



Newsletter

Edition 58 Jan 26 - April 26

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hi all and welcome to the 58th edition of our newsletter,

Inside this edition you'll find dementia specific training (START) for relatives of people recently diagnosed with dementia. Details of our Easter Eggstravaganza bingo to be held on Tuesday 17th

March at the Masonic Hall in Widnes and a veritable list of activities up to and including June 26 PLUS information about organisations across Halton that may be of interest to you and yours.

We are also looking for a volunteer driver to assist our young carers team transport young carers to one of our groups of a Thursday, if you think you can help please see inside for details.

We are looking forward to the year ahead and we have plenty of opportunities for you to get involved in what we are arranging. If you have any ideas for future activities be they trips, training or future forums please contact us at help@haltoncarers.co.uk

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



Caring can sometimes feel like you're expected to have all the answers (spoiler: no one does). That's why our Information Service is here – to make things a little easier.

You're welcome to pop in and speak to a member of our Halton Carers Centre team face to face at:

- Runcorn Office: Monday to Friday, 10am – 4pm
- Widnes Office (St Marie's): Tuesday to Thursday, 10am – 4pm

If getting out isn't possible, you can also call us for a chat – 01928 580182 and there's no appointment needed either way.

Whether you've got a question about your caring role, you're feeling stuck and not sure where to turn, or you simply need a listening ear, we're here.

Our team has a wealth of knowledge about the support available across the borough, and if we can't help directly, we'll make sure you're signposted or referred to a service that can.

Sometimes just talking things through can make all the difference. Don't sit with it on your own – come and see us at Halton Carers Centre.



Halton Carers Centre have a member of Halton Borough Councils Prevention & Wellbeing Team based weekly in our Runcorn office on a Tuesday 10am - 2pm (62/64 Church Street) and a Wednesday 10am - 2pm in our Widnes Office at St Maries Church! The Prevention and Wellbeing Service is the first point of contact for adult social care in Halton. The team is trained to provide information on wellbeing, signpost to local and national resources, and help you access a social care or carers assessment if you're eligible, in line with the Care Act 2014.



Additional Information:



If you're unable to attend these drop-in sessions or would like more information, you can contact the Prevention and Wellbeing Service directly at 0151 907 8306 or visit www.halton.gov.uk and search for "Adult Social Care."

Council Tax Support for Carers in Halton

If you're caring for someone at home in Halton, Cheshire, there may be help available with your council tax bill!

You may be able to get a reduction if:

🧠 You live with someone who has dementia or another severe mental impairment

If the person you care for has been medically confirmed as having a severe mental impairment and receives qualifying benefits such as Attendance Allowance or PIP, they may not be counted for council tax. If there are no other adults in the household other than you and the person you care for, this can often mean a 25% reduction or more.

👉 You care for an adult living in your home

If you provide 35 hours or more of care each week for an adult who lives with you (but is not your partner or a child under 18), and they receive qualifying benefits, you may also qualify for a council tax discount – even though you don't live alone.

**To apply or for more information,
you will need to contact Halton
Borough Council 0303 333 4300.**



HALTON CARERS CENTRE LOTTERY DRAWN ON THE 20TH OF EACH MONTH

Supporting Unpaid Carers in Halton

1st
2nd
3rd
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
Web: 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



Invitation

Love your heart event

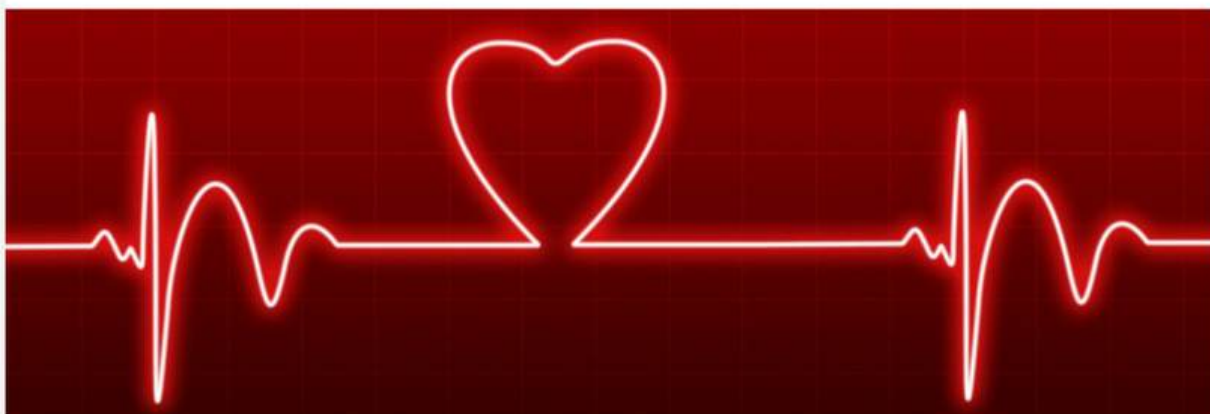
Soroptimist International, Widnes is pleased to partner with Liverpool Heart and Chest Hospital to offer a free heart health event for women on:

