

# Newsletter

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

**Halton Young Carers**

## Issue 15, Summer 26

The Young Carers team are excited to welcome a summer full of fun, adventure, and new experiences! From creative crafts and outdoor activities to exciting workshops and special events — we've got plenty of great sessions planned for you to enjoy and make amazing memories together. ♥

### Upcoming Events

- Me-time groups
- R-time groups
- Trips

Look out for our Free sign

**FREE**



We've been busy! YC's having fun at our Easter party

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





# HALTON CARERS CENTRE

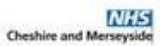
A Network Partner of

# CARERS TRUST

## YC IN ACTION



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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.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/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.



Upcoming Events Schedule

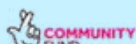
Here's a list of our upcoming Me-time/R-times along with their dates:



- R-TIME: April 30th, 2026
- ME-TIME Runcorn: 5th May, 2026
- ME-TIME Widnes: 6th May, 2026
- R-TIME: 14th May, 2026
- ME-TIME Runcorn: May 19th, 2026
- ME-TIME Widnes: May 20th, 2026
- R-TIME: June 4th, 2026
- ME-TIME Runcorn: June 9th, 2026
- ME-TIME Widnes: June 10th, 2026
- R-TIME: June 18th, 2026
- ME-TIME Runcorn: June 23rd, 2026
- ME-TIME Widnes: June 24th, 2026
- R-TIME: July 2nd, 2026
- ME-TIME Runcorn: July 7th, 2026
- ME-TIME Widnes: July 8th, 2026
- R-Time: July 16th, 2026

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# FIRST AID AWARENESS

## FOR YOUNG CARERS

SUITABLE FOR ALL AGES

Practical skills. Real confidence. Ready to help.



### ✓ Find out

what to do in an emergency and build your confidence to help others. Learn essential first aid skills in a safe, supportive and engaging environment.



Delivered by qualified British Red Cross instructors



You will receive a certificate upon completion



**WHO**  
For young carers  
All ages welcome



**DATE & TIME**  
26.8.26  
1:00 PM – 2:00 PM

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

SCAN TO BOOK



To book your place scan the QR code or contact us.

☎ 0151 511 9777  
✉ [info@haltonyoungcarers.co.uk](mailto:info@haltonyoungcarers.co.uk)  
🌐 [www.haltonyoungcarers.co.uk](http://www.haltonyoungcarers.co.uk)



**WE CARE**  
We show kindness and understand each other.



**WE LISTEN**  
We listen to your voice and value your views.



**WE SUPPORT**  
We're here for you, offering support when you need it.



HALTON CARERS CENTRE A Network Partner of CARERS TRUST



# Gardening day

**27.05.26**

**PRIMARY SCHOOL AGE**

Come along to our Young Carers Gardening Day at the Runcorn Carers Centre office,

where we'll be using our amazing allotment garden.

Young carers will have the chance to dig, plant, and learn about different fruits and vegetables they can grow and eat. 🌱🥕



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](mailto:help@haltoncarers.co.uk)

**SCAN ME!**



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# CAMP PROJECT WALES

STARTING 26TH OF JULY 5 DAYS

FREE

HALTON CARERS CENTRE A Network Partner CARER TRUST

A RESIDENTIAL FOR YOUNG CARERS

AGE 10-12 YRS

ARCHERY



ROPE COURSE



RAFT BUILDING



ARTS & CRAFTS



DISCO



CAMPFIRE CONCERT



## HALTON CARERS CENTRE'S 2ND RESIDENTIAL TRIP!

Our young carers had the time of their lives – taking part in amazing activities that helped them build confidence form new friendships, and create memories they'll never forget



Most importantly, this trip gave them a much-needed break from their caring roles – time to just be kids, have fun, and focus on themselves for a while



### EVERYONE WELCOME HERE!

- Be yourself
- Make friends
- Try new things
- Have fun
- Feel supported



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DIVERSE FRIENDSHIPS

SAFE & SUPPORTED

RESPECT & KINDNESS

CREATE MEMORIES

EXPLORE & GROW

# HALTON CARERS CENTRE

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**CARERS  
TRUST**



**SECONDARY  
SCHOOL AGE**

**28.5.26**



## Mindfulness & Meditation for Young Carers 🧘❤️

Join us for a calming session where young carers can relax, unwind, and learn simple breathing and mindfulness techniques with Runcorn's Buddhist temple, What Phra Singh.

