



Cheshire West Carer Support

Newsletter

September to December 2024



This newsletter is produced by Cheshire and Warrington Carers Trust, the Lead Provider of the Cheshire West Carers Support Service.

Welcome to the Cheshire West Carers Support Service

This is our final newsletter of the year, over the next few pages you will find articles about our past events, upcoming groups and activities, information about our support and lots more.

Contributions to the newsletter are always welcome, please contact us if there's something you would like to include in the next issue.

Here are just a few photos of what we have been up to since our last issue...



L to R: The brilliant Cheshire Rock Choir at our Carers Week Celebration, Christina promoting our Primary Care service, Crafts at Chester Lunch Club, Young Carers Action Day

Update on Our Services - from David Harvey, CEO

In January 2025, after 7 years, the Cheshire West Carer Support Service will come to an end. During this time the service has supported more than 10,000 carers across Cheshire West and Chester through ourselves and our local partner organisations, The Alzheimer's Society, The BREN Project, Crossroads Together, Making Space, Neuromuscular Centre and OPAL.

Cheshire West and Chester Council are currently commissioning a new Community Led Care and Carers (CLCC) Service which will include support for carers, along with older adults and a hospital discharge service. This development will result in a number of changes to how carers are supported going forward. Whilst we hope that Cheshire and Warrington Carers Trust will be involved in this new service, at this stage we are still in the bidding process.

We will, of course, communicate any updates on our website, regular email blog, and by post to carers without access to the internet.

Over the next four months we will continue to provide a full range of support for carers across the borough including activities to recognise Carers Rights Day in November, to celebrate both our 30th Anniversary and Christmas activities.

Carers Rights Day

Carers Rights Day this year is on Thursday 21st November 2024. We will be hosting an information and support lunch in the Chester area alongside a number of smaller events across the borough. It is important that carers recognise that they have rights around employment, access to services, and recognition of their role.

Call the Helpline on 0300 102 0008 or email advice@cheshireandwarringtoncarers.org for more information.



AGM & 30th Anniversary Celebration

Our Annual General Meeting (AGM) is taking place on Wednesday 13th November at 12pm, at Plumley Village Hall, Plumley Moor Rd, Plumley, Knutsford WA16 0TR (close to Plumley railway station)

Carers are invited to join us for the meeting, which will also include our 30th Anniversary celebration lunch. Booking is essential.

Attending our AGM is a good opportunity for carers to understand more about our work and to meet with staff and trustees.

We will also drawing the winning tickets for our 30th Anniversary Raffle (see back page for more information about the raffle)

**CARERS
TRUST**

Cheshire and
Warrington



Working Carer Support

If you are balancing a job and caring responsibilities, you will understand the difficulty of managing both roles. To support working carers, alongside our one to one support sessions, we host regular group evening meals on the second and fourth Thursdays of the month at 6pm (refer to dates on P4 & P5). These gatherings provide an opportunity for working carers to connect, exchange stories, and offer advice to each other.

We offer a range of services outside of typical working hours to help support working carers. Please make contact with us if you need a flexible appointment to fit around your work commitments. Additionally, you can find a wealth of helpful resources for working carers on the Carers UK website. Simply visit www.carersuk.org and search 'work and career' for the latest information on your rights, communicating with your employer, carers' leave, transitioning out of work, and much more.



Carers Assessments

Cheshire and Warrington Carers Trust are commissioned to complete Carer Assessments on behalf of Cheshire West and Chester Council. This assessment gives carers the chance to tell us what they need, and to find out what support might be available.

The Carers assessment explores whether you as a carer have eligible needs in your own right. This assessment will consider the impact of caring. It will also consider what difficulties you may be facing, how you manage them and the things that you want to achieve in your day-to-day life.

To register for a carer's assessment, you can complete a simple form online at (cheshirewestandchester.gov.uk) or call The Community Access Team on 0300 123 7034.

