

Halton
Carers' Centre
carerstrust

action · help · advice

Registered Charity No: 1124493

Company No: 06574889

Newsletter

Spring 2018 • ISSUE 36

Welcome to our

Spring 2018 Newsletter

As we were unsuccessful in our funding application to Big Lottery we are having to make difficult financial decisions to ensure we can continue to support our 4,617 registered carers, of whom 600 are young carers. Unfortunately, this includes holistic therapies and podiatry, therefore charges will increase from 1st April 2018 (see page 8 for new costs)

To raise funds we will be commencing a series of fun, fundraising activities from May 2018, which we will advertise. If your family, workplace, school or GP practice would like to raise money for our charity through your own fundraising activity please contact us as we can help with sponsorship forms.

In order to keep production and postal costs down we are considering producing three newsletters per year rather than four. If you are happy to receive our newsletter via e mail please share your e mail address as this will keep costs down. Remember to check your spam if you haven't received our newsletter! One way of raising funds is for as many people as possible to join our Carers Lottery, whether you're a carer, family member, professional or

member of the public. We have already given away £1,180 to lucky winners.

Our Runcorn office is open on Saturday mornings to provide a therapy and podiatry service to working carers and young carers who are unable to access these services during the week. From May 2018 only working carers and young carers will be able to access the Saturday services.

Many thanks to Runcorn's Inner Wheel who donated £100 and the Knights Choir in Widnes who kindly donated £500. Your generosity is very much appreciated.

If anyone would like to make a donation to our charity, there are various ways to do so:

- Via The Big Give (you can access this directly on the home page on our website)
- Cheque to Halton Carers Centre Limited
- Cash at the Runcorn or Peelhouse Family Centre Offices

Carl Harris*Carl*Halton Carers'
Centre Manager**For more information contact
Halton Carers Centre on****01928 580182 or 0151 257 9673**



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! Anyone can join the lottery as long as you are over 16 years of age. You may enter more than once at a cost of £5 for each number entered.

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.

The lottery 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. **The last day for us to receive Standing Order payments will be 15th of the month.**

Winners will be notified by post or e mail and a list of winners will be available at the Carers Centre and on our website

To enter, please request an Entry Form and return with either cash, a cheque or confirmation that you have set up a Standing Order at your bank and forward to **Halton Carers Centre Ltd. 62/64 Church Street Runcorn WA7 1LD.**

To set up a Standing Order please contact your bank to provide Halton Carers Centre's bank details:

Sort Code: 30 99 14 Account Number: 07833689

If you need more information about joining our Carers' Lottery please contact us on **01928 580182** so we can get you started!

Winners of the March 18th Lottery

1st Prize

Paul Mellor **£150**

2nd Prize

Pauline Kavanagh **£50**

3rd Prize

Kathy Davies **£10**



Protecting YOUR Information

Halton Carers Centre treats all carers' details with care. We will:

- Always hold your details securely.
- Only share your information with organisations, including Halton Borough Council and NHS Halton if you have given us consent
- We'll make sure that everything we send to you is relevant to our work such as information about carers' services, fundraising and activities.
- We will adhere to your communications preferences.
- Only analyse your data in order to communicate with you more effectively, better understand your needs and to provide appropriate services for you.
- Make sure you're in control of your information. You can ask us to stop using it whenever you like.

If you have any questions about how your data is stored or how we contact you please contact us on 01928 580182.

Halton Young Carers



Flight Competition

Pilot Tony Erskine has kindly offered to help celebrate the work Young Carers do on Saturday 19 May 2018 by organising the opportunity for 6 lucky young carers to have a tour of Keenair Flying School Liverpool and a flight over Merseyside. This is the third year that Tony has provided such a brilliant opportunity to young carers, which recognises and rewards the work young carers do across the world.

Similar events are also taking place in Germany, Switzerland, Italy, England, Scotland, New Zealand, Australia and California USA on the same day

There will be 3 qualified assistants to accompany the children who will experience:

- Aircraft Hanger Tour at Keenair
- Flight in a 4 seater aircraft over Liverpool city centre and football grounds.
- Visit to the Air Traffic Control Tower.

Day trips & Activities

Easter activities

Thursday 5th April

Holiday Club (activity away from the Mencap building)

Thursday 10th April

Underwater Street

Whit activities

Thursday 29th May

Holiday Club (activity away from the Mencap building)

Thursday 31st May

trip to be confirmed

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

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.



