



# Newsletter

Edition 56 June 25 - Sep 25

## A WELCOME MESSAGE FROM CARL HARRIS CEO

### *Hello all and welcome to our Summer 2025 Newsletter*

Hello all and welcome to our summer addition of our newsletter.

I can't believe we're 6 months into the year already!

We have plenty of activities planned for the next few months so please look through and see if there is anything that catches your eye. If getting out and about is at times difficult, we have a range of social groups and training courses available at different times of the day over the coming months that hopefully will suffice. If you have any ideas for activities, you would like to see us provide please email [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk) with your suggestions.

We also have our monthly lottery that helps raise much needed funds for our centre and is drawn the 20th of each month, see page 2 for details of how to join.

Stuart, our podiatrist will be providing an extra day in St Maries in Widnes for us in the future, please see page 6 for details. I would also like to take this as an opportunity to thank our many volunteers who help at the carers centre as without their ongoing support we wouldn't be able to provide as much as we do.

*Carl Harris*

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493  
Company Limited by Guarantee No: 06574889

### CONTACT US

62/64 Church Street, Runcorn

01928 580182

[help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

The My House of Memories app isn't just a digital tool—it's a journey through time, created hand-in-hand with people living with dementia. It's filled with museum treasures and everyday objects, brought to life with sounds, music, and thoughtful descriptions, all designed to spark recognition and connection.

Whether it's a photo of a school satchel, a workplace uniform, or the sound of a seaside holiday, the app encourages people living with dementia and their carers to explore together—sharing stories, memories, and smiles along the way.

With themes like school days, leisure time, and maritime adventures, there's something for everyone to enjoy.

You can even personalise your experience by saving your favourite objects to a digital memory tree, memory box, or timeline. And with the 'My Memories' feature, you can upload your own photos too—adding those special personal moments that mean the most.

My House of Memories is more than an app. It's a way to bring the past into the present, and to celebrate the stories that shape who we are.

You can download the House of Memories App FREE from Google play or iTunes.



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

Supporting Unpaid Carers in Halton

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
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: 90-99-14

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](mailto:holly.robson@haltoncarers.co.uk)  
Web: [www.haltoncarers.co.uk](http://www.haltoncarers.co.uk)



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





## OpCOURAGE

If you're a veteran, reservist, or about to leave the Armed Forces, OpCOURAGE is here to help. Offered through Mersey Care NHSFT, this NHS service provides specialist mental health support for the Armed Forces community, including families and carers.

From help with anxiety and PTSD to support around addiction, housing, or employment, Op COURAGE understands the unique challenges veterans face and offers practical, confidential care.

 Call: 0300 373 3332

 Email: [OpCourageNORTH@cntw.nhs.uk](mailto:OpCourageNORTH@cntw.nhs.uk)

## Halton Haven's MND Social Café

In partnership with the **Motor Neurone Disease Association**.

**Halton Haven Hospice** is hosting a regular **MND Social Café**, come along and find out more! Refreshments provided.

**WHEN:** The Third Monday of Every Month  
starting **Monday 19th May 14:00pm**

**WHERE:** Halton Haven Hospice, Barnfield Avenue, WA7 6EP



# New! Love to Move

New for **Summer 2025** at Grangeway Community Centre

Our Love to Move Programme is a dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia, improving cognitive function, coordination and the ability to carry out activities of daily living more independently. Above all, the programme is fun!

Sessions are delivered by our trained Love to Move facilitator and your Halton Dementia Advisers can offer support and information. There is a cafe onsite so you are welcome to stay after the session to get some lunch and chat with other attendees.

## Running Fortnightly - Upcoming dates

17<sup>th</sup> June

1<sup>st</sup> July

15<sup>th</sup> July

Come and join us!



Contact us on 0151 420 8010 or [halton@alzheimers.org.uk](mailto:halton@alzheimers.org.uk)

*The sessions are FREE and refreshments are provided.*

## Knit and Natter

Join us for a brew and a chat at our relaxed and friendly Knit and Natter sessions

Every Thursday 12pm - 2pm

Bring along your current projects and finished items and inspire each other!

All Welcome!