Community Home First

Community Home First has now been working on this project for six months and have supported over 80 carers looking after a relative coming home from either The Countess of Chester or Leighton Hospital. We are working in partnership with Snow Angels, Age UK and Cheshire Community Action. We have recently been informed that this service will now continue until the end of 2025.



Helping patients home from hospital



What's on at Cheshire and Warrington Carers Trust?

Our groups are a great chance for you to meet people of all ages who are in a similar situation to you, You can chat to fellow carers and get advice from them and our staff. Having someone to talk to and making new contacts can make a huge difference. You will have the opportunity to share information, motivate each other and inspire one another to cope and manage your caring roles.

Booking is essential for all of our groups, call the Helpline or use our new QR codes below to book. All groups correct at time of printing but may be subject to change.

Sept

Date	Time	Group	Where
02/09	11:00 - 13:00	Ellesmere Port Walking Group	Backford
04/09	10:30 - 12:00	Parent Carer Informal Meet Up	Wesley Church Chester
10/09	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
10/09	12:00 - 14:00	Northwich Luncheon Club	Northwich Office, London Road
10/09	13:00 - 15:00	Neston Support Group	Neston Youth & Community Centre
11/09	11:00 - 13:00	Chester Support Group	Storyhouse
11/09	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole, Chester
12/09	18:00 - 20:00	Northwich Working Carers Meal	The White Barn, Cuddington
16/09	11:00 - 13:00	Ellesmere Port Lunch Club	Theatre Porto
18/09	10:00 - 12:00	Chester/E Port Parent Carers - Tile Painting	Venue TBC
25/09	11:00 - 13:00	Chester Lunch Club - Self Care with Lush	Bluecoat Building
25/09	12:00 - 14:00	Northwich Male Carers Group	Northwich Office, London Road
26/09	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
26/09	18:00 - 20:00	Chester Working Carers Meal	Toby Carvery, Hoole, Chester

Oct

Date	Time	Group	Where
02/10	10:30 - 12:00	Parent Carer Informal Meet Up	Wesley Church Chester
07/10	11:00 - 13:00	Ellesmere Port Walking Group	Elton
08/10	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
08/10	12:00 - 14:00	Northwich Luncheon Club	Northwich Office, London Road
08/10	13:00 - 15:00	Neston Support Group	Neston Youth & Community Centre
09/10	11:00 - 13:00	Chester Support Group	Wesley Centre
09/10	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole, Chester
10/10	18:00 - 20:00	Northwich Working Carers Meal	Stonehouse Carvery, Winsford
16/10	10:00 - 12:00	Chester/E Port Parent Carers	Venue TBC
21/10	11:00 - 13:00	Ellesmere Port Lunch Club	Theatre Porto
23/10	11:00 - 13:00	Chester Lunch Club	Bluecoat Building
23/10	12:00 - 14:00	Northwich Male Carers Group	Northwich Office, London Road
24/10	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
24/10	18:00 - 20:00	Chester Working Carers Meal	Toby Carvery, Hoole, Chester

Please ring 0300 102 0008 to book any of these groups.

You can also email booking@cheshireandwarringtoncarers.org or use the QR codes below.



Scan for
**Carer
Support
groups**



Scan for
Lunch Clubs



Scan for
**Male Carer
groups**



Scan for
**Working
Carer
groups**



Please ring **0300 102 0008** to book any of these groups.

Email booking@cheshireandwarringtoncarers.org or scan the QR codes.

All groups were correct at time of printing but may be subject to change.