**HALTON
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Spotlight on

Dementia

Round our Way

For people living with dementia, and their families
23rd May, Kingsway Library 2pm-4pm

'Round our Way' reminiscence Event (2pm-3pm)

Where memories of the past are brought alive through conversation and items and artefacts from bygone times. Come along and join in the conversation, or simply listen to people's memories and stories.

Book for your free place*.

Dementia Friends Awareness Session (3:15pm-4pm).

Dementia Friends sessions are about learning more about dementia and the small ways you can help to create dementia friendly communities.

Book for your free place*

Halton Library Service and Halton Alzheimer's Society, along with other local services, including: Halton Carers' Centre, Age Well and Sure Start to Later Life, will be on hand to provide information on support available to people living with dementia, and their families.

Contact emma.bragger@halton.gov.uk / 0151 5118398 to book your free place*.

**places are free, on a first come first serviced basis. Booking is essential for room capacity/health and safety purposes. Places can be booked for either the reminiscence session or the Dementia Friends session, or both.*



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.

Next group meetings: 16th and 30th April, 14th and 28th May, 11th and 25th June

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 or telephone **01928 580182**



Do you care for someone with dementia and worry that they may go missing?

Caring for people with dementia can be challenging, therefore planning ahead is really important. There is often a risk that people living with dementia can at some point start to 'walk about'. While this may only be into the garden or street and returning a short time later, some people can get lost and go missing. This can lead to feelings of confusion, fear and vulnerability for individuals and their families, particularly at night time or during times of extreme weather.

The Herbert Protocol is here to help provide you with reassurance, and help you keep friends and relatives safe. It is a national initiative adopted by Cheshire Constabulary, as well as other police forces around the UK.

The Herbert Protocol is a form which is kept at home, or in a safe place, with important information about a vulnerable person. Should they go missing, information is easily on hand about routines, medical requirements and favourite places to visit and can be handed over to the police, alleviating the worry of collecting it together during a stressful time.

Obtain a form in the following ways:

Download The Herbert Protocol form online by accessing

www.cheshire.police.uk/advice-and-support/missing-persons/herbert-protocol/

Or

call into Carers Centre for The Herbert Protocol form

download the form from our website <http://haltoncarers.co.uk/information>

Complete The Herbert Protocol Vulnerable Adult Missing Person Profile form

and retain in a safe place. (Halton Carers Centre can hold a copy for you if you wish)

Important

If someone goes missing it is vital that if you can't find someone in the normal way you would expect to, then you **MUST** call the police on **999**. It is quite normal to worry about calling. Some people are concerned that they will be criticised for calling the police, but if you are worried about a person's safety then this will not happen.

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

3rd Wednesday in the month 10am - 12pm
Trinity Church, Peelhouse Lane, Widnes

3rd Thursday in the month 12pm - 2pm
Churchill Hall, Cooper Street, Runcorn

£8 for Massage
£12 for Reflexology

Therapy Appointments

Tuesday 10am - 4pm

Reflexology only - Thursday 10am - 2pm

Saturday* 10am - 1pm

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

Wednesday 10am - 1pm

Peelhouse Family Centre Widnes

* Saturday appointments are for young carers and working carers only

Podiatry Service

Wednesday 10am - 4pm

Saturday 10am - 1pm

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

Thursday 10am - 4pm

Peelhouse Family Centre Widnes

£10 charge for repeat appointments

Price List

*Reflexology	£12	Eyebrow Tint	£5
Back Massage	£8	Wax and tint	£8
*Full body Massage	£15	Lash tint	£6
Facial	£8	Lip and chin wax	£5
Manicure	£5	Underarm wax	£7
Pedicure	£7		
Eyebrow Wax	£5		

*apart from a full body massage and reflexology all treatments are 30 minutes

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.

www.haltoncarers.co.uk

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Halton Carers Centre GP Surgery Outreach

Michaela Casey 10-11am

Tuesdays

Bevern - 8th May

Peel House - 1st May

Murdishaw - 22nd May

Lucia Urquhart:

Hough Green Medical Centre

Thursday

10.00 – 11.30am

12th April, 10th May & 14th June

Newtown/Oakspace/Urgent Care Centre

Friday

10.00 – 11.30am

27th April, 25th May & 22nd June

Lorna Ditchfield

Brookvale and Weavervale Practice

Monday

9.30-11am

16th April, 21st May & 18th June

Castlefields Health Centre

Wednesdays fortnightly

9.30-11am

Wednesday 11th April, 9th May

& 13th June

Joanne Collins

St Paul's Health Centre Tuesdays

9.30-10.30

24th April, 22nd May & 26th June

Also:

Outreach sessions at Runcorn Jobcentre 2nd Monday of the month 9.30-11.30am

9th April, 14th May, 11th June

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. Meetings are on the 1st Thursday in the month 1-3pm at Churchill Hall Runcorn.