This is a chance to take a break, reduce stress, and feel more focused and refreshed in a calm, supportive space. Including a walk to Costa with a drink.



For a possible place scan the QR code  
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you if you've been allocated a place



**CONTACT YC!**  
01928 580 182 or  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)



Halton Carers Centre is registered in England & Wales as Halton Carers Centre (inc) 1247097

Company limited by guarantee No: 06897088





**SECONDARY SCHOOL AGE**

**4.08.26**



**Empathy plus migration**

Enable young people to recognise our shared humanity and understand what motivates other people. This workshop aims to help learners think about why people migrate and how it affects them, allowing them to build knowledge and skills to empathise with and support others.

**6.08.26**



**Coping with challenges**

Young people face a variety of multi-layered challenges in their life. This workshop aims to provide young people with a resilience building framework to help them cope better with the challenges they face.

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

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# WALTON GARDENS

# ZOO

## KEEPING EXPERIENCE

### A WILD DAY BEHIND THE SCENES!

DATE:  
11.8.26

Love animals? Dream of being a zookeeper? Join us for an unforgettable day at Walton Gardens!

FOR  
PRIMARY  
SCHOOL  
AGED  
CHILDREN

- Meet amazing animals
- Help feed and care for them
- Learn from real zookeepers
- Explore the zoo
- Have lots of fun!

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

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Halton  
Young  
Carers

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LEARN

HAVE FUN!

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**FREE**

HALTON YOUNG CARERS

# FOOTBALL CAMP

PLAY. LEARN. GROW. TOGETHER.



**DATE:**  
**13.8.26**

**A FUN-FILLED DAY OF FOOTBALL, FRIENDSHIP AND CONFIDENCE!**

Join us for an exciting football camp where young carers can develop skills, make new friends, and most importantly — have loads of fun!



### WHAT TO EXPECT:

- Fun games & skills
- Teamwork & challenges
- Boost confidence
- Make new friends
- Lots of fun!

### WHO CAN JOIN?

Young Carers  
All ages

### WHAT TO BRING:

- Sports clothes
- Trainers/boots
- Water bottle
- Big smile!



**BE ACTIVE.  
BE YOURSELF.  
BELONG.**

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



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

<https://forms.office.com/e/AKUZBhivL3>

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](mailto:help@haltoncarers.co.uk)

