

HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**

Newsletter



Issue 6, July 23

Hi all YC....

Here you'll find all groups, trips, activities, therapies and more that we have on offer for you as a registered Young carer

Look out for this sign



Halton Carers Centre try and keep all our trips and activities free for YC

Your YCT




YCT are in schools

We are celebrating the schools that are engaging with us, if you would like us in your school please ask your parents to let the school know

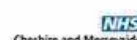
Contacting us

 01928 580 182

 help@haltoncarers.co.uk

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

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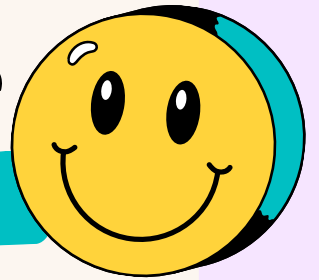




YOUNG CARERS!

Its competition time

we're looking for a new quote



We hope you're all going to give this a go, the last winner won with the quote:

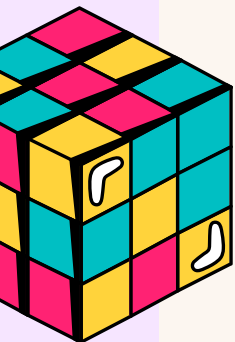
'Life is a struggle
but we can juggle'



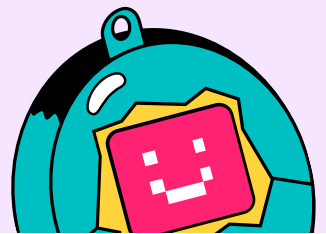
To be in with a CHANCE TO WIN a gift voucher !!!

Let's go make something awesome!

Schools/Parents/Guardians/friends
anyone can help the YC enter
you can send pictures/quotes/drawings



SEND YOUR ENTRIES INTO
HELP@HALTONCARERS.CO.UK





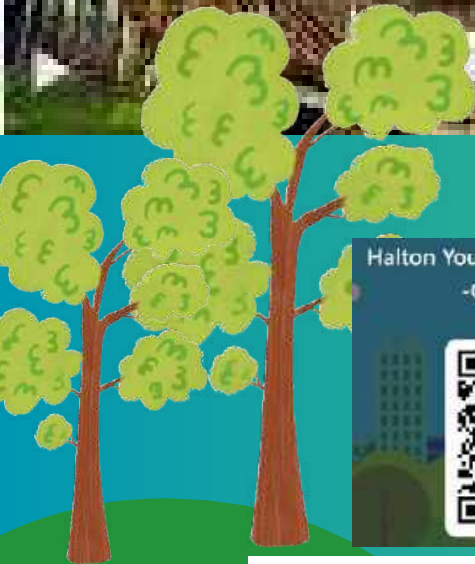
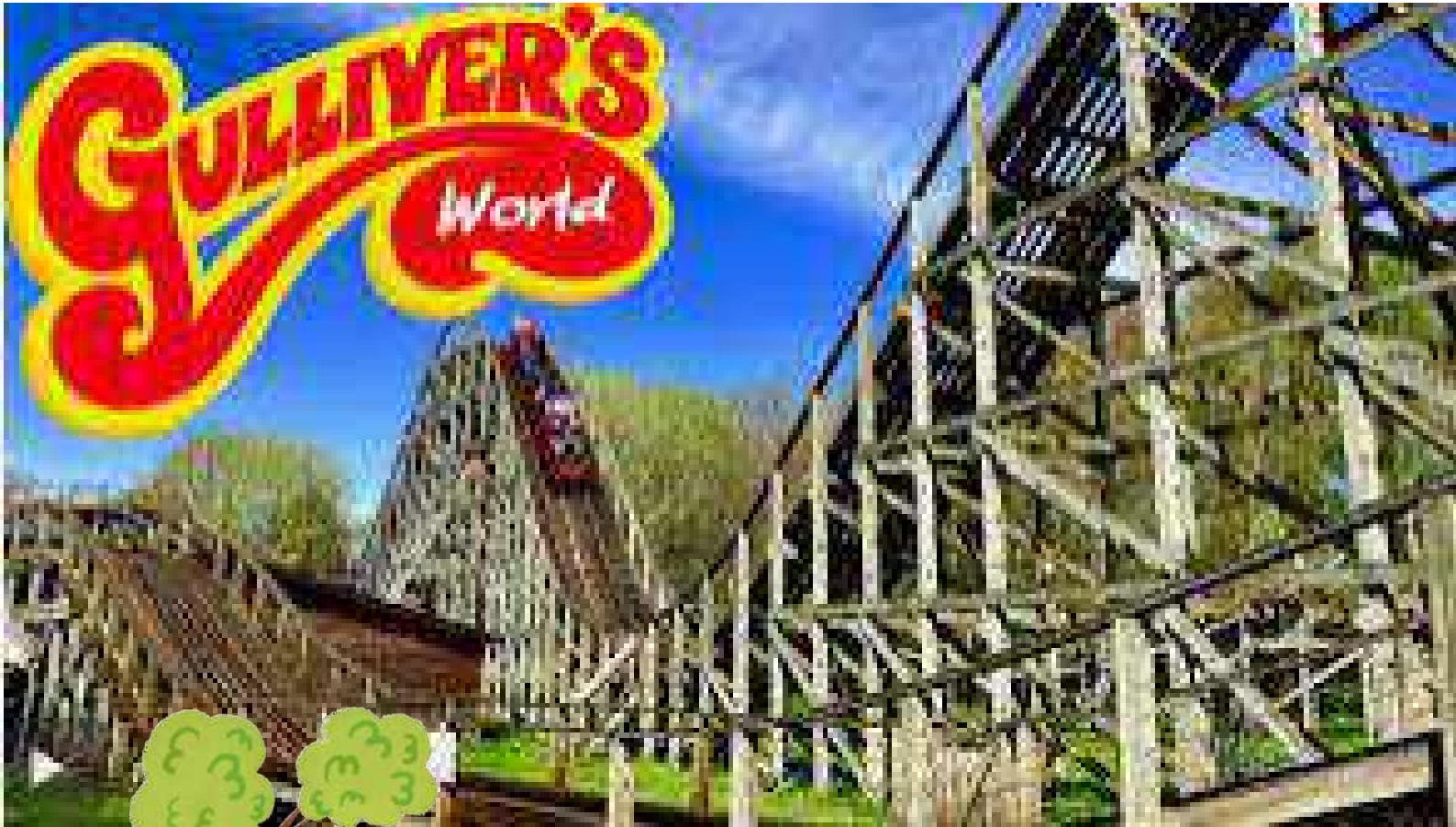
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Young carers
Tuesday 8th August
Transport provided
4-11 years