**HALTON
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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 or contact me on 07530383690 or p.halds6213@virginmedia.com

Carers Week 11th-17th June 2018

To celebrate Carers' Week we will be out and about around the borough to raise awareness of carers in Halton. We will be holding outreach events at Widnes Market and Runcorn Shopping Centre. Times and dates will be advertised nearer the time.

During Carers Week we will also be celebrating 10 years of delivering carers' services in Halton by holding a fundraising social event with raffle and bingo at our Carers Centre on Thursday 14th June 2018 from 2pm-7pm. Young and adult carers are welcome to attend however, young carers must be accompanied by an adult. Refreshments, including alcohol will be available. If you would like to attend the event please contact us for a ticket. £10 for adults/£5 for children.

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Mental Health Awareness Training

12th & 19th July

Personality Disorder Training

26th July & 2nd August

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.

Sessions are held on Wednesday mornings. For more information or to book on a course please e mail help@haltoncarers.co.uk or telephone 01928 580182

Hospital Support for Carers



Do you care for someone who is in hospital, or are you a carer and about to go into hospital for a planned admission? A carer is someone who provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. It can be a very stressful and confusing time not knowing what happens following a hospital stay.

Lucia Urquhart is the Hospital Liaison Support Worker at Halton Carers' Centre. She can help you with all aspects of hospital admissions, discharge or care at home and will liaise with hospital staff and social services on your behalf. She can also attend discharge meetings with you to make sure you are fully aware about what is going to happen when a patient is discharged.

Lucia's outreach session at Halton Hospital main entrance (entrance 1) fortnightly on Tuesday morning 10.00 am until 11.30am.

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!





Rivendell Garden Centre

We are thrilled to be working with Notcutts at Rivendell Garden Centre Mill Lane Widnes Cheshire WA8 3UL to raise awareness of carers, identify new carers and fundraise for our charity. We will

be at Rivendell on Saturday 7th April from 11am -2pm, so come along and say hello!

To all Budding Florists!

We are delivering a carers' flower arranging class on 4th June 2018 at Churchill Hall from 11am-1.30am. The class will be delivered by Anita Moorefield who attended one of our first flower arranging classes a few years ago. She liked it so much that she trained to be a florist and now has her own shop - **Anita's Blossoming Flowers & Gifts** in Balfour Street Runcorn!



You will prepare a floral display to take home. All you need to bring is yourself, a pinny and some sharp scissors! There is a £7 charge to cover some of the cost of the flowers. Refreshments will be available. Contact us to book your place.



Tai Chi

Tai Chi Classes for carers at Churchill Hall Cooper Street Runcorn 11.45-12.45 from **Monday 5th March** for six consecutive weeks. **£2 per person**

ADHD Parent Carers Support Group

Our ADHD group started on Tuesday 27th March 12-2 at Churchill Hall Cooper Street Runcorn. Meetings will be monthly on the last Tuesday of the month. Future meetings will include expert speakers in ADHD and managing difficult behaviour. If you care for someone with ADHD and would like to meet other carers please contact us. Next meeting Tuesday 24th April

**Coming
Soon!**

We are planning to provide a Sensory Workshop in the coming months. The Workshop will provide effective strategies for dealing with children on the Autistic Spectrum who may have sensory issues. Please let us know if you would like to attend.

**HALTON
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The Centre

Widnes & Runcorn Cancer Support Group

Touched by Cancer?

If you or someone you care about is affected by cancer
then we can help....

We offer:

An open door drop in Monday-Friday 10am-3pm

Support Groups (including a Gentlemen Only Group)

Adults Counselling Service

Support for Children & Young People

Therapies (beauty, reiki, reflexology, hypnotherapy)

Art & Craft Workshops

Day Trips & Social Events

We are here to support you!



Supported by


Halton Clinical Commissioning Group

0151 423 5730 , 21-23 Alforde Street, Widnes, WA8 7TR

www.widnesandruncorncancersupport.org.uk

Charity Number 1145810 Company Number 07830948

Carers Centre Trips

April - June 2018

April

25th April

Bury Market

£8 per person.

June

2nd June

Llandudno

Adult £10 per person



www.haltoncarers.co.uk

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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.

