

Carers' Newsletter



Welcome
to the
10th
Warrington
Adult Carers
Newsletter

Supporting unpaid adult and young carers across Warrington

Welcome to the 10th Edition of Warrington Carers Hub's Newsletter

We hope this latest edition of the newsletter finds you and your loved ones well. As we move from the warmth of late summer into the autumn months, we hope you're able to enjoy the changing season, whether that's a bit of sunshine or those crisp, cosy days ahead.

We are pleased to share a fresh programme of activities and events running from August to November 2026. We know how valuable it is to have time for yourself, connect with others, and feel supported, so we've put together a range of opportunities we hope you'll enjoy. From relaxed social gatherings to information sessions, there's something for everyone. We're always delighted to see you and spend time with you.

For regular updates and links to other helpful services, please visit our Facebook group – see page 4 for full details.

If there's something you've enjoyed previously or if you have any innovative ideas or suggestions, we'd love to hear from you. Your feedback helps shape what we do. You can call us on **0300 303 0623** or email **enquiries@warringtoncarershub.org.uk**

Our Team Leader and Carers Information and Support Officers are here to help. Come and meet them at a Coffee & Chat! Details are in the Activities & Events for Adult Carers section.

We hope you find this newsletter interesting, please let us know if you no longer wish to receive it or have changed your address and we will update our records.

Best wishes,
Warrington Carers Hub Team

Your Information, Your Voice

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website: **www.n-compass.org.uk**

What our Service Offers

As a registered carer, support available includes the below.

- Specialist 1-2-1 and group support including during transition and through hospital discharge.
- Information, advice and guidance.
- Support to access community and health and wellbeing services.
- Support with contingency planning, including Carers' Emergency Card.
- Regular Newsletters detailing local Carers' Coffee and Chat groups, activities, training courses and much more.
- Information and support to take a break from your caring role.
- Access to digital Carers' Community Network.
- Volunteering opportunities for carers, including volunteering for the CHAT Line and PenPals.
- Support for former carers.
- Carers' Service Briefings to other professionals, aiming to increase the number of hidden carers identified and supported in Warrington.

Carers' Community Network Platform



**Carers
Community
Network**

This is a virtual community where you can meet other carers, share ideas and experiences. We currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up.

*Please be aware that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on **0345 688 7113** who will be happy to support you with this. You will just need to provide them with your name and email address.

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**



SCAN ME

What our Service Offers

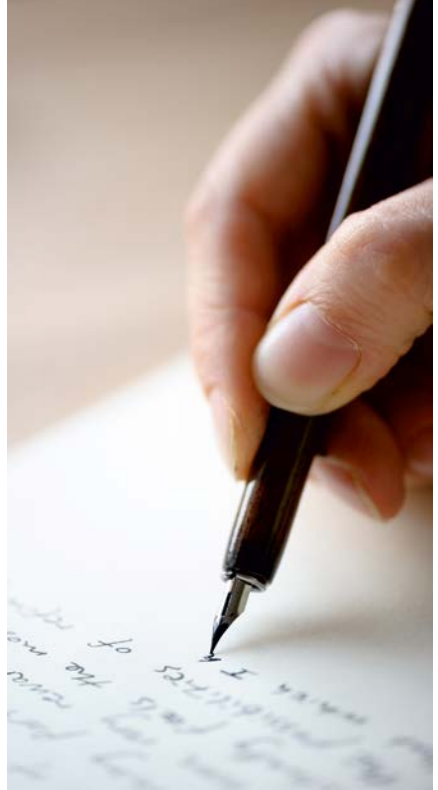
The Volunteer Hub



Warrington Carers Hub has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you! Please call **0345 0138 208** or email **volunteering@n-compass.org.uk**



Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and the Royal Mail? If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email **volunteering@n-compass.org.uk**



Facebook

Please look at the link:

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

for our Facebook page and “like” and “follow”. To get up to date information on our activities, events and other useful information, please join our private group for carers:

<https://www.facebook.com/groups/981201576280068>



Activities & Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from August to November 2026. We have a wide variety of activities on offer, and we hope you can join us at some of them 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 courses. You will find all the information you need in the next few pages. We look forward to welcoming you!

