0151 422 1400

Option 1 – Widnes

Option 2 – Runcorn

For more information, visit their website

<https://www.changegrowlive.org/>



**Change  
GROW  
Live**

## Take a Well-Deserved Break with CareFree

As a carer, taking time for yourself is essential—but we know it's not always easy. That's where Carefree comes in! This fantastic initiative partners with hotels across the UK to offer free 1-2 night breaks exclusively for carers.

To be eligible, you must be 18 or over, and importantly, you cannot bring the person you care for—this is your time to truly relax and recharge. Whether you're looking for a peaceful night alone (hello, bubble bath and a long lie-in!) or a getaway with a friend or family member, this break is all about you.

A carer registered with Halton Carers Centre who recently accessed a break said "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! It was exactly what I needed—a chance to breathe, relax, and come back feeling refreshed."

### Limited Free Breaks Available!

Normally, a £33 admin fee applies to book a Carefree break. However, for a limited number of carers registered with Halton Carers Centre, this fee will be covered—available on a first-come, first-served basis - This cost is covered once you book your break!

Halton Carers Centre is an approved Carefree referrer, so we can refer you directly. Once referred, Carefree will send you a login link to browse and book your perfect break—whether it's a luxurious stay at Crewe Hall, a coastal escape in Llandudno, or a countryside retreat further afield in the UK.

👉 To be referred for a Carefree break you can either scan the QR Code, email [lorina.ditchfield@haltoncarers.co.uk](mailto:lorina.ditchfield@haltoncarers.co.uk) or call us at the Carers Centre on 01928 580182.

# Carefree





ONLY £1 a session for refreshments

## HARD OF HEARING GROUPS

### Runcorn

April 10th	Oct 9th
May 8th	Nov 13th
June 12th	Dec 11th
July 10th	Jan 8th 2026
August 14th	Feb 12th
Sept 11th	March 12th

**1:30-3:30pm**

**2nd Thursday of the month**

Broome Court, Brookvale  
Ave North, WA7 6EF

### Widnes

April 16th	Oct 15th
May 21st	Nov 19th
June 18th	Dec 17th
July 16th	Jan 21st 2026
August 20th	Feb 18th
Sept 17th	March 18th

**1:30-3:30pm**

**3rd Wednesday of the month**

Naughton Fields  
241 Liverpool Road, WA8 7HL

## TINNITUS SUPPORT GROUPS

<b>R</b> April 3rd	<b>R</b> Oct 2nd
<b>W</b> May 1st	<b>W</b> Nov 6th
<b>R</b> June 5th	<b>R</b> Dec 4th
<b>W</b> July 3rd	<b>W</b> Jan 2026 *TBC
<b>R</b> August 7th	<b>R</b> Feb 5th
<b>W</b> Sept 4th	<b>W</b> March 5th

**1:30-3:30pm**

**1st Thursday of the month**

**R**=Broome Court, Runcorn **W**=Halton Sensory Service 126, Widnes Road

0151 511 8801

[wendy.edwards@deafnessresourcecentre.org](mailto:wendy.edwards@deafnessresourcecentre.org)

### RUNCORN OFFICE



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



## What support is available for athletes living with young-onset dementia?

Are you living with young-onset dementia (diagnosed at 65 or under) AND have you participated in high-impact sports? If so we would love to hear about how the diagnosis has impacted you and the support you have received.

You will be asked to take part in a one-off interview, either online or face-to-face at a convenient location.

**All information will remain strictly confidential.**

If you are interested in taking part please e-mail the principal investigator Thomas Faulkner:  
**twfaulk2@liverpool.ac.uk**



YOUR  
OPINION  
MATTERS



At the Carers Centre, we strive to provide the best possible support for carers. To ensure our services meet your needs, we regularly evaluate the trips, training, activities, therapies, and podiatry sessions we offer. We also value your thoughts on our carers' coffee and support groups. Your feedback helps us improve and shape our services, ensuring they continue to benefit carers like you. Additionally, sharing your experiences allows us to demonstrate the impact of our work to current and potential funders. If you have attended any of our carers' groups, we would love to hear from you! You can share your feedback by scanning the QR code to complete our online form, or if you prefer, give us a call, and we can send you a paper copy with a freepost envelope.

Thank you for helping us make our services even better!





# Halton Authentic Voices Forum

Join us at Halton  
Authentic Voices Forum

The Forum is monthly and is for survivors or those touched by domestic abuse to have their say on how services work to support those experiencing domestic abuse.

