

2nd Edition 2023

Newsletter



**ONE
IN EIGHT**
people are
now providing
unpaid care



Welcome
to the **2nd**
Warrington
Adult Carers
Newsletter

Supporting unpaid adult and young carers across Warrington

Welcome to the 2nd Edition of the Warrington Carers Hub Newsletter

We hope that this newsletter finds you and your family well. We have certainly had some interesting weather since our 1st Edition, quite a noticeable difference from last year! Are we perhaps wondering what the winter is going to treat us to?

Warrington Carers Hub is well on its way to becoming a more proactive service! Over the last seven months, we have been busy making lots of changes to the way we support you. We have also been planning more activities and events for you to enjoy. We have tried to make these as interesting and appealing for you as possible – we hope you can join us at one or all of them! We also hope that these changes are starting to have a positive impact. If there is ever anything you have wanted to try or an event you have enjoyed in the past, we would love to hear from you. Our service is centred around you, so please do let us know if you have any suggestions or comments.

As always, we welcome your feedback, comments, and suggestions. There are various ways that you can get in touch with us – please take a look at the bottom of this page.

Our fully staffed team of three Carers Information and Support Officers and a Team Leader are available to provide you with even more advice, information, and guidance and are simply a phone call away. Do come along to one of our Coffee & Chats, where you can meet them face-to-face.

Details can be found in our Activities for Carers section below.

You will find a lot of information within this newsletter that we hope will be helpful and of interest to you. If you have access to Facebook, this is our most efficient way of providing any last-minute updates and new information that comes to us in between Newsletter periods. You can also always keep up to date with our service offers and new opportunities by visiting our website, www.n-compass.org.uk.

We hope you find the 2nd Edition of our Newsletter interesting.

Should you no longer wish to receive our newsletter or if you have changed your address and/or any other contact details we have about you, please let us know so that we can update our records. You can call us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk.

May we take this opportunity to wish you and your family a very Merry Christmas and a truly Happy New Year!

With best wishes,

Warrington Carers Hub Team

How to Contact Us

WARRINGTON CARERS HUB

🕒 **Opening Times:**
Monday to Friday 9.00am to 5.00pm

☎ **Telephone:** 0300 303 0623

✉ **General Email:**
enquiries@warringtoncarershub.org.uk

🌐 **Website:** www.warringtoncarershub.org.uk

📍 **Address:** FREEPOST Warrington Carers Hub

📘 **WarringtonCarersHub**



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About Us and Our Services

Warrington Carers Hub

Warrington Carers Hub provides a single point of access for both young and adult carers who provide care to a friend, family member or neighbour living in Warrington. The Hub ensures that carers of all ages have access to information, advice and a wide range of support across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or around the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact your health, finances and quality of life and become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you.

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for Adult Carers?

Support can be provided from a dedicated Carers Information and Support Officer and can include the below.

- Specialist one-to-one support.
- Support to take breaks from caring, including befriending and peer support.
- Newsletters detailing local groups, activities, and training.

- Online Carers' Community Network.
- A 24/7 Volunteer Carers' Help and Talk (CHAT) Line.
- Support to access community and health and wellbeing services.
- Advice, information, and guidance.
- Support to maintain or return to learning/employment.

Meet the Adult Carers Team



Anna Zammit
Service Manager



Deb Fitzsimon
Team Leader



Helen Parry
Carers Information &
Support Officer



Becki Rendall
Carers Information &
Support Officer



Rosana Gwilliam
Carers Information &
Support Officer

Other Information!

Adult Carers Annual Survey

Hello from Warrington Carers Hub!

We'd like to hear from you! As part of our commitment to improving the service we provide, we should be grateful if you would please give us some feedback on the services you have accessed from Warrington Carers Hub. Please scan the QR Code to complete the survey, which should take no longer than 8 minutes to complete, and if you could submit it to us by 30 November 2023, that would be great! Thank you!



Are the details we hold about you up to date?

If any of your personal information and/or contact details have changed, please let us know so we can ensure we keep everything up to date and provide you with the right support when you need it.

Likewise, if you no longer wish to receive our newsletter, please let us know, and we will remove your details from our mailing list. You can call us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk.

Follow us on Facebook!

Please look at, 'like,' and 'follow' our Facebook page by logging into Facebook and searching for Warrington Carers Hub or by following the link: <https://www.facebook.com/WarringtonCarersHub>.

Who's calling me from 01772?!

We are! When we ring you, the area code will be Preston (01772) because all our calls come from our main number, located in our Head Office in Preston. We will call back if you don't answer the first time!

A focus on...

Energy Saving Support Service



Warrington Disability Partnership is providing a new **FREE**, impartial energy advice service, working in partnership with Warrington Community Energy.

They offer:

- Personalised one-to-one energy advice via the telephone, drop-ins, appointments, online or email.
- Home visits are tailored to each person's individual needs.
- Attendance at workshops, informational sessions, coffee mornings, and events.
- Help and advice on your energy – electricity, gas and meter bills.
- Energy saving tips.
- Information on Smart Meters.
- Advice on energy debt, including help talking to your supplier.
- Help with small measures such as LED lighting, draught-proofing, etc., to reduce energy bills.
- Help to look into additional financial support, grants and assistance.
- Training and awareness raising of energy advice within the third sector, health services, housing associations and other statutory bodies.

Meet the Team



Veronica Hudson
Energy Advice Officer



Peter Sexton
Energy Advice Officer



Ryan Maxwell
Energy Advice Officer



Ellen Houghton
Energy Administrative Officer

How to contact the Team

Telephone: 01925 240064

Email: E.Houghton@disabilitypartnership.org.uk

Warrington Disability Partnership on social media platforms (Facebook, Twitter, Instagram, LinkedIn)

Online Enquiry Form: <https://www.disabilitypartnership.org.uk/contact/index.shtml>

Activities for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme, which runs from November 2023 to March 2024. We have even more activities on offer this time, and we hope you can join us for a well-deserved break.

You can join us for a chat and a brew at one of our regular Coffee & Chats or attend our latest training course. You will find all the information you need in the next few pages. We look forward to welcoming you!

Coffee and Chats

Come and meet other carers whilst enjoying a cuppa!



These sessions are an opportunity to meet and chat with other carers and former carers and speak with a Carers Information and Support Officer while taking a break from your caring role and enjoying a cup of tea or coffee and a biscuit or two!

If you have never been to a Coffee & Chat before, don't worry; everyone has been a 'first timer'! A friendly member of our team will be there to greet you and offer a warm introduction. Please see the full table of Coffee & Chat activities below.

Please note!

Coffee & Chat sessions will not be available during the week commencing 25th December 2023. There will be three Bank Holidays to look out for in 2024:

Monday 1 January (New Year's Day)

Monday 1 April (Easter Monday)

Friday 29 March (Good Friday)

The Penketh and Bath Street Medical Centre Coffee & Chats will not be available on these three days.

There is no need to book, but if you would like to talk to someone before you attend or would like further information, please call us on **0300 303 0623** or email us at eventsadults@warringtoncarershub.org.uk.