Coffee & Chats



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 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 list of Coffee & Chats on the next page.

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

Please note

All Coffee & Chats and activities/events **are for carers ONLY**, unless otherwise stated.

Bank Holidays during this newsletter period are as below.

Late Summer Bank Holiday

Monday 31st August 2026

Coffee & Chat sessions will not be taking place on the above date.

This affects Penketh only.

Important

To accommodate major refurbishment at Warrington Fire Station, staff will be relocated to Penketh and therefore the Community Room will not be available **from January 2027** for a minimum of 12 months. The Penketh Coffee & Chat session will be relocated to the **Community Room at Widnes Fire Station** - please speak with Rosie.

Once the refurbishment has been completed, the group will return to Penketh Fire Station. Thank you for your understanding and support.

Coffee & Chats Calendar



Venue	NEW! Birchwood Shopping Centre 1 Dewhurst Road Warrington WA3 7PG (not far from Asda, opposite Costa Coffee)	Community Room Penketh Fire Station Widnes Road Warrington WA5 2UW	Lymm Youth and Community Centre Bridgewater Street Lymm WA13 0AB	Cinnamon Brow Farm 2 Perth Close Fearnhead Warrington WA2 0SF	Bath Street Health & Wellbeing Centre Legh Street Warrington WA1 1UG	Creative Therapy Room Hollins Park Hospital Hollins Park House Hollins Lane Winwick Warrington WA2 8WA
Date	Wednesday 19th August Wednesday 16th September Wednesday 21st October Wednesday 18th November	Every Monday	Every Tuesday	Every Thursday	Every Friday	2nd Monday of every month
Time	10.00am to 12.00pm	10.30am to 12.30pm	1.00pm to 3.00pm	10.00am to 12.00pm	12.30pm to 2.30pm	2.00pm to 4.00pm
Other Info	Free parking for up to 3 hrs Pay and Display parking costs £3 per day	From January 2027, this Coffee & Chat group relocates to Widnes Fire Station for 12 months to accommodate refurbishments. Rosie will keep you updated.	Onsite parking not available, but there is a Pay and Display car park within a short walking distance	Free onsite parking	Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you	Free onsite parking

Carers' Cafés in the Wingman Lounge

Warrington Hospital, Lovely Lane, Warrington WA5 1QG

**Second Tuesday of every month,
10.30am to 12.00pm and 1.30pm to 2.45pm**

Contact Rosie on 07708 389719 for more information.

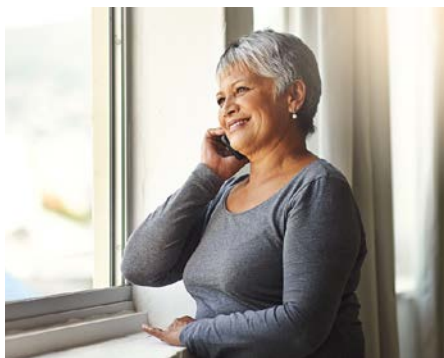
Pay and Display onsite parking is available. The car park is very busy, so it can be difficult to find a space.



Adult Carers' Special Events

If you have not been to one of our activities or 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 would like to go to; we will make sure you are greeted on arrival.

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



We've made booking easy!

You only need to remember one email address to book any event and to 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 0300 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 6 months). If you are not registered and would like to receive support and attend activities and 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 also bring the person they care for, if they wish to do so.

If after having booked any activity you are no longer able to attend, would you please let us know as soon as you can.

This will give other carers the opportunity to attend, especially where events become fully booked and we have reserve lists.

We thank you for your cooperation and support.

Email: eventsadults@warringtoncarershub.org.uk

If you prefer to telephone us, you can contact us on 0300 303 0623

Craft Club:

Paper Garlands

Tuesday 4th August,
10.30am to 12.30pm

📍 The Living Well Hub,
26-30 Horsemarket Street,
Warrington, WA1 1XL

Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance.



