

# Newsletter

Winter 2018 • ISSUE 35

**Welcome to our**

## Winter 2018 Newsletter

**Happy 2018 to all our carers.** I'd like to start the New Year with some lovely news! The winner of our first Carers Lottery Draw was

- 1<sup>st</sup> Prize** Mary Horrocks who won **£500**
- 2nd Prize** Nora Coggins who won **£100**
- 3<sup>rd</sup> Prize** Gary Bellair who won **£50**

The winners of our January 2018 lottery were Kerry Richards **£200**, John Urquhart **£50** and Gina Weaver **£10**.

We hope the lottery will go from strength to strength, enabling us to raise much needed funds for carers. If you would like to join the lottery it is £5 per month, per number. To join up simply set up a Standing Order for £5 per number, per month with your bank by providing Halton Carers Centre's bank details:

**Sort Code: 30 99 14 Account Number:  
07833689**

The last day for us to receive payments each month will be 15<sup>th</sup> of the month. We will draw the lottery on 20<sup>th</sup> of every month or the nearest Friday if the 20<sup>th</sup> is a weekend. The winners will be named via our newsletter, website, Facebook and Twitter. If you need more information about joining our Carers Lottery please contact us so we can get you started!

I'm pleased to say that we have listened to your views and carers will soon be able to register and complete their review forms via our website, which will enable us to support carers more efficiently. We will keep you updated about this and include your views in our planning.

**Carl Harris***Carl*

Halton Carers'  
Centre Manager

**For more information contact  
Halton Carers Centre on**

**01928 580182 or 0151 257 9673**

# New for the New Year!

**We have listened to what carers have asked for and are proposing the following new services. Please let us know if you would like more information or to attend any of the activities 01928 580182.**

- Outreach sessions at Runcorn Jobcentre 2<sup>nd</sup> Monday of the month from February 9.30-11.30am
- Monthly support meetings for ADHD Carers to include expert speakers in ADHD and managing difficult behaviour.
- New Mental Health Support Group 1-3 pm at Mencap Acorn Centre on Laburnum Grove. The group is for all adults caring for someone with a mental illness e.g. dementia, psychosis, schizophrenia, depression etc. There will be expert speakers and peer support. The person you care for can also attend the group if no support is available for them at home. This is a joint partnership with Northwest Borough Health, Halton Borough Council and MIND
- Monthly Tea Dances. The Tea Dance in December 2017 was so well received that we're thinking of doing one on a monthly basis if there is enough interest?
- Six week taster sessions of Tai Chi Classes for carers at Churchill Hall Cooper Street Runcorn 11.45-12.45 from Monday 22<sup>nd</sup> January to Monday 26<sup>th</sup> February. £2 per person refreshments included.
- Sensory Workshop in March 18. The Workshop provides effective strategies for dealing with children on the Autistic Spectrum who may have sensory issues.
- Toe nail cutting service

# Thanks to all who donated to Halton Carers Centre in 2017!

Leslie Allen  
Linda Booth  
Liz Cook  
John Gill  
Sandra Wilson  
Jacquie O'Neill  
Christine Humphrey  
Linda Booth  
Richard Parry

Jaguar Landrover  
TK Maxx  
Toys that were donated from Halton's Toy Appeal.  
Kings Cross .  
Tower House GP Practice doctors, nurses and staff  
Age UK  
Trinity Church



## Easter Bingo Wednesday 28<sup>th</sup> March 2018



We will be holding a fundraising Easter Bingo Night and raffle on Wednesday 28<sup>th</sup> March 2018 at Churchill Hall Cooper Street Runcorn. Doors open 6pm. Eyes Down 6.30pm.



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## Day trips & Activities

### February half term activities

Tuesday 13<sup>th</sup> Holiday Club at the Mencap building  
Thursday 15<sup>th</sup> Museum of Liverpool

### Easter half term activities

Tuesday 3<sup>rd</sup> April Holiday club  
Thursday 5<sup>th</sup> trip to be confirmed  
Tuesday 10<sup>th</sup> Underwater Street to be confirmed  
Thursday 12<sup>th</sup> trip to be confirmed

Please contact Young Carer Workers  
Jo or Garry if you would like to attend  
any of the trips or activities



# Duke of Edinburgh Awards!

**DE** Ready to find out what the DofE could do for you?

If you are then contact Young Addaction today on **01928 240406**

*"Doing my DofE is one of the best experiences I've had in my life."*  
This year I took Bronze, Silver and Gold Award Sections

It doesn't matter who you are or where you're from, as long as you're 14 to 25, DofE helps you stand out from the crowd when you apply for college, university or jobs.

