

Newsletter

Edition 46 Oct 2022 - Jan 2023

A WELCOME MESSAGE FROM CARL HARRIS CEO

Hello all,

Welcome to our Autumn/Winter edition of our newsletter!

Another year has flown by and what a year its been! We got our bee hives installed in the back garden of the centre and have loads of budding bee keepers who have attended courses provided by Andrea Ku of B4biodiversity and hopefully in the next year we will be able to provide some fresh Runcorn honey for carers registered with the centre. Over the past year we've been able to offer both indoor & outdoor activities as well as continuing the online groups and training opportunities too.

We've met friends old and new to the centre and hope that over the next year we will continue to do so. We have a whole lot of exciting opportunities for you within the pages of this newsletter so please take time to get yourself a brew and have a perusal. We will be welcoming the Mayor and Mayoress of Halton to our Halloween Bingo which this year is in aid of the Mayors charities of which we are one and the other is Widnes and Runcorn Cancer Support, so please come along and help support us to raise much needed funds for both us and Cancer support.

Don't forget to join our lottery if you haven't already, details inside.

You will also find our Christmas opening times on page 6!

All the best
Carl



01928
580182

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

Halton Carers Centre is registered in England & Wales as a Registered Charity Number: 1124493

Company limited by Guarantee No: 06574889

Hello

In Sep 2022 we were joined by 2 new staff members, Vikki Shepherd who is now the 3rd Young Carers Support Worker and Emma Liggett who may be very familiar to a lot of carers who have accessed our relaxation therapies over the years! Don't worry Emma still will be available for therapies but will also be taking on a more office based role with the team.



Hi everyone
My name is Vikki and I am really happy to be welcomed into the Halton Carers team in my new role as a Young Carers Support Worker working alongside Kate and Ash. I'm really looking forward to meeting you all at the activities and sessions and having lots and lots of fun.



Hi Everyone,
My name is Emma and I have worked at the centre for over 10 years now as the beauty therapist but I am excited to take on a new challenge as the Adult Carers Activity Co-ordinator. My role will involve organising all the great activities we run for adult carers in Halton this includes, trips and training opportunities for Carers!

In October 2022 we have been joined by Hannah who will be taking over offering our therapies in Widnes on a Wednesday & a Sat in Runcorn, Hannah comes with a wealth of experience in relaxation techniques and will be able to offer some new fantastic treatments please keep an eye on our social media pages for more information. Emma's therapies will still be available in our Runcorn office on a Thursday & Friday 10am - 4pm. To book an appointment in Runcorn or Widnes please call us on 01928 580182

Throughout the newsletter you will see QR codes to scan, to do this is simple! Get your smart phone and put it on the camera, then hover your camera above the QR code, it should then ask you to open a link via your web browser, this will then take you to the secure links. Don't worry if you have problems doing this or don't have a smart phone you can still contact us via telephone/calling in to the office to do anything you can with the QR code.

Lost a family member, friend or someone you cared for?
We're here to talk.
0800 048 5224
10am - 5pm, Monday to Friday

For practical and emotional support, call us free and our trained staff will help you talk it through, in confidence.

- 1 to 1 counselling with trained adult counsellors
- Cognitive Behavioural Therapy
- Group Counselling
- Confidential Helpline
- Friendship After Bereavement Group Support

For counselling, visit
www.listening-ear.co.uk/refer/



LISTENING EAR
someone to talk to

HALTON CARERS CENTRE LOTTERY DRAWN ON THE 20TH OF EACH MONTH

Supporting Unpaid Carers in Halton



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

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 07833689

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



62 Church Street, Runcorn WA7 1LD - Telephone 01928 580182
St Marie's Church, Lugsdale Road Widnes. WA8 6DB - Telephone 01928 592405
Email: holly.robson@haltoncarers.co.uk
Web: www.haltoncarers.co.uk



Do you have an hour or two each free each week/month?
Would you like to try something new?

