



Issue 8, Jan 24

Look out for this sign



Halton Carers Centre strives to ensure that all our trips and activities remain free for Young Carers

Contacting us

☎ 01928 580 182

✉ help@haltoncarers.co.uk



Hello to all our YCs!

We trust that your Christmas holidays were delightful, filled with joy spent with friends and family.

To better understand your preferences, we invite you to provide feedback on any activities or engagements you experienced with us in 2023. Simply scan the QR code below or link: <https://forms.office.com/e/pJX1eJQwAJ> below and share your thoughts.



In this edition of our newsletter you will find information on groups, trips, therapies, support, and more in our latest newsletter. If you require additional information or support, please don't hesitate to reach out, we're always here for a chat :)



You said
...we did





HALTON CARERS CENTRE A Network Partner of CARERS TRUST



Hummingbirds
Tuesday 13th Feb
11- 1pm
Art studio



For Primary school age YC



Halton Young Carers Interested list - Hummingbirds



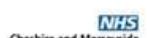
For a possible place scan the QR code or click the link:
https://forms.office.com/e/itG99jD43h

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.

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Thursday 15th Feb
Secondary school age YC



For a possible place scan the QR code or click the link:
<https://forms.office.com/e/jL30tsxdtU>

This will then put the YC name down on the interested list
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CONTACT YCT:
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help@haltoncarers.co.uk

Halton Young Carers Interested list
- Norton Priory



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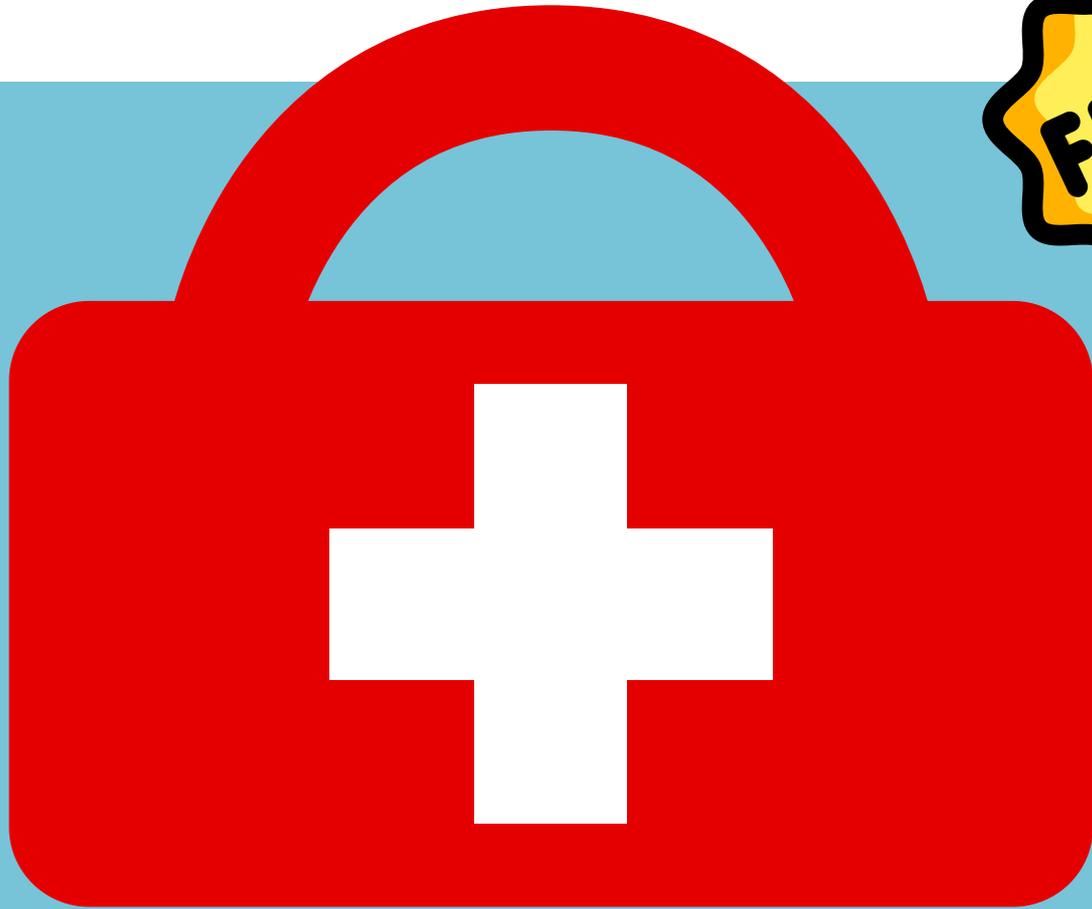
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Basic First Aid Training Wednesday 3rd April 10.30- 11.30



