

Halton
Young
Carers

Newsletter

HALTON
CARERS
CENTRE

A Network Partner of
**CARERS
TRUST**

Issue 14, Winter - Spring 26



The Young Carers team are bursting with excitement as we welcome a brand new year — full of adventures, fun, and learning! 🌟🌸

From creative crafts, outdoor activities, and exciting workshops, to special celebrations and meaningful sessions 💡💖 — we've got a jam-packed line-up just for YOU!

Upcoming Events

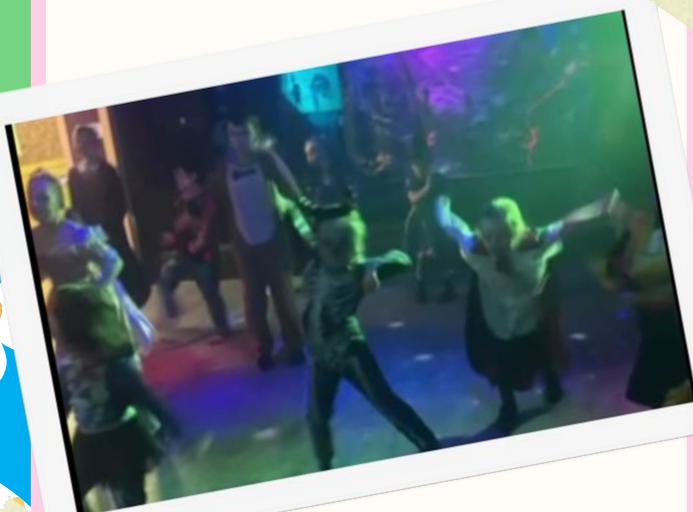
- Me-time groups
- R-time groups
- Trips
- Outreach in school

Reminders

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
having fun at our
Halloween party

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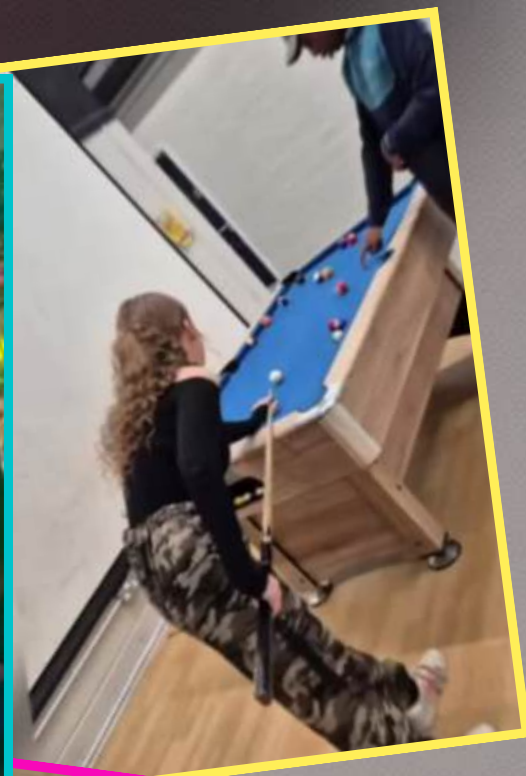




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YC IN ACTION



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FREE

Halton
Young
Carers

**PRIMARY
SCHOOL AGE
31.3.26**

EASTER

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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☀ Your Voice Matters! ☀

Let's make 2026 the year we celebrate and
amplify the voices of young carers in Halton!
We want to hear what matters to YOU.

📱 Send us a WhatsApp with your ideas,
thoughts, or suggestions about what you want
to see this year.

🤝 Join our groups and be part of the fun,
activities, and decision-making!

Your ideas can shape the year ahead — so
speak up and let's make it amazing together!



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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Young carers can come and have a
fun day, exploring their local fire
service

19.02.26
PRIMARY
SCHOOL AGE



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17.02.26

**SECONDARY
SCHOOL AGE**



SCAN ME

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Therapy treatments

FOR ALL YOUNG CARERS


FREE


I'd like to invite all Young carers to come along to have a treatment to give them a break from their caring role you can choose from the list below:

- Manicure
- Mini Pedicure
- Mini Facial
- Mini Back Massage



Contact us:

 **01928 580 182**

 **help@haltoncarers.co.uk**

Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 11294405

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**9.4.26
SECONDARY
SCHOOL AGE**



SCAN ME



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

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

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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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 ➡️.