Nov

Date	Time	Group	Where
04/11	11:00 - 13:00	Ellesmere Port Walking Group	Frodsham Castle Park
06/11	10:30 - 12:00	Parent Carer Informal Meet Up	Wesley Church Chester
12/11	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
12/11	12:00 - 14:00	Northwich Luncheon Club	Northwich Office, London Road
12/11	13:00 - 15:00	Neston Support Group	Neston Youth & Community Centre
13/11	11:00 - 13:00	Chester Support Group	City Walls Exploring
13/11	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole, Chester
14/11	18:00 - 20:00	Northwich Working Carers Meal	Weaver's Whistle, Lostock Gramam
18/11	11:00 - 13:00	Ellesmere Port Lunch Club	Theatre Porto
20/11	10:00 - 12:00	Parent Carers - Christmas Tree Decorating	Chester Cathedral
27/11	11:00 - 13:00	Chester Lunch Club	Bluecoat Building
27/11	12:00 - 14:00	Northwich Male Carers Group	Northwich Office, London Road
28/11	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
28/11	18:00 - 20:00	Chester Working Carers Meal	Toby Carvery, Hoole, Chester

Dec

Date	Time	Group	Where
02/12	11:00 - 13:00	Ellesmere Port Walking Group	Chester
03/12	12:00 - 14:00	Chester, EP, Neston Christmas Party	Five Villages Hall, Backford
05/12	18:00 - 20:00	Northwich Working Carers Christmas Meal	Kingfisher, Kingsmead, Northwich
10/12	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
10/12	12:00 - 14:00	Northwich Luncheon Club	Northwich Office, London Road
11/12	11:00 - 13:00	Chester Support Group	Christmas @ Chester Cathedral
11/12	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole, Chester
12/12	18:00 - 20:00	Chester Working Carers Christmas Meal	Toby Carvery, Hoole, Chester
18/12	10:00 - 12:00	Parent Carer Group	Venue TBC
18/12	12:00 - 14:00	Northwich Male Carers Group	Northwich Office, London Road
19/12	11:30 - 13:30	Northwich Carers Christmas Party	Northwich Office, London Road

Volunteers Update, by Christina



Cheshire and Warrington Carers Trust arranged a thank you volunteers Afternoon Tea Party at Plumley Garden Centre. Nine volunteers and two staff enjoyed an afternoon of delicious sandwiches and cakes.

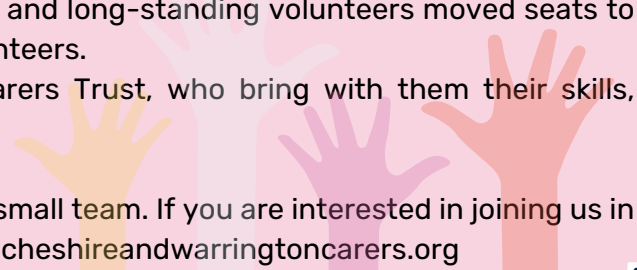
As the newly appointed project worker to support volunteers within Cheshire and Warrington Carers Trust, it was an ideal opportunity to become acquainted with new faces and find out about what volunteers enjoy from their volunteering roles. There were lots of reminiscences from some of our trustees, who are planning a 30th year celebration for Cheshire and Warrington Carers Trust in November 2024.

It was lovely to listen to the memories from some of our volunteers who remembered the time when we had a very special visitor HRH The Princess Royal attended the opening ceremony of our Northwich Office.

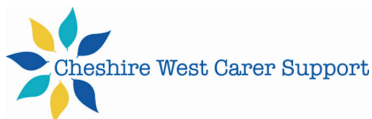
The afternoon had a musical chair theme so that new volunteers and long-standing volunteers moved seats to share their stories and get acquainted with new and current volunteers.

Volunteers are an integral part of Cheshire and Warrington Carers Trust, who bring with them their skills, experience and a willingness to support their chosen charity.

We are always looking for more volunteers to become part of our small team. If you are interested in joining us in a rewarding volunteer role please contact christina@cheshireandwarringtoncarers.org



Carers Information and Training



We are hosting a variety of information sessions over the coming months.

