



Newsletter

Edition 60 Sep 26 - Dec 26

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello all and welcome to the 60th edition of our newsletter, I hope you find it a useful read as there's a lot going on during the run up to the Christmas break.

We have a staff training day on Friday 25th September so the office will be closed to visitors but you can leave a message that will be answered on Monday 28th September.

We also have a carers forum coming up on the 8th October at the stadium in Widnes which is about redesigning the upcoming Halton Carers Strategy, see page 2 for details. Cant forget our Halloween bingo night which will be held on Tuesday 27th October at the Royal British Legion in Runcorn, see page 10 for details.

We will be closing the office at 4pm on Tuesday 22nd December to give our staff and volunteers a well deserved Christmas break and will reopen on Monday 4th Jan at 10am.

All the best

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



HALTON CARERS FORUM



Carers Strategy Development Event

HAVE YOUR SAY!

We are gathering input from
Carers in Halton to develop the
Carers Strategy for 2027
Your perspective is vital!



When: Thursday 8th October 2026



Where: DCBL Stadium, Widnes.



Time: 10am - 2pm.



Lunch Provided.



BOOKING IS ESSENTIAL

To book your place scan the QR
code or give our team a call on
01928 580182



Over the years, Halton Borough Council have worked closely with our registered carers to ensure you have a direct say in local services and support. The next Halton Carers Strategy is due to be published in April 2027, and we want your voice to shape it from the very beginning. We would love for you to join us at this development event to share your experiences, ideas, and feedback. The more carers we have in the room, the louder and more powerful your collective voice will be!



Halton Carers Centre office and telephone lines will be closed for the full day on **Friday 25th September** for a staff training day - we will reopen as normal on Monday 28th September at 10am. Any answer machine or social media messages and emails sent during our closed times will be responded to on the Mon 28th Sept.



healthwatch
Halton

**Your
voice
counts**

Healthwatch Halton at Halton Carers Centre

Come and chat about your NHS and social care experiences.

We're here to listen.

Get information and advice, share your views, and help improve local NHS and social care services.

Your voice matters.



**Thurs Sept 17,
Nov 19**

10:00am-12:00pm



Halton Carers Centre
62 Church Street,
Runcorn, WA7 1LD



Share your experiences, get information and signposting, and help make a difference.



www.healthwatch.co.uk/have-your-say
03000 683 000



Share your experiences

Help improve health and social care services



Information and signposting

We can help you find the right support



Making a difference together

Your feedback helps shape local services

In partnership with



National
Databank

**HALTON
CARERS
CENTRE**



Parent / Carer Training Programme 2026 - 2027

Shine Therapy Services has been commissioned by Halton Borough Council to deliver a training programme specifically for the parents / carers of children and young people resident within the Borough.

The programme aims to empower parents / carers with knowledge that can be applied practically in the care and support of children and young people.

The training sessions to be delivered are set out in the table below. Please see Eventbrite for full details and to book tickets. No admittance without Eventbrite ticket.

23/09/2026	Toileting and Developing Continence
05/10/2026	Blank Levels
17/10/2026	Introduction to Sensory Processing Differences and Challenges + Introduction to Sensory Lifestyles
21/10/2026	Visuals for Understanding + Low Tec Augmentative and Alternate Communication (AAC)
25/11/2026	Intensive Interaction
16/01/2027	Restrictive Eating and Mealtime Challenges
26/01/2027	Play
10/02/2027	Toileting and Developing Continence
02/03/2027	Talking Mats + Social Stories + Comic Strip Conversations
16/03/2027	Visuals for Understanding + Low Tec Augmentative and Alternate Communication (AAC)



PROTECTING YOURSELF AND THOSE YOU SUPPORT: GET YOUR FREE FLU JAB

If you care for a relative, partner, or friend, staying healthy this winter is essential. Catching the flu can disrupt your daily support routine, but getting vaccinated offers quick, effective protection for both you and the person you care for.

Did You Know? If your GP practice knows you are a carer, you are eligible for a free annual flu jab and will automatically be invited to receive it.

How to get your free jab:

- Contact your GP surgery: Tell them you are a carer and you would like this on your medical records.
- Your practice will add you to their list for an invite for your jab.
- Book your appointment: If you have already missed the GP invites you can ring and request a flu jab once they have you as a carer on their system.

Updating your details with your surgery takes only a few minutes and ensures you won't miss out on your free jab this season.



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 07833688

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



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

Halton Carers Centre has partnered with Carers Card UK to offer all registered adult carers in Halton a FREE digital ID Card!

