

Halton
Carers' Centre



Registered Charity No: 1124493
Company No: 06574889

Welcome to our

Newsletter

Winter 2019 • ISSUE 38

Winter 2019 Newsletter

Welcome to the Winter edition of Halton Carers Centre newsletter and the first one of 2019! Firstly I'd like to thank all those people in 2018 who supported us throughout the year by attending our events and participating with the Centres activities, your support has been most appreciated and special thanks to those who donated or raised funds for the centre (see page 3 for list of benefactors).

We would also like to give a special thank you to our carer Brian Robson who at the beginning of 2018 set himself a challenge of completing 10 races during the year to raise funds for Halton Carers, these races ranged from a 1k Spring run to a 20k Tunnel Race! It's still not too late to sponsor Brian you can head over to our fundraising page on our website and donate online or call into the office.



Brian Robson

We were proud in November to be nominated as one of the local causes of the Co-op Local Community Fund. If you are a member of the Co-op and have registered Halton Carers Centre as your chosen cause, whenever you swipe your membership card in your Co-op you will help raise funds for the Carers Centre. (see page 3 for details).

We are also holding a forum together with HBC to gather carers views, this is to be held on Thursday 7th March, 9.30am at the Stobart Stadium. There will also be several services from Halton offering information on the support they can give such as benefits, groups, etc. Lunch will be provided for those who are present. If you wish to attend can you please contact us on 01928 580182 to book your place. If you are unable to attend you can still feedback your views by requesting a survey from Halton Carers Centre.

A date for your diaries, we will be holding our Easter Prize Bingo on Thursday 11th April in Churchill Hall, Cooper Street, Runcorn. Doors will open at 6pm with eyes down at 6.30pm. Bring your friends & family for a fun evening out while raising funds for carers in Halton!

All the best and I hope to see you at one of our events throughout the year.

Carl Harris

Carl

Halton Carers'
Centre Manager

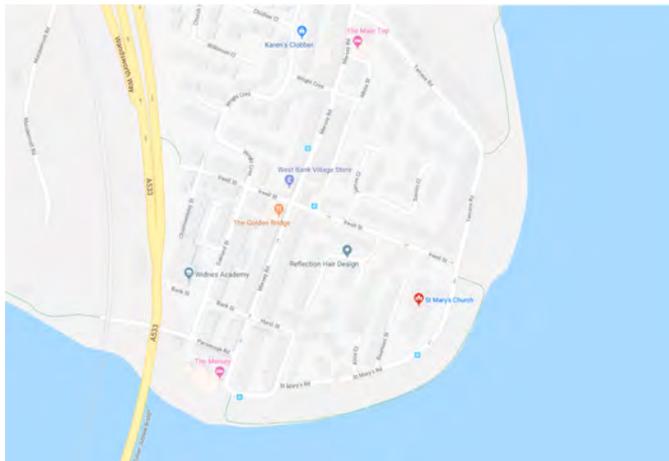
For more information contact Halton Carers' Centre on:

01928 580182

Our Widnes office has moved!



Our Widnes office has now moved and we are based within St Maries Church on Lugsdale Road (Next to Tesco) Our opening hours remain the same and you can call in for advice every Wed & Thurs 10am - 4pm, the phone number has also changed if you wish to ring our Widnes office you will need to call 01928 592405, this is for Halton & St Helens VCA who will put you through to our Widnes based support worker. Our weekly therapy appointments with Emma and podiatry appointments with Stuart will also be here. It is a beautiful relaxing setting so why not pop along and see us in our new base.



If you can't make it down to our office we have regular monthly outreach in GP's across Halton as well as in Halton Hospital! The GP Practices we are in include Brookvale, Weavervale, Murdishaw, Castlefields, Tower House, Grove House, Oaksplace, Newtown, Bevan Medical, Peelhouse & Hough Green. To find out when we are in your practice give us a call or keep an eye on our FB page!



The Co-op Local Community Fund helps to support local projects that the co-op members care about. Since its launch in 2017, Co-op members have raised **£39 million pounds** for over 12,000 local causes.

Halton Carers Centre has been lucky enough to be chosen as one of the Co-ops local causes! If you are a member of the co-op and swipe your membership card each time you shop in your Co-op you can now help raise funds for carers in Halton!

If you are a member of the co-op we would really appreciate if you could take a moment to log online to your account and request that Halton Carers Centre is your chosen charity for 2018/19 <https://membership.coop.co.uk/causes/28672>. If you have any problems with this you can call the membership helpline on 0800 023 4708 or you can give us a call in the centre! If you are not yet a member you can join online by visiting <https://www.coop.co.uk/membership> or again you can pop into Halton Carers Centre and we can complete the membership form with you and you will receive your membership card through the post.