Why not consider volunteering with Halton Carers Centre?
The benefits of volunteering are endless but here are a few reasons of what you can gain from volunteering in your local community:

- Meet new people, Learn new skills, Improved self esteem
- Improved social skills, Provides future job prospects
- Bring some new fun into your life.



If you are interested in volunteering please scan the QR code or telephone Lucia on 01928 580182

Queens Pantry Community shop Run by Halton Community Day Services in Partnership with Feeding Britain is open Monday –Friday 9am to 4 pm helping to support the community to have access to low cost high quality foods, household supplies, toiletries and more .

Please call into
21 Queens avenues, Widnes



Runcorn & District foodbank
runcorndistrict.foodbank.org.uk
info@runcorndistrict.foodbank.org.uk
01928 577679
Facebook: Runcorn and District Foodbank

ARE YOU IN NEED OF FOODBANK SUPPORT?

We can help. Visit our website runcorndistrict.foodbank.org.uk or scan the QR code now.

Get referred to us by one of our referral agencies (listed on our website) and once a voucher has been issued to you a free food parcel can be picked up at one of seven distribution centres across the community.

Alternatively, if you are in a position to help we are always very grateful to receive food and financial donations. Our most needed items and donation information can be found on our website and Facebook page.

If you are interested in becoming a volunteer, please complete an application form found on our website or contact us for more information.

Registered Charity Number: 138800 | Registered in England and Wales

supported by the trussell trust

BENEFITS



Are you worried that your household income wont be able to cover all your monthly outgoings?

Over recent months we have been receiving a lot of enquiries into our team regarding household income and carers worrying that they are going to struggle financially covering the basics during the winter months. Our team at the carers centre aren't able to give direct advice on benefits but we do refer/signpost onto some great organisations in Halton that can support with carrying out benefits checks on individuals to ensure they aren't missing out on some additional household income. If you are unsure if you are getting all you are entitled too the following services can help support in carrying out a 'benefits check' or you can use the online calculators to find out yourself.

Halton Borough Council Welfare Rights Team: 0151 511 8930



Halton Citizens Advice Bureau: 0151 257 2449

Halton Disability Partnership: 01928 567733

If you are a housing Association tenant you can also try contacting them as they often have specific benefits team to support tenants.

There are also several websites you can visit that have a free online benefits calculator that you can use:



<https://benefits-calculator.turn2us.org.uk/>

<https://www.entitledto.co.uk/>

<https://benefitscheck.ageuk.org.uk/Home/Start/>





As a carer registered at Halton Carers Centre you can access Relaxation Therapies, We have a podiatrist and Beauty therapist that hold weekly appointments in both of our offices! Your first appointment with both our Beauty Therapist & Podiatrist are free any appointments there after will have a small charge - Please see across for charges as of May 2022. All appointments are pre booked so please contact the office to book yours in today!

- Back Massage - £10.00
- Facial - £8.00
- Manicure - £5.00
- Pedicure - £7.00
- Eyebrow wax - £5.00
- Eyebrow tint - £5.00
- Eyebrow wax & tint - £8.00
- Lip/chin Wax - £ 5.00
- Lash tint - £6.00
- Reflexology £15.00
- Podiatry session £15.00

***Change of days in Runcorn**



Appointments Available

Relaxation Therapies

- Runcorn Office:
- *Thursday 10am - 4pm (reflexology only)
 - *Friday 10am - 4pm
 - Saturday 10am - 1pm
- Widnes Office:
- Wednesday 10am - 4pm

Podiatry

- Runcorn Office:
- Wednesday 10am - 2pm
 - Saturday 10am - 1pm
- Widnes Office:
- Thursday 9.15am - 2pm

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.

Call 01928 580182 to book your appointment

Halton Carers Centre xmas times

The Carers Centre will close its office for the Christmas period at 4pm on Thursday 22nd of December 2022 and reopen at 10am on Tuesday 3rd January 2023. You will still be able to speak to a carers support worker on the following days if necessary by calling 01928 580182.