Venues	Times	Dates	Other Info
Community Room, Penketh Fire Station, Widnes Road, Warrington, WA5 2UW	10.30am to 12.30pm	Every Monday	Free onsite parking
Lymm Youth and Community Centre, Bridgewater Street, Lymm, WA13 0AB	1.00pm to 3.00pm	Every Tuesday	Onsite parking is not available, but there is a Pay and Display car park within a short walking distance.
Wingman Lounge, Warrington Hospital, Lovely Lane, Warrington, WA5 1QG	1.15pm to 2.30pm	2nd Tuesday of every month	Pay and Display parking onsite
Fearnhead Cross Community and Youth Centre, Insall Road, Warrington, WA2 0HD	10.00am to 12.00pm	Every Thursday	Free onsite parking
Bath Street Medical Centre, Legh Street, Warrington, WA1 1UG	12.30pm to 2.30pm	Every Friday	Free onsite parking is available – make sure you give our Team Leader your car registration number on arrival so that she can arrange this for you.
Creative Therapy Room, Hollins Park Hospital, Hollins Lane, Winwick, Warrington WA2 8WA	2.00pm to 4.00pm	2nd Monday of every month	Free onsite parking

Adult Carers Special Events

If you have not attended one of our events before, we would love to see you at a future one! You can speak with your Carers Information and Support Officer about what to expect and which one you want to go to; we will ensure you are greeted upon arrival.

You must book onto our one-off events as most have limited numbers and some need to be booked in advance so we can reserve places and order food if applicable.

We've made booking really easy! You only need to remember one email address to book any event or contact one of our Carers Information and Support Officers for event information.

Email: eventsadults@warringtoncarershub.org.uk

If you prefer to telephone us, you can contact us on **0330 303 0623**.

All events are free and are for current carers registered with Warrington Carers Hub (or if your caring role has ended in the last 12 months). If you are not registered and would like to receive support and attend events, please register by calling **0300 303 0623**, or by emailing enquiries@warringtoncarershub.org.uk.

Please note that our events are for carers **ONLY** unless otherwise specified. We do our best to have some events in each newsletter for carers to bring the person they care for, if they wish.

November 2023



Carers Breakfast Club

Tuesday 21st November, 10.30am to 12.30pm

Galleries Café, Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA

Limited parking is available on site, but there is plenty of parking available on the road.

Carers can bring the person they care for to this event if they wish. When booking, please let us know who you are bringing.

Coffee Pot and Pottery

Thursday 23rd November, 10.30am to 1.00pm

Jenny Wren's Pottery Café, 3 West Avenue, Stockton Heath, Warrington, WA4 6HT

Afternoon Tea & Live Entertainment!

Wednesday 8th November, 11.00am to 3.00pm

St Rocco's Hospice, Lockton Lane, Bewsey, Warrington, WA5 0BW

Not to be missed! The Mayor and two of our local Councillors will be attending this event! Onsite car parking is available.

Meet inside at 10.15am – Parking can be limited on the surrounding roads. Alternatively, you can park at The Forge Car Park, 2 West Avenue, Stockton Heath, WA4 6HW – charges apply.

December 2023



Lymm Coffee & Chat Christmas Lunch

Tuesday 12th December, 12.30pm to 3.00pm

📍 The Spread Eagle, 47 Eagle Brow, Town Centre, Lymm, WA13 0AG

A Pay and Display car park is available within a short walking distance.



Fearnhead Coffee & Chat Christmas Lunch

Thursday 14th December, 12.30pm to 3.00pm

📍 The Farmers Arms, Fearnhead Lane, Fearnhead, Warrington, WA2 0BE

Limited parking is available onsite. There are streets within a short walking distance where you can park.



Penketh Fire Station Coffee & Chat Christmas Lunch

Monday 18th December, 12.30pm to 3.00pm

📍 The Red Lion, 164 Warrington Road, Warrington, WA5 2LZ

Parking is available onsite.



Carers Breakfast Club

Tuesday 19th December, 10.30am to 12.30pm

📍 Galleries Café, Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA

Limited parking is available on site, but there is plenty of parking available on the road.

Carers can bring the person they care for to this event if they wish. When booking, please let us know who you are bringing.



Bath Street Coffee & Chat Christmas Lunch

Friday 15th December, 12.30pm to 3.00pm

📍 The White Hart, Sankey Street, Warrington, WA1 1SB

Parking is available at the Golden Square Multi Storey Car Park, Legh Street, Warrington, WA1 1UJ.



Great Sankey Artisan Market

Saturday 16th December, 11.00am to 2.00pm

📍 The Woodlands, 362 Liverpool Road, Warrington, WA5 1RU

Onsite parking is available, but it will be busy!

January 2024



Carers Breakfast Club

Tuesday 16th January, 10.30am to 12.30pm

📍 Galleries Café, Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA

Limited parking is available on site, but there is plenty of parking available on the road.

Carers can bring the person they care for to this event if they wish. When booking, please let us know who you are bringing.



Mindfulness Session and Afternoon Cuppa and Cake

Wednesday 24th January, 1.00pm to 2.00pm

📍 Room 1, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

Wednesday 24th January, 2.00pm to 3.30pm

📍 The Outset Café, Sankey Street, Warrington, WA1 1NN

A selection of Pay and Display car parks are available within walking distance of the Gateway and the Outset Café.

February 2024



Have-a-Go Craft

Monday 5th February, 10.30am to 12.30pm

📍 Room 4, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

A selection of Pay and Display car parks are available within walking distance of the Gateway.



Carers Breakfast Club

Tuesday 20th February, 10.30am to 12.30pm

📍 Galleries Café, Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA

Limited parking is available on site, but there is plenty of parking available on the road.

Carers can bring the person they care for to this event if they wish. When booking, please let us know who you are bringing.



Mindfulness Session and Afternoon Cuppa and Cake

Thursday 15th February, 2.00pm to 3.00pm

📍 Small Conference Room, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

Thursday 15th February, 3.00pm to 4.30pm

📍 The Outset Café, Sankey Street, Warrington, WA1 1NN

A selection of Pay and Display car parks are available within walking distance of the Gateway and the Outset Café.



March 2024



Have-a-Go Craft

Monday 4th March, 2.00pm to 4.00pm

📍 Room 4, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

A selection of Pay and Display car parks are available within walking distance of the Gateway.



Carers Breakfast Club

Tuesday 19th March, 10.30am to 12.30pm

📍 Galleries Café, Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA

Limited parking is available on site, but there is plenty of parking available on the road.

Carers can bring the person they care for to this event if they wish. When booking, please let us know who you are bringing.



Mindfulness Session and Morning Coffee and Cake

Monday 25th March, 10.00am to 11.00am

📍 Room 6, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

Monday 25th March, 11.00am to 12.30pm

📍 The Outset Café, Sankey Street, Warrington, WA1 1NN

A selection of Pay and Display car parks are available within walking distance.





Training Sessions for Carers

We are pleased to be able to offer CrISP (Carer Information and Support Programme) training once again. The training will be delivered by one of the Support Workers from the Alzheimer's Society. This is a 5-week programme which is designed for those caring for a person who has had a recent diagnosis of dementia.

The course will be held in the **Large Conference Room at The Gateway, Sankey Street, Warrington, WA1 1SR, starting on Tuesday 10th October and finishing on Tuesday 7th November. Each weekly session starts at 1.00pm and finishes at 3.00pm. To benefit fully from the course, attendance at each session is recommended.**

Places are limited to a maximum of 20.

To book your place, please email deborah.fitzsimon@warringtoncarershut.org.uk.



Zoom Activities for Adult Carers

Our Zoom sessions are very informal – grab a cuppa and join us for fun, chat with staff and meet other carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information, or simply click the link for each meeting to join in, or call us on **0300 303 0623**.

Weekly Sessions

Distance Reiki - Wednesdays 2.00pm-3.00pm*

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWp1Ky82Zz09>

Meeting ID: 813 5194 3140

Password: 940735

Seasonal Flow Yoga - Wednesdays 6.15pm-7.30pm*

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDdMrcnpl1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

Yoga Nidra - Thursdays 7.00pm*

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzMmNKSU5KSkdMeDRvVFE2UT09>

Meeting ID: 870 8007 6510

Password: 455916

*Any changes to sessions and times will be posted on our Facebook page.

