



# Newsletter

Edition 57 Sep 25 - Dec 25

## A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello and welcome to our Autumn edition of our newsletter, it's a busy time for the centre on the run up to Christmas with plenty of activities for you to join in with if you can, please see inside for details.

On Thursday 20<sup>th</sup> November between 9.30am and 1pm we will be holding a forum at the Foundry in Widnes, this is an open event so please pop in anytime between 9am and 1pm, we will have plenty of organisations there to give you information and advice and the chance for you to win up to £150.

And finally, we will be holding a Christmas bingo night on Wednesday 10<sup>th</sup> December at the Lock Down pub in Runcorn with your chance to win cash prizes. Doors open at 6pm with eyes down at 6:30! Please see inside for further details.

It's been an incredibly busy year for the staff and volunteers at the centre so to give them all a breather the centre will be closing for the Christmas period at 4pm on Monday 22<sup>nd</sup> December and will reopen on Monday 5<sup>th</sup> January at 10am.

*Carl Harris*

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

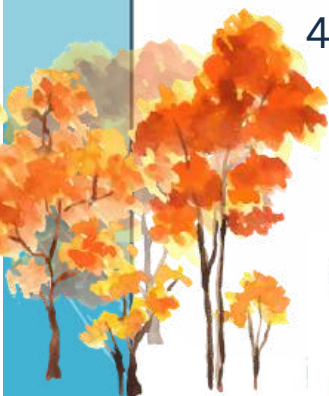


CONTACT US

62/64 Church Street, Runcorn

01928 580182

help@haltoncarers.co.uk



# HALDS HALTON ADULT LEARNING DISABILITIES SUPPORT



Are You a Carer of an Adult with a Learning Disability?

If so, you might be interested in **HALDS** – a friendly support group for carers.

After taking a break, HALDS is being re-instated and will once again be meeting at:

**Brookvale Community Centre, Northwich Road, Brookvale  
Runcorn, WA7 6PE**

**When: 1st Monday of every month, at 12 noon**

**What to expect:** Refreshments are provided (just let us know about any dietary needs or allergies). Each meeting features speakers on topics related to your caring role. There are also opportunities for social activities such as days out, theatre trips, and even the occasional weekend away—past adventures have even included Eurodisney!

For more information, please contact:

Pam Roberts ☎ 07530 383690 ✉ [p.halds2025@gmail.com](mailto:p.halds2025@gmail.com)

## 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)



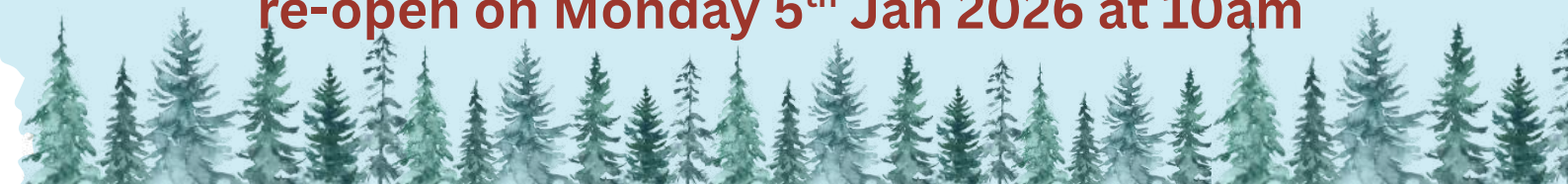
If you wish to join our monthly lottery please scan our QR code above or ring the office 01928 580182



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



**The offices of Halton Carers Centre will be closed for the Christmas period from Monday 22nd Dec at 4pm and will re-open on Monday 5<sup>th</sup> Jan 2026 at 10am**



REUSE  
REDUCE  
RECYCLE



## WINTER COAT PROJECT RECYLING SCHEME



### 2025 sees the return of our successful Winter Coat Project!

Drop off your pre-loved, no longer needed, mens, womens, **boys and girls coats** - we do ask that all Winter Coats be **clean with working zips and buttons**