Please contact [idva@halton.gov.uk](mailto:idva@halton.gov.uk) for further information



Halton Domestic Abuse Service



Are you supporting a neurodivergent child or young person, whether diagnosed or undiagnosed? ADDvanced Solutions Community Network offers free support to help improve the emotional health and well-being of neurodivergent children, young people, and their families—no diagnosis or referral needed!

In Halton, they provide:

- ✓ Learning programmes and workshops
- ✓ A weekly face-to-face community group in Widnes (term-time)
- ✓ Online sessions with information, advice, and support
- ✓ Regular newsletter updates

To find out more, call 0151 486 1788 or visit [www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk)



**ADDvanced Solutions**  
Community Network  
Supporting you to find the answers

## 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**

**EVERY  
OTHER  
MONDAY**



Brunswick house, Water  
Street, Runcorn

6pm & 8pm

**DEMENTIA CARERS  
EVENING GROUP**

**1ST THURS  
OF THE  
MONTH**



The Old Police Station,  
Runcorn

1pm - 3pm

**FORMER CARERS GROUP**

**1ST FRI  
OF THE  
MONTH**



St Maries Church,  
Lugsdale Road, Widnes

1pm - 3pm

**DEMENTIA CARERS  
DAYTIME GROUP**

**2ND THURS  
OF THE  
MONTH**



St Maries Church,  
Lugsdale Road, Widnes

9.30am - 11am

**PARENT CARERS**

**3RD WED  
OF THE  
MONTH**



St Maries Church,  
Lugsdale Road, Widnes

10am - 12pm

**ALL CARERS COFFEE  
GROUP, WIDNES**

**3RD THURS  
OF THE  
MONTH**



The Alchemy, High  
Street, Runcorn

12pm - 2pm

**ALL CARERS COFFEE  
GROUP, RUNCORN**

**LAST FRI  
OF THE  
MONTH**



Play Resource, Mersey  
Road, Runcorn

12pm - 2pm

**PARENT CARERS**

All our groups are for carers who are registered at Halton Carers to attend. The groups are free, there is no need to book your place and refreshments are all provided. If you would like to know more about our carers groups you can give us a call on **01928 580182**

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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 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!

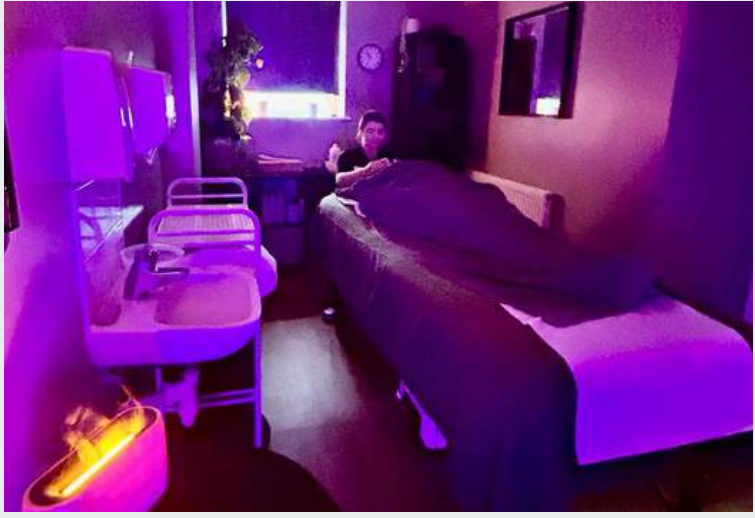
**Holistic Therapy Treatment Price List**

Holistic Facial	- £10
Gua Sha Facial	- £12
Facial with mini head massager	- £15
Back/Neck/Shoulder Massage	- £15
Back Spa Treatment	- £15
Indian Head Massage	- £15
Hot Stone Massage	- £15
All treatments 45min	- £15
Reflexology	- £15
Reiki	- £15
Chakra Balancing	- £15
Crystal Healing	- £15
Sound Healing	- £15
Yoga	- £15
Qi Gong	- £15
Herbal Candles	- 30 min treatment - £10

**Podiatry Price List**

Podiatry	- 30/45min treatment - £15.00
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*Holistic Therapies are currently on hold, we aim to have these back up & running asap - Podiatry is running as normal*



**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



# Runcorn library is moving...

... to a new **temporary location**, whilst our new permanent library location is being developed as part of the Brindley Extension.



