

Halton
Carers' Centre



Registered Charity No: 1124493
Company No: 06574889

Welcome to our

Newsletter

Summer 2019 • ISSUE 39

Summer 2019 Newsletter

Welcome to our Summer 2019 newsletter! As you can see we've got a busy summer coming up!

For Carers Week 10th to 16th June we will be having a range of activities in the marquee in our back garden, see page 2 for details. We will also be having a Craft Fair on Sat 8th June, see page 13 for details.

We also have a range of trips, activities and training course over the Summer months for young and old alike!

We also say goodbye and good luck to Joanne Collins who has left the Carers Centre after working here for 7 years, we wish her well for the future.

Remember the Carers Centre holds a monthly raffle, drawn on the 20th of each month, or the Friday nearest the 20th if the 20th falls on a weekend. If you would like to join the lottery it is £5 per month, per number. Contact the Carers Centre for how to join or look at page 6.

The Carers Centre is also one of the local organisations that the Co-op in Halton have chosen to be one of three local projects that they, alongside Co-op customers in Halton are raising much needed funds for. If you have a Co-op card every time you purchase own-branded products and services at the Co-op, 1% of what you spend goes to help fund community projects where you live, the Co-op is also giving all money raised from shopping bag sales. If you need more details please contact the Carers Centre.

Regards

Carl Harris

Carl

Halton Carers'
Centre Manager

For more information contact Halton Carers' Centre on:

01928 580182

For Carers Week 2019 we will be Getting Carers Connected in their communities



Carers Week falls between 10th - 16th June 2019 and we are going to be out and about during the week in various venues promoting our services and identifying new carers. We are going to have several events happening in our garden marquee at the Runcorn office to celebrate all the fantastic work unpaid carers do on a daily basis!

Tues 11th June

Information Sharing Event - 10am—2pm. We will have various services and groups from across the borough available for carers to drop in anytime during 10—2 and see what is available for themselves and those they care for in Halton.

Wed 12th June

Cash Bingo – 6pm—8pm. Due to this being a cash bingo it is an over 18's only event. Cash prizes only! £5 per line, £20 per house.

Thurs 13th June

Young Carers Informative Event - Whats out there? 3pm—5pm. We will be joined by services and groups from across Halton who services are specifically for young people. Come and find out about our young carers team. Then at 5pm—7pm our Young Carers Group RTIME will have their get together with food and activities!

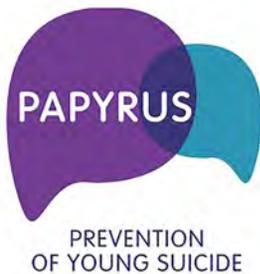
Friday 14th June

Afternoon Tea – 11am – 2pm Come and join us to end the week of carers celebrations with sandwiches, cream scones and refreshments!

We hope to see as many of you there to join in our activities, If you need any more information on the events or you are a community group who would like a stand to help connect communities please give us a call.



Ring us to confirm your attendance at any or all the events during carers week!



According to Carers UK, there are over 6.5 million people in the UK who are currently supporting a vulnerable person in their lives. Over 6,000 people become carers each day – it can often be sudden and unanticipated, and therefore life changing for all those involved. Carers look after loved ones who may have a physical or mental illness, or those who are unable to look after themselves due to their age or a disability, for example. There are often a lot of different thoughts and feelings associated with becoming a Carer, and this full-time, unpaid role can, for some, become incredibly overwhelming.

At PAPYRUS, we understand that thoughts of suicide are often linked to significant events with a feeling of loss. Hence, when a person becomes a Carer, this, itself, is a significant event and the loss associated with this could be loss of freedom, loss of money and even loss of identity. Sometimes, these feelings can lead a person to experience thoughts of suicide.

On HOPELINEUK, we support people aged 35 and under across the UK who are struggling with thoughts of suicide. As a service, we receive many calls from people experiencing these thoughts who also care for a loved one. From these calls, we can identify that carers can feel suicidal for a variety of reasons. A theme that frequently recurs is that carers do not have time to look after themselves – they cannot socialise, or take part in things that they enjoy as their time is dedicated to the person they are caring for. When a carer does take time for themselves, it can often result in feelings of extreme guilt. This can make a person feel very isolated and alone.

On HOPELINEUK, we realise how important self-care is and - as the saying goes - you can't pour from an empty cup. Therefore, it is really important that carers look after themselves by taking time out to do things that they enjoy or things that can relax them. It is imperative that if someone is struggling, that they reach out for their own support too.

If you are a carer yourself, or know someone, who is experiencing thoughts of suicide, please don't hesitate to contact HOPELINEUK on 0800 068 41 41 so that we can support you to keep safe from suicide. Allow yourself to be supported, whilst supporting someone else.



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.