SCAN ME



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



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
Wednesday in Widnes and Tuesday
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)

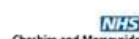
SCAN ME



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



R-TIME: Jan 15th, 2026

ME-TIME Runcorn: Jan 20th, 2026

ME-TIME Widnes: Jan 21st, 2026

R-TIME: Jan 29th, 2026

ME-TIME Runcorn: Feb 3rd, 2026

ME-TIME Widnes: Feb 4th, 2026

R-TIME: Feb 12th, 2026

ME-TIME Runcorn: Feb 24th, 2026

ME-TIME Widnes: Feb 25th, 2026

R-TIME: March 5th, 2026

ME-TIME Runcorn: March 10th, 2026

ME-TIME Widnes: March 11th, 2026

R-TIME: March 19th, 2026

ME-TIME Runcorn: March 24th, 2026

ME-TIME Widnes: March 25th, 2026

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If you are over the age of 13 and wish to provide your email address and telephone number, we can forward the information directly to you. Alternatively, you may contact us by phone at any time.



SCAN ME



Halton Young over 13 years old information – Fill in form

SCAN ME



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=Eolg4uLeIUuDMDEOB5g3073nbY4xJD9ImPIOrNMMyXYFUMDVouIJZRzIZQTISNVhWN)

[id=Eolg4uLeIUuDMDEOB5g3073nbY4xJD9ImPIOrNMMyXYFUMDVouIJZRzIZQTISNVhWN](https://forms.office.com/Pages/ResponsePage.aspx?id=Eolg4uLeIUuDMDEOB5g3073nbY4xJD9ImPIOrNMMyXYFUMDVouIJZRzIZQTISNVhWN)
[TZBQ0MzUDdXVS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=Eolg4uLeIUuDMDEOB5g3073nbY4xJD9ImPIOrNMMyXYFUMDVouIJZRzIZQTISNVhWN)

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CELEBRATING OUR AMAZING VOLUNTEERS!

We're so proud to celebrate our volunteers — many of whom started as young carers themselves. Now grown up, they've chosen to give back by volunteering and supporting others, showing just how far their caring spirit has grown.

Thank you for making a difference and inspiring us all! ♥ If you would like to volunteer please contact 01928 580 182

Why do you volunteer?

Volunteering is very important to me as I love to help. As an older sibling helping children has become second nature to me, and being a volunteer definitely comes as a brilliant side quest to ensure that young carers have somebody to look up to

What do you get out of it?

Volunteering can benefit many different aspects of my life and help me with college. A good example of this is building up work experience understanding the work can definitely prepare me for future work, It also looks good on my CV.

What do you hope to achieve by volunteering for the YC?

While volunteering with the Young Carers, I hope to represent myself as a role model. Being a young carer myself, having grown up looking after my dad and sister, I can be a figure to future volunteers as well as a mentor to other Young carers



Thank
you!

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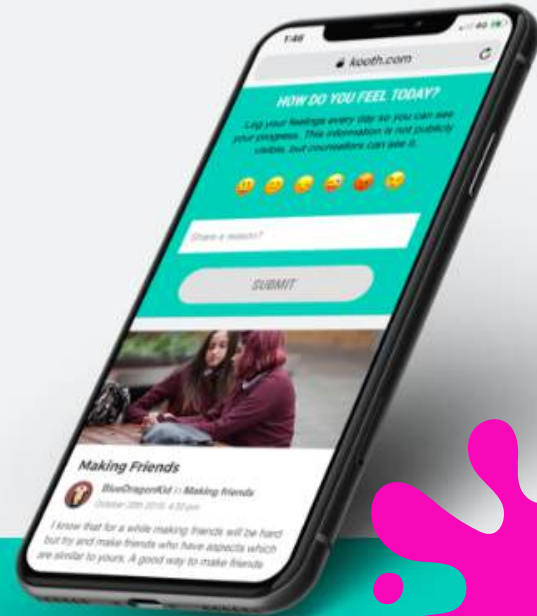
Support

Your online mental wellbeing community

Free, safe and anonymous support

► [Watch our Kooth video](#)

[Join Kooth](#)



How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online wellbeing service, offering professional support, information, and forums for young people.

Access to counsellors, 365 days a year - who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on:
"Chat now button"

To write a message to the team, click on:
"message the team"



Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



Choose from the drop down boxes, the **area** and **location** you live in



Select the **year** and **month** you were born



Click on the **gender** that best describes you and then the **ethnicity** and **background** that most closely matches you



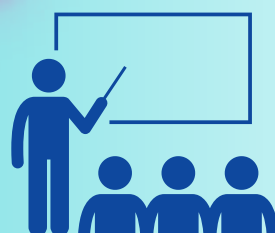
Create an **anonymous username** (not your real name) and **secure password**



Choose from the drop down box to explain where you found out about **Kooth**

Select **Next step** to complete your registration

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



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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