Halton Young Carers Interested list

-Gulliver's world



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

CONTACT YCT:

01928 580 182 or

help@haltoncarers.co.uk

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FREE

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Halton Young Carers Interested list
- Gardening



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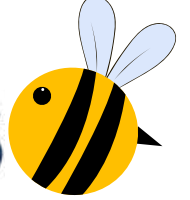
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Bee Keeper Training

FREE

WHAT WILL IT BE LIKE

We will be looking closely at the bees, how they live, what they eat, and what is honey?

IMPORTANT DATES

Dates to be...eeeeee confirmed

Please register your interest below and we will contact you with the dates

CONTACT US

to be added to our interested list for a possible place, call



01928 580 182

or

email



help@haltoncarer.co.uk

or

scan the QR code or click the link

Halton Young Carers Interested list
-Bee Keeping



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Therapy treatments

FOR ALL YOUNG CARERS

FREE

Emma say's....

'I'd like to invite all Young carers to come along to have a treatment to give them a break from their caring role you can choose from the list below:

- Manicure
- Mini Pedicure
- Mini Facial
- Mini Back Massage



Contact us:

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 **01928 580 182**



help@haltoncarers.co.uk



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Young carers

Tuesday 24th August

Transport provided

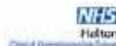
4-11 years



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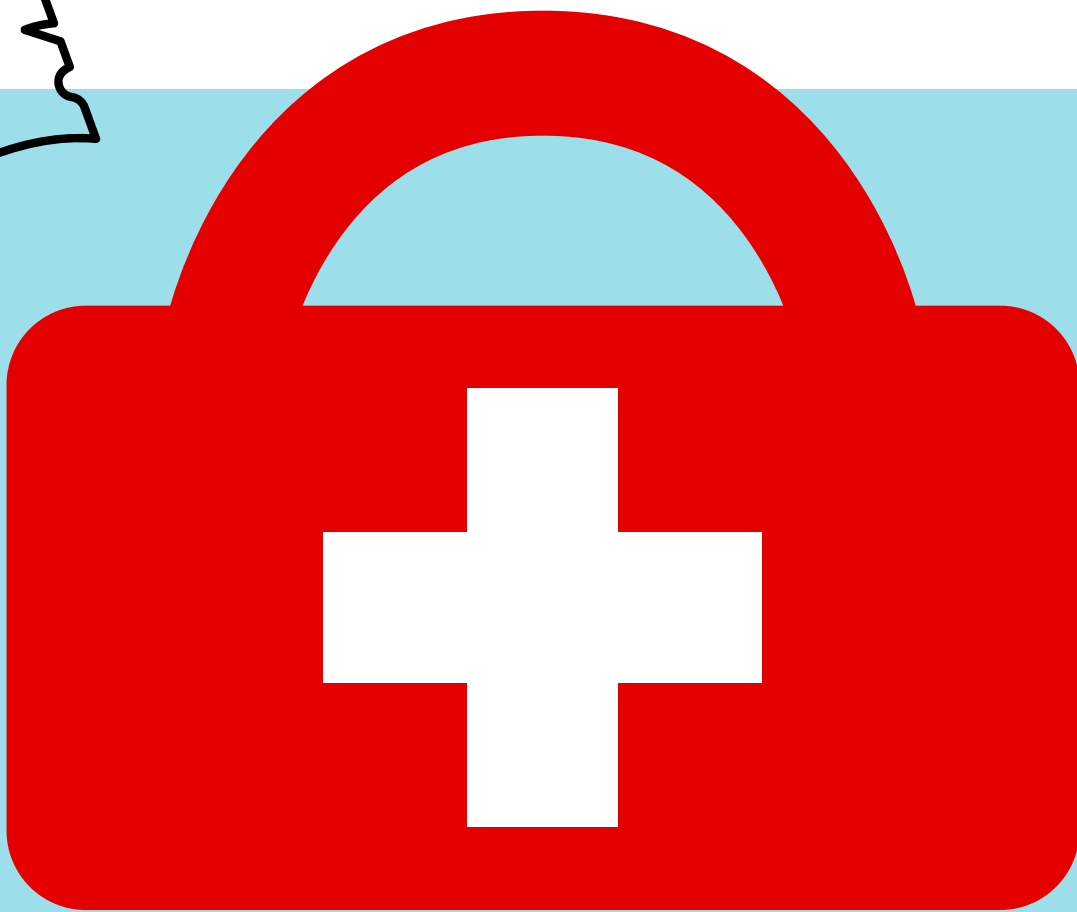
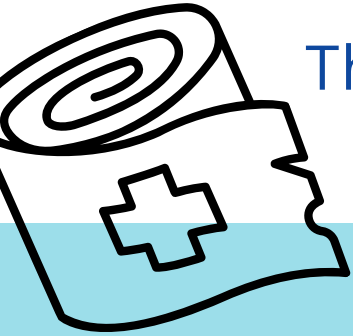
Halton Young Carers Interested list
-Blue planet





First Aid Training
with Merseyside Education/British Red Cross
@Halton Carers Centre

Thursday 11th August, 11am-12pm



For a possible place scan the QR code
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the interested list and we will contact
you if you've been allocated a place

CONTACT YCT:
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help@haltoncarers.co.uk

Halton Young Carers Interested list
-First Aid





INVITATION

DISCO 8-13 YEARS

Halton Young carers

23rd August 2-5pm

**CONFIRM YOUR YOUNG CARERS
INTEREST**



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

CONTACT YCT:
01928 580 182 or
help@haltoncarers.co.uk

Halton Young Carers Interested list
- Disco



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YOUNG CARERS

Kayaking

17TH AUGUST

11-17 YEARS



For a possible place scan the QR code
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the interested list and we will contact
you if you've been allocated a place

CONTACT YCT:

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help@haltoncarers.co.uk

Halton Young Carers Interested list
- Kayaking



Must be able to swim

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Podiatry treatments

FOR ALL YOUNG CARERS

FREE

Stu says.....

'Halton Carers Centre
has free Podiatry
appointments for all
Young Carers'



Contact us:

01928 580 182

help@haltoncarers.co.uk

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FREE

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Me-Time

What is Me-Time?... A safe space for YCs to have a break from their caring role, Age 4-10yrs. Held in Widnes and Runcorn

What do the YCs do?... We have lots of fun in the group, arts and crafts, meet other young carers, quiz nights, games and themed nights.