We will be located at No.6 Church Street from 1<sup>st</sup> April 2025

**Come and see us there!**



Check out our website for further information [www.halton.gov.uk/libraries](http://www.halton.gov.uk/libraries)

[www.halton.gov.uk/libraries](http://www.halton.gov.uk/libraries)

Like us on Follow us on Follow us on

Reconnecting **RUNCORN**



Did you know carers can access a wide range of exclusive discounts on everyday essentials, leisure activities, and more? 'Discounts for Carers' webpage is designed to help you save money while recognising the incredible work you do. From shopping and dining to travel and wellbeing services, there are plenty of offers available to support you. Whether you're looking for a well-deserved treat or savings on essentials, they have you covered!

Sign up free today by visiting:  
<https://discountsforcarers.com>

The screenshot shows the 'discountsforcarers.com' website interface. At the top, there are navigation links: Shopping, Travel, Finance, Insurance, Mobiles, Motoring, Broadband, TV & Utilities. A search bar is present with the text 'Search by offer or retailer'. Below the search bar, there are logos for various partners: Haven, Jet2holidays, Office, PANDOR, Lookfantasy, Nike, and others. The main text reads 'Free Carer & Care Worker Discounts' and 'Our members can save over £2,000 per year.' A prominent yellow button says 'Join FREE'. At the bottom, there is a Trustpilot rating of 'Excellent' with 3,034 reviews.

Save  
The  
Date

Carers Week 2025 takes place from 9th–16th June, with this year's theme focusing on Caring and Equality. Throughout the week, our team will be out and about across Halton, raising awareness and celebrating carers.

As part of the celebrations, we're hosting a Carers Celebration Afternoon Tea on **Wednesday 11th June** in our Runcorn office garden space from 10am – 2pm.

Registered carers are invited to drop in for light refreshments and a well-deserved break.

Save the date in your diary – and let's stay positive for some good weather! 🌞☕🍰

We look forward to seeing you there!



# The Big Knit Is back!

Join Age UK Mid Mersey and Innocent Drinks in The Big Knit to support older people in our community! Knit or crochet tiny hats for smoothie bottles—each be-hatted smoothie sold raises 25p for vital local services.

🧶 Knit or Crochet – Every hat helps!

📦 Send Them In – Drop off or post to your local Age UK Mid Mersey Office

🎉 Spread the Word – Get friends and groups involved!

Deadline: 1st July 2025

📍 Send hats to:

- Age UK Mid Mersey, The Mansion House, St Helens, WA10 2UE
- Age UK Mid Mersey, 44 Church Street, Runcorn, WA7 1LR

Get started today you can find patterns here:

<https://www.innocentdrinks.co.uk/big-knit/knitting-patterns>

Or ring Age UK Mid Mersey for more information

0300 003 1992



# HALTON CARERS TRIPS

**APRIL 25 - JUNE 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.

**Thursday 10th April**

**Liverpool Indoor Fair - 2pm - 5pm**

£7 per person

Transport not provided



**Tuesday 27th May**

**Dinosaurs Live @ The Brindley Theatre**

**3.30pm Showing**

£10.00pp

Transport not provided



**Tuesday 10th June**

**Llandudno - Adult Trip only.**

£12.00pp

Transport provided with 1 pick up/drop off point in both Widnes & Runcorn



**Date to be confirmed**

**Meditation Class, Widnes**

Price to be confirmed (Adult Carers Only)



HBC Sure Start to Later Life team helps Halton residents over 55 stay independent, socially active, and connected to essential services.

How they can help:

- Supporting people to maintain or regain independence and remain in their own home.
- Supporting people to socialise more, make new friends or reacquaint with old friends.
- Identifying local activities in the community to improve social engagement or to learn new skills.
- Navigate local services that may be of use (e.g. social care, benefits etc.).
- Reduce social isolation and loneliness and improve wellbeing.

They offer guidance on care services, daily living aids, and community activities, supporting both clients and their families. Their 1:1 workers assess needs and provide information on finances, home safety, and health etc, with referrals to relevant services.

Contact Sure Start to Later Life to learn more - call the team on 01928 569498 or email [ss2ll@halton.gov.uk](mailto:ss2ll@halton.gov.uk)

**GOING THROUGH  
A STORM  
OR JUST BEEN  
THROUGH ONE?**

**ANDYSMANCLUB**  
are talking  
groups for men to  
**HELP YOU** through  
those storms.



**#ITSOKAYTALK**

**ANDYSMANCLUB  
RUNCORN**

**RUNCORN**  
Westfield Primary School  
Clayton Crescent  
Runcorn  
WA7 4TR

**Open 3rd March**

**EVERY MONDAY  
@ 7PM EXC.  
BANK HOLS**

ANDYSMANCLUB LTD is a  
Registered Charity in England  
and Wales (1179647) Scotland  
(SC051485) and a Company  
Limited by Guarantee, registered  
in England and Wales (1118153)

**FIND OUT  
MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)



Have you used our Halton Carers Kiosk Pros yet? These handy gadgets are in both our offices and makes it easy to complete our online forms while you're visiting us, including evaluations, reviews, and therapy consultation forms.