Telephone line open

Friday 23rd December 10am to 2pm, Wednesday 28th December 10am to 4pm, Thursday 29th December 10am to 4pm, Friday 30th December 10am till 2pm

Please note: Over the Christmas period the telephone line will be open for people to speak to a carers support worker only. We will not be taking bookings for activities or therapies over the Christmas closure period, please call after the 3rd January to book appointments etc.



Nightstop Communities Northwest CIC Accommodation & Mental Health Provider

Nightstop Communities Northwest CIC (NCNW) is a multi-award-winning organisations delivering critical homeless and mental health support services directly to the vulnerable beneficiaries and clients within Halton, Warrington and the surrounding communities.

Our counselling service provides both Adult and Child counselling from the age 4+ within a safe and confidential space for you to talk and explore difficult feelings allowing you to open up and make positive choices for yourself.

Our Emergency Accommodation provides safe and secure temporary accommodation to vulnerable people aged 16+ who are at risk of becoming homeless.

We accept referrals for both of our services directly from partner agencies and through self-referrals, if you would to make a referral you can contact the team on the details across.



For further Information on any of the above services please see our website at www.ncnw.co.uk

Or find us on social media.

Twitter: @NightStop_HWP

Facebook: Nightstop Communities

Instagram: nightstop_hwp

Mental Health - mhsupport@ncnw.co.uk

Accommodation - accommodation@ncnw.co.uk

Other enquiries - reception@ncnw.co.uk

FUNDRAISING ACTIVITIES

A circular graphic with an orange background and a black silhouette of a haunted house with lit windows. The text is in white, bold, uppercase letters.

FAMILY PRIZE BINGO
WED 26TH OCT
DOORS OPEN 6PM,
EYES DOWN FOR 6.30PM
AT BRIDGE VIEW, RUNCORN
FANCY DRESS OPTIONAL

We are pleased to announce that the HBC annual firework display is back with a bang this year! We are lucky enough to have the perfect viewing platform for the display in our Runcorn office. This is a great space for those who may not like the hustle & bustle of crowds. Come & enjoy the show from our safe, spacious enclosed garden space with the family, toilet facilities are available and we will have refreshments and hotdogs on sale! Tickets are £2, if you are interested in attending please call the office on 01928 580182.



If you have a fundraising idea of your own for Halton Carers Centre please get in touch.

A rectangular graphic with a white wooden plank background. It features various Christmas decorations including wrapped gifts, a small tree, and ornaments. The text is in red and black.

Christmas Family Prize Bingo

Wed 7th Dec
Doors open 6pm
Eyes down 6.30 pm
at The Masonic Hall, Widnes.
We may also have a surprise visit from a special guest
HO HO HO

If you are doing any Christmas shopping on Amazon don't forget to use Amazon Smile and choose us as your nominated cause and help raise funds for Carers in Halton!

If you are unsure how to raise funds from the comfort of your armchair while online shopping via Amazon Smile please give our team a call on 01928 580182 and we'll be happy to explain.



We've seen a steep rise in our energy bills, and most of us will be paying significantly more this year than last.

We've put together some top tips to help you insulate against price rises and make sure you're not wasting any energy at home.

1. Install energy saving LED bulbs. Each LED bulb can save you £13 a year compared to a traditional bulb. They cost less to run and last longer too.

2. Insulate your home against draughts. Installing simple draught proofing measures such as chimney balloons, letterbox covers and under door draught excluders can help stop the warmth escaping from your home. Closing your curtains at dusk and keeping internal doors closed will keep your main living spaces warmer for longer. Keeping draughts at bay could save you £45 a year.

3. Use Eco Mode on appliances. All this means is it takes longer for the appliance to heat the water. The result is the same, but it costs you less.

4. Turn off standby. Switching appliances off instead of using standby mode can save you £55 a year.

5. Consider lower cost cooking methods. Air fryers, slow cookers and microwaves are low cost alternatives to using your hob or oven.

Free local help and support

LEAP – FREE home energy visits are available for those on disability benefits, income related benefits or a household income below £31k. Expert advisors can install a range of energy saving measures including LED light bulbs, draughtproofing, radiator panels, hot water tank jackets and chimney balloons. The measures are completely free! Our advisors also provide valuable advice about how to use energy more efficiently at home, so you're not spending more than you need to.