If you would like to participate in the DofE Award then please attend one of our Open Access Sessions at:  
**Grangeway Youth Centre, Monday 7-9pm**  
**CRMZ, Wednesday 7-9pm**  
Contact us on **01928 240406** or email: [haltonadmin@addaction.org.uk](mailto:haltonadmin@addaction.org.uk)

**DE** THE DUKE OF EDINBURGH'S AWARD

HALTON | young addaction | THE DUKE OF EDINBURGH'S AWARD

## Young Carer Volunteers wanted

Are you able to give some of your time to become a volunteer driver transporting young carers to and from our activities? If you have a clean driving licence and some spare time please contact Cathy Harper at Carers Centre. You will be subject to a Disclosure and Barring Check and will need to be insured for business use. You will receive an induction, Safeguarding Training and expenses incurred will be refunded.



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Spotlight on

# Dementia

## **Carers Centre Dementia Support Group**

Do you care for someone who has been diagnosed with dementia? If so, come along to our Dementia Carers' Support Group every fortnight on Monday evenings 6.30pm – 8pm at Brunswick House in Runcorn. The group is a chance for you to share experiences, make new friends, gather information or simply just get out for a break and a cuppa! If you want more information or are interested in attending this group please contact the Carers Centre. Please note that the group is intended for carers only, to allow them time to discuss their situations and emotions freely without the person they care for present. If you need someone to support the person with dementia to enable you to attend the group, please let us know.

We are in the process of helping the group to set up joint activities to help with peer support such as theatre trips and meals out. If you care for someone with dementia and would like to be part of the peer support group or offer suggestions for activities and ideas on peer support please contact Cathy Harper on 01928 580182.

**Next group meetings:** 5th & 19th February, 5<sup>th</sup> and 19<sup>th</sup> March

## **Dementia Training - START Course**

The Strategies for Relatives (START) Training course is for carers of people with dementia to help provide coping strategies. There are 8 sessions for 1 hour per week facilitated by Carers Centre staff. Feedback from carers who have already attended has been excellent. They say they have benefitted greatly from learning new coping skills, sharing experiences and establishing support from each other.

**Contact Julie Noon/Michaela Casey for more information.**

# Halton Carers Centre GP Surgery Outreach

**Michaela Casey 10-11am**

**Bevern**

13<sup>th</sup> Feb, 20<sup>th</sup> March, 10<sup>th</sup> April,

**Peel House**

6<sup>th</sup> Feb, 6<sup>th</sup> March, 3<sup>rd</sup> April

**Murdishaw**

27<sup>th</sup> Feb, 27<sup>th</sup> March, 24<sup>th</sup> April

**Tracey Strain**

**Brookvale and Weavervale Practice  
Monday (fortnightly)**

**9.30-11am**

,5<sup>th</sup>, 19<sup>th</sup> Feb, 5<sup>th</sup>, 19<sup>th</sup> March

**Castlefields Health Centre Wednesdays  
fortnightly**

**9.30-11am**

31<sup>st</sup> Jan, 14<sup>th</sup>, 28<sup>th</sup> Feb, 14<sup>th</sup>, 28<sup>th</sup> March

**Lucia Urquhart:**

**Hough Green Medical Centre Thursday**

10.00 – 11.30

3 Feb, 8 Mar

**Newtown/Oakspace/Urgent Care  
Centre Friday**

10.00 – 11.30

23 Feb, 23 Mar

**Joanne Collins**

**St Paul's Health Centre Tuesdays**

9.30-10.30

6<sup>th</sup>, 20<sup>th</sup> February, 6<sup>th</sup> & 20<sup>th</sup> March,

10<sup>th</sup> April, 24<sup>th</sup> April

**We've teamed up with Just Text Giving to support more carers in Halton.**

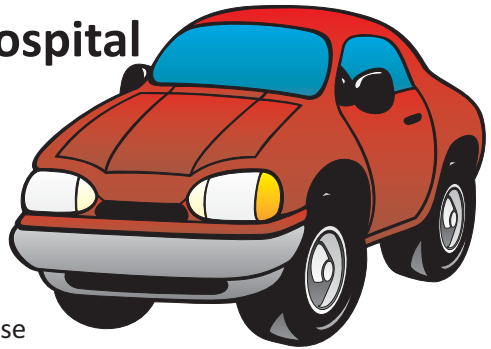
**Just text HCAR18 £1/£2/£3/£4/£5 or £10 to 70070 to donate to Halton Carers and make a difference today!**

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## Carers Concessionary Parking Permits at Warrington & Halton Hospital



Carers can get free parking at both hospitals if they have a Carers' Card and they wish to spend time at the hospital to help with the care of the patient – perhaps helping with giving drinks, feeding etc. Carers need to advise the Ward Desk of the patient that they are staying longer than the usual visiting time and request a form to apply for a parking concession. This will be signed off by the ward staff and then they can take this to the cash office where the details will be entered into the parking system. The carer will get one week of free parking. If they need to extend this, they can do so by getting another form completed. The parking fee is not waved for carers in cases of general visiting.

