



Newsletter

Issue 13, Autumn-Winter 25



🎃 The Young Carers team are bursting with festive excitement as we get ready for the most magical seasons of the year — Halloween and Christmas!

🎉 From spooky adventures 🦇, creative crafts 🎨, to heartwarming celebrations and meaningful sessions 💡 — we've got a jam-packed line-up just for YOU!

It's going to be a season to remember — full of laughter, learning, and memories that sparkle like fairy lights!

🌟🎅 Don't forget your costume, your Christmas jumper, and of course... your biggest smile! 😊🎁

#haltonyoungcarers 🍷🎃🌲

Look out for this sign



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



We've been busy! YC's attending a first aid course at Halton carers Centre



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



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CENTRE** A Network Partner of
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**Halton
Young
Carers**

YC IN ACTION











Competition

Young carers are invited to imagine and create a superhero version of themselves — someone who balances care with self-care, dreams big, and makes the impossible possible.     

They can enter using any format:

-  A drawing or comic strip
-  A short story or poem (max 500 words)
-  A video or  voice note (1–2 minutes)
-  A digital design or animation
-  A song or rap

Schools/Parents/Guardians/Friends
anyone can help the YC enter.

You can send drawings, posters, news columns

ENTRIES CAN BE
EMAILED TO
HELP@HALTONCARERS.CO.UK



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28.10.25

PRIMARY
SCHOOL AGE

Halloween PARTY



SCAN ME



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

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

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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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 ➡️📱.



SCAN ME



[https://forms.office.c
om/e/ZgJdZNhsTA](https://forms.office.com/e/ZgJdZNhsTA)



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

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

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

SCAN ME



Widnes:

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

Runcorn:

[https://forms.office.com/e/mLHbeP
n9nX](https://forms.office.com/e/mLHbePn9nX)

SCAN ME



To indicate your interest, simply scan the QR code to add the Young Carer's name to the list. If there is an available spot, we will get in touch with you. For further assistance, please reach out to the Young Carers Team at 01928 580 182 or email help@haltoncarers.co.uk.

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Upcoming Events Schedule

Here's a list of our upcoming Me-time/R-times along with their dates:

RTIME

ME-TIME Runcorn: September 9th, 2025

ME-TIME Widnes: September 10th, 2025

R-TIME: September 18th, 2025

ME-TIME Runcorn: September 23rd, 2025

ME-TIME Widnes: September 24th, 2025

R-TIME: October 2nd, 2025

ME-TIME Runcorn: October 7th, 2025

ME-TIME Widnes: October 8th, 2025

R-TIME: October 16th, 2025

ME-TIME Runcorn: October 21st, 2025

R-TIME: November 13th, 2025

ME-TIME Runcorn: November 18th, 2025

ME-TIME Widnes: November 19th, 2025

R-TIME: November 27th, 2025

ME-TIME Runcorn: December 2nd, 2025

ME-TIME Widnes: December 3rd, 2025





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29.10.25
**SECONDARY
SCHOOL AGE**

FREE

**MOVIE
NIGHT**

SCAN ME



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This will then put the YC name down on the interested list
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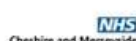
CONTACT YCT:

01928 580 182 or

help@haltoncarers.co.uk

Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 1124433

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**PRIMARY
SCHOOL AGE**

**Halton
Young
Carers**

CHRISTMAS PARTY

14th December

SCAN ME



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

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11.12.25
SECONDARY
SCHOOL AGE



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Support



HeadzUp Halton

A young
people's
mental health
drop in.

The Mersey Care Children and Young People's Mental Health Team is providing a young people's drop in. It 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 mental health staff from the children and young people's mental health team who can provide support and advice.

Drop by to see us:

Every **Tuesday** from **2.30pm to 4.30pm** at **Brookvale Childrens Centre, Woodhatch Road, WA7 6BJ**

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

If you have any questions about these sessions you can call us on **01928 568 162** (Monday to Friday 9am to 5pm).

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

Sibs

For brothers and sisters
of disabled children and adults

You're not alone!

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

There's lots of
information and tips
for you here.





Podiatry treatments

FREE

FOR ALL YOUNG CARERS



Stu says.....

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

Contact us:

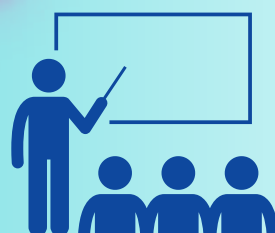
 01928 580 182

 help@haltoncarers.co.uk

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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.

<https://forms.office.com/e/r9rrFSMfMd>



SCAN ME



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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>



Self referral for an adult carer :

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=Eolg4uLeIUuDmDEOB5g3073nbY4xJD9ImPIOrNMyXYFUMDVouIJZRzIZQTISNVhWN)

[id=Eolg4uLeIUuDmDEOB5g3073nbY4xJD9ImPIOrNMyXYFUMDVouIJZRzIZQTISNVhWN](https://forms.office.com/Pages/ResponsePage.aspx?id=Eolg4uLeIUuDmDEOB5g3073nbY4xJD9ImPIOrNMyXYFUMDVouIJZRzIZQTISNVhWN)
TZBQ0MzUDdXVS4u

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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.

Follow



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

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



you can reach out for support, advice, or just a chat! 💬

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

01928 580 182



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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