We would like to say a huge thank you to everyone that has donated to the Carers Centre over the past year. Your donations are received with the highest gratitude and without these donations the centre would not run as effectively and efficiently as it does. Throughout the past year we have received donations from the following people:

Christine & John Humphrey, Sue Hague, Danielle Howens, Kath Owens, Jaguar Land Rover, Phil Stringer, Callum Purchase, Howdens, Brian Robson, Dementia Group, John Warburton, Barbara Talbot, Linda & Derek Booth, Jean & James Rotherham, Kara Shaw, Linda Marshall, Frances Henry, Ron Davis, Allun & Mia Knowles, Oddfellows, Just Giving & Text Just Giving, Melanie Caldwell, Frances Turner, Karen Knowles, Wicksten Drive Christian Centre, Sue & David Fairbrother, Dawn Basely, Geoffrey Miller, Pennies Donations - Notcutts & Members of the Dementia Support Group We would also like to thank our Carers and their families for the support they show with our fund raising activities.

Stroke

association

Spotlight on Stroke

Have you been affected by stroke? The Stroke Association are here to help.

In Halton, we offer high quality information, practical advice and emotional support following a stroke through our Stroke Recovery Service.

We also run two peer support groups for people affected by stroke: our Continuing Support Group, and our drop-in stroke café. These groups give you the opportunity to rediscover previous skills or learn new ones, regain confidence, increase independence and socialise with others who've had similar experiences. Carers, family and friends are also very welcome to join.

The Continuing Support Group offers a range of social activities including talks, crafts and gentle exercise. We meet on alternative Monday afternoons at Murdishaw Community Centre in Runcorn.

Our drop-in stroke cafés meet on the first Wednesday of every month in Widnes at Naughton Fields, Liverpool Road. Join us for a cuppa and a chat and find out about activities happening in the Halton area.

For more information about support in Halton or if you would like to attend either of our groups, please contact: **Alison Gilfoyle** on **01928 753381** or **Angela Spruce** on **01928 753503**.

You can get support from our Helpline on **0303 3033 100**. You can also connect with others affected by stroke and get free 24/7 access to trusted advice, information and support via our online stroke support tool, My Stroke Guide. Log on to mystrokeguide.com.

Together we can conquer stroke





The Centre

Widnes & Runcorn Cancer Support Group

Cancer Support for Children and Young People



We provide an in school support service for children and young people when an adult in their life has been affected by cancer.

Please get in touch for more information or to make a referral.

0151 423 5730

Sam.bourque@widnesandruncorncancersupport.org.uk



21-23 Alforde Street, Widnes, WA8 7TR

www.widnesandruncorncancersupport.org.uk

Charity Number 1145810 Company Number 07830948



Have you entered our Carers Centre Lottery yet? Halton Carers Centre's Carers Lottery is an opportunity for you to help us raise money for carers and have a chance of winning a cash prize!

All money raised will help us to run the centre which currently supports provides services to over 5000 young & adult carers in Halton.

The more people who enter, the more funds we are able to raise and the bigger the monthly prizes will be! All profits from the lottery will go to Halton Carers Centre, which is a registered Charity. When you join we will write or email you to allocate a number, upon receipt of your monthly payment your number will be entered into our monthly draw which will be drawn on the 20th of the month at 12pm or the nearest Friday, if the 20th falls on a weekend. There will be three prizes. The amount of the prizes will depend on the amount raised that month.

Anyone can join the lottery as long as you are over 16 years of age, you may enter more than once per month at a cost of £5 for the month for each number you are allocated. You can either pay cash, chq or set up a monthly standing order.

To find out more or to join the lottery please ring the office on **01928 580182** or pop into either of our offices during our opening hours.



Halton Carers' Centre Training

As a carer registered with Halton Carers Centre you can access our training courses FREE!
If you want to know more about the sessions we have booked in for the upcoming months or to book on please contact the centre:

Mental Health Awareness

2 Sessions - Each session 2hrs long 1 session per week for 2 weeks. 10am - 12 noon.

This session is ideal for those who are supporting someone who has Mental Health, this could be depression, anxiety, eating disorder, OCD, Bipolar etc. It gives you the opportunity to learn more about the diagnosis and meet other carers. At the end of the 2 sessions you will be awarded with a certificate of attendance.

Future Dates:

12th & 26th March
30th May & 6th June
5th & 12th September
7th & 14th November



Personality Disorder - 2 Sessions - Each session 2hrs long 1 session per week for 2 weeks.
10am - 12 noon

If you are caring for someone diagnosed with Personality Disorder this session will help you have a better understanding of the condition, coping strategies for you and the person you care for as well meeting other carers. At the end of the 2 sessions you will be awarded with a certificate of attendance.