Community Hub

Halton Community  
Shop, Priory House,  
Runcorn, WA7 2FS

**OPEN** for more



Our Runcorn office is open for carers to drop in for information & support Mon, Tue, Wed & Fri  
10am - 4pm  
Thurs 10am - 7pm  
No appointment needed.

62/64 Church  
Street, Runcorn,  
WA7 1LD  
01928 580182



## HALTON CARERS TRAINING JUNE- OCT 25

If you are interested in attending a course please contact the centre on 01928 580182 or scan the QR code next to the session. Places are limited on each session. All training is FREE to registered carers.

### Managing Big Emotions for Parent Carers from Halton Borough Council

Join us for a practical session based on the 5 Ways to Wellbeing, where you'll gain valuable tips and advice on how to support your child's emotional well-being. Discover simple, effective techniques to help build resilience. Explore useful resources that promote positive mental health. Learn how small changes can make a big difference.

**Friday 27<sup>th</sup> June 10am - 11am**



### Emotion Coaching for parent carers from Halton Borough Council

Join us for a 45-minute session designed to help you: Explore your child's emotional development and how it impacts their behaviour. Learn the key steps of an Emotion Coaching approach. Enhance your ability to respond empathetically to challenging behaviours and situations. This session will empower you to: Help your child understand their emotions. Teach effective strategies for managing feelings and behaviours

**Friday 4<sup>th</sup> July 10am - 11am**



### Mental Health & Neurodiversity from Mersey Care NHS Trust

This course aims to give you a better understanding of mental health & neurodiverse conditions/types/symptoms/behaviours/causes and recognising misconceptions.

**Thurs 17<sup>th</sup> July 10am - 1pm**



### Strengthening Family Skills from Mersey Care NHS Trust

This is a 4 week course (1 session per week) and covers invalidation, validation, understanding emotions, support positive communication, managing stressful situations and much more!

**Starts Thurs 4<sup>th</sup> Sep, then the following 3 Thursday 10am 12pm.**



### **START dementia training**

If you are caring for a family member or friend who has been diagnosed with Dementia, Halton Carers Centre delivers a 4 week training course! This course will look at some of the behaviours associated with dementia, the trigger or cause of these behaviours and strategies to help manage these behaviours. Each session is one hour long and the course will cover: Stress & wellbeing, reasons for behaviours, making a behaviour plan, behaviour strategies and unhelpful thoughts, communication styles, planning for the future, introduction to pleasant events and your moods and using your skills in the future

**Starts Tues 7<sup>th</sup> Oct, then the following 3 Tuesday 10am - 11am**



**All training will take place in St Maries Church, Lugsdale Road, Widnes -  
On site parking available.**

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# Important Update

For the past few years, we have been proud to offer podiatry appointments to registered carers at a reduced rate of just £15 at the Carers Centre. Sadly, due to rising costs, we now need to increase the fee slightly to £20 per appointment. We understand this may be disappointing, but please know it's still significantly lower than private rates, and we remain committed to keeping services affordable.

## *Now for the good news!*

We're excited to share that Stuart, our trusted podiatrist, will soon be offering an additional weekly day of appointments at our Widnes office, alongside his regular Thursday sessions. From Monday 14<sup>th</sup> July Stuart will be in the Widnes office every Monday!

And don't forget—your first appointment with Stuart is completely free!

"I've learned to listen to myself and not expect to be a superhero... Thank you very much for a very helpful class and giving me plenty to go away and think about"



# NEW DAD WORKSHOP

Join Dad Matters for a **FREE** online Workshop  
For Expecting and New Dads with Babies  
under 12 weeks old



During these online video workshops, we will talk about three key topics; Attachment and Bonding, Mum and Dads Mental Health and Wellbeing, and Access to Appropriate Services. We will also cover Labour, Birth and Beyond from a Dad's Perspective.



Book your **FREE** tickets at:  
[Dadmatters.org.uk/workshop](http://Dadmatters.org.uk/workshop)



## **HALTON CARERS WIDNES OFFICE**



Our Widnes base is open for carers to drop in for information & support  
Tuesday & Wednesday  
10am – 4pm,  
Thursday 10am – 2pm.  
No appointment needed.