## Former Carers' Groups

If your caring role has ended due to bereavement or the person you care for goes into a home and you are not part of their Care Plan you can remain with the Carers' Centre for twelve months. You can also join our Former Carer Group which is organised by Beryl and Marjorie. The group meets on a monthly basis and all group members were once feeling like you are now but have managed to restart their social lives after being a carer. They enjoy visits to the theatre, lunch and evenings out, day trips and bi-monthly get-togethers. For more information contact the Carers' Centre. Next meeting 1<sup>st</sup> February 1-3pm at Churchill Hall Runcorn.



# First Aid Training for the New Year

2 and half hour session 10am-12.30pm covering basic first aid on the following dates:

- ☐ Friday, 25th May 2018
- ☐ Friday, 31st August 2018
- ☐ Friday, 30th November 2018



## Carers' Services

### Coffee Group

**3<sup>rd</sup> Wednesday in the month 10am - 12pm**

Trinity Church, Peelhouse Lane, Widnes

**3<sup>rd</sup> Thursday in the month 12pm - 2pm**

Churchill Hall, Cooper Street, Runcorn

**£5 for Massage**  
**£10 for Reflexology**

### Podiatry Service

**Wednesday 10am - 3pm**

**Saturday 10am - 1pm**

Halton Carers' Centre,  
62/64 Church St, Runcorn

**Thursday 9.15am - 2pm**

Peelhouse Family Centre Widnes

**£7.50 charge  
for repeat  
appointments**

### Therapy Appointments

**Tuesday 10am - 4pm**

Reflexology only - **Thursday 10am - 2pm**

**Saturday 10am - 1pm**

Halton Carers' Centre,  
62/64 Church St, Runcorn

**Wednesday 9.30am - 2pm**

Peelhouse Family Centre Widnes

# www.haltoncarers.co.uk

### 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 therapy appointments. Any carers who do not pay the charge will be unable to access any further appointments.

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trueCall™  
STOPS NUISANCE CALLS

NATIONAL  
TRADING  
STANDARDS

Scams Team

## FREE call blockers

The National Trading Standards (NTS) Scams Team is focussing on dementia sufferers who may be receiving scams or nuisance calls and offering a solution. **The NTS Scams Team is offering FREE call blocking devices.**

### Why install a call blocker

Previous trials have shown

The blocking technology supplied by trueCall ([www.truecall.co.uk](http://www.truecall.co.uk)) is extremely effective blocking over 95% of nuisance calls.

People have reported many benefits from having a call blocker such as

- Allowing people to live independently for longer
- Significantly reducing the risk of financial harm.
- Reducing anxiety, confusion and stress for older people, their family and their professional carers
- Reducing the risk of trips, falls and distraction accidents due to getting up to answer the phone unnecessarily
- Helping those who live alone feel safer and more in control and giving peace of mind to their family and friends

### **To get a FREE call blocking device, YES should be answered to the following**

1. Do you or the person you are applying for receive nuisance and scam calls?
2. Does the person who would like the call blocker have dementia?

**If you answered yes to the above then please apply at  
[www.friendsagainstscams.org.uk/callblocker](http://www.friendsagainstscams.org.uk/callblocker)**

**We would also encourage you to do the 20 minute Friends Against Scams online learning. Friends Against Scams has been created to tackle the lack of scams awareness by providing information about scams and those who fall victim to them**

If you have any queries please contact us at [Call.BlockerProject@eastsussex.gov.uk](mailto:Call.BlockerProject@eastsussex.gov.uk)  
To see what else the government is doing to combat nuisance calls by searching for

#NoNuisance on social media.

# H.A.L.D.S.

**Halton Adults with Learning  
Disability Support**

*Where carers make the difference*



## **Are you a carer for an adult with a learning disability?**

HALDS is 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 WA7 5EX at 12.30.

We invite guest speakers to our meetings relating to your caring role. We have solicitors, first aid information, direct payments and many more speakers on a variety of subjects. We can sign post if you have a problem and we also hold social events e.g. lunch/places of interest/theatre trips etc. and also weekends away

There is no cost to attend the group as we are funded by Halton Borough Council & Big Lottery Awards for All, however we make a small charge for social events.

