

NEWSLETTER

ISSUE 16, WINTER 26



The Young Carers team have had an amazing summer filled with **fun, adventure** and **unforgettable** experiences! ❤️

From **exciting** trips and days out to **creative** activities, **wellbeing** and **special** events, our young carers have made some fantastic memories together and enjoyed every moment.

It's been a summer to remember, and we can't wait to see what adventures come next! ❤️

UPCOMING EVENTS



ME-TIME GROUPS



R-TIME GROUPS



TRIPS

Look out for our

Free Sign



SCAN
ME!



OR CLICK HERE:

<https://forms.cloud.microsoft/e/b3qUQhxvZT>

YOU CARE.
WE'RE HERE.
LET'S MAKE
MORE MEMORIES
TOGETHER!



SUPPORTING **YOUNG CARERS** IN **HALTON** ❤️



**HALTON
CARERS
CENTRE**

A Network Partner of
**CARERS
TRUST**

what have Halton young carers been up to

THIS SUMMER?



Archery



Manley mere



Walk and talk to Spike island



Chess and board games



Gardening



Walton Gardens Zoo Keeper
Experience



**MAKING MEMORIES,
BUILDING FRIENDSHIPS,
HAVING FUN!**

**YOUNG CARERS,
AMAZING THINGS!**

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1120681
Company Limited by Guarantee No: 06374819





A HUGE THANK YOU TO CAMP PROJECT WALES

HALTON
YOUNG
CARERS

A Network Partner of
**CARERS
TRUST**



for once again inviting our **Young Carers**
to your **amazing** camp for the **second year** running!

We are so grateful for the opportunity and for
all the **fun**, **laughter** and **incredible** experiences
you gave Halton young carers. ♥



MEMORIES MADE.
CONFIDENCE GROWING.
FUTURES BRIGHT. ♥



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Company Limited by Guarantee No: 06376889



YOUTH CLUBS

for Young Carers

A safe space to have fun, make friends, try new activities and just be you!

ME TIME

Runcorn

Every other
Tuesday

For primary age
children aged

4-10



ME TIME

Widnes

Every other
Wednesday

For primary age
children aged

4-10



R TIME

Runcorn

Every other
Thursday

For secondary
children aged

11-17



Make
friends



Try new
activities



Play
games



Get support



Take a
break

We're here for you!





Upcoming Events Schedule

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

R-TIME: September 10th, 2026

ME-TIME Runcorn: September 15th, 2026

ME-TIME Widnes: September 16th, 2026

R-TIME: September 24th, 2026

ME-TIME Runcorn: September 29th, 2026

ME-TIME Widnes: September 30th, 2026

R-TIME: October 8th, 2026

ME-TIME Runcorn: October 13th, 2026

ME-TIME Widnes: October 14th, 2026

R-TIME: October 22nd, 2026

ME-TIME Runcorn: November 3rd, 2026

ME-TIME Widnes: November 4th, 2026

R-TIME: November 12th, 2026

ME-TIME Runcorn: November 17th, 2026

ME-TIME Widnes: November 18th, 2026

R-TIME: November 26th, 2026

ME-TIME Runcorn: December 1st, 2026

ME-TIME Widnes: December 2nd, 2026

R-TIME: December 10th, 2026

ME-TIME Runcorn: December 15th, 2026

ME-TIME Widnes: December 16th, 2026

SCAN ME



Or click the link:

<https://forms.cloud.microsoft/e/qu5iktDQSD>

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



R-time

offers Young Carers in secondary school a break from caregiving in a secure space. 🧸💖

Activities include

arts and crafts, quiz nights, games, themed events, and guest speakers 🧸💖

Sessions are every other Thursday from 5-7 pm, and attendance requires a text invite.

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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Company limited by Guarantee No: 06574889



Halton
Young
Carers

HALTON YOUNG CARERS

FREE

FOOTBALL CAMP

PLAY. LEARN. GROW. TOGETHER.

DATE:

27.10.26

**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.

SCAN ME



HALTON CARERS CENTRE A Network Partner CARER TRUST

Or click the link:

<https://forms.cloud.microsoft/e/b3quQhxvzT>

LET'S KICK OFF
A GREAT DAY
TOGETHER!



HEY
YOUNG
CARERS!

WALK & TALK

FREE

CHAT.
WALK.
FEEL
GOOD!

28th OCTOBER

Or click the link:

<https://forms.cloud.microsoft/e/b3qUQhxVzT>

This will then put the YC name down on the interested list
and we will contact you if you've been allocated a place

Young carers will get
the chance to **chat** with
the support workers,
get some **fresh air** and
do something great for
their **wellbeing**.

WHY JOIN?



CHAT
with support
workers



GET FRESH AIR
and enjoy being
outdoors



**GOOD FOR YOUR
WELLBEING**
- ♥ -



LET'S
GO
TOGETHER!