Whether you need official proof of your carer status at GP surgeries, hospitals, and pharmacies, or want to access carer discounts at theme parks, theaters, and day-out venues, this card lives right on your smartphone inside the Carers Card app for 2 full years.

What's Included?

- Digital ID: Features your photo for quick verification, Emergency Planning: Upload essential care details and emergency contacts safely, Exclusive Perks: Access local & national discounts, wellbeing resources, and forums.

How to Get Yours:

1. Scan our QR Code here to fill in our form or give us a call on 01928 580182 :
2. Our team will text or email your unique promo code within 5 working days with instructions to download the app.

💡 Prefer a physical card? You can order a printed card alongside your digital app for £6 (covers card production and postage). Simply select your preference on the form - If you select this we will send you a payment link for the £6, once this is paid we will send you your card link.



HALTON CARERS CENTRE CHRISTMAS OFFICE CLOSURE

Not that we want to mention the 'C' word yet but just to keep you all updated with plenty of notice Halton Carers Centre will be closing for the festive period at 4pm on Tuesday 22nd Dec and will reopen on Monday 4th January 2027 at 10am



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

We are thrilled to share details of a fantastic upcoming fundraising event organised in aid of Halton Carers Centre! Every penny raised from the evening will stay right here in Halton to directly support local carers.

Please note: This event is independently organised, so tickets cannot be purchased through the Carers Centre.

If you would like to buy tickets and support the cause, simply scan the QR code on the poster!



New Energy Advice Project for Halton Residents

Citizens Advice Halton has launched a new Energy Advice Project, offering free, practical support to local residents with gas and electricity issues. We can provide one-to-one support by phone, through home visits, or at face-to-face appointments in our Runcorn and Widnes offices.

We can help with a wide range of energy-related problems, including switching tariffs, correcting billing errors, getting energy-saving advice, securing refunds from previous suppliers, and escalating complaints to the Energy Ombudsman where needed.

If you live in Halton and need help with your gas or electricity, please get in touch with Citizens Advice Halton to find out how the Energy Advice Project can support you. You can self-refer via:

Telephone: 0151 257 2443

Email: advice@citizensadvicehalton.org.uk Website form: <https://haltoncab.org.uk/email-advice-contact-form/>

**citizens
advice**

Halton



CHRONIC PAIN

Help shape NHS services in Halton and Warrington

NHS Services in Halton and Warrington have changed, hospital and community health services have come together under one organisation, North Cheshire and Mersey NHS Foundation Trust (NCM).

By working as a single organisation, NCM aims to:

- Give people more choice in how they access support
- Reduce unnecessary hospital visits, and
- Improve health outcomes

To make sure local people have a voice in these changes, a patient and Public Reference Group (PPRG) has been established. The PPRG is totally dependant of NCM. It is run by Healthwatch Warrington and Healthwatch Halton, two trusted organisations who champion the views of local people. The PPRG is coordinated by Dennis Dewar and brings together patients, carers, community groups and local residents.

To share their experiences and ideas to:

- Highlight issues that matter to local people
- Shape Discussions about healthcare services, and
- Affect how the NHS services develop in Halton & Warrington

To find out more about the PPRG contact

dennis.dewar@healthwatchwarrington.co.uk

The PPRG current focus is looking at the care and support for people living with chronic pain.

If you live with chronic pain, or care for someone who does, we would love to hear from you. You can also take part in the Chronic Pain Survey by visiting:

https://tinyurl.com/HealthwatchChronicpainsurvey_

PRIORITY SERVICES REGISTER

As a carer, or if you live with a long-term health condition, an unexpected power cut or water shortage can be a major worry. Did you know that UK utility companies offer a completely free service to give extra protection to those who need it most? It is called the **Priority Services Register (PSR)**.

The register is open to households with unpaid carers, individuals living with dementia, chronic illnesses, or those who rely on medical equipment.

What are the benefits?

Once you are on the register, your providers will give you extra support, including:

- Priority Emergency Support: Priority delivery of bottled water or emergency heating during unexpected network outages.
- Advance Notice: Plenty of warning ahead of any planned engineering work that might disrupt your supply.
- Password Safety Schemes: A private security password you set up to verify any engineer visiting your home, protecting you from doorstep scams.
- Carer Nominees: Bills and notifications can be sent directly to a family member or carer to manage on your behalf.

How to sign up for free

You need to register with both your water and energy providers separately:

- For Water: Contact United Utilities online at unitedutilities.com or call 0345 672 2888.
- For Gas & Electricity: Simply contact your own gas and electricity supplier (the company that sends your bills) and ask to be added to their Priority Services Register.

It takes less than five minutes to sign up but provides massive peace of mind for you and your loved ones.