St Maries Church,  
Lugsdale Road, Widnes



# MONTHLY CARERS GROUPS IN 2025

## HALTON CARERS CENTRE

A Network Partner of

# CARERS TRUST

**EVERY  
OTHER  
MONDAY**



Brunswick house, Water Street, Runcorn

6pm – 8pm

**DEMENTIA CARERS  
EVENING GROUP**

**1ST THURS  
OF THE  
MONTH**



The Old Police Station, Runcorn

1pm - 3pm

**FORMER CARERS GROUP**

**1ST FRI  
OF THE  
MONTH**



St Maries Church, Lugsdale Road, Widnes

1pm - 3pm

**DEMENTIA CARERS  
DAYTIME GROUP**

**2ND THURS  
OF THE  
MONTH**



St Maries Church, Lugsdale Road, Widnes

9.30am - 11am

**PARENT CARERS**

**3RD WED  
OF THE  
MONTH**



St Maries Church, Lugsdale Road, Widnes

10am - 12pm

**ALL CARERS COFFEE  
GROUP, WIDNES**

**3RD THURS  
OF THE  
MONTH**



The Alchemy, High Street, Runcorn

12pm - 2pm

**ALL CARERS COFFEE  
GROUP, RUNCORN**

**LAST FRI  
OF THE  
MONTH**



Play Resource, Mersey Road, Runcorn

12pm - 2pm

**PARENT CARERS**

All our groups are for carers who are registered at Halton Carers to attend. The groups are free, there is no need to book your place and refreshments are all provided. If you would like to know more about our carers groups you can give us a call on **01928 580182**

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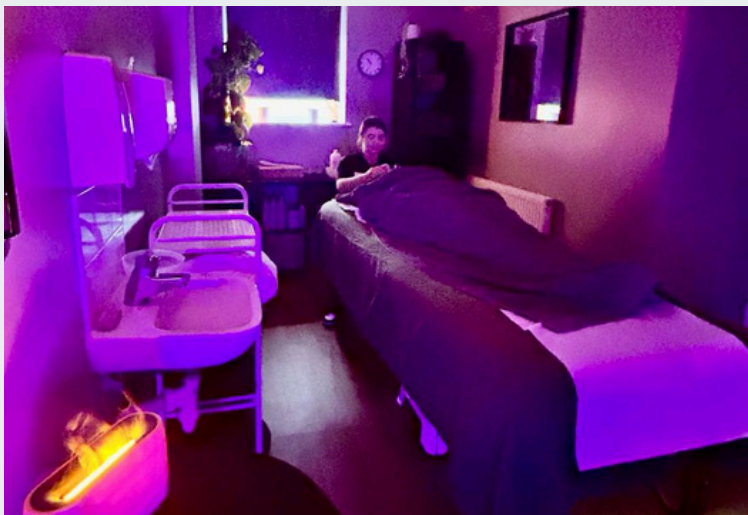






As a carer registered at Halton Carers Centre you can access Relaxation Therapies, We have a Podiatrist and Holistic Therapist that hold weekly appointments in both of our offices! Your first appointment with both our Holistic Therapists & Podiatrist are free any appointments thereafter will have a small charge:

Please see across for charges. All appointments are pre booked so please contact the office to book yours in today!



**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.

### Holistic Therapy Treatment Price List

- Holistic Facial - £10
- Facial with mini head massage - £12
- Back/Neck/Shoulder Massage - £10
- Indian Head Massage - £15
- Hot Stone Massage (*only available in Runcorn*) - £15
- All treatments last between 30-40mins
- Reflexology - 35min treatment - £15
- Reiki Healing - 40min treatment - £15
- Hopi Ear Candles - 30 min treatment - £10

### Podiatry Price List

- Podiatry - 30/45min treatment - £20.00

## Appointments Available

### RELAXATION THERAPIES

#### Runcorn Office:

Thursday 11am - 7pm

Friday 9.30am - 2.30pm

#### Widnes Office:

Tuesday 9.30am - 2.30pm

### PODIATRY

#### Runcorn Office:

Wednesday 10am - 2pm

Thursday 3pm - 6pm

#### Widnes Office:

Thursday 9.15am - 2pm

Call 01928 580182 to book your appointment



# Life after Caring

At Halton Carers Centre, we understand that there may come a time when your caring role comes to an end—whether through bereavement or a loved one moving into residential or nursing care. This change can bring a real sense of loss and leave a big gap in your daily life.