When is it on?... On a Wednesday in Widnes & Thursday in Runcorn, although you must get a text invite to attend our sessions as places are limited





Me-Time

RUNCORN ME-TIME

13.7.23

Young carers trips and activities are running in

August

14.9.23



Halton Young Carers Interested list
- Runcorn Me-Time



WIDNES ME-TIME

12.7.23

Young carers trips and activities are running in

August

13.9.23



Halton Young Carers Interested list
- Widnes Me-Time



For a possible place scan the QR code

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



CONTACT YCT:
01928 580 182 or
help@haltoncarers.co.uk



Garden Shop



CAN YOU
NAME ME



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R-Time



What is R-Time?... A safe space to give YCs a break from their caring role, Age 11-18yrs

What do the YC do?... We have lots of fun in the group, arts and crafts, meet other young carers, quiz nights, movies nights with popcorn, games and themed nights.

When is it on?... On Thursdays 5-7pm (dates listed opposite), although you must get a txt invite to attend.





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R-Time

YOU deserve a **BREAK**

For a possible place scan the QR code

This will then put the YCs name down on the interested list and we will contact you if you've been allocated a place
CONTACT YCT:
01928 580 182 or
help@haltoncarers.co.uk

Grangeway

6.7.23

Young carers trips and activities are running

in August

7.9.23

21.9.23



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ARTS AND CRAFTS

You said
...we did



MOEL FAMU



BEE KEEPING



ME-TIME MENTAL HEALTH AWARENESS WEEK



R-TIME WELLBEING



ME-TIME FUN

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Vikki says....If you need
support, information,
advice, guidance or just
a chat
call the VC team



WHAT
DO YOU
THINK?



 01928 580 182

 help@haltoncarers.co.uk



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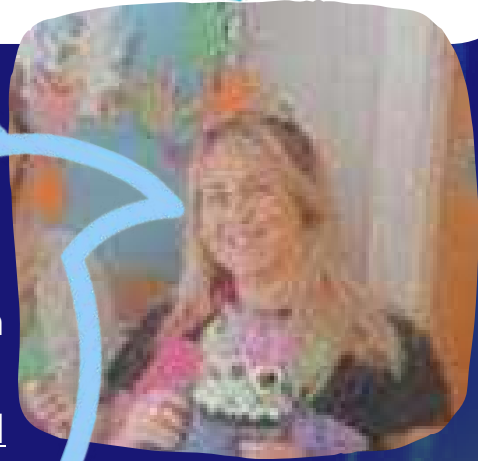
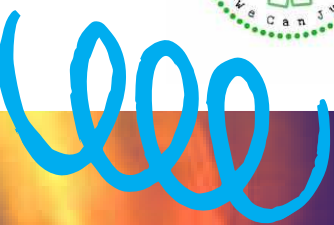
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Ash says.....
Please remember,
information and support
can be found on the Halton
Local Offer website
(<https://localoffer.haltonchildrenstrust.co.uk/>).



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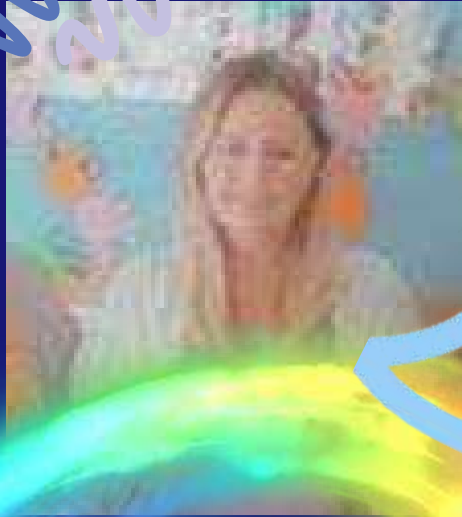
Follow



WOW

Kate says.....get on
our socials,
Facebook, twitter and
instagram for updates

X



01928 580 182

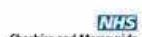
help@haltoncarers.co.uk

Halton Young Carers Self referral



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Meet Munchie our
worry monster

SCHOOLS

Munchie says.....
'Me and a YC support
worker can come and
visit you in school to chat
about your caring role
and how we can best
support you!'



The Young Carers support workers are back in schools in Halton with our information stations and we are also completing in school 1:1 review meetings with Young Carers.