Future Dates:

9th & 23rd April, 4th June & 27th June, 19th & 26th September, 21st & 28th November

Other training opportunities we have for carers include:

Basic First Aid Training - This is provided in our Runcorn office by The Red Cross, it covers falls, sprains, cuts, CPR etc. - Friday 8th March, 10am - 12 noon, Halton Carers' Centre.

Start Training - Strategies for relatives caring for someone with dementia/Alzheimer's.
Date/Venue to be confirmed.

Caring with Confidence. - Do you feel confident in your caring role, do you feel confident liaising with services about the person you care for? If no or not at times this course is perfect for you!

Halton Home Library Service

Halton Library Service has a Free Home Delivery Service for people who love reading, but are housebound or who find it hard to get to their nearest library for reasons such as mobility problems, illness or old age. The service is also available to people who are carers.

You can receive up to 20 books a month. These can be in normal or large print and audio books are also available.

The photo shows Hollie Furnival from the Library service with Mrs Garston, one of the Home Library Service customers with her latest delivery of audiobooks. This lady has lost her sight, but is delighted to still be able to enjoy a good book and feels the service is a lifeline for her.



The service is available on a permanent or temporary basis.

If you are interested in this service, then please contact your local library and they will arrange for someone to come and discuss with you the sort of books you like to read. The books are then chosen by library staff and are delivered once a month

Halton Lea Library 0151 511 7744

Widnes Library 0151 907 8383

Or contact Caroline Unsworth on **0151 511 8154**



If you are on FB please like our 'Halton Carers Centre' page and search for our closed groups where you can find out regular updates on the centre and our activities. Our closed groups are Halton Carers (adults) and Halton Carers Centre Young Carers. There are a few questions you will need to answer before we accept you into the group but this is to ensure it is only our carers who have access.



Cheshire Autism
Practical Support

Supporting families who have a child or adult on the autism spectrum, whether diagnosed or not.

Activities over 80 sessions every month for children, young people and adults including family events.

Running in Chester, Blacon, Ellesmere Port, Mickle Trafford, Northwich, Winsford, Knutsford, Crewe, Runcorn, Widnes & Warrington.

Intensive social skills classes for children, Lego and Play Therapy and specialised socialisation group *The Club*.

Adult life skills and various qualifications.

Mindfulness, Advocacy and Counselling.

www.cheshireautism.org.uk



LOTTERY FUNDED



0344 850 8607

money raised by
healthReward
through



Inspiring families to achieve more

Carers' Services

Therapy Appointments

Tuesday 10am – 4pm
Thursday 10am – 2pm (Reflexology)
***Saturday 10am – 1pm**
Halton Carers' Centre,
62/64 Church Street, Runcorn
Wednesday 9.30am – 2pm
St Maries, Widnes

***Saturday appointments are for young carers and working carers only**



Podiatry Services

Wednesday 10am - 2pm
***Saturday 10am - 1pm**
Halton Carers' Centre,
62/64 Church Street, Runcorn
Thursday 9.15am – 2pm
St Maries, Widnes

£10 charge for repeat appointments

***Saturday appointments are for young carers and working carers only**

To book a therapy or podiatry appointment please contact either of our offices during our opening hours. Therapy appointments available include: Massages, facial, pedicures, manicures, waxing, tinting etc. Your first appointment will be free and for any following appointments with our beauty therapist there will be a small charge. Please request a current price list from our offices. For podiatry again your first appointment will be free and any following appointments will be £10 each.

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 £25.00 for a chiropody appointment and £10 for a therapy appointment. Any carers who do not pay the charge will be unable to access any further treatments.

Halton Carers' Centre Coffee & Support Groups

We have lots of great coffee groups coming up over the next few months, if you want to know about any of our groups please give us a call at either of our offices! All our groups are free to attend and refreshments are provided. Including our Brand new Mental Health Carers Group in Widnes! The group is for any carers caring for someone with any mental illness: schizophrenia, depression, anxiety, bi-polar, OCD, panic disorder, PTSD, dementia etc.

The group will start by having a speaker come along each month and then carers can discuss their caring role and receive ongoing support. This is a really friendly group where confidentiality is adhered to and carers can speak openly about their caring role with one another. Research has proven carer peer support groups can really help as others can understand what you are going through and that you are not alone in your caring role.