That's why we offer a Former Carers Group, a warm and welcoming space for people who have been carers to stay connected, share experiences, and build new friendships. The group meets on the first Thursday of every month, 1pm – 3pm, at the Old Police Station in Runcorn Old Town. As well as monthly meetups, the group also organises short breaks and outings together—because moving forward doesn't mean doing it alone.

📞 Call us on 01928 580182 to find out more, or just come along and say hello.

# OTHER CARERS

Do you get support in your caring role from another family member?

Or maybe you know a family member or friend who has their own caring role and is not yet registered with us to access support in their own right! If so, tell them about us and that they can register by simply scanning the QR below and completing our online form to access our services



Halton Cancer Support Centre offers a warm, community-based environment for anyone in Halton affected by cancer — whether you're a patient, carer, or have been bereaved. We're here to listen, support, and walk with you through your journey.

Services include holistic and beauty therapies, counselling, peer support, workshops, respite breaks, bereavement groups, and dedicated support for children and young people.

The Centre is open for pre-arranged appointments, Monday to Friday, 10am–3pm. To book a visit or find out more, call us on 0151 423 5730



## Brighter Days Elderly Care Centre

Spend the day engaging in meaningful activities, socialising with others, learning new skills, and enjoying delicious, freshly prepared meals. Support is available for individuals with additional care needs, including those with mild dementia.

\*Singing and Music\*Quizzes\*Bingo\*Gentle Exercise\*Arts & Crafts\* Day Trips\*Dancing\*Puzzles & Games\*Gardening\*  
Flower arranging\*Baking\*reminiscence\*

**Widnes Starts Tue 24<sup>th</sup> June 10am - 3pm, then every Tuesday -  
Upton Community Centre**

**Runcorn Starts Thurs 26<sup>th</sup> June 10am - 3pm, then every Thurs -  
Brookvale Community Centre**

**CALL TO BOOK A TASTER SESSION: 07352 986 187**



# HALTON CARERS TRIPS

**JULY 25 - SEP 25**

By adding your name to the list for a day trip does not mean you have a place - we do not operate a first come first served basis, we will follow our allocation policy to allocate places which can be found on our website. If you are interested in any of the trips please ring the office or scan the QR code for your chosen trip and complete the online form, if you are allocated a place we will be in touch.

**Tuesday 29th July**

**Norton Priory Bat Walk**

£3 per person

Transport not provided



**Tuesday 5<sup>th</sup> August (Family Trip)**

**Apple Jacks Adventure Farm**

£10.00pp

Transport provided with 1 pick up/drop off point in both Widnes & Runcorn



**Tuesday 19<sup>th</sup> August**

**Monkey Forest**

£9.00pp

Transport provided with 1 pick up/drop off point in both Widnes & Runcorn



**Friday 26<sup>th</sup> September**

**Comedy Night - Runcorn**

£5pp (Adult Carers Only)

Transport Not Provided.



*We will also be hosting a Market Coach Trip but the date, market & cost is yet to be confirmed. If you would be interested please complete the QR Code*



# PARENT CARERS FAMILY FUN DAY

**Mon July 28th – 12.00pm – 4.00pm**  
**Altrincham, WA14 3RE**

Calling all our registered parent Carers! Come and join Halton Carers Centre for a fabulous fun filled day out at the Children's Adventure Farm Trust, families will be able to enjoy the amazing outdoor spaces including friendly farm animals, exciting play park and a wonderful woodland full of adventure.

**Please note this is a free event, transport is not provided and families are welcome to bring a picnic as food is not served at the venue.**

To Register interest in attending this day out please complete the form using the link below or scan the QR Code, places will be allocated as per our trip allocation policy and families will be notified if they have been successful in receiving a place

For more information on the venue please visit their website at [caft.co.uk](http://caft.co.uk)



## Halton Breasties



New Facebook support group for ladies in Halton who have or have had Breast Cancer.

Private space to share thoughts, feelings and experience.