#### Widnes

St Maries Church  
Ditton Community Centre  
Upton Community Centre  
Frank Myler Pavillion  
Widnes Library, Kingsway

#### Drop Off Points

#### Runcorn

Castlefields Community Centre  
Grangeway Community Centre  
Murdishaw Community Centre  
Beechwood Community Centre  
Runcorn Library, Shopping City

**Pick a Coat Days will be held in October and will be advertised**

Registered Charity No: 1106001 Registered Office: St Maries, Lugsdale Rd, Widnes, WA8 6DB





## New Bereavement Café

This informal, peer led group is an opportunity for Halton's bereaved adults to get together to chat and support each other.

Booking is not necessary, simply drop in.

Free parking and light refreshments available

Every second Tuesday starting:

9<sup>th</sup> of September 2025  
6.00pm - 7.30pm

£1 per person



St Marie's  
Lugsdale Road,  
Widnes  
Cheshire  
WA8 6DB



Halton Bereavement Services



haltonbereavement@outlook.com

# UPCOMING

## *Carers Training*

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

**OCT 25**

**4**

### START - DEMENTIA CARERS

4 Week Course - 10am - 11am St Maries Church, Widnes  
Delivered by Halton Carers Centre



**NOV 25**

**13**

### BASIC FIRST AID TRAINING

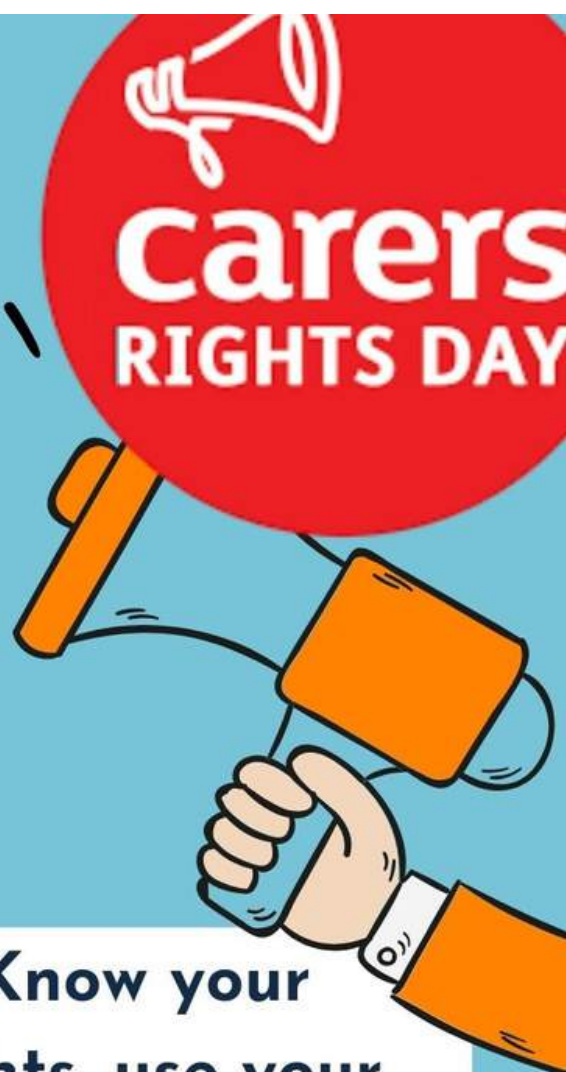
10am - 12pm Play Resource Centre  
Delivered by British Red Cross



If you would like to book onto either of our training sessions please scan the QR code/s or call us on 01928 580182 - places are limited.



# HALTON CARERS FORUM



**'Know your  
rights, use your  
rights'**

Registered Carers of Halton Carers Centre you are invited along to our Autumn Carers Forum which is held on Carers Rights Day 2025! The theme of this years day is 'Know your rights, use your rights' and we invite all registered carers to come along to our drop in Market Style event forum to see what support there is in Halton for you and the person you care for! We will be joined by services who can support with benefits, housing, adaptations, SEND Support, Community shops plus lots more!