For a possible place scan the QR code or click the link:
<https://forms.office.com/e/SyHkyjq5iM>

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Therapy treatments

FOR ALL YOUNG CARERS

FREE

Hannah say's.... extend a warm invitation to all Young Carers. They would like to offer a rejuvenating treatment as a way to provide a respite from their caring responsibilities. You can choose from the following options:

- Mini Facial
- Mini Massage
- Mini Reflexology
- Mini Head massage



Contact us:

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help@haltoncarers.co.uk



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RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

**Young Health
Champion**

with
**Halton Borough Council
Health Improvement Team**

The Health Improvement Practitioners are eager to collaborate with young carers.

The qualification offered is equivalent to a GCSE,

the following is an overview of the benefits of the Young Health Champion qualification:

- Increased likelihood that young people will seek information from and approach peers.
- Understand the benefits of a healthy lifestyle
- Learn the skills to make healthier choices
- Develop skills for the workplace .
- Increased knowledge of risks of unhealthy behaviours
- Linked to the key local and national support services
- CV development Young Health Champions (YHCs).



The course will be in Halton Lea Library on
Monday 12th Feb 10am-4:30pm
Wednesday 14th Feb 10am-4:30pm
Friday 16th Feb 10am-4:30pm

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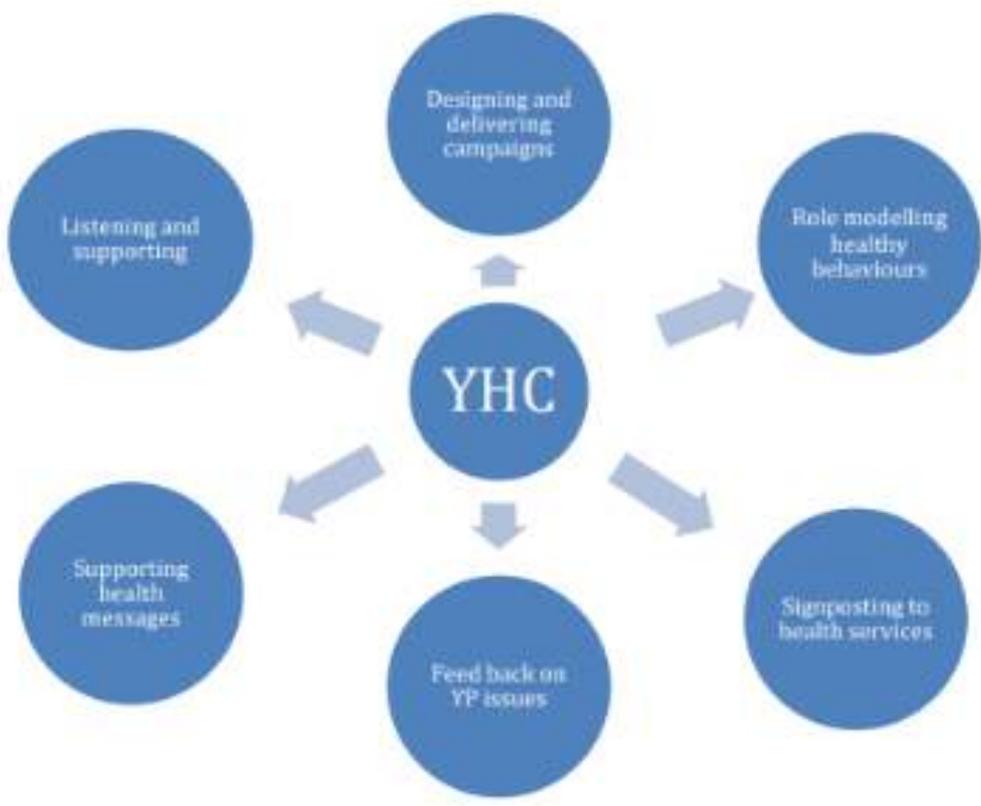
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Young Health Champion

What is a Young Health Champion?



Who is the qualification for?