EXPLORE

CHAT

ENJOY!

BRING YOUR SMILE,
WE'LL DO THE REST!

SEE YOU THERE!





YOUNG CARERS

Take a break,
meet others,
try something
new!

Outdoor Session

A relaxed outdoor session for young carers to spend time in nature, get creative and have fun.

Create in Nature

Make natural pictures – use sticks, leaves and other outdoor materials to create frames, patterns and mandalas.

Build Fire Skills

Learn how to baton kindling for the fire using a mallet and knife, and light your own mini fire with a striker and cotton wool.

Toast Marshmallows

A Forest School favourite – you'll have the chance to toast a marshmallow over the fire.

Explore
nature

Meet
other young
carers

Learn
new skills

Feel relaxed
and supported



Date:
29th October



Where:

This is a practical outdoor session, so please come dressed for the weather and to get hands on with nature.



Wear suitable clothing and footwear for the outdoors.



Refreshments and light snacks will be available, and there are toilets on site.

Join us!

at The Wonky Community Garden in Widnes for a morning of relaxed creativity, nature connection and bushcraft.



Gather with a small group of other young carers and choose from a range of activities:

Scan to register



This is a chance to
get outside, be creative,
make new friends and
enjoy the great outdoors!

Or click the link:

<https://forms.cloud.microsoft/e/b3qUQhxVzT>



SCAN ME!

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FARMAGGEDON 2026



Farraggedon is fun, fast, high-energy event where young people can take part in exciting challenges, get active and enjoy time together!

**ARE YOU A YOUNG CARER
WHO LIKES A GOOD FRIGHT?**

16 YEARS AND 17 YEAR OLDS ONLY



DATE: THURSDAY 19TH OCTOBER



TIME: IN THE EVENING



TRANSPORT: GIVEN



COST: ALL FREE



**EXCITING CHALLENGES,
GET ACTIVE AND ENJOY
TIME TOGETHER!**

**PLACES ARE LIMITED - DON'T MISS OUT!
SCAN THE QR CODE TO SIGN UP**

Or click the link:

<https://forms.cloud.microsoft/e/b3qUQhxvZT>

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Join us for a **MAGICAL** Day Out

♥ **FOR THE FAMILY** ♥

A special trip to the cinema
to watch a Christmas movie!



Making
Christmas
memories
together

Scan here for
your tickets



Or click the link:

<https://forms.cloud.microsoft/e/b3qUQhxVzT>



1 ADULT
ONLY

14.12.26

HALTON YOUNG CARERS



HALTON CARERS CENTRE A Network Partner of CARERS TRUST

ICE Skating

JOIN US FOR FUN, FRIENDS
AND ICE SKATING!

AGE OF YC:

Secondary school
age

16.12.26

FREE

WE'LL MEET YOU AT



WIDNES

SCAN ME!



OR VISIT:

<https://forms.cloud.microsoft/e/b3qUQhxvZT>



**HAVE
FUN**



**MAKE
FRIENDS**



**BE
YOURSELF**

THANKS TO OUR FUNDERS

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UNDERGROUND GAMING



21ST DEC

Come and join us for a

GAMING SESSION

AT THE UNDERGROUND GAMING ROOM

CHOOSE FROM PLAYING ON AN



XBOX

OR



PlayStation



SCAN HERE
FOR MORE
INFO & TO
BOOK YOUR
PLACE



Halton
Young
Carers

Or click the link:

<https://forms.cloud.microsoft/e/b3qUQhxVzT>



Halton
Young
Carers



HALTON
CARERS
CENTRE

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YOUNG CARERS CREATIVE COMPETITION!

YOUR IDEAS. YOUR STYLE.

LET'S MAKE IT AMAZING!

We're creating a brand new, relaxing and welcoming space
at Halton Carers Centre



Have fun



Be creative



Make a difference!

WHAT COULD YOU WIN?

Each winner will
have their artwork
framed and displayed
in the new young carers'
space!



THE COMPETITION IS FOR YC's TO DESIGN 3 PICTURES TO BE FRAMED!



HOW CAN YOU ENTER?



Think, create, design (solo or a group
— it's up to you!)



Send us your 3 pictures (one detail sheet)



We will choose 1 winner for each
picture, and your artwork will
be framed and displayed!



You can use any medium — drawing,
painting, collage, digital or mixed media!



The pictures should be positive, uplifting
and reflect what makes young carers special.



Be as creative as you like!



YOUR CREATIVITY
CAN MAKE A REAL
DIFFERENCE!
GET INVOLVED, SHOW US
WHAT YOUNG CARERS
ARE ALL ABOUT!

DON'T MISS OUT...
WE CAN'T WAIT TO SEE
YOUR AMAZING CREATIONS!



SEND YOUR
CREATIONS TO:



YoungCarers@haltoncarers.co.uk
Include your name, age and
contact details (if applicable).