HeadzUp Halton Young Peoples Drop-in

Are you aged 17 or under? Are you worried about your mental health? Do you want to speak to someone about your concerns?

Headzup is an informal **mental health drop in** for children and young people in Halton.

Drop by to see them:

Every Wednesday from 2.30pm - 4.30pm at The Hub, Grangeway, Runcorn, WA7 5HA

Every Friday from 2.30pm - 4.30pm at Kingsway Library, Widnes, WA8 7QT

You will be able to speak to a mental health professional about your difficulties, this could be alone or you could bring someone with you if you like.

They will ask you some questions about your current difficulties and together you will agree a plan of support and they will explain what happens next.

For more information
Tel:01928 568162
www.nwbh.nhs.uk/camhs-halton



H.A.L.D.S

Halton Adult with Learning Difficulty Support
Where carers make the difference

Are you a carer for an Adult with a Learning Disability?

We are an independent charity support group for carers of adults with learning disabilities, we meet on a monthly basis on the last Monday of the month at Mencap Acorn Centre, Laburnum Grove, Runcorn at 12.30pm.

We invite guest speakers to our meetings which is always to do with your caring role, we have solicitors, first aid, direct payments and many more speakers on a variety of subjects. We can sign post if you have a problem, we also hold social events e.g lunch, day trips and also weekends away.

If you would like more information please either our website www.halds.org or contact Pam Roberts on 07530 383690 or p.halds6213@virginmedia.com



Sensory Service – A First for Halton



Halton residents with any form of sensory loss or associated condition, will now be able to access information and a range of support services all under one

roof. Halton Sensory Services has opened its base on Widnes Road bringing together a team of specialist staff experienced in sight & hearing loss, vision impairment and Deafness. Residents will be able to drop in during the hours of 10am to 3pm, Monday to Friday for general enquiries and to arrange an appointment for more specific support, such as rehabilitation, aids and adaptations. Home visits can also be arranged for residents with mobility or health related issues.

The service is the first of its kind in the region. The partners; Vision Support, Deafness Resource Centre and Halton Borough Council, are working together to establish a fully integrated sensory service reducing the need for residents to contact different organisations for support with their sensory needs. The service will also utilise a Mobile Unit to go to into local communities to reach out to more isolated residents and to inform people of the support available.

A spokesperson for Halton Borough Council said, *“Halton Sensory Services and the opening of the new Base in Widnes will make a real difference to the quality of life and wellbeing of people living with sensory loss in Halton”*.

The Mayor of Halton officially opened the Base on 27th March 2019.

Contact details:

Telephone 0151 511 8801 Email: sensory.services@halton.gov.uk

Address: 126 Widnes Road, Widnes WA8 6AX

Additional Information:

Vision Support and Deafness Resource Centre are independent registered charities operating as Halton Sensory Services.

The Rehabilitation Team (vision impairment) currently located in Municipal Buildings will be seconded over to the new service.



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.





There are many attractions that you can visit throughout the year that offer either free entrance for the carer and/or cared for or discounted prices. Here are just a few local attractions that you could save some £'s with over the summer holidays. If you are thinking of attending any of these venues please contact them first to see what proof of carer/cared for required. This could be a DLA/PIP/AA/Carers Allowance letter, or a letter from ourselves confirming you are registered here!

Knowsley Safari Park: Carers FREE accompanying a Cared for.

Chester Zoo: Carers FREE accompanying a Cared for.

Farmer Teds: Carers FREE accompanying a Cared for.

Splash world Southport: Carer goes Free But at set times.

Gulliver's World: Carers and cared for can both get admittance for £14.95

Apple Jacks Farm: Carer & Cared for get discounted price.

Conway Castle: Carer & cared for FREE

National Trust Venues: Carers FREE when accompanying cared for.

Beatles Story, Liverpool: Carers go FREE.

Quarry Bank Mill: Carers FREE when accompanying cared for.

Blackpool Zoo: Carer & Cared for get discounted price.



Alton Towers: Half Price entry for both Carer/cared for.

Cadbury World: Carer & Cared for get discounted price.

Monkey Forest: Discounted price for cared for.

Blue Planet Aquarium: Carers FREE accompanying a Cared for.

Cinema: www.ceacard.co.uk

Norton Priory Museum: Residents of Castlefields & Windmill Hill can get a FREE community pass.





Carer Break Information for Carers

Just a gentle reminder to our Carers regarding applying for Carers Break funding, please familiarise yourself with the points below before applying and/or waiting on a decision:

You must be an unpaid Carer within the borough who has been registered with us for at least 3 months before applying and an up to date review must have been completed if due.

- Carers must not have received a break within the previous 12 month period.
- The Supporting Statement must be completed by a professional before handing the form back to us otherwise this will delay the application.
- Only one Carer Break is awarded per household or cared for unless a Young Carer is also applying.
- You must allow at least 6 weeks before contacting us to see how your application is progressing.