Please do not feel you cannot come along on your own, bring a friend for support. We are a friendly bunch and all emphasis is on your caring role. Once you are at the meeting or social event you will probably realise you know other carers as well from schools, clubs etc.

If you would like more information please either visit our website **[www.halds.org](http://www.halds.org)** or contact me on **07530 383690** or **[p.halds6213@virginmedia.com](mailto:p.halds6213@virginmedia.com)**

*Pam Roberts*

### **Mental Health Training**

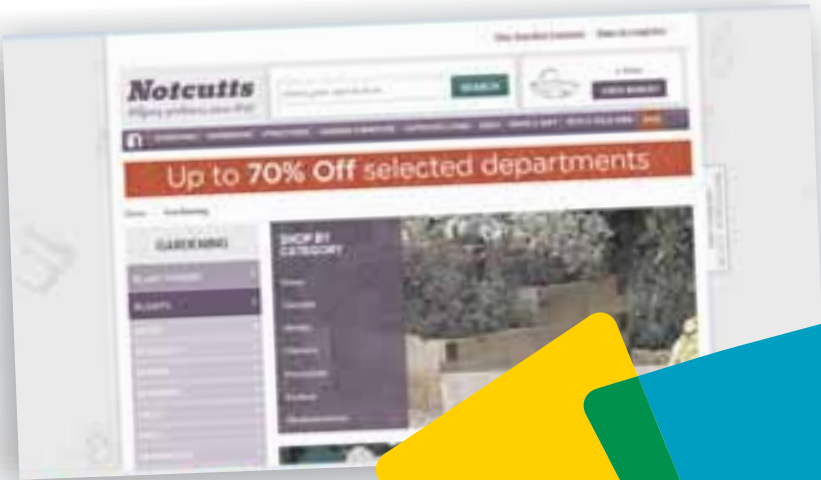
Providing an awareness of mental health issues in 2 sessions over 2 weeks -1<sup>st</sup> and 8<sup>th</sup> March

### **Personality Disorder Training**

Providing an awareness of personality disorders in 2 sessions over 2 weeks -15<sup>th</sup> and 29<sup>th</sup> March

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This year Halton Carers Centre is thrilled to be teaming up with Notcutts Garden Centre Mill Lane Widnes WA8 3UL to identify hard to reach carers and raise much needed funds for our registered carers. Come and say hello to our staff whilst we are fundraising in Notcutts and bag yourself some blooms!



# Halton Peoples Health Forum

## Topics

- Cancer awareness
- GP/Care home alignment - feedback
- Access to primary care

FREE to attend



Meet local GP's,  
Health professionals  
& community services

Tuesday 27th February 2018, St Marie's,  
Widnes WA8 6DH 1pm - 3.30pm

Thursday 1st March 2018, Halton Lea Library,  
Runcorn Shopping City WA7 2PF 1pm - 3.30pm

For more information: Email: [communications@haltonccg.nhs.uk](mailto:communications@haltonccg.nhs.uk)  
Tel: 01928 593479

Many carers say they can feel isolated and can lose their confidence due to their caring roles. We provide a course for carers to help increase their confidence and manage their caring role better. The course consists of 7, 4 hour sessions (10am-2pm) facilitated by two Carer Support Workers. A buffet lunch is provided at the end of each session. The course will teach you coping strategies in your caring role, how to reduce stress and how to obtain the support you need for yourself and the person you care for. For more information or to book on a course please e mail [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk) or telephone **01928 580182**



# Did You Know?!

## Data Protection Bill 2017

The Data Protection Bill will update data protection laws for the digital age and was introduced to the House of Lords on 13 September 2017

Digital technology has transformed almost every aspect of our lives since the last Data Protection Act was passed.

The Data Protection Bill will:

- Make our data protection laws fit for the digital age in which an ever increasing amount of data is being processed.
- Empower people to take control of their data.
- Support UK businesses and organisations through the change.
- Ensure that the UK is prepared for the future after we have left the EU.

## Also

Department for Work and Pensions (DWP) have a new number for ordering attendance allowance forms its **0800 731 0122**

# Carers Centre Trips

## January - March 2018

Thursday 22<sup>nd</sup> February

12-2.30pm

### 50 Shades of Cake!

Afternoon Tea at  
Blundell's Hill Golf Club, Rainhill  
(£10 per person.  
Transport included)

Monday 26 March

### Dunham Massey – House and Garden

Adult £10,  
Child 5-16 £7.00 under 5's Free

Please note a family of four is 2 adults/2 children or 1 adult/3 children only.



# 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](http://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](mailto: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](mailto: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.