All registered carers who attend will be entered into our raffle!

Prizes are 1<sup>st</sup> Prize £150 voucher, 2<sup>nd</sup> Prize £100 voucher and 3<sup>rd</sup> Prize £50

**THURSDAY 20TH NOVEMBER**

**DROP IN ANYTIME BETWEEN  
9.30AM - 1PM**

**The Foundry,  
Lugsdale Road, Widnes  
opposite the big Tesco**

Please contact Halton Carers Centre 01928  
580182 for further information!

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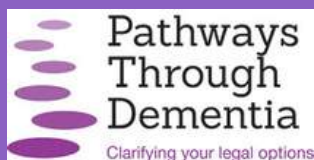
With living costs continuing to climb, it's worth knowing that cheaper broadband and phone packages maybe available for people on a low income. These are called social tariffs – though some providers use names like “essential” or “basic” broadband. They work in exactly the same way as standard packages, but at a much lower monthly price.

If you or someone in your household claims Universal Credit, you could be entitled to one of these tariffs. Most major providers also offer them to people on Pension Credit, Employment and Support Allowance, Jobseeker's Allowance or Income Support. In some cases, other benefits such as

Personal Independence Payment or Attendance Allowance are also included. The key thing to remember is that the person receiving the benefit must be the main name on the account.



To find out more information contact your current provider or visit <https://www.ofcom.org.uk/phones-and-broadband/saving-money/social-tariffs>



## Helping you navigate legal and financial issues

Pathways Through Dementia offers free, reliable legal and financial information for anyone affected by dementia.

Whether you're living with a diagnosis yourself, caring for someone, or supporting a family member, the charity can help you understand your options and make informed decisions. Their advice covers a wide range of topics, from managing money to planning for the future – always with the aim of making life a little easier during what can be a challenging time.

Find out more at [www.pathwaysthroughdementia.org](http://www.pathwaysthroughdementia.org).



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



**ST MICHAELS**  
**PAN-DISABILITY**  
**JUNIOR FOOTBALL**  
**SESSIONS**



If your amazing child is aged between 6 –9 years old and has neurodiversity, including Autism, ADHD and additional care needs, we would love to invite them to come along to our inclusive football sessions!

**WHEN:** Saturday mornings at 11am

**WHERE:** Frank Myler Pavilion, WA8 7EY

**COST:** £5 per session

**NO FOOTBALL EXPERIENCE**  
**NECESSARY! We have lots of fun, and**  
**explore the space in our own way.**

If you wish to share your interest in your child attending the sessions, please contact the head coach, Aeden:

Email- [Stmikespan@gmail.com](mailto:Stmikespan@gmail.com)

Phone- 07730196470



# Community Shop

OPEN FOR MORE



The **Community Shop** in Runcorn isn't your average supermarket. It's a place where surplus food is sold at low cost, helping residents on a budget while reducing waste. The shop is open to people on a low income or receiving means-tested benefits, offering a weekly shop at significantly reduced prices.

To access the shop you must receive some form of benefit such Universal Credit, Jobseeker's Allowance, ESA, etc. Check out the next page for Community Shop leaflet and QR Code to find out more about the criteria and how to become a member!

As a member, you'll also have access to cooking workshops, community events, and support services. Plus, there's a welcoming Community Café where you can enjoy a hot meal, a cuppa, or just catch up with friends.

To find out more, drop into Halton's Community Shop at Priory House, Runcorn (next to the Police Station) or call 01928 759 574.