Closing date:
31st January 2026



THANK YOU FOR BEING INCREDIBLE YOUNG CARERS!





**HALTON
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**CARERS
TRUST**



Therapy treatments

FOR ALL YOUNG CARERS

Tue 27th October at 10:30 and 11:30

- WIDNES

Thur 29th October at 1pm and 4pm

- RUNCORN

Fri 30th October at 10:30 and 11:30

- RUNCORN

We'd like to invite all Young Carers to come along to have a treatment to give them a break from their caring role.



Manicure



Mini Pedicure



Mini Facial



Mini Back Massage



Contact us:



01928 580 182



help@haltcarers.co.uk



Our treatments are designed to help Young Carers relax, feel valued, and take time for themselves.

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493
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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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RECEIVED YOUR RESULTS?

Not sure what happens next?






COLLEGE & SIXTH FORM

APPRENTICESHIPS

TRAINING PROGRAMMES

EMPLOYMENT SUPPORT

WHATEVER YOUR RESULTS, YOU'VE GOT OPTIONS

CONTACT THE HALTON 16+ E2E TEAM
FREE, IMPARTIAL CAREERS ADVICE AND GUIDANCE

FRIENDLY ADVICE

CONFIDENTIAL SUPPORT

FOR YOUNG PEOPLE AGED 16+

Let's find your next step

16+e2eteam@halton.gov.uk
0151 511 8834

HALTON BOROUGH COUNCIL

INFORMATION

A Better Start

Halton 12 week Development Opportunity

- Improve your mental health and wellbeing and develop yourself
- Meet other young people and build your confidence and self-esteem
- Improve your employability skills and better understand your options – including how to access them
- Get training in Mental Health First Aid
- Achieve an accreditation in Emergency First Aid at Work!

Want to get involved? Contact us:

07858 614474
0151 357 1971
michelle.maddox@youthfed.org

Or scan here:

The best part of the programme for me has been making a great group of new friends
— young person

For ages 16 to 19* *16 to 24 for those with a EHCP

HALTON BOROUGH COUNCIL **CHESHIRE COMMUNITY FOUNDATION** **youthfed**

KICK START YOUR CAREER IN FITNESS IN RUNCORN

Available for school leavers, aged 16–18 (16–24 with an EHCP)

Passionate about fitness? Join our programme in **September 2026**

Our well-balanced sports study programmes are delivered by **industry experts** with academic study and real-world work experience in the sports industry, with a focus on raising students' career aspirations.

You'll achieve:

- Work experience
- Maths & English GCSE Resits (where appropriate)
- NCFE Level 2 Gym Instructing Certificate
- NCFE Level 3 Personal Training Diploma

APPLY NOW 2026/2027

SCAN ME

Ofsted Good Provider

Department for Education

Juniper TRAINING

Contact the team:
dean.mannion@junipertraining.co.uk
Runcorn ABC, Runcorn Shopping Centre, Unit 206A, City Square, WA7 2EU
www.junipertraining.co.uk

Call or email the 16+ Education to Employment Team

16+e2eteam@halton.gov.uk
0151 511 8834

16+ Education to Employment Team

HALTON BOROUGH COUNCIL

HeadzUp Halton

A young
people's
mental health
drop in.

The Mersey Care Children and Young People's Mental Health Team is providing a young people's drop in. It is informal and for children and young people aged 17 and under and their families or carers.

The hubs are in the community and are supported by mental health staff from the children and young people's mental health team who can provide support and advice.

Drop by to see us:

Every **Tuesday** from
2.30pm to 4.30pm at
**Brookvale Childrens
Centre, Woodhatch
Road, WA7 6BJ**

Every **Thursday** from
2.30pm to 4.30pm at
**Warrington Road
Childrens Centre,
Widnes, WA8 0BS**

If you have any questions about these sessions you can call us on
01928 568 162 (Monday to Friday 9am to 5pm).

This is not a CRISIS service. You can contact the crisis team on
01744 415 640, 24 hours a day seven days a week.



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 Carers 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.cloud.microsoft/r/6cCpQ7AcR7>



Self referral for an adult carer:

<https://forms.office.com/Pages/ResponsePage.aspx?id=Eolg4uLelUuDmDE0B5g3073nbV4xJD9ImPIOrNMyxyFUMDVouIJZrZlZQTISNVhWNTZBQ0MzUDdXVS4u>

Halton Carers Centre is a registered charity and a Network Partner of Carers Trust.

Carers information

Carers Break funding

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. As soon as the Young Carers Team receives the receipts, we'll send the funding form to you.



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!



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

HOW TO RETURN YOUR RECEIPTS



Drop them into either of our offices.

OR



Email them to:
help@haltoncarers.co.uk

HALTON CARERS CENTRE

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TRUST**



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.

SCAN
ME!



Click or Scan to
Register Today



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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, 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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