- Young people in schools, community settings, FE or HE who are interested in health and signposting health services to their peers
- Year 9-13

Halton Young Carers Interested list
- Young Carers Champion

For a possible place scan the QR code or click the link: <https://forms.office.com/e/czfe5HHYeW>
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:
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FREE

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KEEP OUR
GARDEN CLEAN

LEARN HOW TO
PLANT

WATER THE
SOIL

YOUNG CARERS

LEARN ABOUT
DIFFERENT
VEGETABLES

**Gardening Day
Tuesday 9th April
11-12 and 1-2**



Halton Young Carers Interested list
- Gardening



For a possible place scan the QR code or click the link:

<https://forms.office.com/e/7PYn6Tziwv>

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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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..... 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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Young carer

Thursday 11th April 2024

Secondary School Age YC



★ Explore the world of Spirit of the herd,

Learn to recognise every part of the pony's body 🤔, master the art of pony head collaring 🐎, indulge in pony pampering sessions 🍷, and embrace the essentials of pony care, including the oh-so-important poo picking! 🌈★

For a possible place scan the QR code or click the link:

<https://forms.office.com/e/MaKhB3Z7Sq>

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
- Spirit of the Herd



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YOUNG CARERS ACTION DAY

**CARERS
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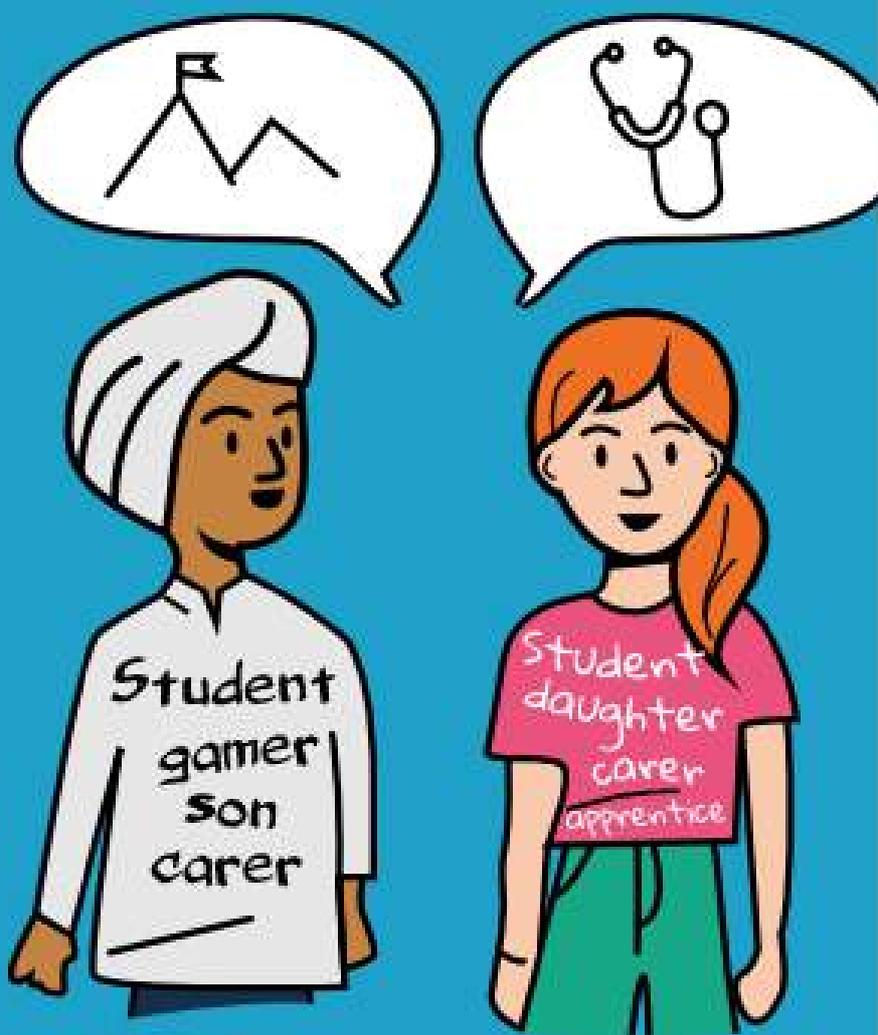
WEDNESDAY 13 MARCH 2024

Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!



Find out more and get involved:
Carers.org/ycad

#YoungCarersActionDay





YOUNG CARERS!