The aim of being in schools is to give support, information, advice and guidance. If you are a registered Young Carer and would like a support worker to visit you in school, please contact the Young Carers team on 01928 580 182

01928 580 182

help@haltoncarers.co.uk

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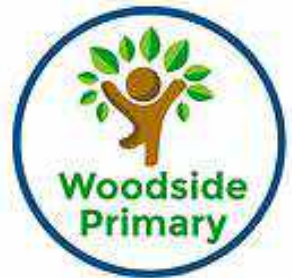
We would like to thank the following schools this year for working in partnership with the Young carers team to support their young carers



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FREE

EDUCATION TEAM



We can deliver:

- Assemblies**
- Outreach**
- Staff awareness**
- 1:1 Reviews**



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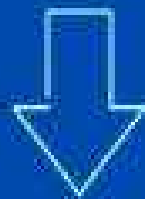


PLEASE BOOK IN THIS ORDER

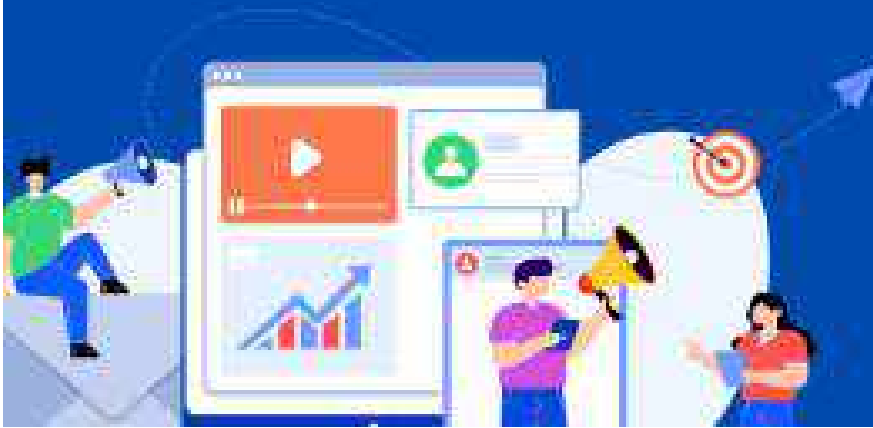
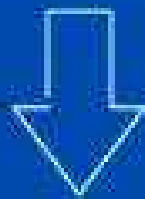
STAFF AWARENESS



SCHOOL ASSEMBLIES



SCHOOL OUTREACH



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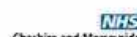
Have you been receiving texts, emails, voicemails to complete a review for your young carers?

If so and you haven't had time to get back in touch with us, a review can be completed by scanning the attached QR Code or following the text link



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5 ways to wellbeing

Thank you to



Careers advice and guidance

For those not in education or training who are 16 - 18 years old or
19 - 24 years old with learning difficulties or disabilities

To see a Connexions Adviser for help with job, Apprenticeship or course searches, CVs, application forms, interview preparation and more visit:

Grangeway Community Centre,
Grangeway, Runcorn

Mondays and Tuesdays

1pm to 4pm

Box 18, Halton Stadium,
Widnes

Mondays and Tuesdays

1pm to 4pm

Or ring to speak to a Young People Caseworker:



0151 511 8834

To find out more information online go to:



www.facebook.com/yhpsyourfuture



internet
matters.org

Helping parents keep their children safe online

Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.



Online issues

What issues could be affecting your children? Get to grips with what they may come across on the internet and how to get help if you need it. Find out what to do if you're worried about anything you or your child has seen online.



**Keep your kids safe
on the web**

Now we can help you make the right choices for your family with [internetmatters.org](https://www.internetmatters.org).

Let's talk 

internet
matters.org



HAVE YOUR SAY!

Your feedback
is important to our YCT
it helps us decide what we do in the future.

If you have anything you want to
have your say on email YCT:
help@haltoncarers.co.uk



Although Halton Carers' Centre aims to provide the highest standard of services as possible, sometime we may fall short of our standards. If this happens please let us know, as hearing your views helps us to improve the services we provide.

You can complain or compliment us via our CEO Carl Harris email: carl.harris@haltoncarers.co.uk or telephone 01928 580182 or Chair of the Trustee Board, Bob Bryant at Halton Carers' Centre. You can also complain to Halton Borough Council should your complaint not be handled satisfactorily.

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BLACKPOOL CARERS'
YOUNG CARERS' CONFERENCE 2023

CHILDREN

WHO CARE TOO

Research, Policy and Practice for Young Carers



Thursday 15th June 2023

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114958

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HALTON CARERS CENTRE
CARERS TRUST

The young carers team would like to thank Blackpool Carers Centre for inviting them to the YOUNG CARERS' CONFERENCE 2023

The event brought together professionals, educators, and community members to shine a spotlight on the experiences and needs of young carers. With esteemed speakers and insightful discussions, the conference served as a platform to raise awareness, share knowledge, and strengthen support for young carers