Other Carer Hubs' Offers and Services



The Volunteer Hub

Our volunteers are a key part of the delivery of all our services.

Volunteers provide us with support and bring a wide range of experience, skills and knowledge to the organisation. Without their assistance, we would not be able to support as many people as we do.

We think that everyone has something valuable to offer. Our volunteering roles are as varied as the people who give us their time and are found at every level of our organisation, from the Trustees who steer our strategic direction to the one-to-one work with service users. When a volunteer joins us, they become a valued part of the n-compass team.

We have volunteering opportunities across all our services in different parts of the North of England.

We offer a range of different volunteering opportunities in Warrington, such as volunteering at our Coffee & Chat sessions, and provide a comprehensive induction and training package for all volunteers.

If you are interested in volunteering, please contact us by emailing: volunteering@n-compass.org.uk

Calling: 0345 0138 208

Visiting our website: <https://www.n-compass.org.uk/our-services/the-volunteer-hub>

Scanning the QR code:

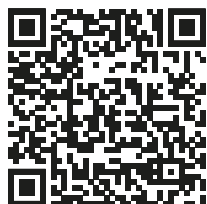


Pen Pals

Do you prefer to receive handwritten letters rather than emails, texts, or video calls? Would you like to be matched with a trained volunteer who would then exchange handwritten letters with you once a month, using good old-fashioned pen, paper, and the Royal Mail? Then PenPals might be able to help.

The Volunteer Hub at n-compass provides a FREEPOST reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administers the Freepost re-direction so that the addresses for both you and the volunteer are kept confidential. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sports, and much more), and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact the Volunteer Hub by email volunteering@n-compass.org.uk.



SCAN ME



Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel there is no one to talk to? Don't suffer in silence – call the Carers Help and Talk (CHAT) Line. All calls are answered by a volunteer who understands the common challenges carers face. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To speak with a volunteer, please call **0333 1039145**. If a volunteer is not immediately available to answer your call, please keep trying.

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call, or to take a message for a Carers Information and Support Officer. To talk to a Service Access Advisor, please call **0300 303 0623**.

Warrington Carers Hub Social Media and other Information Platforms



Please have a look at, 'like' and 'follow' our Facebook page by logging into Facebook and searching for Warrington Carers' Hub or by following this link:

<https://www.facebook.com/WarringtonCarersHub>

Carers' Community Network Platform

This is our virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through difficult times by sharing the issues that are most important to you. You can also share some tips that have helped you manage your well-being. There are cookery rooms, gardening rooms, photography rooms, and so much more!



It only takes a minute to sign up*. Once logged in, click on your personal profile and add a photo and a quick introduction to help other users get to know you (if you wish). We currently have over 1,700 active members looking forward to connecting with you!

Here are some comments from carers who are part of the virtual community:

"After being on the CCN, I feel connected with people and that makes me feel good. Plus, all the people on it are one big group of such caring, helpful people."

"Makes me feel I'm not alone."

"It's good to know I can get help and advice whenever I need it."

"Confidential and can talk without being heard if having a bad time."

"Other carers won't necessarily know directly who talking to who so sometimes find easier to express myself."

"Can use it anywhere as long as got your phone with you."

*Please be aware that you must be invited to access the Carers Community Network. Please contact the Service Access Team on 0300 303 0623, who will happily support you with this. You will just need to provide them with your name and email address.

Warrington Carers Hub Bulletin

We hope you enjoyed our first Bulletin, which we sent you towards the end of July. It's a useful source of information and includes reminders about upcoming events offered by Warrington Carers Hub, new activities or offers introduced between newsletters

and updates from other organisations. If you haven't received the Bulletin and would wish to, please email enquiries@warringtoncarershub.org.uk or speak with your Carers Information and Support Officer, and we will add you to our Bulletin mailing list so you don't miss out!

If you prefer not to receive our Bulletin, please inform us by telephoning 0300 303 0623 or emailing enquiries@warringtoncarershub.org.uk.



Healthwatch Warrington

Healthwatch Warrington wants to hear about your experiences with hospital discharge.

Healthwatch Warrington is your local health and social care champion. From North to South Warrington and everywhere in between, they ensure NHS leaders and other decision-makers hear your voice and use your feedback to improve care.

This year, you voted for your health and social care priorities, and they listened. Their focus in 2023-2024 is hospital discharge and looking into Urgent Treatment care centres.



As an independent statutory body, Healthwatch has the power to make sure NHS leaders and other decision-makers listen to local feedback and improve standards of care. They can also help you to find reliable and trustworthy information and advice. Last year, the Healthwatch network helped nearly a million people like you to have your say and get the support you need.

It's important that you share your experiences – whether good or bad, happy or sad. Remember, your feedback is helping to improve people's lives. So, if you need advice or are ready to tell your story, they are there to listen.

Head over to www.healthwatchwarrington.co.uk/hospital-discharge to have your say and share your experiences of hospital discharge for yourself or someone you care for.

The Macmillan Delamere Support and Information Centre



When affected by cancer, having the right kind of support and information at the right time is essential. The Macmillan Delamere Support and Information Centre provides a confidential drop-in service for anyone affected by cancer. This includes people who require cancer information, have a cancer diagnosis, have survived cancer, are living with the consequences of a cancer diagnosis, are looking to reduce the risks of cancer, are a carer, relative or friend of someone with cancer or are a healthcare professional. Opening hours are 10.00am to 4.00pm, Monday to Friday (except Bank Holidays where a 24-hour answer service is available). Should you require further information, please email whh.macmillandelamerecancercentre@nhs.net or call 01928 753501/02.



The Connect Programme

The Connect Programme offers patients time to join other people sharing a similar experience. Patients connect with each other in a gentle, positive, creative and practical way. Together, you will explore how photography, coaching, mindfulness, journaling, and meditation techniques can help you to move forward with connection, hope and positivity during this chapter of your life journey. You will need to attend three fortnightly sessions within the Delamere Centre; each session lasts three hours, from 1.30pm to 4.30pm. Should you require further information or wish to book yourself onto the programme, email whh.macmillandelamerecancercentre@nhs.net or call 01928 753501/02.



Complementary Therapies and Beauty at The Delamere Centre

Complementary therapies are available in the centre to help patients and families cope with some of the stresses caused by a cancer diagnosis. They are free to cancer patients and their immediate family members. Cancer patients who have recently entered remission can also access treatments. Therapists are qualified to work in oncology and can offer daily holistic therapies, including aromatherapy, massage, reflexology, and reiki. In addition, some beauty treatments, including facials, manicures and pedicures, are available to patients. Should you require further information, email whh.macmillandelamerecancercentre@nhs.net or call 01928 753501/02.



Counselling Service at The Delamere Centre

The Delamere Centre also provides a free counselling service. A cancer diagnosis can be a challenging time for patients and their families, resulting in additional stress, tension and anxiety. Talking issues through with a trained counsellor can help support patients and their families throughout diagnosis, surgery or treatment. The centre offers person-centred counselling or cognitive behavioural therapy (CBT); appointments are available throughout the week, including evenings. Should you require further information, email j.mayers@nhs.net or call 01928753291.



Goddess Class at The Delamere Centre

The Goddess Class provides support and advice to improve self-esteem and confidence, focusing on the visible side effects of cancer treatment, such as hair loss, eyebrows and eyelashes, nail damage, and help with skin care. They also provide practical make-up sessions. Classes are run on the first Tuesday every month from 1.00pm to 3.00pm at the Delamere Centre. Should you require further information, email whh.macmillandelamerecancercentre@nhs.net or call 01928753501/02.