LEAP Appliance scheme – Free A-rated white goods are available to low income households who own an old, inefficient appliance to be replaced. To be eligible, residents must be in receipt of income related benefits, or have a low household income below £31k. Available white goods include: Washing machines, fridges, freezers, fridge freezers and electric cookers.

Heating Grants are available for low-income homeowners with health conditions.

Funding is available towards the cost of repairing or replacing:

- Gas boilers · Gas fires · Hot water cylinders
- Radiators · Electric fires · Pipework

Oil filled radiators are also available to those who don't have a source of heat at home.

Boiler servicing – get your boiler winter ready and make sure it's working efficiently with a boiler service. If you are on a low income and have a cold related illness, Energy Projects Plus can help cover the cost.



Save Energy Advice Line – expert energy advisors are available at the end of a phone or by email. They can answer your queries, provide advice about grants for energy saving measures and can refer you to any of the above services for support. The advice line is funded by Halton Council and is free to all residents.

Call 0800 043 0151 or email advice@epplus.org

A promotional poster for the Community Shop Halton. The top section is orange with the text 'COMMUNITY SHOP HALTON' and 'Community Shop' with a 'FOR MORE' logo. Below this is a white banner that says 'OPEN FOR... MEMBERS' with stars. The middle section shows a photograph of the shop's exterior, a brick building with a sign that says 'Community Shop'. The bottom section is white with orange accents, containing the text 'Become a member by signing up online at: www.Companyshopgroup.co.uk'. To the right of this is the text 'OR VISIT US IN STORE AT:' followed by the address 'Halton Community Shop, Priory House, Runcorn, Cheshire, WA7 2FS' and the opening hours 'Monday-Friday 8am-4pm' and 'Saturday 8am-3pm'. At the bottom, there is a black bar with the text 'Keep up to date by following us on Facebook.' and icons for Facebook, Instagram, and Twitter.

The community shop is open to members who are in receipt of a means tested benefit, they are getting more and more people through the doors due to the current climate. They have surplus foods which they buy and are donated by the big supermarkets and they offer these at greatly reduced prices to their customers. They receive a fresh delivery every day Monday through till Saturday with fresh fruit, veg and bread being only 20p an item, so this really helps people out especially those with a lot of mouths to feed. Opening hours are mon to Friday 8am until 3.45pm and Saturdays 8am until 2.45pm They also have a community café which is open to the public as well as members,, their cook uses produce of the days delivery and offers greatly discounted meals. For more information please contact Community Shop Halton directly.



Carers Support Groups

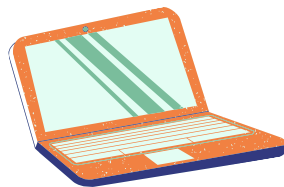
All of our groups are free to attend & refreshments are provided

Dementia Carers Groups

Evening Group - Every Monday 6pm - 8pm @ Brunswick House, Runcorn.

*1st Friday of the month 1pm - 3pm @ St Maries Church, Widnes

Zoom online group, every other Thursday 1pm - 3pm



All Carers Coffee Group

3rd Wednesday of the month 10am - 12pm @ St Maries Church, Widnes

3rd Thursday of the month 12pm - 2pm @ Brunswick, Runcorn

Parent Carer Group *

3rd Tuesday of the month 12pm - 2pm @ Brunswick House, Runcorn

ADHD Carer Zoom Group

Last Monday of the month 6pm - 7pm

Mental Health Carers Group

1st Wednesday of the month 1pm - 2pm @ the Brooker centre, Runcorn.

- Change of session per month

For exact dates of our groups or for the links to the Zoom groups please contact the centre on 01928 580182



The Deafness Resource Centre provides services that aim to empower, support and enhance the quality of life of D/deaf people, children and young people.

The equipment, advocacy, befriending service and general services, cover the areas of St Helens, Halton and Knowsley. The children, Young People and Family service; the ICAN project, covers all of Merseyside.