Find us on Facebook or contact  
Danielle - 07507 664185 and  
Lynsey - 07543 976774

**From Halton Carers Centre we would like to thank all our volunteers who give up their own time to come and support our services! Your commitment means everything to us!**

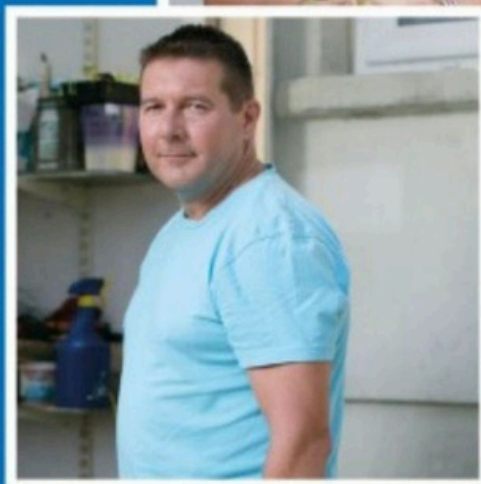
**VOLUNTEERS'  
WEEK**



**FREE NHS Health Checks!**

*"It saved my life!"*

"My blood pressure was so high, I was in danger of a stroke. It was only spotted at my FREE NHS Health Check."



Appointments will be held in both of our Halton Carers Centre offices on the following dates:

16<sup>th</sup> July - Run

19<sup>th</sup> Aug - Wid

17<sup>th</sup> Sep - Run

14<sup>th</sup> Oct - Wid

12<sup>th</sup> Nov - Run

To book an appointment please give us a call on 01928 5890182

Halton Carers Centre are working in partnership with Halton Borough Council Health Improvement team to give carers and their families the opportunity to access a Community NHS Health Check. The appointment takes 45 mins

You may be eligible for a free NHS Check if:

You are between 40 - 74yrs and live/work in Runcorn or Widnes

You have not had a health check in the last 5 years

You have not been diagnosed with or are not taking medication for - Heart Disease or Failure, Stroke or TIA (mini stroke), High Blood Pressure, Atrial Fibrillation, High Cholesterol, Kidney Disease, Heart Attack, Arterial Disease, Diabetes.



Halton Health Improvement Team



## Action Mesothelioma Day 2025

**Venue:** Everglades Hotel  
Derby Road, Widnes WA8 3UJ

**Date:** Friday 4<sup>th</sup> July

**Time:** 10am – 1pm

The Cheshire Asbestos Victims Support Group hold a free event annually and invite you to join us!

# Take a well earned break with CareFree

As a carer taking time out for yourself is essential, but we know its not always easy. That's where Carefree comes in! this fantastic initiative partners with hotels across the UK to offer a 1-2 night breaks with breakfast included exclusively for carers.

To be eligible you must be over 18, you cannot bring the person you care for, this is your time to relax and recharge. Whether your looking for a peaceful night alone or a getaway with a friend or family this break is all about you.

Limited free breaks available via Halton Carers Centre!!

Normally a £33 admin fee applies to book a Carefree break however for a limited number of carers registered with Halton Carers Centre this fee will be covered, available on a first come first served basis. And even more good news for a limited time we will re-imburse any costs incurred on your break up to the value of £100 for example, petrol, food , spa treatments (subject to providing receipts)

Halton Carers Centre is an approved referrer, so we can refer you directly. Once referred Carefree will send you an email with a link to access the breaks hub, whether it's a luxurious stay in Crewe Hall or a countryside retreat further afield in the UK now is the time to book your perfect break

Some recent feedback from our registered carers following their break  
*"I think this is a brilliant idea and really appreciate this break it was so enjoyable and can only recommend other carers to take advantage and get a rest" " the whole process was excellent" "the room was lovely, staff were super friendly, we enjoyed the pool and the breakfast included, it was exactly what I needed- a chance to breathe, relax and come back feeling refreshed"*

Please email [lorina.ditchfield@haltoncarers.co.uk](mailto:lorina.ditchfield@haltoncarers.co.uk) to be referred or scan the QR code





# GETTING DIGITALLY SKILLED & CONFIDENT

Ø 2.7 million people aged 65 & over do not use the internet  
Ø 25% of people aged 65 and over in the UK don't use the internet  
Ø 69% of people over 75 are not able to use the internet safely and successfully.