Meditation Sessions at The Delamere Centre

Meditation sessions are a calm space where you can put daily things aside and enjoy peace of mind. It is a little bit of “me time” in a busy world. You will be taken through gentle breathing and relaxation exercises to help release tension, followed by a guided meditation, which allows you to be in a more peaceful and relaxed state of mind. By the end of the session, you should feel much calmer and less stressed. Sessions are held at the Macmillan Delamere Information and Support Centre every 3rd Tuesday of the month, starting at 3.00pm (finishing by 4.00pm). If you require further information or want to attend a class, email whh.macmillandelamerecancercentre@nhs.net or call 01928 753501/02.



Financial Support Service at The Delamere Centre

The Centre offers financial guidance and support to help with personal finance questions. Should you require support or information, please contact as below:

Warrington

Christine Houlton at Warrington Citizens Advice Bureau either by email at macmillan@warrington.cabnet.org.uk or call 01925 246970.

Halton

Linda Hodgson at Halton Brough Council either by email at linda.hodgson@halton.gov.uk, or call 0151 511 8214.



new leaf

a torus foundation service



HM Government



WARRINGTON
Borough Council

LEVELLING
UP



Need help to move forward?

new leaf is all about YOU!

Please get in touch if you need support
with any of the following:

Money
advice

Filling in
forms

Health and
wellbeing

Job
search

New or
improved
skills and
IT training

Appointments
to suit you

Support tailored to you!

For more information, or a chat
please call or email

01925 240064

j.balshaw@disabilitypartnership.org.uk



IMPROVE YOUR DIGITAL SKILLS:



**LEARN HOW TO
SAVE MONEY**



**MOBILE
PHONE**



**INTERNET &
BROADBAND**



**CAR
INSURANCE**



REDUCE ENERGY BILLS

For further information please contact:

Nick Vaughan on 01925 240064 or

Email: Nick.Vaughan@disabilitypartnership.org.uk



Fire Fighters Charity Clothes Recycling Scheme

The Fire Fighters Charity offers specialist, lifelong support for UK fire services' community members. They are the UK fire family's charity, there for every member of the extensive fire service community. They exist to help all serving and retired members of the UK's fire service family live healthier and happier lives by providing a broad range of health and well-being services, online and in person.



The charity has run a successful clothes recycling scheme since 2009 in partnership with fire and rescue services and textile recycling companies across the UK. In the last 12 months, over £900,000 has been raised for the charity.

The charity's recycling partners manage their recycling initiatives across the UK, with the following donations coming straight to the charity from each of these sites:

- Clothes banks on fire stations - £220 per tonne
- Clothes banks on other community sites - £150 per tonne
- Clothes bags for school collections - £100 per tonne
- Book banks on fire stations - £50 per tonne

What you can donate

Adult and children's clothing, socks, coats, underwear, paired shoes, handbags, linen.

What you can't donate

Bric-a-brac, plastics, toys or electrical items.

You can find your nearest recycling bank here:

*Recycling Banks Map -
The Fire Fighters Charity.*



Quiz with us!

Easy Chocolate Trivia Quiz – The Answers!



In our 1st Edition, we published a chocolate quiz but didn't give you the answers! Here they are now – how well did you do?!

1. Which ancient civilisation used cacao beans for currency? **The Aztecs**
2. What country does Lindt chocolate come from? **Switzerland**
3. Bounty bars combine chocolate with what other flavour? **Coconut**
4. Which company is responsible for producing Dairy Milk, Crunchy, Wispa and Twirl? **Cadbury**
5. Alongside chocolate, what kind of nut is the main flavour of Nutella? **Hazelnut**
6. What Swiss chocolate bar is recognisable for its triangular shape?
Toblerone Bar
7. What colour is the foil on a Hershey's kiss? **Silver**
8. Which chocolate company has the slogan "feel the bubbles"? **Aero**
9. Complete the slogan: "Have a break, have a ____." **Kit Kat**
10. Reese's Peanut Butter Cups are sold by which company?
The Hershey Company

Over to you!



Do you have a favourite recipe you'd like to share with us for our next newsletter?

Or are you a budding writer of poems and short anecdotes? We can make you famous in our next newsletter!

Do you have any quizzes (with answers please!) to get our readers thinking?

Please share and consent to us publishing by emailing anna.zammit@warringtoncarershub.org.uk

Looking forward to hearing from you!

Slow Cooker Chicken Casserole

From BBC Good Food

Prep: 10 minutes

Cook: 4 hours 15 mins-7 hours 15 mins

Easy

Serves 2 adults and 2 children

This wholesome chicken casserole delivers comfort while being low-fat. And you can let a slow cooker do most of the work!

Ingredients

- Knob of butter
- ½ tbsp rapeseed or olive oil
- 1 large onion, finely chopped
- 1½ tbsp flour
- 650g boneless, skinless chicken thigh fillets
- 3 garlic cloves, crushed
- 400g baby new potatoes, halved
- 2 sticks celery, diced
- 2 carrots, diced
- 250g mushrooms, quartered
- 15g dried porcini mushrooms, soaked in 50ml boiling water
- 500ml stock made with 2 very low salt chicken stock cubes
- 2 tsp Dijon mustard, plus extra to serve
- 2 bay leaves

Method

1. Heat a knob of butter and ½ tbsp rapeseed or olive oil in a large frying pan, cook 1 finely chopped large onion for 8-10 mins until softened and starting to caramelise.
2. Meanwhile, put 1½ tbsp flour and a little salt and pepper in a bowl and toss 650g boneless, skinless chicken thigh fillets in it.
3. Add 3 crushed garlic cloves and the chicken to the pan and cook for 4-5 mins more until the chicken is starting to brown.
4. Transfer to your slow cooker, along with 400g halved baby new potatoes, 2 diced celery sticks, 2 diced carrots, 250g quartered mushrooms, 15g dried and soaked porcini mushrooms with the 50ml soaking liquid, 500ml chicken stock, 2 tsp Dijon mustard and 2 bay leaves.
5. Give it a good stir. Cook on Low for 7 hours or High for 4 hours.
6. Remove the bay leaves and serve with a little Dijon mustard on the side.

Wordsearch: Types of Food

R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

ONION
PORK
BURGERS
FAST FOOD
RADISH
MACARONI
LETTUCE
VEGETABLES

NOODLES
BREAD
CEREAL
HAM
FRUIT
TUNA
SALAD
SPAGHETTI

BUTTER
ROLLS
TV DINNER
HOTDOGS
STEAK
GRAVY

Sudoku

1	5		2		9			4
	4				6			
				4			6	3
	7					8		6
6								5
2		8					1	
4	6			8				
			6				7	
8			5		1		4	9

Notes:

COVID-19 Booster vaccinations – Eligibility for Unpaid Carers this Autumn



The Department of Health and Social Care has announced that unpaid Carers are again to be included in the COVID-19 booster rollout this Autumn, following a successful campaign by Carers UK. Unpaid Carers aged 16 to 64, who care for someone deemed clinically vulnerable, will be able to get their booster jabs this Autumn. Rollout dates are yet to be confirmed. We strongly recommend that Carers who are eligible seek to get their booster jab, and that Carers be informed about their entitlements and most importantly are encouraged to register as a Carer on their patient record with their GP practice.

The adult covid and flu vaccination programmes had been due to start in October to maximise protection over the winter months, but now those most at risk, including adult care home residents, will be vaccinated from 11th September. The NHS has been asked to bring the programme forward and will be working quickly to ensure as many eligible people as possible are vaccinated by the end of October. Residents of older adult care homes and those most at risk, including those who are immunosuppressed, will receive their covid vaccine first. Carers, pregnant women, and health and social care staff will all be among the groups to be offered a covid jab this winter, as well as adults aged 65 and over. Eligible people should wait to receive an invite from their local provider.