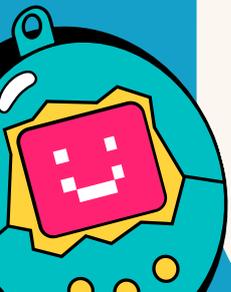
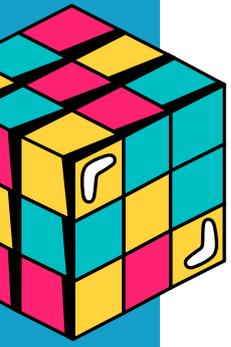


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☀️ Young Carers, it's competition time! 🌈
We'd love to hear about your aspirations for the future. What do you envision for your journey ahead?

Share with us what you'd like your future to look like or become! 🚀

💭 #DreamBig



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

ENTRIES EMAILED TO HELP@HALTONCARERS.CO.UK



We kindly request that all young carers participate in this activity with the support and presence of an adult.

The Young Carers team will be gathering in the car park of Costa Coffee in Runcorn, located at Crossville Way, Runcorn WA7 5TW, at 8 pm on Wednesday, 13th March 2024.

Why not join us to capture a memorable selfie with the illuminated bridge as your backdrop, alongside our team and Munchie!

Due to unpredictable weather, please call on the day to confirm the event:
01928 580 182.

We aim to create the largest group picture of our Young Carers celebrating #youngcarershalton on Young Carers Action Day.

It's essential for an adult to accompany the YC. The Young Carers team won't be accountable for any YC attending without adult support. The winner of the best selfie will be contacted via telephone or email after the 13th. If you submit a picture from another location with yourselves and the illuminated bridge, it will also be considered as an entry.





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Podiatry treatments

FOR ALL YOUNG CARERS



Stu says.....

Halton Carers Centre is offering complimentary Podiatry appointments for all Young Carers.

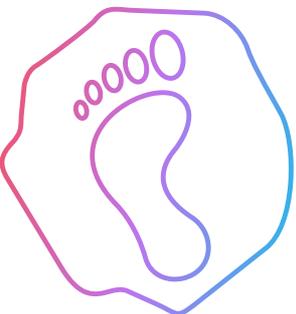
Contact us:

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✉ help@haltoncarers.co.uk

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FREE

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Me-Time

Me-Time is - A designated safe space for Young Carers (YCs) to take a break from their caregiving responsibilities, specifically designed for those in primary school. The sessions are held in both Widnes and Runcorn.

During Me-Time- YCs engage in various enjoyable activities within the group, including arts and crafts, meeting fellow young carers, participating in quiz nights, playing games, and enjoying themed nights.

Sessions are scheduled - Every other Wednesdays in Widnes and Thursdays in Runcorn.

It's important to note that attendance requires a text invite, as spaces are limited for these sessions.





Me-Time

RUNCORN ME-TIME

11.01.24

25.01.24

8.02.24

29.02.24

14.03.24

28.03.24



Halton Young Carers Interested list
- Runcorn Me-Time



WIDNES ME-TIME

10.01.24

24.01.24

7.02.24

28.02.24

13.03.24

27.03.24



Halton Young Carers Interested list
- Widnes Me-Time



To express interest in securing a spot, simply scan the QR code. This will add the Young Carer's (YC) name to the interested list. If you are successfully allocated a place, we will contact you. For further assistance, feel free to reach out to the Young Carers Team (YCT) at 01928 580 182 or via email at help@haltoncarers.co.uk.

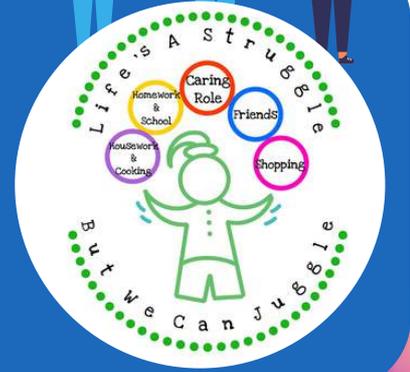


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R-Time



R-Time - Provides a secure environment designed to offer Young Carers (YCs) a respite from their caregiving responsibilities. This program is tailored for those in secondary school.

During R-Time sessions - YCs engage in a variety of enjoyable activities within the group, including arts and crafts, meeting fellow young carers, participating in quiz nights, enjoying movie nights with popcorn, playing games, and experiencing themed nights. Additionally, there are guest speakers from local and national organizations.