If you want to know more about the carer break funding if you haven't applied before please get in touch with us for a chat!

The Centre
Widnes & Runcorn Cancer Support Group
Save The Date!!
Summer Fair 2019
Saturday 13th July 12-3pm
St Bedes School Field, Widnes
Music, performances, games and
much more!
Check out our Facebook page for
more info @thecentrewidnes

Supported by
0151 423 5730 , 21-23 Alford Street, Widnes, WA8 7TR
www.widnesandruncorncancersupport.org.uk
Charity Number 1145810 Company Number 07810948

TRAINING



We have plenty of FREE training for registered carers at Halton Carers Centre, this includes Caring for Confidence, Dementia START, First Aid, Mental Health Awareness, Personality Disorder, Suicide Awareness! To find out future dates please give us a call or check out our website, Facebook, Twitter & Instagram pages!



BritishRedCross Support at Home Halton

British Red Cross Short term support in the home is for people after a hospital admittance following an accident, illness or during a personal crisis. Anyone can refer or be referred to this service, however they must be age 18+ with low level social needs at risk of re-admission to hospital. The service is provided Monday-Friday 9am-5pm to individuals for up to 6 weeks across Halton. (Those within the Halton borough normally WA7 & WA8 areas).

To assist in speeding up discharge prior to the patient going home from hospital we can support patients with the following:

- Collecting items from the patient's home to bring into hospital, such as clothes, teeth, glasses and toiletries. Preparing home for discharge, such as getting extra keys cut for their property, or getting prepaid electric meters topped up, collecting foodbank vouchers/food. We can do a small local shop on their day of discharge and bring it onto the hospital wards to ensure they have food to go home with in the ambulance. We will then ring or visit them the following working day to see if they require any further shopping or assistance.

After discharge from hospital we can support people for up to six weeks with the following:

- Safe and well telephone checks. Shopping for them or escorting them to their nearest shop for their weekly big shop, which helps them to regain their confidence. Supported hospital appointments-meeting at the hospital, (for those with sensory impairments). Signposting and guidance to get the support they require outside British Red Cross.

For more information or to access the Support at Home Service please contact 0151 424 7873 or 07739 863 042 or you can email haltonsupportathome@redcross.org.uk

Do you suffer from Tinnitus?

In Halton there are 2 local support groups that you can pop in between 2pm - 4pm for an Informal chat and have tea or coffee!

Where....

Runcorn,
Hanover Court
WA7 6EJ

When....
2nd July
3rd Sept
5th Nov



Where....

Widnes,
Runnymede Court
WA8 6RN

When....
4th June
1st Aug
1st Oct

HALTON
CARERS'
CENTRE


action · help · advice

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. 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: 11/06/2019, 09/07/2019, 13/08/2019 & 10/09/2019.

Mental Health Carers Group Runcorn: 1pm – 3pm Church Hill Hall, Cooper Street, Runcorn.
Future dates: 26/06/2019, 31/07/2019, 28/08/2019 & 25/09/2019.

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: 20/06/2019, 18/07/2019, 15/08/2019 & 19/09/2019

Widnes Carers Coffee Group: 10am – 12pm Meet in Trinity Church, Peelhouse Lane, Widnes.
Future dates: 19/06/2019, 17/07/2019, 21/08/2019 & 18/09/2019

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: 25/06/2019, 30/07/2019 & 24/09/2019 (break in Aug)

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

July - September 2019

Llandudno - Weds 31st July

£6 per person
Transport included
49 places available

Southport Flower Show -

Thurs 15 Aug

£15 per person
Transport included
40 places available

We also have 9 places available to visit
Southport - this is £5 per person

Crocky Trail - Fri 30th Aug

£7 per person, £5 for under 5's,
£25 per family ticket (2 adults + 2 children)
Transport included
49 places available

Bury Market - Fri 13th Sept

£8 per person
Transport included
22 places available

Young Carers go FREE on all our Trips! If a child attending with us is a Young Carer registered with ourselves please let us know when putting your name on the 'interested list'



Carers Craft Fair & Table Top Sale

Halton Carers Centre will be holding a Craft & Table Top Sale on **Saturday 8th June 12noon - 3pm** in our Garden Marquee! We will have local small businesses available selling their handmade crafts as well as a selection of Table Top Sales. If you are interested in having a table please contact Tracey.Strain@haltoncarers.co.uk tables are £7.50 each. To come along on the day it is completely free entrance and is open to carers, your families, friends and the public so please spread the word to come and support local Halton businesses!

To see what's going to be on sale keep an eye on our website & Facebook page!