Saturday 14th March 2026

11am to 3pm

at Widnes Masonic Hall, Kingsway, Widnes, WA8 7QH.

- Car park available on site
- Know your numbers with Blood Pressure Testing, Heart Rate, Cholesterol and BMI checks all available following the presentation.
- Refreshments.



Please email siwidnes44@gmail.com to book your place at this important free event

The Life Rooms

Individual Placement Support (IPS)

Employment Service

Is IPS right for you?

Do you?

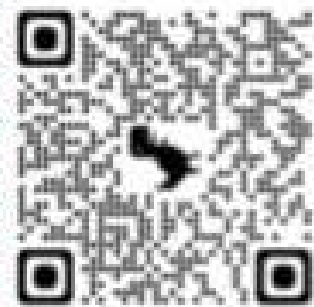
- Experience complex mental illness
- Have the right to work in the UK
- Want tailored, low-pressure support to find work

What support looks like:

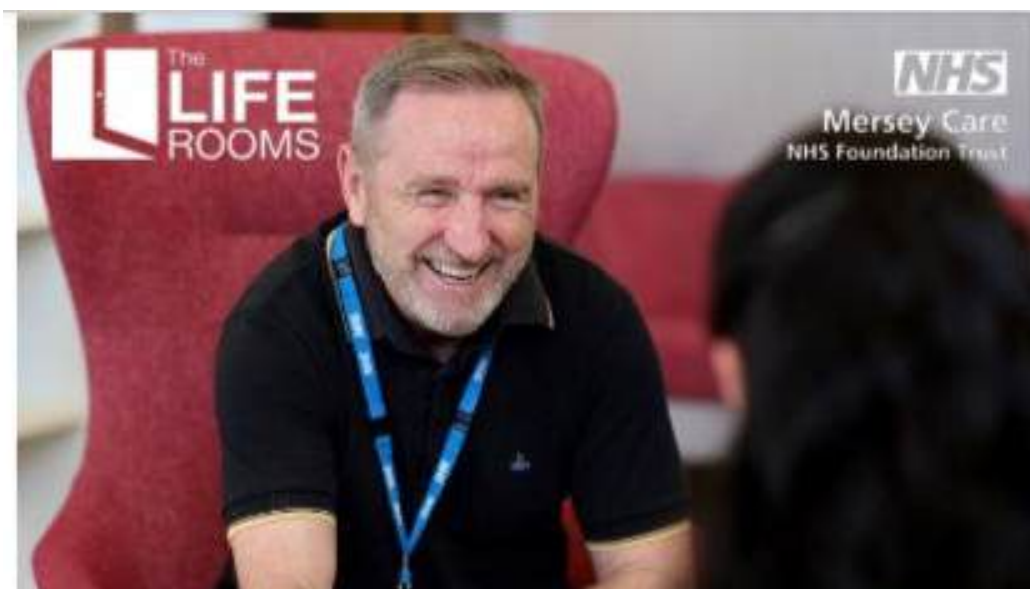
Your Employment Specialist can assist you with:

- Working around barriers that may have prevented you from starting or staying in work e.g., caring responsibilities, mental health
- Reasonable adjustments
- Creating and tailoring a CV
- Job searching & applications
- Preparing for interviews
- Accessing the hidden job market
- Obtaining advice around benefits
- Sharing info about your mental health with the employer (if you wish to do this)
- Staying well in work through in-work support

To find out more, scan the QR code below or email
IPS.Halton&Warrington@merseycare.nhs.uk



www.liferooms.org



Every year, we send out carer reviews to check in with you and see how you're coping in your caring role. These reviews are really important – they help us understand what support you need, celebrate the things going well, and spot if anything could be made easier for you.

