

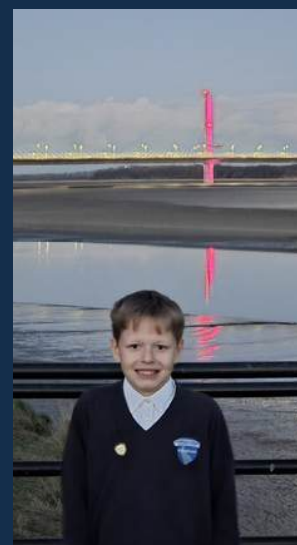
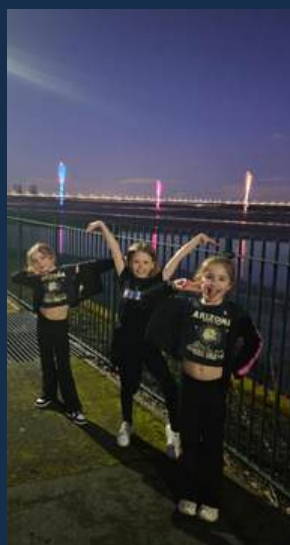
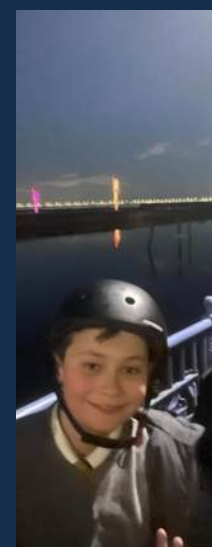
YCAD 25



Look out for this sign



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



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

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Halton Young Carers

YCHAVING A BREAK



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WONKY GARDENS

Wednesday 16

April 2025



For a possible place scan the QR code or click the link:
<https://forms.office.com/e/edD45Ch9rU>



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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**TUESDAY 8TH
APRIL
DRY SKIING**



FREE



For a possible place scan the QR code or click the link:
<https://forms.office.com/e/fQ9f0vJucg>

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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Everyone's always talking about
what are the Young carers needs,
but let's focus on what young
carers want! 💬✨

Share your ideas for summer
activities with the young carers
team

and you'll be entered into a raffle
to win a voucher of your choice! 🎉



Don't miss out—let's make this
summer special! ☀️

Schools/Parents/Guardians/friends
anyone can help the YC enter.
You can send drawings, posters, news columns

ENTRIES
EMAILED TO
HELP@HALTONCARERS.CO.UK



**TUESDAY 10TH
APRIL
TUBING**

FREE



For a possible place scan the QR code or click the link:
<https://forms.office.com/e/CQk8bs72w9>

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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Me-Time

is a safe space for Young Carers (YCs) in primary school to take a break from caregiving. 🧑🧑❤️

Held in Widnes and Runcorn, YCs enjoy activities like arts and crafts 🎨, quiz nights 🧩, games 🎮, and themed events 🎉.

Sessions are every other Wednesdays in Widnes and Tuesdays in Runcorn. 📅 JUL 17 Attendance requires a text invite 📱 due to limited spaces.

To express interest, scan the QR code to add the Young Carer's name to the list. If a spot is available, we'll reach out. For more help, contact the Young Carers Team at 01928 580 182 or email help@haltoncarers.co.uk.

Widnes:

<https://forms.office.com/e/qu5iktdQSD>



Runcorn:

<https://forms.office.com/e/mLHbePn9nX>





Podiatry treatments

FREE

FOR ALL YOUNG CARERS



Stu says.....

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

Contact us:

 01928 580 182

 help@haltoncarers.co.uk

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R-Time

offers Young Carers

in secondary school a break from caregiving in a secure space. 🚗 ✨



Activities include

arts and crafts 🎨, quiz nights 🧩, movie nights 🍿, games 🎮, themed events 🎉, and guest speakers 🎤

Sessions are every other Thursday from 5-7 pm 🕒, and attendance requires a text invite 📱.



To express interest, scan the QR code to add the Young Carer's name to the list. If a spot is available, we'll reach out. For more help, contact the Young Carers Team at 01928 580 182 or email help@haltoncarers.co.uk.