You'll also find useful links to local services, including housing associations, debt & benefits support, and the Turn2Us benefit calculator—all at your fingertips!

Next time you visit, give it a try!



## Free Family First Aid Training in Halton



# Millie's Trust<sup>®</sup>

Millie's Trust is a charity committed to making first aid training accessible to everyone. In Halton, Family First Aid courses are offered through Halton Borough Council's family hubs, providing free training for local families.

This essential course equips parents and carers with life-saving skills for both children and adults, covering CPR, choking, burns, allergic reactions, using a defibrillator, and more.

To find upcoming course dates and venues, visit [haltonfamilyhubs.co.uk/events](http://haltonfamilyhubs.co.uk/events).

**NHS**  
Mersey Care  
NHS Foundation Trust

# HeadzUp Halton

Young people's drop in

A young people's drop in is informal and for children and young people aged 17 and under and their families or carers.

The hubs are in the community and are supported by staff who can provide support and advice.

Drop by to see us:

Every Tuesday from 2.30pm to 4.30pm at The Hub, Grangeway, Runcorn, WA7 5HA

Starting 6 June 2024

Every Thursday from 2.30pm to 4.30pm at Warrington Road Childrens Centre, Widnes, WA8 0BS

This is not a CRISIS service. You can contact the crisis team on 01744 415 640, 24 hours a day seven days a week.

# HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

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.

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

# CARERS EASTER PRIZE & CASH BINGO

**TUESDAY 8TH APRIL 2025**  
**DOORS OPEN 6PM,**  
**EYES DOWN 6.30 PM**

**THE MASONIC HALL,  
KINGSWAY, WIDNES**



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Company Limited by Guarantee No: 06574889





# DIVERSE SPORTS ED

SPORT EDUCATION FITNESS

## EDUCATIONAL BOXING PROGRAM

Aged 16 - 19 (up to 25 with an EHCP)

Level 2 Fitness Instructing

Level 3 Personal Training

Train twice a week in our state of the art gym.

Learn fundamental skills & techniques of boxing.

Science and development behind the sport.

High performance fitness and boxing training.

Scan for  
Online  
Registration  
Form



## RECRUITING NOW

 @diversesportsed

**07572 795 392**  
Gary@diversesports.org



Activity For All  
Maguire Avenue  
Bootle  
L20 9PQ

Runcorn ABC  
Runcorn Shopping Centre  
Unit 206A, 1st Floor  
City Square. WA7 2EU

**Juniper**  
TRAINING





# Arden Community Garden

## Easter Open Day



Saturday 19<sup>th</sup> April 2025. 11am-4pm Join us at Arden WA8 4XL

- Tombola
- Plant sale
- Games
- Cakes
- And more!



Free entry 🌻

WEEKLY

WOMEN'S  
WELLNESS

GROUP

### Feel Stronger. Live Healthier. Age Well.

Join our weekly women's wellness sessions—designed to help you thrive at any stage of life. Each session dives into key pillars of health, including nutrition, movement, sleep, stress management, and mindset. Whether you want more energy, better weight management, or to feel stronger and in control of your health—this is your time to invest in YOU.

**Prioritise your well-being. Feel your best—inside and out.**

**EVERY THURSDAY 6.30PM-8PM**  
**@ TRANSFORM ST JOHN'S CHURCH,**  
**GREENWAY RD, WIDNES WA8 6HA**



SECURE  
YOUR  
PLACE





***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 Young Carers team had an absolute blast over the February half-term, taking our registered young carers on some fantastic trips! We all had a go at an exciting VR experience, enjoyed a fun-filled day at Jellybeans, and even perfected our footy skills at our first-ever Young Carers football session.**

**Now, we're already gearing up for an action-packed Easter half-term! Activities will include skiing and tubing at the famous Runcorn Ski Slope, as well as an afternoon of crafts and Bingo—where we're sure there will be plenty of chocolate prizes up for grabs!**

**To find out more, give our Young Carers team a call on 01928 580182.**

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](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.

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