If you receive an email or text with a link to complete your review, please take a few minutes to fill it in. Your feedback really helps us make sure we're providing the right support.

Prefer to speak to someone in person? That's fine too! You can call or drop into either of our Halton Carers Centre offices and one of our friendly team members will help you complete your review.

💡 Checking in with carers isn't just a form – it's how we make sure you're supported and your voice is heard.



New Telebefriending Service at Halton Carers Centre

Are you feeling a little lonely due to your caring role? Would you like a weekly phone call from one of our lovely friendly volunteers to have a chat to make you feel a little less isolated?

We are looking to deliver this service on a Wednesday but this may differ occasionally. The call will usually last up to 20 minutes.

If you are interested please call the office on 01928 580182 to add your name to the list or scan the QR Code below if you would like a weekly call.



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



Warrington and Halton Support Hub

**Are you feeling distressed, anxious,
or that things are too much for you?**

Mental Health Matters provide face-to-face emotional support in the evenings for adults who are struggling to cope. The service is non-clinical and does not require a referral or diagnosis. It offers a calm, supportive space for people to offload, feel listened to, and have some emotional support during difficult moments.

You can attend whether you are feeling low, overwhelmed, anxious, or simply need somewhere to talk. Sessions are led by whatever feels most important to the individual on the night.

People can either turn up or contact us beforehand by phone or text **07816 269 727**. If attending feels daunting, a member of staff can meet you outside and walk in with you. The service is based at a church venue, located in the building at the back of the church rather than the main church itself.

- **St.Michaels & All Angels Church, Greenway Road, Runcorn,**
- **WA5 5BS - Thursday 6pm - 12am**
- **St.Pauls Church, Victoria Square, Widnes, WA8 7QU**
- Tuesday 6pm - 12am

There are always a minimum of two trained staff members on duty, and support is provided one-to-one in a safe, calm environment.

WORRIED ABOUT THE ENERGY CRISIS?

You, or the person you care for, could be entitled to free support to help you manage your energy bills. Local charity, Energy Projects Plus, can provide Halton residents with support including:

- ✓ Free Energy Saving LED light bulbs
- ✓ Free radiator panels and draught proofing
- ✓ Free & impartial energy saving advice
- ✓ Support with energy debt
- ✓ Grants for heating repair & replacements



To find out more, call our Save Energy Advice Line on 0800 043 0151 or visit www.epplus.org.uk

Shared Reading Groups

Halton Libraries are launching 2 new shared reading groups for people living with dementia.

These have been funded by the Arts Council and are part of a joint project with other library services in the Liverpool City Region.

The informal, drop-in groups are led by library staff and are based around listening to a poem or story and then chatting about it as a group in terms of how it made them feel, what it reminded them of etc. People aren't obliged to join in. They can just sit and listen.

The Halton Lea group is running fortnightly on Tuesday at 2pm.

The Widnes group will be starting on 26th January and will run fortnightly on Wednesday at 2pm.

Please contact Trudy Jones trudy.jones@halton.gov.uk for more information.

Home Library Service Expansion

Halton Libraries are excited to announce that they are expanding the Home Library Service and making it available to even more people in the community.

This free service is available to anyone who struggles to get into the library for reasons such as mobility, illness or caring responsibilities.

Customers receive a delivery of books, chosen by library staff, once a month.

If you or someone you know are interested, please contact Halton Libraries

Tel: 0151 511 7744

Email : Haltonlea.library@halton.gov.uk



Sensory Workshop For Parent Carers

Thursday 5th March 9.15am - 2.30pm

Masonic Hall, Runcorn.

Back by Popular Demand!

Thanks to the fantastic feedback from our 2025 Sensory Workshops for Carers, we're excited to offer another session designed especially for parent carers.

This friendly, practical workshop will help you get to grips with sensory processing difficulties and how they can influence a child's ability to learn, play, and join in at home or in school. You'll also explore hands-on strategies—like sensory diets—and learn how to use them in real life to support positive, meaningful change.

The session will be led by Lisa Hamer, Advanced Practitioner in Sensory Integration and Highly Specialist Occupational Therapist. Lisa is also the director of Shine Therapy Services Ltd, a multidisciplinary service providing Occupational Therapy and Speech & Language Therapy for children and young people across the North West.