**LET'S KICK OFF  
A GREAT DAY  
TOGETHER!**

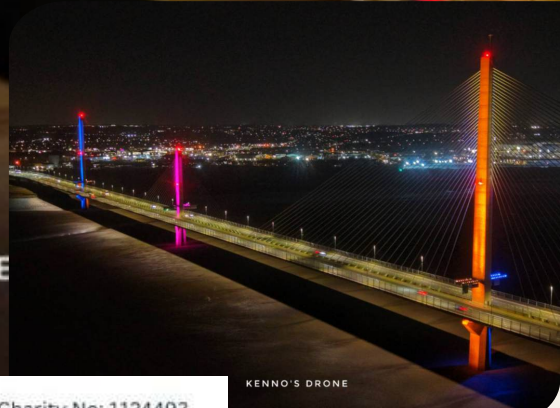
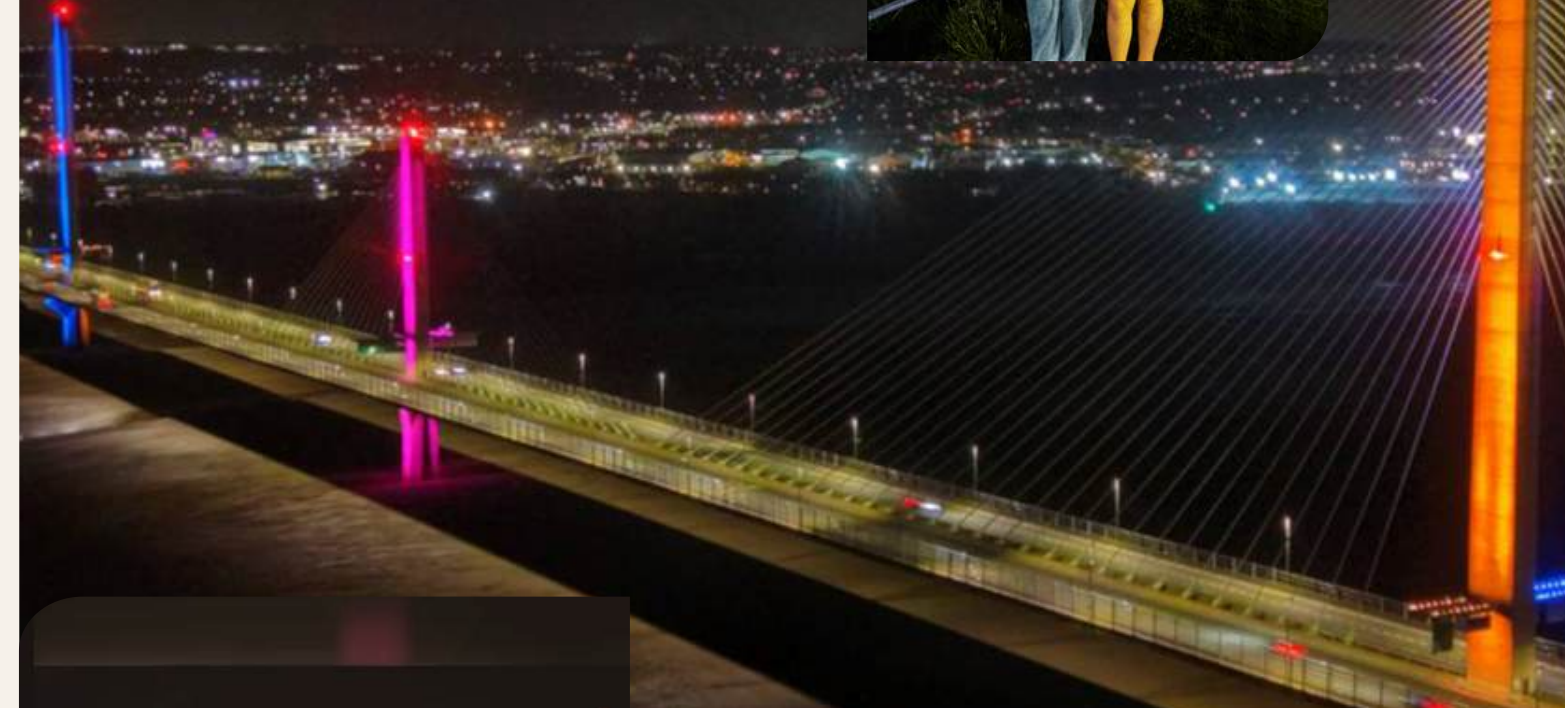


Halton  
Young  
Carers

HALTON  
CARERS  
CENTRE

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**CARERS  
TRUST**

**VC ACTION  
DAY 2026**



KENNO'S DRONE

KENNO'S DRONE

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# IMPORTANT UPDATE!



To help us support as many people as possible, we are updating our policy about **receipts**.

## HERE'S WHAT YOU NEED TO KNOW:



### 1. MANDATORY RETURNS

To reapply for funding, you **MUST** have returned receipts from your previous break.