Mental Health Carers Group Widnes: 6pm - 8pm, Box 16, Halton Stadium, Widnes.
Future dates: 13/02/2019, 13/03/2019, 10/04/2019 & 08/05/2019.

Mental Health Carers Group Runcorn: 1pm - 3pm Mencap building, Laburnum Grove, Runcorn. Future dates: 27/02/2019, 27/03/2019, 24/04/2019 & 29/05/2019.

There is also a great closed FB group to run alongside this group, if you are looking after someone with MH please add the group Halton Mental Health Carers Group.

Runcorn Carers Coffee Group: 12pm - 2pm Meet in Churchill Hall, Cooper Street, Runcorn.
Future dates: 21/02/2019, 21/03/2019, 18/04/2019 & 16/05/2019

Widnes Carers Coffee Group: 10am - 12pm Meet in Trinity Church, Peelhouse Lane, Widnes.
Future dates: 20/02/2019, 20/03/2019, 17/04/2019 & 15/05/2019

For our above carers coffee groups we have speakers attending, to find out who please give us a call or keep an eye on our FB and website!

ADHD Parent Carers Group: 12pm - 2pm Churchill Hall, Cooper Street, Runcorn.
Future Dates: 26/02/2019, 26/03/2019, 30/04/2019 & 28/05/2019

Dementia Carers Group: 6.30pm - 8pm Brunswick House, Water Street, Runcorn.
Every other Monday, please contact us for future dates.

Knit & Natter: 12pm - 2pm Halton Carers Centre 62/64 Church Street, Runcorn.
Every other Monday, please contact us for future dates.
The group belongs to Teeny Treasures and is a lovely knitting and crochet group.

Halton Carers' Centre Trips February - April 2019

Maritime & World Museum - Sat 23rd Feb

Be chauffeured to/from Liverpool and take yourselves off to experience the wonderful free Maritime & World Museum, a stroll down the Albert Dock or a bite to eat!
£5 per person aged 12 & over,
Young Carers - Free.

Lowry Theatre Tour - Thurs 14th March

Do you love the theatre? Have you ever wondered what goes on behind the scenes? If so, come along to our behind the scenes trip to the Lowry! After you can have a bit of retail therapy in the Lowry outlet and a bite to eat.
Price to be confirmed. Transport included.

Port Sunlight - Sat 6th April

Come and join us on a guided tour of the Port Sunlight Village & Museum, followed up by a delicious cream tea in the village tea rooms £10 per person.
Transport included.

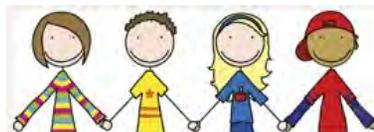
Llandudno - Friday 12th April

The beach, shops, Great Orme plus much more!
Come for a great day out with the family
£8 per adult and £5 per child,
Young Carers - Free
Transport included.



Halton Young Carers

RTIME



Is your young carer aged 11+ and would love to meet other young carers, have fun and to just be themselves? Well our young carers RTIME group is the place for them! Held fortnightly in our Runcorn office 5pm - 7pm. The group enjoy film nights, playing games, quiz nights, arts & crafts plus much more.

We meet 5 – 7pm every other Thursday

Thurs 10 th January	Thurs 7 th March
Thurs 24 th January	Thurs 21 st March
Thurs 7 th February	Thurs 4 th April
Thurs 21 st February	Thurs 18 th April

To find out more about the group or to book your young carer onto a session please ring our young carers team on 01928 580182.

Young Carers Therapy Appointments

Its not just us adults who at times could do with a relaxing 30mins/1hr to ourselves, young carers need it to! But did you know our Young Carers can access some relaxing pamper therapy appointments in our offices!

Appointments are available every Saturday in our Runcorn office and during the school holidays in Runcorn of a Tuesday & Thursday and in our Widnes office of a Wednesday ! All appointments for Young Carers are FREE but a parent/guardian would need to complete a consent form. To book an appointment please ring 01928 580182.



Halton Young Carers



Did some one say February half term?!?! We have some great activities to keep your YC busy during the half term!

All our young carers activities only have limited spaces so please give us a ring if your YC would be interested in attending!