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



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**TUESDAY 15TH
APRIL
CRAFT/BINGO**



FREE

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

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

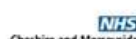
This will then put the YC name down on the
interested list and we will contact you if
you've been allocated a place

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



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Amber
recommends
Sean Bailey's Sleep
Clinic



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SEAN BAILEY WELLNESS
Community Interest Company

Sleep Services

Sleep is the most important factor for human health and performance but is the most under appreciated.

Our comprehensive sleep services CBT-I, Personalised Sleep Clinics, Workplace Sleep Workshops, and Training Programmes for Sleep Champions and Sleep Practitioners.

About Our Sleep Services

If you are struggling with sleep and waking feeling exhausted through poor sleep quality, our sleep clinics can help restore your sleep quality, improve total sleep and give you a better quality of life.



Adult Sleep

Our 1-1 Adult Sleep Service offers a comprehensive, personalised sleep assessment, guiding you through tailored treatment options with dedicated support to enhance sleep quality and effectively manage sleep disturbances.



Teen Sleep

We support teens in building healthy sleep routines through a strengths-based approach, starting with an initial assessment to create personalised sleep plans and moving to corrective treatment to ensure restful and healthy sleep.



SEND Sleep

Our SEND sleep support provides you with specialised sleep treatment developed in accordance with the immediate needs, all SEND support is highly personalised to ensure the most effective route to improved sleep quality and evening routines.



Sleep

Sleep is the most important factor for human health and performance but is the most under appreciated.

Sean Bailey Wellness CIC /



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Bee Keeper Training

FREE

WHAT WILL IT BE LIKE

We will be looking closely at the bees, how they live, what they eat, and what is honey?

IMPORTANT DATES

Dates to be..... confirmed

Please register your interest below and we will contact you with the dates

CONTACT US

to be added to our interested list for a possible place, call

01928 580 182

or

email

help@haltoncarer.co.uk

or

scan the QR code or click the link

Halton Young Carers Interested list
-Bee Keeping



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Company limited by guarantee No 00010485





Vikki encourages you to reach out for support, advice, or just a chat! 🗣️📞

Contact the Young Carers (YC) team for assistance. 🤝👤



📞 01928 580 182

✉️ help@haltoncarers.co.uk

WHAT
DO YOU
THINK?





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RECOMMENDS



Start for Life

Pregnancy and Parenthood Guidance

[Pregnancy and Babies >](#)



Early years

Support through the early years

[Early years support >](#)



Children & Teens

Trusted guidance for children and teens

[Youth support >](#)



Help for families

Trusted resources on a range of topics

[Supporting families >](#)



Events

[Browse events and timetables >](#)



HAF

[Free activities and food >](#)



SEND

[SEND support and services >](#)



Speech, language and communication

[View Speech and language >](#)



What is the Halton Early Help offer?

[View for Early help >](#)



'Dadicated' space for Halton Dads

[View dad support >](#)



Perinatal mental health support

[View perinatal mental health >](#)



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Follow



Ash says.....
Please remember, information and support can be found on the Halton Local Offer website (<https://localoffer.haltonchildrenstrust.co.uk/>).



The young carers Team recommends staying updated by following us on social media! 📱✨

Find us on Facebook, Twitter, and Instagram for the latest updates.



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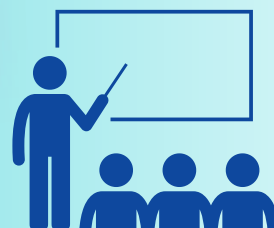
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Munchie says.....
'Me and a YC support worker
can come and visit you in school
to chat about your caring role
and how we can best support
you!'



SCHOOLS



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.

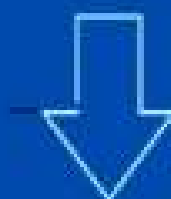


PLEASE BOOK IN THIS ORDER

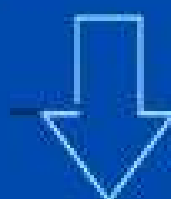
STAFF AWARENESS



SCHOOL ASSEMBLIES



SCHOOL OUTREACH



GET STARTED



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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:

<https://forms.office.com/r/6cCpQ7AcR7>



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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.



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 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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