### 2. POLICY CHANGE

If we don't have your receipts, we will no longer be able to process your carer break application.

In the past, we were flexible if receipts were lost, but we can't do that anymore.



### 3. CLEAR REQUIREMENTS

These rules are on your application form and in any letters we've sent you before.



### 4. NEW REMINDERS

We will now send you a reminder text or email six months after your funding is awarded if we still haven't received your receipts.



### 5. PLEASE NOTE

If we don't receive your receipts, you will not be able to get any future carer break funding from Halton Carers Centre.

## THANK YOU!

Thank you for helping us keep this important service running smoothly!



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## HOW TO RETURN YOUR RECEIPTS



Drop them into either of our offices.

OR



Email them to:  
[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

If you have any questions, please ask - we're here to help!

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**FREE**

**YOU CARE.  
WE'VE GOT YOU.**

# ARCHERY TRIP

**AIM. FOCUS. HAVE FUN!**



**FOR YOUNG CARERS  
AGED 11 – 17**



**AGES** Secondary school age  
**SPACES LIMITED  
BOOK YOUR PLACE!**



**18.8.26**

**TRY SOMETHING NEW.  
BUILD CONFIDENCE.  
MAKE MEMORIES.**



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WE CARE



WE LISTEN



WE SUPPORT



# HALTON CARERS CENTRE

A Network Partner of  
**CARERS TRUST**

*Here for Young Carers in Halton*

## 1 EASTER EGG THANK YOU! ♥



- ♥ Thank you to everyone who kindly donated Easter eggs to our Young Carers Service over the past few weeks.
- ♥ Our team delivered treats to 90 homes across Halton, giving our Primary Young Carers a lovely surprise.
- ♥ These amazing young people are the sole carer for an adult in their home and we hope the treats brought big smiles!



**Bonus:** Everyone attending our Young Carers Easter activities this week also received an egg!



*Thank you again - you made Easter extra special! ♥*

## 2 ACTIVITIES & ATTENDANCE



- ♥ Activities give young carers a much-needed break and are very popular.
- ♥ Please let us know as soon as possible if your young carer can't attend.
- ♥ This helps us offer the place to another young carer on the waiting list.
- ♥ Many activities are paid for in advance, so non-attendance can impact the service.



Your communication helps us support as many young carers as possible.

*Thank you for your understanding and support.*

– Ash, Vikki & Amber  
Young Carers Team

## 3 A MASSIVE SHOUT OUT!



We would like to give a massive shout out to Stuart Till from Hutchinson Engineering for taking on his mind-blowing 105-mile nonstop run through the Lake District fells to support our Young Carers raising an astonishing **£3842** for our Young Carers.



- ♥ We rely heavily on external funding to enable our young carers to have a well deserved break and we are extremely grateful to Stuart for helping that happen.

## 4 THANK YOU WADE DEACON SCHOOL!



- ♥ We are incredibly grateful for the **£500 donation** from your recent fundraising.
- ♥ Please pass on our thanks to everyone involved.
- ♥ We truly appreciate your continued support for young carers in Widnes.

*Your generosity makes a real difference!*



♥ SUPPORT



RECOGNISE



EMPOWER

*Young Carers in Halton*





# 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 BackMassage



**Contact us:**

 01928 580 182

 [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 1129440

Company limited by guarantee No: 04570000





# Podiatry treatments



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](mailto:help@haltoncarers.co.uk)

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**FREE**

HALTON  
CARERS  
CENTRE

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TRUST**



☀️ Your Voice Matters! ☀️

Competition Time!

We want to hear from YOU, Young Carers of Halton!

💡 New Competition

Design a poster or short slogan for what being a Young Carer means to you for a chance to win a £25 voucher! Your voice can make a real difference, get involved, get creative, and let's make 2026 amazing together!

➡️ Send us a WhatsApp with your suggestions or creative ideas

👉 Join our groups and get involved in fun sessions and decision-making

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](mailto:HELP@HALTONCARERS.CO.UK)

# HALTON CARERS CENTRE

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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.