There are also several **social supermarkets** across Halton which are open to all:

- Queens Pantry – Queens Avenue, Ditton, WA8 8GR  
(Mon–Fri, 10am–4pm)
- The Route Café – Grenfell House, 116 Widnes Road, WA8 6AX  
(Mon–Fri, 10am–4pm)
- Community Pantry – Palacefields Community Centre, WA7 2UA  
(Weds, 10am–12 noon)
- The Hillcrest Centre – Leaside, Halton Brook, WA7 2DY  
(Thurs, 10–11.30am)
- Halton Royal British Legion – Castle Road, Runcorn, WA7 2BE  
(Tues, Weds & Fri, 1–2pm)



Our Widnes office is open for carers to drop in Tue & Wed 10am – 4pm and Thurs 10am – 2pm  
No appointment needed.

St Maries Church,  
Lugsdale Road,  
Widnes



# Your Halton Community Shop.

**Check your eligibility to  
become a member today!**

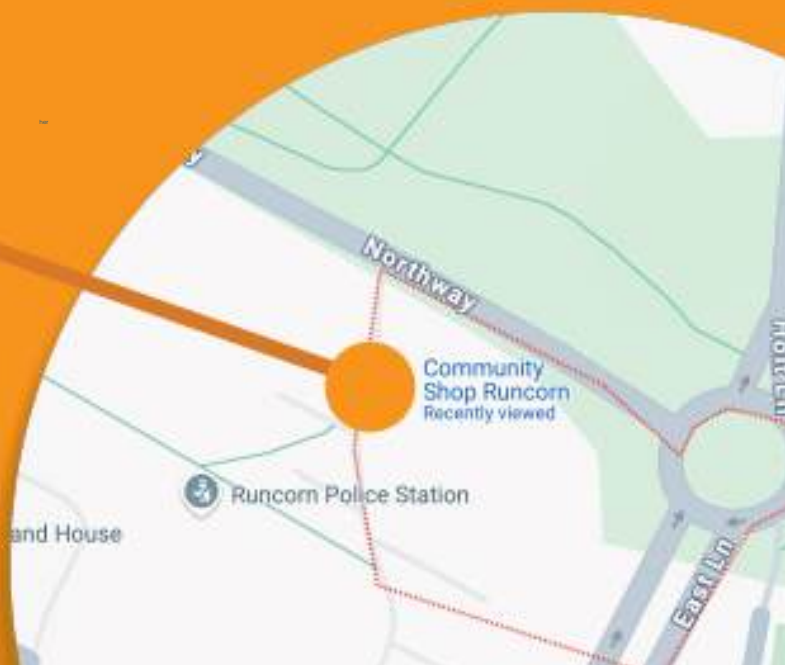


Make sure to follow us on Facebook to keep up to date with everything going on at your new Community Shop.

**Visit us in store at:**

Priory House,  
Runcorn, Cheshire,  
WA7 2FS

**OPEN** for more



# MONTHLY CARERS GROUPS IN 2025

## 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 - 11.30am

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 our Holistic Therapists & 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 for a chiropody appointment and £15 for a therapy appointment. Any carers who do not pay the charge will be unable to access any further treatments.

### **Beauty Treatments**

Facial - £10

Manicure - £7.00 (*Only available on a Tue/Fri*)

Pedicure: £7.00 (*Only available on a Tue/Fri*)

### **Holistic Therapy Treatment Price List**

Back/Neck/Shoulder Massage - £10

Head Massage - £15

Hot Stone Massage (*only available in Runcorn on a Thursday*) - £15

Reflexology - £15

Reiki Healing - £15

Hopi Ear Candles - £10

**All treatments last between 30-45mins**

### **Podiatry Price List**

Podiatry - 30/45min treatment - £20.00

## **Appointments Available**

### **RELAXATION THERAPIES**

#### **Runcorn Office:**

Thursday 11am - 7pm

Friday 9.30am - 2.30pm

#### **Widnes Office:**

Tuesday 9.30am - 2.30pm

### **PODIATRY**

#### **Runcorn Office:**

Wednesday 10am - 2pm

Thursday 3pm - 6pm

#### **Widnes Office:**

Monday 9.15am - 2pm

Thursday 9.15am - 2pm

**Call 01928 580182 to book your  
appointment**

Functional Neurological Disorder, or FND, is a condition that affects how the brain and nervous system work, causing a wide range of symptoms.