From 18th September, the NHS will start to invite people in priority order of risk and those eligible will be able to book an appointment on the National Booking Service.

The NHS winter flu and COVID-19 vaccination programme provides vital protection to those eligible and their families over winter, keeping people from developing serious illnesses, and helping to minimise hospitalisations during busy winter months. Following the Joint Committee on Vaccination and Immunisation's recommendation that adults over the age of 65 and those with underlying health conditions would be eligible for a flu and COVID-19 vaccination this year, the offer was due to start from early October to maximise protection for patients right across the winter months. Now with the increased risks presented by the COVID-19 variant BA.2.86, vaccine sites can vaccinate those eligible for both flu and covid from 11th September.

For further information, please visit [NHS England](https://www.england.nhs.uk/2023/08/nhs-flu-and-covid-vaccine-programmes-brought-forward-due-to-risk-of-new-covid-variant/). (<https://www.england.nhs.uk/2023/08/nhs-flu-and-covid-vaccine-programmes-brought-forward-due-to-risk-of-new-covid-variant/>)



Useful Numbers

Warrington Carers Hub 0300 303 0623

Adult Social Care Services

First Response Team
01925 443322

Out of Hours Service

(Warrington Borough Council)
01925 444400

(In an emergency and outside office hours, including bank holidays)

CHAT Line (to speak to a volunteer who will offer a listening ear)
0333 103 9145

The Volunteer Hub 0345 0138 208

Services you may find useful

Age UK

0800 055 6112
General advice, money, and benefits.

Alzheimer's Society 01925 572239

The Dementia Adviser service offers information about all aspects of living with dementia and supports you to access services.

Amparo Suicide Support 0300 088 9255

Amparo provides emotional and practical support for anybody affected by suicide.

Arthritis Action Group 02037 817120

Each group is unique and reflects the needs of its members. There will be time to share your hints, tips, and experiences over a cup of tea or coffee. As well as offering informative and encouraging speakers, meeting others and forming friendships are just as important.

Armed Forces Community Support Hub 01925 638515

The Armed Forces Community Support Hub is a one-stop-shop to support the Armed Forces community in Warrington and Cheshire. This

includes all former armed forces veterans, early service leavers, current serving personnel, reservists, and their families.

Bereavement Advice Centre 0800 634 9494

Practical advice when someone dies.

CAB – Citizens Advice Bureau 0300 3309091

Free, independent, confidential and impartial advice to everyone on their rights and responsibilities, including benefits, work, debt and money, consumer and trading, family, housing, law and courts, immigration, and health.

Carers UK Helpline 0808 808 7777

We provide information and guidance to unpaid carers. This covers a range of subjects, including benefits and financial support, your rights as a carer in the workplace, carers' assessments and how to get support in your caring role, services available to carers and the people you care for, how to complain effectively and challenging decisions.

Diabetes UK North West 01925 653281

Diabetes UK's aim is to influence the healthcare you receive and improve services for people with diabetes at a local level, together with raising awareness.

Emergency Dental Treatment 0161 4769651

Urgent dental care for patients in Cheshire and Merseyside.

Foodbank 07583 080521

Foodbank supports a nationwide network of food banks. Together, they provide emergency food and support to people locked in poverty and campaign for change to end the need for food banks in the UK.

Galop LGBT+ Domestic Abuse Helpline 0800 999 5428

Conversion Therapy Helpline 0800 130 3335

LGBT+ Hate Crime Helpline 020 7704 2040

Supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

Jobcentre Plus 0845 604 3719

Find your local job centre offices in and around Warrington. Your local job centre can administer claims for Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.

Lifetime Dementia Support Group 01925 246824

Attend this new monthly social group and enjoy an afternoon of activities such as card games, dominoes, and adult colouring or just drop in for a chat and a cup of tea.

Macmillan Cancer Support 01928 753501 or 01928 753502

Macmillan Cancer Support Service offers help, advice and support for people affected by cancer.

Mental Health Crisis Line

The crisis lines provide support 24 hours a day, seven days a week to people of all ages, including children and young people, who need urgent mental health support. You do not need to be known to our services to contact our crisis lines – they are available for patients and public. <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

MacIntyre Memory Café 01925 234444

Filled with laughter, conversation and themed activities, the MacIntyre Memory Cafes offer the opportunity to get to know your community. There is also an opportunity to chat with two Admiral Nurses, who provide specialist dementia support for families.

Police

101 If you believe a crime has been committed, contact the Police on 101.

999 If you believe a child or adult is at immediate risk of harm, dial 999.

Refuge 01925 243359

Refuge supports women and men experiencing domestic abuse in Warrington.

St Rocco's Hospice 01925 575780

St Rocco's has so many ways to help if you or someone you love has been diagnosed with a life-limiting illness. Cancer is often the condition that people think of first when they think of hospices, but they care for people with a whole range of illnesses.

Samaritans 116 123

Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year.

Stroke Association 01925 62053

The Stroke Recovery Service will work with you to identify your personal support needs and priorities.

Talking Matters 01925 401 720

One in four people will experience a mental health difficulty at some point in their life. IAPT was introduced as a way to access Talking Therapies close to home or place of work. Talking Matters Warrington is designed to help anyone registered with a Warrington GP deal with common mental health problems. These may include depression, anxiety, panic, phobia, obsessive-compulsive disorder (OCD) or post-traumatic stress disorder (PTSD).

Warrington Bereavement Support 01925 631516

Warrington Bereavement Support is sorry to hear of your sad loss and aims to help you. Their volunteers are trained to support you through the grieving process. They are not experts who can solve your problem and provide instant relief but are ordinary people who are willing to listen and will understand your feelings.

Warrpac – Warrington Parents and Carers 07376 722719

Warrington Parents and Carers Forum is a voluntary group of enthusiastic, dedicated and experienced parents and carers of children with disabilities and additional needs.



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers – you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work well for you. Hopefully together we can improve it and make it work!

Please call us on **0330 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call **0330 303 0623** or email enquiries@warringtoncarershub.org.uk to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook page, <https://www.facebook.com/WarringtonCarersHub>, or call **0300 303 0623** before setting out.



**Young
Carers**

Newsletter



**ONE
IN EIGHT**
people are
now providing
unpaid care

**Welcome
to the 2nd Warrington
Young Carers
Newsletter**

Welcome to the 2nd Edition of Warrington Carers Hub Newsletter!

Welcome to the 2nd Edition of our Young Carers' Newsletter! We hope you and your families are all well and that you are managing to spend time outdoors despite all the rain we've been having! We hope your exam results have been good and that the start of the new term has gone smoothly for you. If you are experiencing any difficulties, please let us know, and we will help you find the right support.

If you haven't already done so, please look at our Facebook page for regular updates on our service and links to other useful services. Find our page on Facebook at <https://www.facebook.com/WarringtonCarersHub>.

We have planned lots more activities and events for you right up until March, and we hope to see you at some, if not all, of them! We send out information about our activities by text message and WhatsApp the month before they take place. If you would like to receive these messages, please let one of our Young Carers Practitioners know so we can add you to the messaging list. If you've changed your mobile number, make sure you tell us!

We're always available if you need us, so please get in touch by calling us on **0300 303 0623** or emailing us at enquiries@warringtoncarershub.org.uk.

We hope you all have a very Merry Christmas and a truly Happy New Year!