The equipment services enables individuals who are Deaf or experience hearing loss to access equipment designed to support independence at home, at work or on the move. All equipment is offered on long term, with a £20* assessment fee. For more information, contact wendy.edwards@deafnessresourcecentre.org

The Children, Young People and Families service offer a variety of services to support the whole family. Advocacy and support with benefit applications, education health care plans EHCPs, education and training, family sign language lessons, youth clubs/activities and recreation, Peer mentoring programme...and so much more. For more information, contact tanya.mcgibbon@deafnessresourcecentre.org

Advocacy supports individuals with expressing their views and upholding their rights, challenging bad practice within services or unreasonable adjustments in the workplace, support with benefit applications, and supports informal decision making. For more information, contact ruth.turner@deafnessresourcecentre.org

Education and learning are offered in a variety of formats and packages. Deaf Awareness training and British Sign Language; from the basics and introductory, to level 1 and 2. All training can be tailored and bespoke. Contact enquiries@deafnessresourcecentre.org for more information.

The communications service, which provides access to qualified British sign language interpreters, lip speakers, note takers... from all over the Northwest of England. To discuss any aspect of communications, contact evonne.evans@deafnessresourcecentre.org

The befriending service is offered to any person over the age of 18 who has experience of Deafness or hearing loss. Contact sarah.davidson@deafnessresourcecentre.org for more information.

We offer support via direct payments across St Helens, Halton, and Knowsley for adults, and across Merseyside for those under 18 (or 25 when under an EHCP). For more information, contact tanya.mcgibbon@deafnessresourcecentre.org

www.deafnessresourcecentre.org (text/phone) 01744 23887

Halton Carers Day Trips & training

By adding your name to the list for a day trip does not mean you have a place, we will follow our allocation policy to allocate places which can be found on our website. Registered Young Carers go FREE on all our trips! If you are interested in any of the trips please ring the office or if there is a QR code for a certain trip please scan and complete the online form.

Nov

Sat 12th Nov

Blackpool

£10 per adult, £8 per child

Wed 30th Nov

Manchester Christmas Markets

£5 per person

Transport provided for both trips.

Dec

Wed 14th Dec

Christmas Eat @ The Heath, Runcorn

3 Course meal & an afternoon of entertainment.

£1.50 per person

Date TBC (will be school hols or weekend)

Private showing of a fun family Christmas film @
Cineworld, Runcorn.

Each child will receive a snack pack & selection box. We may even have a surprise visit from a special guest Ho Ho Ho. Please scan the QR code or ring the office to register your interest in the cinema trip.
£3 per person



Sensory training

Thursday 3rd Nov

St Andrews Church, Runcorn

£5 per person

We will be hosting a Sensory Workshop, this will be delivered by Lisa Hamer from Shine Therapy, Lisa is a clinical Specialist Occupational Therapist and has vast knowledge and experience working in schools and NHS Trusts with children & young people with a number of conditions & difficulties. These include but are not limited to Autism, ADHD, Sensory Processing Disorder and global development delay.

The aim of the session is to empower parents & carers of what sensory integration needs are and how to move forward with a better understanding of strategies and knowledge to support their child or young persons sensory integration needs.

If you feel this training would be beneficial to your caring role and understanding the sensory needs of the person you care for please scan the QR or ring the office to be put on our interested list. Places are limited & you will be notified by letter of your confirmed place.



HALTON CARERS FORUM



**GUEST SPEAKER
TOMMY WHITELOW**

Registered Carers of Halton Carers Centre you are invited to our autumn forum which is all about dementia.

We will have a selection of speakers & information stands for you to browse.

Keep an eye on our social media for a full agenda coming soon!

Lunch & refreshments will be provided.