Halton Young over 13 years old information – Fill in form

**SCAN ME**

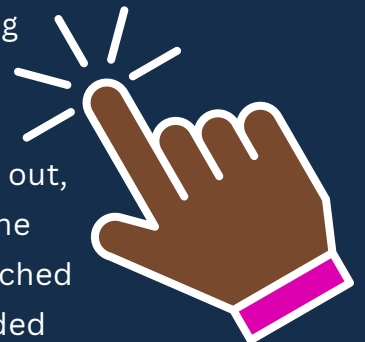


**SCAN ME**



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?id=Eolg4uLeIUuDmDEOB5g3073nbY4xJD9ImPIOrNMMyXYFUMDVouIJZRzIZQTISNVhWN&TZBQ0MzUDdXVS4u>

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# Support

## Halton Holiday Activity Fund (HAF) Programme

School holidays can be difficult for some families. The cost of extra food, childcare, and activities to keep children active and entertained can be challenging.

The Holiday Activities and Food (HAF) programme is a scheme funded by the Department for Education. It gives children who are eligible for free school meals the opportunity to take part in fun, enriching activities and receive a healthy meal. It runs during Easter, summer and the Christmas school holidays. There is no HAF programme available during Half Terms in February and October.

Places on the holiday schemes are available free of charge to children aged 5 to 16 who receive benefit related free school meals. There are spaces available at a reduced rate for those children that are not eligible for benefit related free school meals. Each local programme will provide delicious, healthy meals, allow kids to get active, help them learn new things, make friends and have fun.

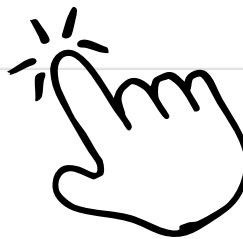
There are also a number of places available to other vulnerable groups of children and young people, such as SEND, Young Carers and those Not in Education, Employment or Training (NEET.)



### Halton HAF

Bookings open for Easter on Friday 6th March 2026 at 11.00am. Feel free to browse and register your...

[eequ.org](http://eequ.org)



### Mental Health Support Teams in Schools

Our Mental Health Support Teams provide direct mental health support to primary and secondary schools in Halto...

Mersey Care NHS Foundation Trust



## Digital interactive workbooks

Mersey Care NHS Foundation Trust's Mental Health Support Teams in schools have released new [interactive workbooks](#) designed to help young people, parents and education staff learn new ways to improve their mental health and wellbeing.

#### Managing worries and anxious feelings

This booklet supports children and young people to learn new strategies to help manage their worries and anxiety.

[Go to workbook](#)

#### Managing angry feelings

This booklet supports children and young people learn new strategies to help manage their anger.

[Go to workbook](#)

#### Staying emotionally healthy

This booklet aims to support children and young people to learn new strategies to stay emotionally healthy.

[Go to workbook](#)

#### Sensory calming jar

If you're feeling worried, angry, sad or too excited, shake the jar and watch the decorations move.

This can help you calm down and feel happier.

[Make your own](#)



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](mailto:help@haltoncarers.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.



you can reach out for support, advice, or just a chat! 🗨️  
Contact the Young Carers (YC) team for assistance. 🤝👤 on **01928 580 182**



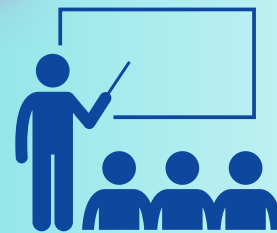
Although Halton Carers' Centre aims to provide the highest standard of services as possible, sometime we may fall short of our standards. If this happens please let us know, as hearing your views helps us to improve the services we provide. You can complain or compliment us via our CEO Carl Harris email: [carl.harris@haltoncarers.co.uk](mailto:carl.harris@haltoncarers.co.uk) or telephone 01928 580182 or Chair of the Trustee Board, Ali Horton at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

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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!