These can include limb weakness, paralysis, seizures, walking difficulties, spasms, sensory problems, cognitive issues, and more.

While it can affect people of any age, FND is most often diagnosed in adults of working age and appears to be more common in women.

Symptoms vary greatly – for some they are mild, while for others they are life-changing.

While there is currently no single cure for FND, many people see significant improvement with the right treatment and support. Even when symptoms remain, effective management can still make a real difference to quality of life.



# FNDAction

For more information, advice,  
and access to online support  
groups, visit  
[www.fndaction.org.uk](http://www.fndaction.org.uk).



Soroptimists Widnes is a friendly community of women who come together to support, empower, and uplift women and girls – both locally and around the world.

Whether you're starting a new chapter and hoping to meet friendly, like-minded people, or you're fitting volunteering around family and work, Soroptimists offers an easy way to get involved.

Members meet on the last Monday of each month (except August and December) at 6.30pm at the Everglades Hotel, Widnes. Meetings mix project planning, event organising, and plenty of socialising.

If you'd like to find out more, search Soroptimists Widnes on Facebook or email [siwidnes44@gmail.com](mailto:siwidnes44@gmail.com).



# HALTON CARERS TRIPS

**OCT 25 - DEC 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 23<sup>rd</sup> October**

**Full Power Healing Hour including  
breathwork, meditation, sound bath & reiki**  
**6.30pm - 8pm Runcorn**

£5 per person

Adult Carers Only



## **Wednesday 26<sup>th</sup> November**

**Gullivers World Lantern Walk 5.30pm - 9pm**

£10 per person

Transport and entry included



## **Thursday 27<sup>th</sup> November**

**Festive Wreath Making @ Hummingbird Art  
Studio 6pm - 8pm**

£15 per person

Adult Carers Only



## **Saturday 13<sup>th</sup> December**

**Cinderella @ The Brindley 6pm showing**

£15 per person

Transport Not Provided.





**Helps to keep your  
memory, mind and  
thinking working  
well**

# ***My Time***

## **Maintenance Cognitive Stimulation Therapy (MCST)**

- A 12 week programme for people with mild to moderate dementia or mild cognitive impairment
- Word games, puzzles, gentle movement, sharing past memories, simple arts and crafts
- In and around Halton, Knowsley, St Helens and Warrington
- And a group for your carers too

***“I feel more positive and confident. I enjoyed meeting other people and my mood feels better. I am more able to manage tasks myself now.”***

**Evidence  
Based**

**Get in touch today:**

**0300 003 1992 / [mcst@aukmm.org.uk](mailto:mcst@aukmm.org.uk)**



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

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

Held every  
Monday  
7pm - 9pm in  
Westfield  
Primary  
School,  
Runcorn for  
any man over  
18 yrs+

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



#ITSOKAYTALK

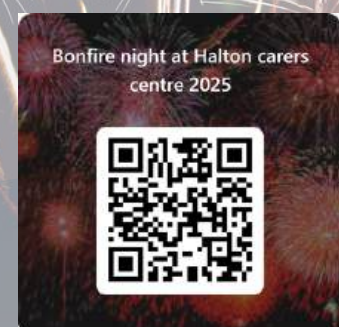
# HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

## Christmas Family Prize / Cash Bingo

Wed 10th Dec  
Doors open 6pm  
Eyes down 6.30 pm  
at The Lock Down Pub,  
Canal Street,  
Runcorn.