Places are limited and cost £7.50 per person. (You must be registered at Halton Carers to access the training)

*To join the interest list, simply scan the QR code.
For more details, feel free to call us on 01928 580182.*

Shine
THERAPY



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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



HOW TO BOOK YOUR PLACE

- Call us on 0300 029 029 or email HIT@halton.gov.uk
- Scan the QR code for more details and a link to the payment portal
- Pay in person at a Halton Direct Link

Please Note

- Bookings must be made and paid for by midday two weeks in advance of the Get Together.
- Tickets are non-refundable.



Come Along to Our Get Togethers!

Our Get Togethers are for anyone age 55+ who lives/works in Halton. You'll enjoy hot drinks, a homemade lunch, activities and a warm welcome!

Tuesday 17 February 2026
12.30pm - 2.30pm
Upton Community Centre Widnes

Family / local history
local history
scrapbooking with
Library Services

£5

Monday 9 March 2026
12.30pm - 2.30pm
Grangeway Community Centre Runcorn

Gardening activity
with Community Shop

£5

Tuesday 14 April 2026
12.30pm - 2.30pm
Upton Community Centre Widnes

Various stress-relieving activities

£5

Monday 11 May 2026
12.30pm - 2.30pm
Grangeway Community Centre Runcorn

Memory Boxes with Library Services

£5

Monday 8 June 2026
12.30pm - 2.30pm
Grangeway Community Centre Runcorn

Community Groups Marketplace

£5

Tuesday 16 June 2026
12.30pm - 2.30pm
Upton Community Centre Widnes

Community Groups Marketplace

£5



For more information, call 0300 029 0029

HALTON CARERS CENTRE

A Network Partner of

CARERS TRUST

MONTHLY CARERS GROUPS IN 2026

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 WED
OF THE
MONTH



St Maries Church, Lugsdale Road, Widnes

12pm - 2pm

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**

**#ANDYSMANCLUB ARE A FREE PEER
TO PEER SUPPORT GROUP FOR MEN
AGE 18+. WE CAN HELP YOU ON
YOUR JOURNEY.**

We meet every Monday night (except bank holidays) from 7–9pm at Westfield Primary School, Clayton Crescent, Runcorn.

💡 No pressure, no judgment — just a friendly space to connect.

Halton Health Improvement Team

HALTON CARERS TRIPS

FEB 26 - JUN 26

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 on 01928 580182 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.

Sunday 8th Feb

YKK Widnes Wild Cats Ice Hockey Match, Widnes 4.30pm

Free - A refundable £5 deposit will be taken to secure your place
For Carers and your family.



Thursday 5th March

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

£5 per person
Adult Carers Only



Date TBC in Easter Holidays

Liverpool Indoor Fair

£8pp for riders, £4pp for Spectators
Transport not provided



Tuesday 21st April

3 course Meal @ Scholars restaurant, Widnes

£7pp - Adults Only



Tuesday 26th May (School Holidays)

Gullivers World

£14pp
Transport Provided.



Friday 19th June - Evening Show

A Night To Remember - Motown Special @ The Brindley

£16pp - Adults Only



Sunday 28th June

Treacle Market Trip 9.30am - 3pm

£10pp
Transport Provided.



HALTON CARERS CENTRE FUNDRAISING ACTIVITIES

Carers Bingo

Mark your calendars for a fun-filled evening on Tuesday, 17th March 2026, as we host our Easter Carers Bingo at the Masonic Hall, Widnes!

Doors open at 6:00 PM, and it's eyes down at 6:30 PM. Bring your family along—children are more than welcome but must be supervised by an adult.

Join us for an enjoyable night with friends, laughter, and maybe even some lucky wins! We can't wait to see you there!

Over the past few months, we've been lucky to receive some very generous donations, from cash gifts to raffle prizes and bingo goodies, all of which have made a real difference for unpaid carers in Halton.

We're incredibly grateful for the support shown.

A special thank you to everyone who has donated towards our Dementia Carers Activities — your kindness is truly appreciated.

What's on in Halton
Spring Term 2026

ADDvanced Solutions Community Network
supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer.**

HALTON Community Network Group

Monday afternoons during term time
Join us from 12:30pm-2:30pm
Venue: Ditton Community Centre, Dundalk Road, Widnes WA8 8DF

No booking needed, just come along

Come along and meet our team, to learn more about neurodiversity from those who can share lived experiences and practical strategies. Our groups create a welcoming, accepting and relaxed environment for parents and carers, you are not on your own.