R-Time - Takes place on every other Thursdays from 5-7 pm (dates listed on the next page). However, attendance requires a text invite. If you receive an invitation, you are welcome to join the session.

**YOU
deserve
BREAK**

Halton Young Carers Interested list
-R-Time





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R-Time

YOU
deserve
a
BREAK

Grangeway

18.01.24

1.02.24

22.02.24

7.03.24

21.03.24



To express interest in securing a spot, simply scan the QR code. This will add the Young Carer's (YC) name to the interested list. If you are successfully allocated a place, we will contact you. For further assistance, feel free to reach out to the Young Carers Team (YCT) at 01928 580 182 or via email at help@haltoncarers.co.uk.

Halton Young Carers Interested list
-R-Time



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Follow



Kate suggests staying updated by following our social media accounts. Find us on Facebook, Twitter, and Instagram for the latest updates.



01928 580 182

help@haltoncarers.co.uk

Halton Young Carers Self referral



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Vikki encourages you to reach out if you require support, information, advice, guidance, or simply want to have a chat. Feel free to call the Young Carers (YC) team for assistance.

WHAT DO YOU THINK?



 01928 580 182

 help@haltoncarers.co.uk



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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/>).



Mersey Care
NHS Foundation Trust

Children and young people based in Halton, Knowsley,
St Helens and Warrington up to the age of 18
who are experiencing a mental health crisis will have access to a dedicated 24/7 team for the first time.

The new crisis response team, based within Mersey Care NHS Foundation Trust's Child and Young People's Mental Health Service, will help those under 18 who need an emergency response and aims to provide a risk assessment within four hours.

The service is available to anyone registered with a GP in Halton, Knowsley, St Helens and Warrington.

The service will provide:

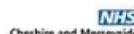
- Advice and consultation to professionals, parents, carers and children and young people
- Emergency assessment and follow up
- Brief intervention and home treatment.

The team works in partnership with social care, schools and other professionals to ensure children and young people stay safe.

The service can be contacted on 01744 415 640 and is available 24 hours a day and seven days a week.

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Bridgewater
Community Healthcare
NHS Foundation Trust

TEXT YOUR SCHOOL NURSE ANONYMOUSLY

HALTON

07507 330 521



ChatHealth

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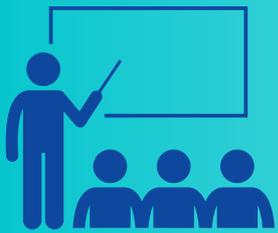
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Meet Munchie our
worry monster

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 have returned to schools in Halton, setting up information stations. Additionally, they are conducting one-on-one review meetings with Young Carers within the school premises.



The primary goal of being present in schools is to provide registered Young Carers with support, information, advice, and guidance. If you are a registered Young Carer and would appreciate a support worker visiting you in school, please reach out to the Young Carers team at 01928 580 182.

 01928 580 182

 help@haltoncarers.co.uk

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YOUNG CARERS ACTION DAY

CARERS
TRUST

WEDNESDAY
13 MARCH 2024

One in three young carers struggle to balance caring with education, missing out on opportunities to learn, earn, and thrive.

Every young carer should have the chance to fulfil their potential.

Help create **Fair Futures for Young Carers.**

Find out more
and get involved:
Carers.org/ycad

#YoungCarersActionDay





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YOUNG CARERS

☀️ Fancy joining us as a volunteer for the Young Carers Team? 🤝 Help and support amazing young carers, giving them a breather from their caring duties.

🌈 We've got roles like

📄 admin, ☀️ youth work, 🗺️ trip and activity positions available! 😊

Volunteers
needed

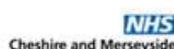
You can either scan the QR code
or click them link :
<https://forms.office.com/e/AmmZk43MKc>

Young Carers Volunteering from



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PLEASE BOOK IN THIS ORDER

STAFF AWARENESS



SCHOOL ASSEMBLIES



SCHOOL OUTREACH



GET STARTED



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Have you been receiving texts, emails, or voicemails prompting you to complete a review for your Young Carers?

If you haven't had the time to reach out, you can conveniently complete the review process by scanning the attached QR code or by following the provided text link.



 01928 580 182

 help@haltoncarers.co.uk



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Your opinion matters!

Your feedback is crucial to our Young Carers Team (YCT) as it guides our decisions for the future. If there's anything you would like to share or have your say on, please email the YCT at 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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