Are you one of these statistics? Does getting on-line feel daunting?  
Then - we are here to help! Our trained staff and Digital Champion Volunteers can help with:-

- Switch on your device
- Chat to family and friends online
- Access services like prescriptions and book GP, hospital, dentist, optician appointments
- Shop and bank online
- Search the internet
- Send emails
- Spot scams.



And much more - so you gain confidence and skills in using technology to help you in your daily life.

And if you have no technology or wifi connection at home .... we have a free loan scheme for tablets and phones. We can also tell you where you can get free data if you are on a low income and/or receive certain benefits.

What people say about us -

- 'I re-learnt how to send photographs on Whats App ... they were so patient ... let me test by sending the photo to them first'
- 'I changed to a smartphone and the class helped me learn how to use it ... I can respond to texts from my dentist now!'
- 'The Digital Champion Volunteer is so patient ... I can now access my emails and they have helped me set up a calendar online for my appointments'

For more information give us a call on 0300 003 1992



Office of the  
Public Guardian



**Carers Week**

# LPA AND DEPUTYSHIP INFORMATION SESSION

**12 JUNE 2025 | 1PM – 2PM**



**To mark Carers Week, OPG is holding a free online information session for people with caring responsibilities.**

If you help manage the finances or health of the person you care for, you may want to learn more about lasting powers of attorney (LPAs) and deputyship orders.

Join us to find out how to apply, how much it costs and what the role of an attorney or deputy involves.

Register

**REGISTER HERE**





Helping you  
secure the right  
SEN provision  
for your child

SOS!SEN has been supporting families for more than 20 years to help them secure the right special educational provision for children and young people with SEND.

## Services for Parents/Carers

We provide a range of accessible services to parents & carers delivered by trained volunteers with all advice underpinned by current legislation, regulation and the SEND Code of Practice 2015.

We offer the following services :

To find out more about SOS!SEN head over to there

website:

[sossen.org.uk](http://sossen.org.uk)

**SOS!SEN**

**Free helpline**

**Advice Booklets**

**Workshops**

**1:1 advice**

**Webinars**

**Document services**

**HALTON BOROUGH COUNCIL**  
FOR DISABLED CHILDREN

**turtle tots**  
Bring on the smiles

# SEN SWIMMING LESSONS

FULLY SUPPORTED 1-2-1 SWIMMING LESSONS FOR CHILDREN WITH ADDITIONAL NEEDS

TEACHING ESSENTIAL WATER SAFETY AND LIFE-SAVING SKILLS AND BUILDING CONFIDENCE IN A SAFE, SUPPORTIVE ENVIRONMENT

SUNDAYS 4:00PM-6:30PM, HALF HOUR SESSIONS, £7.50 PER LESSON  
1-2-1 FUNDED BY DISABLED CHILDREN'S SERVICES

TO BOOK PLEASE EMAIL [JEN.PERRY@TURTLETOTS.COM](mailto:JEN.PERRY@TURTLETOTS.COM)



Sunday 13<sup>th</sup> June

10am - onwards

Walton Hall Gardens

Come along and see 100's of support groups & services, equipments & vehicle suppliers, family entertainment plus lots more





*Do you have a young person supporting you with your caring role but they are not yet registered with our young carers team? If so, scan the QR below and a member of our young carers team will be in touch!*



## **Volunteer with our Young Carers Team as a Volunteer Driver**

We are looking for a volunteer driver to be able to transport young carers to and from their homes to attend various groups and activities to enable them to have a break from their caring role.

*Hours & Commitment: Alternate Thursdays at 4.30pm & 7pm*

Clean driving licence, good communication skills is important. A DBS check will also be required. (Halton Carers Pays for this) Mileage is reimbursed.



*For more information please contact Lucia on 01928 580182 or scan the QR Code:*



**We have a jam packed summer of activities for our registered young carers, some of the great activities we will be hosting include Kayaking, Manley Mere, Incense making, Book & Chess get together and first aid training! If you have a young carer registered with us get in touch with our team to find out more!**





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 centre on 01928 580182



## 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](mailto: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.



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](mailto: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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