Best wishes,

Warrington Young Carers Team

How to Contact Us

WARRINGTON CARERS HUB

🕒 **Opening Times:**
Monday to Friday 9.00am to 5.00pm

☎ **Telephone:** 0300 303 0623

✉ **General Email:**
enquiries@warringtoncarershub.org.uk

🌐 **Website:** www.warringtoncarershub.org.uk

✉ **Address:** FREEPOST Warrington Carers Hub

📘 **WarringtonCarersHub**



SCAN ME

About Us and Our Services

Warrington Carers Hub

Warrington Carers Hub provides a single point of access for both young and adult carers who provide care to a friend, family member or neighbour living in Warrington. Warrington Carers Hub ensures that carers of all ages have access to information, advice, and a wide range of support across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's health and well-being.



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or around the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers many different things, like helping with their washing, dressing, eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact your health, finances and quality of life and can become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you.

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you have any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for young carers?

Support can be provided by a dedicated Young Carers Practitioner and can include the following:

- Specialist one-to-one support.
- Support to take a break from your caring role through group sessions, breaks and activities.
- Introduce you to other young carers through drop-in sessions.

- Listen and help your family think about what would make a difference.
- Help you get advice and support for the person you care for.
- Help you to get in touch with other services.
- Help you to access support in school or college.
- Help you be listened to and have your voice heard.

Meet the Young Carers Team



Anna Zammit
Service Manager



Sarah Banks
Young Carers Practitioner



Jo Eaton
Young Carers Practitioner



Sally Bourn
Young Carers Practitioner

Other Information!

Young Carers Annual Survey

Hello from Warrington Carers Hub!

We'd like to hear from you! We appreciate all your thoughts, opinions, and feedback. Our aim is to shape our service around what **YOU** want and need, so hearing from you is so important. Please scan the QR Code to complete the survey, which should take no longer than 5 minutes to complete, and if you could submit it to us by 30 November 2023, that would be great!

Thank you!



Are the details we hold about you up to date?

If any of your personal information and/or contact details have changed, please let us know so we can ensure we keep everything up to date and provide you with the right support when you need it.

Likewise, if you no longer wish to receive our newsletter, please let us know, and we will remove your details from our mailing list. You can call us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk.

Follow us on Facebook!

Please look at, 'like,' and 'follow' our Facebook page by logging into Facebook and searching for Warrington Carers Hub or by following the link: <https://www.facebook.com/WarringtonCarersHub>.

Who's calling me from 01772?!

We are! When we ring you, the area code will be Preston (01772) because all our calls come from our main number, located in our Head Office in Preston. We will call back if you don't answer the first time!

Meet the newest member of our Team!

We are excited to introduce our newest member of our team – SALLY!

Hello! My name is Sally, and I have just started working for n-compass as a Young Carers Practitioner. Having been a young carer myself, I have recently found myself in a caring role again now looking after my Dad. Like many others, I haven't really considered the fact that I am a carer – I just take care of him because he's my Dad and he needs a little extra help but it is a really important role which I feel needs more support and recognition.



My previous work experience includes 10 years as a personal carer supporting an inspirational young person who had cerebral palsy and I then went on to support families with young babies. I enjoy working with people and make a concerted effort to find ways to empower and encourage people to achieve their goals or to expand their options and opportunities.

I love learning and being challenged and have recently achieved some goals I never would have believed I could, but I do now realise that the only limitations are the ones we place on ourselves.

I really hope that my previous and personal experience will help me to help others and I can't wait to get involved in all the exciting activities and sessions the team has planned!

I'm looking forward to meeting you all soon!

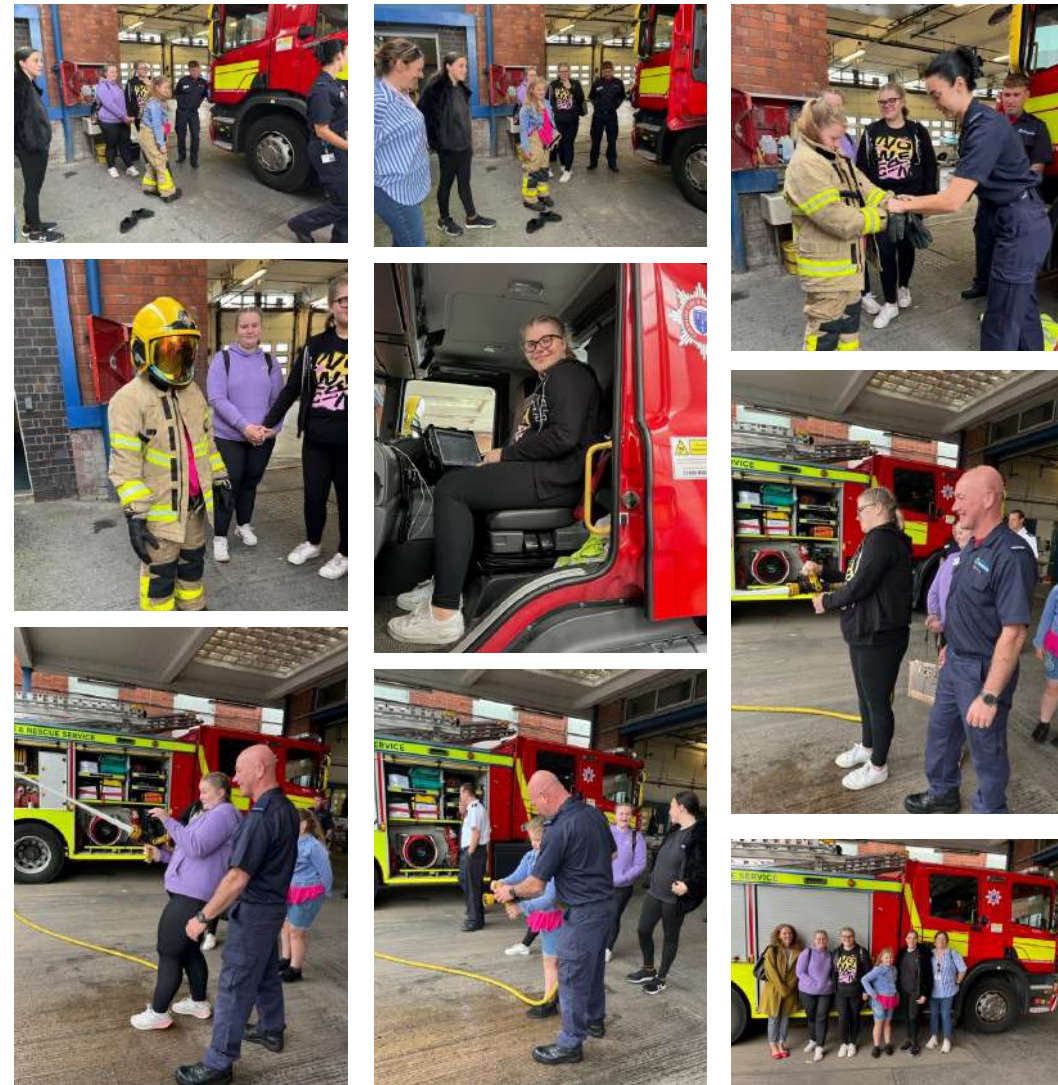
What we've been up to!

Visit to Warrington Fire Station

On the 25th of July, Sarah and Jo (two of our Young Carer Practitioners) took a group of young carers to Warrington Fire Station to see what's on a pump (a fire engine), what it feels like to wear a fire kit and to have a go at squirting some water! The visit was a huge success, as you can see from the photos!



Cheshire
Fire & Rescue Service



We went bowling at Tenpin Warrington on the 26th of July!

Another fun event – and some competitiveness (or so I’m told!). Here are some more photos for you to enjoy.