Spaces are limited and booking is essential,

MON 21ST NOV 2022

10 AM - 1 PM

**The Masonic Hall,
Widnes**

**Please contact Halton Carers
Centre 01928 580182 to
reserve your place now!**

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BritishRedCross

Office: 0151 424 7873 Mobile: 07739 863 042

Email: Haltonsupportathome@redcross.org.uk

The British Red Cross Halton Support at Home Service is a short-term service that can help to support people within the local community who are struggling to cope or who have recently returned home from a hospital stay and would not be able to manage without our intervention. Anyone over the age of 18 can self-refer or be referred to the service. This is a short-term service, which can be provided for up to six weeks.

Due to the pandemic, Halton Support at home team have had to adapt and work remotely. However, you can still contact us on 0151 424 7873 or 07739 863 042. Referrals can also be sent through to our email address above. We are continuing to support our service users offering regular telephone Safe & Well checks and collecting their groceries. We can collect their shopping list and cash at their front door and deliver it back to them. This has been invaluable for those who must self-isolate prior to going into hospital for pre-planned operations and when they return home and must self-isolate again. For the service users who are unable to easily answer the door, we can, with their consent, use key safes to gain access and support if necessary, with devising their shopping list and putting the groceries away in their kitchen cupboards/fridge if they require.

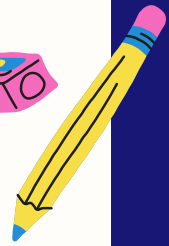
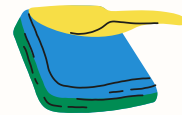
We have assisted several patients recently in collecting items from the patient's home to bring into hospital, such as their bank cards, glasses, toiletries & clothing for them to go home in. We also can support with getting extra keys cut for the service users property, so carers can gain access once home, and we can also support to get prepaid electric/gas meters topped up and collect prescriptions, so patients can be discharged from hospital a lot sooner. We also offer a befriending service for those who are lonely or isolated and we can also support service users to build their confidence to get out and about again.

If you are unsure if we can help, please give us a call to discuss.



**YOUNG
CARERS**

Young Carers



Upcoming Events for YC aged 10 & under.

Me-Time sessions

13th Oct, 10th Nov, 24th Nov,
8th Dec all sessions are held in
Halton Carers Centre 4pm -
5pm and include a variety of
fun activities. Places must be
booked.

27th Oct Halloween Party

22nd Dec Christmas Party

Upcoming Events for YC aged 11+

R - TIME Sessions :

6th Oct, 20th Oct, 3 Nov, 17th
Nov, 1st Dec, 15th Dec
all sessions held at
Grangeway Community
Centre 5pm - 7pm. Lots of
great activities happen within
the group, places must be
prebooked.



A vital part of our young carers service is the day trips & activities that we plan & host, these days enable the young carer to have a much needed break from their caring role and as you can imagine are very popular with young carers requesting places. Throughout the activities that we have hosted recently several young people who have been allocated a place have not turned up on the day and we have had no communication that the place was no longer needed, we only have limited places that can be offered on each trip/activity so we end up with a large reserve list of young carers who are waiting for places that may come available on the trips they requested.

We understand that as a young carer a situation can happen within the family which means they may need to drop out last minute but we ask if your young carer has been allocated a place and they cannot make it can you please let us know asap, this can be by done by either ringing the office, texting our YC team or emailing us, if we are notified beforehand another young carer who is on the waiting list can then be invited to any vacant spaces.

Planning the trips is a long process for our team to ensure we have all aspects of the activity covered to meet the YC needs, someone not turning up can also have a cost implication as for activities we host externally we usually have to pay per head, prior to the day the activity takes places and if people don't turn up we do not get reimbursed this cost.

YC Newsletter

If you have a young carer registered with us and you haven't received the Young Carers newsletter yet please contact the Young Carers Team on 01928 580182 to request your copy and to be added to the mailing list.



Have you received your Carers Newsletter through the post?

We currently still post out over 1000 paper copies to individual addresses! If you have an email address and would prefer to receive an electronic copy please scan the QR code and complete your email details. Any future newsletters will be sent directly to your email inbox!

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, Mike Shepherd 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 (Adult Carers)
Halton_young_carers



Halton Carers Centre (Adult Carers)
Halton_young_carers



Halton Carers Centre

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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