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

St Maries
Church,
Lugsdale Road,
Widnes

Halton Carers Halloween

CASH & PRIZE BINGO



Bring the family along for a
frightfully fun evening at our
fundraising bingo! 🎃👻

Join us for a family-friendly bingo night in support of
carers across Halton:



Date: Tuesday 27th October



Venue: Halton Royal British Legion, Runcorn



Doors Open: 6:00pm | Eyes Down: 6:30pm

If you're coming
the bingo please
scan the QR code
to let us know.



Children are very welcome but must be supervised by an adult. Fancy dress is optional! 🧙‍♂️✨

All funds raised will go directly toward supporting carers across Halton.



Neighbourhood Connectors

A face-to-face community befriending and listening service

It's time to talk



You don't have to feel alone.

We're here for a friendly chat in Halton.

Neighbourhood Connectors brings neighbours together for friendly, face-to-face conversations at home or in the community.

How we can support you



Reduce loneliness and isolation

Regular friendly conversations can make a real difference to how you feel.



Someone to listen

We're here to listen, without judgement – just friendly, supportive conversation.



Local connections

Helping you feel more connected across Halton.



Support to access services

Helping you find the right local support when needed.



On your terms

At home or in the community.
Visits available Between 4pm and 9pm, subject to volunteer availability.



Who it's for

Anyone who would benefit from friendly, face-to-face conversation in Halton.

Older adults • People living with long-term conditions • Carers
Veterans • LGBTQ+ community members

Why choose us?



Friendly, trained and DBS-checked volunteers



Confidential and respectful



No cost to you



Welcoming, inclusive and non-judgemental

A simple conversation can make a big difference.



enquiries@neighbourhoodconnectors.org
www.neighbourhoodconnectors.org
07348 178977



MONTHLY CARERS GROUPS IN 2026

HALTON CARERS CENTRE A Network Partner of CARERS TRUST

EVERY
OTHER
MONDAY



Mercia Place, High
Street Runcorn

6pm - 8pm

**DEMENTIA CARERS
EVENING GROUP**

1ST THURS
OF THE
MONTH



Mencap, Laburnum
Grove, Runcorn

1pm - 3pm

**DEMENTIA CARERS
DAYTIME 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



Well Runcorn (Next to
Iceland, Old Town)

12pm - 2pm

**ALL CARERS COFFEE
GROUP, RUNCORN**

LAST FRI
OF THE
MONTH



Well Runcorn (Next to
Iceland, Old Town)

12.30pm - 2.30pm

PARENT CARERS

All our groups are for carers who are registered at Halton Carers to attend. There is a small £1pp charge for our dementia daytime groups, all other 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 2 Holistic Therapists that hold weekly appointments in both of our offices! Your first appointment with both our Holistic Therapist & 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:

Every Other Monday 9.15am - 2pm

Wednesday 10am - 2pm

Thursday 3pm - 6pm

Widnes Office:

Every Other Monday 9.15am - 2pm

Thursday 9.15am - 2pm

Call 01928 580182 to book your appointment



the brain injury association

New Headway Branch in Halton

1st Session / Launch Party
10am -12pm,
Wednesday 30th September 2026

Headway Halton can offer
the following support to
our members, their families
and carers

- *Monthly sessions*
- *Activities and Outings*
- *Social Interaction and Peer Support*
- *Signposting for Housing, Benefits and Care Provision*
- *Neurological Information and Support*
- *Legal Information and Guidance*

Brain injury can challenge every aspect of your life - walking, talking, thinking and feeling - and the losses can be severe and permanent. It can mean losing both the life you once lived and the person you once were.

We understand the impact this can have on you and those around you.

We offer support and understanding in a relaxed and non-judgemental environment.

If you are interested in attending,
please contact: 07867 781 707 or Headwayhalton@headway.org.uk
Sessions are on the last Wednesday of every month at
The Wilsons pub, Bridge Street, Runcorn, WA7 1BY.

We are excited to share that again we're setting up a safe, enclosed viewing area in our Runcorn Carers Garden for this year's Halton Borough Council Annual Firework Display! It's a wonderful opportunity for carers and their families to enjoy the spectacle together. Tickets will be £3 per person and include a hot drink and a hot dog to keep you warm. While we are still waiting for HBC to confirm the official date, you can register your interest now! Simply scan the QR code below or call us on 01928 580182 to let us know you'd like to join us.