Get directions

Ditton Community Centre

The centre is located beside King George's Park and is reachable via public transport, such as the 26 bus from Widnes Shopping Park or 79C/82A from Runcorn High Street.

Topics this term:

Monday 5 th January	Open Session seek advice around any challenges you are facing
Monday 12 th January	Emotions - what our body is telling us
Monday 19 th January	Theory of Mind
Monday 26 th January	Halton Carers Centre
Monday 2 nd February	Barriers to School Attendance
Monday 9 th February	Improving Sleep for neurodiverse families

Half Term Break

Monday 23 rd February	Open Session seek advice around any challenges you are facing
Monday 2 nd March	Welfare and Benefits Advice from Signs of a Rainbow
Monday 9 th March	Supporting Siblings of neurodivergent children
Monday 16 th March	Managing Stress
Monday 23 rd March	ADHD and Rejection Sensitive Dysphoria

Have you heard of ADDvanced Solutions?

If you're a parent of a neurodivergent child—diagnosed or undiagnosed—there's lots of happening in Halton, both face-to-face and online, that you can access. From groups to courses, there are plenty of opportunities.

Please check out:

www.addvancedsolutions.co.uk

or give them a call to find out more:

0151 486 1788

Halton Haven Asthma + Lung UK Support Group

In partner with Asthma + Lung UK, we are proud to announce this support group

This is for any patient of a lung condition to come and socialise and find others who share a common struggle!

2nd Friday of 11:45am
every -
Month! 13:45pm

Murdishaw Community Centre
Barnfield Avenue, Runcorn WA7 6JW

ASTHMA+
LUNG UK



Dad Matters is a friendly, independent charity supporting expecting dads and anyone in a dad role (not just biological fathers) with babies up to two years old. The service is currently open to new referrals in Halton.

Free, non-judgemental one-to-one support is available face-to-face or remotely, covering bonding with your baby, mental wellbeing, relationships, and help accessing local or national services. Support is flexible and built around you.

The service is led locally by Halton co-ordinator Tom Byrne, offering a consistent point of contact. Dad Matters also runs group support, including 0-2 stay and play sessions on the third Saturday of each month (10am-12pm) at Ditton Library, Widnes, plus outdoor walk and talks in spring and summer.

All support is free, and dads can self-refer via the Halton Family Hubs website or through Home-Start Warrington and Cheshire.

<https://www.haltonfamilyhubs.co.uk/adult-dads>



START Training

Strategies for relatives -

Starting Tues 10th Feb 10am - 12pm,
St Maries Church, Widnes

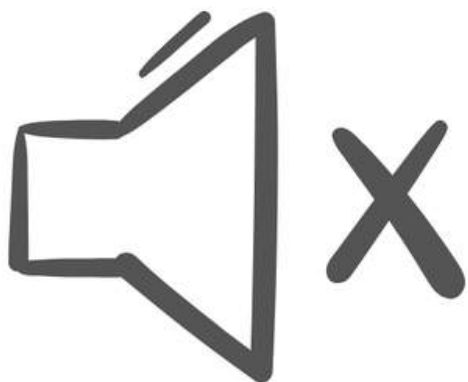


If you are caring for a family member or friend who has been diagnosed with Dementia, Halton Carers Centre delivers a 4 week training course! This course will look at some of the behaviours associated with dementia, the trigger or cause of these behaviours and strategies to help manage these behaviours.

Each session is approx 2 hour long and the course will cover: Stress & wellbeing, reasons for behaviours, making a behaviour plan, behaviour strategies and unhelpful thoughts, communication styles, planning for the future, introduction to pleasant events and your moods and using your skills in the future

If you are interested in attending this course or a future one please scan the QR code to share your details, or give our team a call on 01928 580182 .





QUIET HOURS

AVAILABLE TO ALL

Sensory packs and
ear defenders made
readily available

AV equipment
turned off or down

Regulation Room with
comfortable seating
and low lights

SUNDAY 25 JANUARY 2026
9:30am - 11:30am

Including a drop-in activity to discover what's great
about our current space and our upcoming design plans.

Afterwards, the museum will remain open and return to its normal lively atmosphere.



Catalyst Science Discovery Centre and Museum, Mersey Road, Widnes, Cheshire, WA8 0DF
Email: info@catalyst.org.uk Phone: [0151 420 1121](tel:01514201121)



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 2025 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 winter/springs 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 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

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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