Northwich Office 146 London Road

18th Sept 10.30-12.30 A Talk by Alzheimer's Society
 16th Oct 10.30-12.30 Holistic Therapies
 13th Nov 10.30-12.30 Talk on Legal Forms

Handbridge Centre Chester

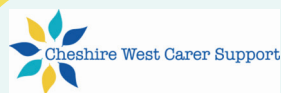
26th Sept 10-30-12.30 A Talk by Alzheimer's Society
 6th Nov 10.30-12.30 Holistic Therapies

Ellesmere Port, Theatre Porto

9th Oct 10.30-12.30 Talk on Legal Forms
 (23rd Oct 10.30-12.30 Holistic Therapies TBC)

Booking is essential for all of these sessions, please phone us on 0300 102 0008 or email maggie@cheshireandwarringtoncarers.org to reserve your place.

More sessions are being arranged, please look out for our email blog or phone the Helpline on 0300 102 0008 to find out about additional sessions.



~ Who Will Care After I've Gone ? ~

Are you caring for someone with a learning disability or Autism? It's important to plan for their future when you are no longer able to care.

**The next course is to be held in NORTHWICH in October
 One day per week between 10.30am – 2.00pm
 over two consecutive weeks**

This two day course offers you the knowledge and emotional support to prepare to plan ahead. Professionals have been invited to share their expertise on Will Writing, Trusts and Power of Attorney, Funeral Planning, Social Care and Supported Living, and End of Life Care. Following the course, we offer you individual support to complete

'My Preferred Priorities for Care'

A light lunch is served for carers and speakers to enjoy while discussing the topics in more detail and the opportunity to learn from the experiences of fellow carers.

Places are limited to ensure a supportive and friendly environment.

To register your interest to attend or for more information please telephone 01606 606694 or email cheshirewestcarersupport@makingspace.co.uk

End of Life Partnership Community Support Sessions

Please see below for details of upcoming sessions run by EOLP.



Community Support Sessions

All sessions are fully funded and will be held at:
 Tarporley War Memorial Hospital, 14 Park Road, CW6 0AP

Tuesday 10 September

10.30am - 12pm How to plan for the future	12.45pm - 2.15pm Confidence to care at end of life
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Tuesday 24 September

10.30am - 12pm Understanding Dementia	12.45pm - 2.15pm Grieving before loss
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Tuesday 8 October

10.30am - 12pm An Introduction to supporting loss, grief and bereavement	12.45pm - 2.15pm Grieving when caring ends
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Our dementia support service is here to give you personalised help and advice face to face or over the phone. Depending on your needs, we can offer you information and signposting or ongoing support regardless of whether you are worried about your memory, have a diagnosis of dementia or are a carer, family or friend. Our expert team will listen, answer your questions, and connect you to the support you need.

0300 369 0570

cheshire@alzheimers.org.uk

Book your place now, email: info@eolp.org.uk, call 01270 310260 scan the QR code, or book online at: www.eolp.co.uk/knowledge-base/community-sessions-for-twmh

Carer Breaks

Rachel, our Carer Breaks Co-ordinator, has planned more fun and engaging 'Time for Me' activities for carers to enjoy, please see below for the details of upcoming sessions. Rachel is always busy thinking of new ideas and adding more events to the list.

If you would like to register your interest in future breaks we are happy to update you by telephone or email, and we have introduced a new online booking system on Eventbrite via the QR code below. You can also still book by calling the helpline.



Time for Me Activities - Booking Essential

Activities may be subject to change due to availability or circumstances beyond our control.

Phone: 0300 102 0008 or Email: breaks@cheshireandwarringtoncarers.org



September

- **Thursday 5th September** - 10:30am - Tile Painting for our 30th Anniversary Mural
- **Tuesday 10th September** - 10am Approx - Cheshire Music Train - Times and Venue to be confirmed
- **Thursday 19th September** - 10am - Frodsham Kayaking - Limited places, priority to those who haven't tried before at our other sessions
- **Thursday 26th September** - 10:30am arrival, 11am start - Storyhouse Cinema - For both Carer and person you care for.