UPCOMING *Carers Training*

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

**Stress Awareness Training - 13th Oct, Grangeway Comm Centre
10am - 12noon**

Learn how your body responds to stress and how to spot your personal warning signs. Discover practical tools to build your own personal reset space and regain calm. Gain actionable strategies to manage daily pressure and build long-term resilience. To book on scan the QR code or call us on 01928 580182



Date to be confirmed early 2027 - Dementia Start Training

This is a 4 week course, meeting once a week for 1 hour for carers who are supporting someone with dementia, the course aims to give you the strategies to cope in your caring role. If you are interested in attending our future date in early 2027 please scan the QR Code or give us a call on 01928 580182.



What Training for Carers do you want to see in 2027?

We are in the process of planning our training sessions for carers throughout 2027 and we would like some feedback from our registered carers on what training you feel you would like to help support you in your caring role whether this be from you gaining knowledge or skills. To share your ideas please scan the QR code here or give the centre a call.



HALTON CARERS TRIPS

SEP 26 - DEC 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.

Monday 28th September

Eco & Forest Bathing with the Wonky Garden

10am - 12.30pm

Adult Carers Only

Free



Wednesday 7th Oct

Yoga with Andrea @Blissful Yoga

Halton MMA Widnes 10am - 11am

Adult Carers Only

This session is free, a deposit of £5 is required which will be refunded on the day



Monday 26th Oct

Villans Unleashed at the Brindley - 2pm showing

£10pp



Thursday 26th Nov

Christmas Wreath Making @Humming Bird Art Studio

Adult Carers Only 6pm - 8pm

£20pp



Scholars Restaurant Riverside College 3 course meal.

Date in December to be confirmed

£7pp



Sat 12th Dec 6pm

Snow White Panto @ The Brindley

£16pp



Paint & Sip Evening

Date & Venue to be confirmed

£15pp





**WELLBEING,
EDUCATION,
LIFELONG
LEARNING**

Based in the former Runcorn Library in Runcorn Old Town, **WELL Runcorn** (Wellbeing, Education and Lifelong Learning) is a new one-stop hub bringing health, care, and education services together under one roof.

Developed through the Runcorn Towns Fund, this joint initiative between local NHS trusts, Halton Borough Council, Riverside College, and voluntary groups makes getting support quicker and easier—without having to travel to multiple places.

What's Available?

- Health & Wellbeing: Drop-in advice, health checks, mental health support, and family services.
- Education & Skills: Riverside College courses including English, maths, ESOL, counselling, and personal development.
- Community Space: A welcoming, flexible environment to connect, access early help, and build confidence.

Opening Hours:

- Monday – Thursday: 8:30am – 5:00pm
- Friday: 8:30am – 4:30pm (Closed weekends and bank holidays)

Pop in to say hello, email General Manager Esme Polshaw and the team at ncm.wellruncornhub@nhs.net, or visit northcheshireandmersey.nhs.uk/our-locations/well-runcorn-hub/ for details.





150 Years of Support.

A Future Full of Possibilities.

OPEN DAY
22nd September
2026

10am - 4pm

Join us during National Eye Health Week for a day of interactive experiences, practical advice, innovative technology, community connections and celebration as Vision Support marks **150 years** of supporting people living with sight loss.

WHAT TO EXPECT

If you are experiencing sight loss or changes to your vision

- ✓ Discover practical ways to maintain your independence at home and in your community.
- ✓ Meet our Team and find out about the support available.
- ✓ Try the latest technology, accessibility apps and reading devices.
- ✓ Test magnifiers, talking products and kitchen aids that could make everyday tasks easier.
- ✓ Speak to our counsellor about wellbeing and emotional support.
- ✓ Drop in for information, advice and guidance tailored to your needs.

WHAT TO EXPECT

If you support someone with sight loss or work in the community

- ✓ Learn how to better support people living with sight loss in your role, organisation or personal life.
- ✓ Gain a better understanding of the challenges sight loss can present.
- ✓ Learn about products and services that may benefit the people you support.
- ✓ Access information and resources to help you make your services more inclusive.
- ✓ Learn about emotional wellbeing support and referral pathways.
- ✓ Experience interactive sight loss awareness activities and gain insight into accessibility challenges.

Whether you're living with sight loss, supporting a family member, working in a caring profession or simply interested in learning more, there's something for everyone at our Open Day.

Come along, try something new, discover practical support, meet local services and help us celebrate 150 years of Vision Support during National Eye Health Week.

JOIN US

Tuesday 22nd September 2026 10am - 4pm

Halton Sensory Services, 126 Widnes Rd, Widnes, WA8 6AX

Celebrating 150 Years of Vision Support

Everyone welcome

Free entry

Free refreshments

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, Ali Horton 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
[Halton_young_carers](#)



Halton Carers Centre (Adult Carers)
[Halton_young_carers](#)

Or check out our website at www.haltoncarers.co.uk

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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