*Over the past few months, we've been fortunate to receive some wonderfully generous donations—whether through cash gifts, raffle prizes, or bingo goodies—and they've truly made a difference for unpaid carers in Halton. We're so grateful for everyones support.*

Halton Carers Centre will be once again providing a viewing area for HBC Annual Fireworks display from our Runcorn Carers Garden on Sun 2<sup>nd</sup> Nov! 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:




# HAVE YOU EVER

# NOTICED?

**NHS**


**Bridgewater  
Community Healthcare**  
NHS Foundation Trust



My Speech  
sounds  
slurred

My voice is  
hoarse?

I find it difficult to  
find the right words



I cough when  
eating or  
drinking

**Then you may require Speech & Language Therapy!**

## **What does a Speech & Language Therapist do?**

Help with communication and voice difficulties. Support with eating, drinking and swallowing problems.

## **Who do the team see?**

People who are 18+. People who live in Runcorn or Widnes.

People with an acquired condition affecting their swallowing or communication skills

## **What will happen at a first session?**

At the first appointment we will talk about the problems with communication or swallowing.

We may need to do some assessment of your communication or watch you having something to eat or drink.

Following the assessment, we may develop personal techniques to help you with your speech, voice or swallowing.

We provide advice & support to other about how to support your communication or swallowing.

## **How to access Speech & Language Therapy in Halton:**

You can call 01928 593 765  
to discuss your concerns

*The time &  
patience from the  
therapists was  
lovely*

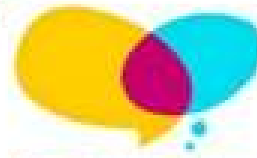
*They  
helped me so  
much!*





# Health

Update: September



Halton SEND PARENT  
Carer's Forum  
Your voice counts

## Key Points:

- Bridgewater are holding bookable Monthly meet and greet sessions- for families navigating the ND pathways- Warrington Road family hub- book via e-mail [bchft.haltonndpmeetandgreet@nhs.net](mailto:bchft.haltonndpmeetandgreet@nhs.net)
- Halton Place ICB and the LA have been working together to provide Sensory Processing information online
- Halton exceeded the national target for the 14+ annual health check target- 77.92% having a health check
- Cheshire and Merseyside Neurodevelopment Pathway updated information in link

## Dates for Diary:

- Bridgewater meet and greet- 2025:
- 9<sup>th</sup> Oct, 13<sup>th</sup> Nov, 11<sup>th</sup> Dec

## HSPCF: Meetings attended Sept

- Health Co-Production
- Emotional Health Well-Being
- Bridgewater Communications
- SEND strategic Board



## LOW VISION ROADSHOW

**Date:** Friday 26<sup>th</sup> September 2025  
**Time:** 12pm to 3pm  
**Location:** Widnes Masonic Hall,  
Kingsway, Widnes, WA8 7QH

Please come and join us at Vision Support's Low Vision Road Show.

We are inviting local organisations and the public to come together to find out what services and products are available for people who are living with a vision impairment.

We will be running sighted guide workshops, benefit and welfare and digital skills drop in's throughout the day, as well as light entertainment from a local ukulele band with the chance to have a go yourself! There will also be refreshments available and the opportunity to learn a new skill from one of our workshops.

For more info, please call 0151 511 8801  
or email [rdunbar@visionsupport.org.uk](mailto:rdunbar@visionsupport.org.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!*



## **Volunteer with our Young Carers Team as a Volunteer Driver**

We are looking for a volunteer driver to be able to transport young carers to and from their homes to attend various groups and activities to enable them to have a break from their caring role.

*Hours & Commitment: Alternate Thursdays at 4.30pm & 7pm*

Clean driving licence, good communication skills is important. A DBS check will also be required. (Halton Carers Pays for this) Mileage is reimbursed.



*For more information please contact Lucia on 01928 580182 or scan the QR Code:*



**We have had a great summer of activities with our registered young carers - see below for some of the great pics! In our latest young carers newsletter we are continuing the fun and have lots happening over the autumn/winter months! If you haven't received a copy of the latest YC newsletter please get in touch!**



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](#)

### 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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