On 16th of August, we had an educational tour at Safety Central

Safety Central, Cheshire Fire and Rescue Service’s award-winning education centre at Lymm near Warrington is Cheshire’s interactive life skills centre, helping you and those you care for stay safe and well. All their programmes are free and available to adults and children of all ages.

Today, we learned about the consequences of shoplifting – the crime – stealing a bottle of wine from the local shop. Our eager young carers took on the roles of police officer, shoplifter, accomplice, and shopkeeper! The shoplifter was arrested and taken to the police station, where she was booked in and put in a cell. She then appeared in court and was sentenced to 26 weeks in prison (reduced to 17 weeks for pleading guilty).



We then helped the Rangers to identify potential fire hazards around the home. We started in the bedroom and discussed the consequences of leaving laptops and other devices charging on the bed. We learned that if the fans on these devices are blocked, which they are if they are placed directly on a quilt, and they overheat whilst charging, the quilt can catch fire. If the fire is not discovered, it can spread throughout the room and into other areas of the house.

We were then shown a room where a fire had taken place. This time, an electrical heater had been left switched on, and bedding had fallen onto it.

From there, we went to the kitchen, where we talked about the colour of flames on a cooker hob and in a boiler and how to deal with minor scalds and burns.

The final and most important thing we learned was how to call the emergency services using a telephone simulator, which put us straight through to control as soon as we’d dialled 999.



Young Carers’ Drop-In at Orford Youth Base

Every Tuesday from 5.30pm to 7.00pm at Orford Youth Base, Capesthorpe Road, Orford, Warrington, WA2 0JF.

If you haven’t been yet, please come along and see us. You will make new friends with other young carers and have a break from your caring role. We have lots of fun doing activities ranging from quizzes, making friendship bracelets, reverse colouring, yoga, baking, and simply chatting.

Activities for Young Carers

Welcome to our latest young carers' activities and events programme, which runs from November 2023 to March 2024. We have even more activities on offer this time, and we hope you can join us for a well-deserved break and some fun! If you have not attended one of our events before, we'd love to see you at a future one! You can speak with one of our Young Carers Practitioners about what to expect and which one you would like to go to.

You must book our one-off events as most have limited numbers and some need to be booked in advance so we can reserve places and order food if applicable.

We've made booking really easy! You only need to remember one email address to book any event or contact one of our Young Carers Practitioners for event information.

Email: eventsyc@warringtoncarershub.org.uk

If you prefer to telephone us, you can contact us on 0330 303 0623.

All events are free and for current carers registered with Warrington Carers Hub (or for carers whose caring role has ended in the last 12 months). If you are not registered and would like to receive support to attend events, please register by calling **0300 303 0623** or by emailing enquiries@warringtoncarershub.org.uk.

Please note that our events are for carers **ONLY** unless otherwise specified.

For all activities, please make sure you arrive 10 minutes before the start time and remember to ask your parents/guardians to arrive 10 minutes before the activities finish when they come to collect you!

November 2023

No activities are planned for November apart from the regular Tuesday evening drop-in at Orford Youth Base. We encourage you to come along and join us!

NOTE!

- Where you see "To be confirmed", tickets have not yet been released, which may affect the dates and times we can attend.
- For the Christmas Meal, we all need to decide what we'd like to eat and where to go!

December 2023

When?	Where?	What is there to do?	What time?	Who's it for?
To be confirmed	Gulliver's World	Theme Park	To be confirmed	To be confirmed
Thursday 7th December	The Gateway	Make your own Christmas Cards and Gifts	4.30pm to 6.30pm	All ages
Saturday 9th December	To be confirmed	Christmas Meal	12.30pm to 3.00pm	All ages

January 2024

When?	Where?	What is there to do?	What time?	Who's it for?
To be confirmed	Parr Hall	Pantomime	To be confirmed	All ages
Thursday 4th January	Orford Youth Base	Baking and Activities	10.00am to 1.00pm	All ages

February 2024

When?	Where?	What is there to do?	What time?	Who's it for?
To be confirmed	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
To be confirmed	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12

March 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Saturday 16th March	Cineworld Warrington	Cinema Trip	8.00am to 6.00pm	All ages

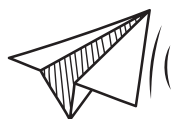
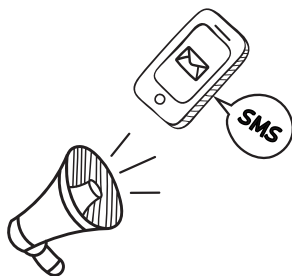
Get booking! We're looking forward to you joining us!

Young Minds

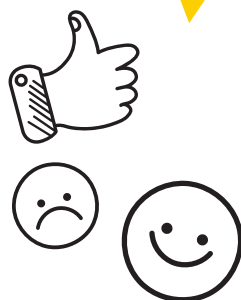
Young people like you share tips on looking after your mental health whilst being a carer.

YOUNGmINDS
fighting for young people's mental health

"Make sure to take time for yourself so that you are not always spending time caring for your family member."



"Reaching out to others, like at school/college or specific young carers' groups/support services, can reduce some of the pressure and help to improve your mental health."



"You should make sure that someone is looking out for you, such as a teacher or friends, so you don't feel alone."

Please contact one of our Young Carers Practitioners if you need help or support or just want to talk to somebody. You can contact them by calling 0300 303 0623 or by emailing enquiries@warringtoncarershut.org.uk.

LET'S COOK!



Healthy pepper, tomato and ham omelette

from BBC GoodFood

Prep: 15 minutes

Cook: 10 minutes

Easy

Serves: 2

If you're in need of a healthy protein boost, try making this healthy omelette for breakfast.

Ingredients

- 2 whole eggs and 3 egg whites
- 1 tsp olive oil
- 1 red pepper, deseeded and finely chopped
- 2 spring onions, white and green parts kept separate, and finely chopped
- Few slices wafer-thin extra-lean ham, shredded
- 25g reduced-fat mature cheddar
- Wholemeal toast, to serve (optional)
- 1 to 2 chopped fresh tomatoes, to serve (optional)

Method

1. Mix the eggs and egg whites with some seasoning and set aside.
2. Heat the oil in a medium non-stick frying pan and cook the pepper for 3-4 mins.
3. Throw in the white parts of the spring onions and cook for 1 min more.
4. Pour in the eggs and cook over a medium heat until almost completely set.
5. Sprinkle on the ham and cheese, and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done.
6. Serve straight from the pan with the green part of the spring onions sprinkled on top, the chopped tomato and some wholemeal toast, if you like.



Do you have a favourite recipe you would like to share with us?

We'll publish here next time. Be sure to include some photos!

Please speak with your Young Carers Practitioner who will be able to help you with this.