Disability Partnership - Deafness Resource Centre - Halton OPEN - Halton Speak Out - Red Cross - Mental Health Outreach - Royal Voluntary Service - The Life Line Enterprises - Vision Support

Age UK Macclesbury - Community BM4 Age Builders - Cheshire Fire Service - Cheshire Police - Halton

WE INVITE YOU TO HELP US TO TACKLE LONELINESS IN HALTON

We want you to get involved in the **'The Great Get Together'** on the 21st-23rd June. This event is inspired by the work of Jo Cox, who was dedicated to combating loneliness in the UK before her tragic death in June 2016.

We want as many people in Halton to get involved in this year's Great Get Together as part of our local Campaign to End Loneliness in Halton **#HaltOnLoneliness**.

We aim to raise awareness of the impact of loneliness in Halton. The campaign encourages people to take time to connect and celebrate what brings our communities together.

If you want to join in, see link below
www.greatgettogether.org/how-to/
Alternatively if you want to know what is happening locally please contact **The Health Improvement Team on 0300 029 0029** or email us on HIT@halton.gov.uk
Box

If you or someone you know is affected by loneliness call
Sure Start to Later Life:
0151 907 8311
We can signpost you to local support and services for over 55s.

Warrington and Halton Hospitals NHS Foundation Trust

Warrington and Halton Hospital NHS Carers Cafe

Warrington and Halton Hospital are now providing a monthly carers café for unpaid carers.

At Warrington Hospital, the carers café is in the 'Moment to go' restaurant on the first Tuesday afternoon of each month – tea/coffee/parking are provided free of charge for those who attend.

At Halton Hospital, the carers café is in the George Lloyd restaurant with tea/coffee/ parking provided free of charge for those who attend to replicate the offer at Warrington Hospital on the 3rd Tuesday of every month from 10 to 11.30am.



Halton Young Carers



FILM NIGHT

Games Night

ARTS & CRAFTS

MOVIE MAKING

QUIZ NIGHT

R TIME

We meet 5 – 7pm every other Thursday

Thurs 2 nd May	Thurs 13 th June
Thurs 16 th May	Thurs 27 th June
Thurs 30 th May (Trip TBC)	Thurs 11 th July
	Thurs 25 th July

HALTON CARERS CENTRE
CHURCH STREET RUNCORN WA7 1LD
TO BOOK A PLACE OR IF YOU REQUIRE FURTHER DETAILS PLEASE CONTACT THE YOUNG CARERS TEAM ON 01928 580182

NHS Halton Clinical Commissioning Group
 Stone Morgan FOUNDATION HALTON carerstrust

GOT YOUR BACK

'GOT YOUR BACK' is here to help anyone under 18 that has been a victim. It doesn't matter when that was and it doesn't matter if you reported it to the police or not we are here to help with whatever you need, even if that's just someone to talk to.

All our services are FREE and CONFIDENTIAL.

www.gyb.org.uk

@HaltonGYB /HaltonGYB @HaltonGYB

Please call: 0800 640 6466
 text "GYB Mentor" to 82228 or email halton@gyb.org.uk

Powered by



If your parent or guardian isn't on our closed Facebook page for young carers give them a nudge to add us! Over the summer hols we will keep our page updated with activities that are happening over the summer holidays to keep you busy!

Don't forget you can also be booking in for Pamper sessions with Emma, appointments are available Tue, Thurs & Sat in our Runcorn office and on a Wed in our Widnes office.





Halton Young Carers



Halton Young Carers Aged 11 +
Are Invited To Join The
Young Carers Team At
Planet Ice Widnes

Date : Tuesday 13th August 2019
 Time : 1:30pm to 3:30pm

To book your place please contact the
 young Carers team at 01928 580 182
 Or text 07557159338

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

To see feedback from our previous YC
 day trips please check out our young
 carers section on our website!

If you are allocated a place on a trip can
 you please let us know if you no longer
 need the place as we have waiting list
 for attendees!

HALTON YOUNG CARERS
AGED 11+ ARE INVITED TO
JOIN THE YOUNG CARERS
TEAM AT
Widnes Superbowl

The Hive
 DATE: Tuesday 6th August
 1pm - 3:30pm

To book your place please contact
 the young carers team
 on 01928 580182

HALTON YOUNG CARERS AGED 11+
ARE INVITED TO JOIN THE TEAM
FOR A DAY OF ADVENTURE!

VENUE : MANLEY MERE
DATE : 20TH AUGUST
TIME : 9AM TO 3PM

(PACKED LUNCH REQUIRED)

TO BOOK A PLACE PLEASE CONTACT THE YOUNG CARERS TEAM

  **AT 01928 580 182** 

Have you received a review form
 or text recently to complete your
 annual review!

Please don't forget to complete
 a review each year as if we don't
 hear from you, you may get
 archived on our system!



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.