HALTON YOUNG CARERS
AGED 5 - 11 ARE INVITED TO
JOIN THE TEAM AT
NORTON PRIORY MUSEUM
& GARDENS
FOR SOME HALF TERM FUN AND
CRAFTS THAT YOU CAN TAKE HOME

DATE: TUESDAY 12th FEBRUARY 2019
TIME: 10AM - 2PM
TO BOOK YOUR PLACE PLEASE CONTACT
THE YOUNG CARERS TEAM ON 01928 580182

HALTON YOUNG CARERS AGED
11+ ARE INVITED TO JOIN THE
YOUNG CARERS TEAM AT
Widnes Superbowl
The Hive
DATE: Wednesday 13th February 2019
1pm - 4pm
To book your place please contact
the young carers team
on 01928 580182

HALTON YOUNG CARERS AGED
11+ ARE INVITED TO JOIN THE
YOUNG CARERS TEAM AT
PLANET ICE WIDNES
DATE: Thursday 14th February 2019
1pm - 4pm
To book your place please contact
the young carers team
on 01928 580182 or text 07557153335

In-School Award

The In-School Award is a national award managed by Carers Trust. Meeting the criteria from bronze to silver and gold awards is now an OFSTED requirement so will be a real benefit to schools as well as young carers in Halton.

The bronze award is the first step in accreditation for demonstrating that your school has a strategy in place to support young carers.

CONGRATULATIONS

to
Victoria Road Primary School

on becoming the first Primary School in Halton to achieve the Bronze Award for their support of Young Carers within school.

This is a fantastic achievement with a lot of hard work and commitment put in by the Staff and Governors.

Keep up the good work!

Halton Young Carers



We have a few trips planned for our young carers during the Easter term, if your young carer is interested in any of the trips please get in touch.

EASTER HOLIDAY CLUB
WITH HALTON YOUNG CARERS
AGED 5 - 11
 Date: Thursday 4th April 2019
 Time: 10am - 2pm
 Venue: Mencap Building, Laburnum Grove, Grangeway

TO BOOK YOUR PLACE PLEASE CONTACT THE YOUNG CARERS TEAM ON 01928 580182

HALTON YOUNG CARERS AGED 11+ ARE INVITED TO JOIN THE YOUNG CARERS TEAM ON A DAY TRIP TO LIVERPOOL.
ACTIVITIES: Breakout Rooms RED BUS TOUR PACKED LUNCH REQUIRED

TUESDAY 9th APRIL 2019
 Meet at Halton Carers Centre for 10am

Departing from Buncorn train station at: 10:25 Breakout Rooms: 11am
 Lunch: Please bring Packed Lunch
 Big red bus tour: approx. 12:30 Departing from Liverpool Lime street train station at: 11:00
 Arrival at Buncorn train station: 11:30

FOR MORE INFORMATION OR TO BOOK A PLACE PLEASE CONTACT THE OFFICE ON 01928 580182

HALTON YOUNG CARERS AGED 5 - 11 ARE INVITED TO JOIN THE TEAM AT
NORTON PRIORY MUSEUM & GARDENS
 FOR SOME HALF TERM FUN AND CRAFTS THAT YOU CAN TAKE HOME

DATE: THURSDAY 11th April 2019
 TIME: 10AM - 2PM

TO BOOK YOUR PLACE PLEASE CONTACT THE YOUNG CARERS TEAM ON 01928 580182

Places for these trips will not be confirmed until March.

To ensure that we are supporting our young carers accordingly we need to carry out regular reviews of their caring role, we can do this many ways e.g face to face, over the phone, in school or an online survey. If you do receive a phone call, letter, text or email to say your young carers review is due it would be greatly appreciated if you could take a few minutes to do so. If you don't have the time please get in touch and we can book a date/time in when we will contact you again.

Weds 10th April

First Aid Training for young carers aged 8+, if you would like to book a place call 01928 580182.



HAVE YOUR SAY!

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 Carers' Centre on **01928 580 182**

If you wish to look at our website remember
the details are: **www.haltoncarers.co.uk**



PLEASE KEEP US INFORMED HELP US TO KEEP YOUR INFORMATION UPDATED

Anything we should know?

If your details have changed since you registered with us, such as you have become ill, you start to care for more than one person, the health of the person you care for changes or you are a young carer who has changed school please let us know. It's also important that we have your correct e mail address, especially if this is the way you would prefer us to contact you. We deal with many personalised break funding applications via e mail and send our newsletters out this way in order to keep costs low.

If any of your details have changed, particularly your name, address or telephone number. Please return this slip to:

Freepost RRZU-YZEE-CCTR, Halton Carers' Centre, 62 Church Street, Runcorn, WA7 1LD.
You can also ring **01928 580 182** to change your details, or email help@haltoncarers.co.uk

Name: _____

Address: _____

_____ Postcode: _____

Telephone Number: _____

Please tick if you want your details removed from our database



Compliments & Complaints



Although Halton Carers' Centre aims to provide the highest standard of service 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 manager Carl Harris HCC Manager e mail carl.harris@haltoncarers.co.uk or tel 01928 580182 or Chair of the Trustee Board, Mike Shepherd at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