October



- **Thursday 3rd October** - 10:00am - Autumnal Dunham Massey Walk with Cake and Coffee
- **Sunday 6th October** - 2:30pm - St Helens Church Northwich - Tea at the Tower
- **Tuesday 8th October** - 6pm - 8pm - Winsford Supper Club - Brighton Belle - Winsford carers only
- **Thursday 24th October** - 11am - Storyhouse Cinema for carer and the person with care needs - Film TBC
- **Thursday 31st October** - 10.30am - Halloween Party - Northwich Office - Pumpkins and a spooky lunch!

November



- **Tuesday 19th November** - 11.30am - Chester Cathedral Christmas Tree Decorating and Coffee
- **Tuesday 19th November** - 6pm - Wreath Making - Northwich Office, priority to those who haven't been before
- **Thursday 21st November** - Carers Rights Day Celebration - Time and Venue TBC
- **Thursday 28th November** - 11am - Storyhouse Cinema for carer and the person with care needs - Film TBC

December

- **Tuesday 3rd December** - 6pm - Crochet Session @ Northwich office - Learn to crochet a Santa or a bag
- **Thursday 5th December** - 12.30pm - Chester Cathedral and Christmas Markets Visit
- **Tuesday 10th December** - 6pm - 8pm - Winsford Supper Club - Venue TBC - Winsford carers only
- **Thursday 19th December** - 11am - Storyhouse Cinema for carer and the person with care needs - Film TBC



Recent Feedback

"Thank you for organising some lovely trips and encouraging your carers to take place in lots of new activities. How did it take me 22 years of caring to find out about the wonderful support network of the carers trust. Thank you Rachel for providing me and all the other amazing carers with such positive experiences and encouraging us all to take time out to continue with our caring responsibilities."

The following organisations have also been awarded funding from Cheshire West and Chester to provide Carer Breaks. Please contact the below organisations directly to find out about the breaks on offer.

 <p>Tel. 0344 8508607 Email: info@cheshireautism.org.uk</p>	 <p>Tel 0300 102 0008 Email: breaks@cheshireandwarringtoncarers.org</p>
 <p>Tel. 0151 3563176 Email: alan.jones@cheshireyoungcarers.com</p>	 <p>Tel. 01244 851094 Email: info@hospicegs.com</p>
 <p>Tel. 01606 861799 Email: denise.boyard@nmcentre.com</p>	 <p>Tel. 01244 678619 Email: Jane@neurotherapycentre.org</p>
 <p>Tel. 07838187889 Email: info@wildernesstribe.org</p>	 <p>Tel. 0151 334 4301 Email: wirral@maggies.org</p>



Our 30th Anniversary Year

In November 2024 Cheshire and Warrington Carers Trust will have its 30th Birthday. We are so proud to be celebrating this milestone. Our Trustees and Staff are compiling 30 hampers and vouchers for our celebration raffle. If you wish to donate any items for a hamper or know of a business that may sponsor one please do get in touch. We are very excited to announce that our grand prize is a Eurocamp holiday voucher! Many thanks to the team at Eurocamp who have donated this brilliant prize.

Raffle Tickets are available to purchase now at all our events and groups, please ask any member of our team if you would like to buy tickets. You can also buy them online by using this QR Code or clicking the link in our email blog or on Facebook. Please do spread the word and ask friends and family if they would like to buy tickets to support us. The raffle will be drawn on 13th November at our AGM.

Our Offices

Northwich
146 London Road
Northwich
Cheshire
CW9 5HH

Chester
The Bluecoat
Northgate St.
Chester
CH1 4EE

Contact Us

Helpline: 0300 102 0008
Mon-Fri 9am-5pm

Email: advice@cheshireandwarringtoncarers.org

Find us on Facebook and LinkedIn:
@CheshireandWarringtonCarersTrust

Find us on X (formerly Twitter)
@cheshirecarers1