WORD SEARCHES

Harry Potter

Q	R	C	K	E	O	A	A	T	Y	V	O	G	F
U	S	U	R	N	T	G	L	R	R	S	F	E	U
I	Y	G	O	O	T	R	B	A	D	E	S	H	P
D	Y	R	W	I	E	I	U	W	R	R	L	I	E
D	R	A	L	M	R	D	S	G	A	O	Y	P	L
I	R	N	I	R	D	B	F	O	Z	D	T	P	F
T	A	G	N	E	M	R	H	H	I	E	H	O	F
C	H	E	G	H	E	U	I	D	W	L	E	G	U
H	T	R	O	M	E	D	L	O	V	B	R	R	H
W	I	T	C	H	C	R	A	F	T	M	I	I	H
W	A	L	C	N	E	V	A	R	C	U	N	F	R
P	S	C	A	R	U	A	D	L	F	D	E	F	A
Y	T	R	G	R	Y	F	F	I	N	D	O	R	Q

POTTER
VOLDEMORT
RAVENCLAW
HERMOINE
WIZARDRY
DUMBLEDORE
HIPPOGRIFF

GRYFFINDOR
SLYTHERIN
HARRY
QUIDDITCH
HUFFLEPUFF
GRANGER
ALBUS

SCAR
HAGRID
WITCHCRAFT
HOGWARTS
JK ROWLING

WORD SEARCHES

Famous Bands

E	H	O	P	N	T	N	E	E	U	Q	F	N	T
T	E	O	E	S	U	M	N	B	I	W	L	E	A
N	K	C	Y	C	Y	T	O	L	S	C	E	E	K
A	I	U	K	H	Y	E	L	B	E	E	E	T	E
W	L	E	E	T	A	M	C	F	L	Y	T	H	T
E	L	B	O	W	L	B	E	W	B	Y	W	E	H
K	E	H	U	A	P	S	X	E	U	L	O	W	A
G	R	E	E	N	D	A	Y	S	S	M	O	H	T
N	S	B	L	R	L	G	R	T	T	I	D	O	T
N	O	C	I	L	O	K	E	L	E	T	M	H	A
E	H	H	E	L	C	N	I	I	D	Y	A	T	N
N	E	A	N	E	E	I	R	F	I	L	C	E	P
J	N	O	I	N	U	P	U	E	K	R	U	L	B

MCFLY
PSY
ELBOW
WESTLIFE
PINK
TAKE THAT

COLDPLAY
FLEETWOOD MAC
LITTLE MIX
WANTED
THE KILLERS
GREEN DAY

THE WHO
UNION J
BLUR
BUSTED
MUSE
QUEEN



Quiz Time



Questions

- How many zeros are there in the number one thousand?
- Who is Anna's sister in the Disney film Frozen?
- What is a young sheep called?
- How many weeks are in a year?
- In what country is the Great Barrier Reef?
- What does water turn into when it is frozen solid?
- What is half of the number fifty?
- Name as many planets in our solar system as you can (a point for each).
- What is the biggest ocean on Earth?
- When Humpty Dumpty was sitting on a wall, what happened next?
- In Peppa Pig, what is Peppa's little brother called?
- Which one of these is a fish: A shark, a whale or a dolphin?
- What do we call someone who travels to space in a rocket?
- What is the little mermaid's name in the Disney film?
- How many colours are there in the rainbow? (and a bonus for naming them)?
- What do caterpillars turn into?
- In what country are the pyramids?
- What is the name of Mickey Mouse's girlfriend?
- What is the tallest animal in the world?
- Paris is the capital city of which country?

Answers

- Three (1,000)
- Elsa
- A lamb
- 52
- Australia
- Ice
- 25
- Earth, Jupiter, Saturn, Mars, Neptune, Mercury, Uranus, Venus
- Pacific
- He had a great fall (he fell off the wall)
- George
- Shark (dolphins and whales are both aquatic mammals)
- An astronaut
- Ariel
- Seven (Red, orange, yellow, green, blue, indigo, violet)
- Butterflies
- Egypt
- Minnie Mouse
- Giraffe (adult giraffes can grow up to nearly 6 meters in height – mainly thanks to its very long neck)
- France

Being a Young Carer – Your Rights



You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. If you're a young carer, you probably look after one of your parents or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. You may also give a lot of physical help to a parent, brother or sister who's disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parents emotional support, too.

Your Choices about Caring

Some people start giving care at a very young age and don't really realise they're carers. Other young people become carers overnight. If someone in your family needs to be looked after, you may really want to help them. But as a young carer, you shouldn't be doing the same things as adult carers. Nor should you be spending a lot of your time caring for someone, as this can get in the way of you doing well at school and doing the same kinds of things as other

children or young people. It's important you decide how much and what type of care you're willing or able to give, or whether you should be a carer at all. Decide whether you're the right person to offer the care needed by the person you look after. All disabled adults are entitled to support from their local council, depending on their needs, so they shouldn't have to rely on their children to care for them.

[Find out more about who can help young carers](#)

Young Carers' Rights

If you or your parents request it, a Social Worker from your local council must visit to carry out a young carer's Assessment. This assessment is different from the one adult carers have. It'll decide what kind of help you and your family might need. Even if the council has already carried out one of these assessments, they must do another if you or your parents feel that your needs or circumstances have changed. A young carer's Assessment can determine whether it's appropriate for you to care for someone else, and takes into account whether you want to be a carer. The social worker must also look at your education, training, leisure opportunities and views about your future. As part of the assessment, the social worker must ask about your

wishes and involve you, your parents and anyone else you or your parents want to be involved. All these people should receive a written record of the assessment. This will include whether the council thinks you need support, whether their services could provide you with it, and whether they'll give you it. It should also explain what you can do if you or your parents disagree with the assessment. If you and the person you care for both agree, the local council can assess your needs as a young carer and the needs of the person you care for at the same time. If you're 16 or over and not in full-time education, you may be eligible for help finding work, as well as with your family's finances (for instance, through benefits such as Carer's Allowance).

[Find out more about Carer's Allowance from GOV.UK](#)

Getting an assessment is the best way to find out what's available in your situation.

[Find out about having a carer's assessment](#)

Getting Help

For advice and support with care issues, call the **Carers Direct helpline** on **0300 123 1053**. If you're deaf, deafblind, hard of hearing or have impaired speech, contact the Carers Direct helpline using the telephone or minicom number **0300 123 1004**.

Other organisations that can offer help and advice are:

• [The Children's Society](#) • [Carers UK](#) • [Youth Access](#)

Please remember that you can contact one of our Young Carers Practitioners who will be able to support you with this or anything else you may wish to talk about.

Useful Numbers

Warrington Carers Hub
0300 303 0623

**Children's Safeguarding/
Social Work Team**
01925 443322

(Open Monday to Friday,
8.30am-5.00pm)

**Access to Social Care (First Response
Team)**

(Open Monday to Friday, 8.30am-
5.00pm)
01925 443322

**Out of Hours Service (Warrington
Borough Council)**
01925 444400

(In an emergency and outside office
hours, including bank holidays)

NHS
111

The NHS Service is staffed by a team of fully trained advisers supported by experienced nurses and paramedics. They will direct you to the local service that can help you best. This could be A&E, an out-of-hours doctor, a community nurse, an emergency dentist or a late-opening chemist. Where possible, the NHS 111 team will book an appointment or transfer you directly to the people you need to speak with.

Police
101 If you believe a crime has been committed, contact the Police on 101.
999 If you believe a child or adult is at immediate risk of harm, dial 999.

Samaritans
01925 235000

Childline
0800 1111

NSPCC
0808 800 5000

Papyrus Helpline UK
0800 068 4141
Text 07786 209697
Email: pat@papyrus-uk.org
(Monday to Friday, 10.00am-10.00pm)
(Weekends and Bank Holidays, 2.00pm-10.00pm)

CAMHS Response Team
01925 575905
(Monday to Friday, 9.00am-5.00pm)

Urgent contact only
01744 627618
(Weekdays 5.00pm-9.00pm, and
9.00am-9.00pm at weekends)

Warrington Foodbank
07583 080521
Email: info@warrington.foodbank.org.uk
Website: www.warrington.foodbank.org.uk



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit you and other carers. For example, you might like to ask us to offer some specific training or just tell us about an activity you attended and let us know what worked and what didn't work well for you. Hopefully, together, we can improve it and make it work!

Please call us on **0330 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call 0330 303 0623 or email enquiries@warringtoncarershub.org.uk to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook page, <https://www.facebook.com/WarringtonCarersHub>, or call **0300 303 0623** before setting out.