Local History Talk and a Brew: Manchester Ship Canal

Friday 14th August,
11.00am to 12.30pm

Meet in Reception at 10.50am

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

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



Coach Trip to Noddfa

Wednesday 12th August,
9.30am to 4.30pm

📍 Noddfa, Penmaenmawr,
North Wales, LL34 6YF
Meet outside the Golden Gates
at 9.15am for a prompt departure
at 9.30am, returning at 4.30pm

Escape to Noddfa on a relaxing coach trip. Enjoy gentle meditation, a delicious home cooked lunch, and peaceful moments to unwind. You can also take a refreshing stroll along the beach.

This is a very popular event and places are limited, so booking is essential!

We will keep a reserve list, so if you are no longer able to attend after booking, please let us know within 24 hours so we can offer your place to another carer.

Carers' Breakfast Club

Tuesday 25th August,
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.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential!

When booking, please let us know who you are bringing.



September 2026

Craft Club: Polymer Clay Beads

Tuesday 1st September,
10.30am to 12.30pm

📍 The Living Well Hub,
26-30 Horsemarket Street,
Warrington, WA1 1XL

Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance.



Lunch & Laughs!

Wednesday 2nd September,
1.00pm to 3.00pm

📍 The Millhouse, Ballater Drive,
Warrington, WA2 0LX

Parking is available on site.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential! When booking, please let us know who you are bringing.



Mela 2026

Sunday 6th September,
To be confirmed

📍 Queens Gardens, Palmyra Square,
Warrington, WA1 1JN

Limited parking is available around Palmyra Square. A selection of Pay and Display car parks are available within walking distance of Queens Gardens



We've Made Booking Easy!

You only need to remember one email address to book any event and to contact one of our Carers Information and Support Officers for event information.

Email: eventsadults@warringtoncarershut.org.uk

If you prefer to telephone us, you can contact us on 0300 303 0623

Local History Talk and a Brew: Queen Mary's Dolls' House and other Doll House Collections

Friday 11th September,
11.00am to 12.30pm

📍 Meet in Reception at 10.50am
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 15th September,
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.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential!

When booking, please let us know who you are bringing.



October 2026

Craft Club: No-Sew Fabric Pumpkins

Tuesday 6th October,
10.30am to 12.30pm

📍 The Living Well Hub,
26-30 Horsemarket Street,
Warrington, WA1 1XL

Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance.



Lunch & Laughs!

Monday 12th October,
1.00pm to 3.00pm

📍 The Waterside, 1430 Park Boulevard,
Centre Park Square, Warrington,
WA1 1PR

Parking is available on site.


At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential!

When booking, please let us know who you are bringing.



Co-Op Legal Services: Tax, Care and Toy Boys

Tuesday 13th October,
10.30am to 11.30 am

 The Living Well Hub,
26-30 Horsemarket Street,
Warrington, WA1 1XL



The session will cover key areas of long-term financial and estate planning, including:

- Protecting your family's wealth – ways to safeguard your assets for future generations.
- Inheritance Tax – understanding how it works and how to reduce potential liabilities.
- Preventing sideways disinheritance, ensuring assets pass to intended beneficiaries, even after remarriage or family changes.
- Lasting Powers of Attorney – planning for who can make decisions on your behalf if you lose capacity.
- Vulnerable Persons Trusts – protecting assets for individuals who need extra support.


The speaker will explain each topic and outline practical steps you can take to plan effectively for the future.

Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential! When booking, please let us know who you are bringing.

Carers' Breakfast Club

Tuesday 20th October,
10.30am to 12.30pm

 Galleries Cafe,
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.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential! When booking, please let us know who you are bringing.

November 2026

Craft Club: Mosaic Art

Tuesday 3rd November,
10.30am to 12.30pm

📍 The Living Well Hub,
26-30 Horsemarket Street,
Warrington, WA1 1XL

Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance.



Lunch & Laughs!

Monday 9th November,
1.00pm to 3.00pm

📍 The Station House, Padgate,
Warrington, WA2 0QS

Parking is available on site.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential! When booking, please let us know who you are bringing.



Carers' Breakfast Club

Tuesday 17th 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.

At this event, carers can also bring the person they care for, other family members and friends, if they wish to do so. This is a popular event, and places are limited so booking is essential! When booking, please let us know who you are bringing.



We've Made Booking Easy!

You only need to remember one email address to book any event and to contact one of our Carers Information and Support Officers for event information.

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If you prefer to telephone us, you can contact us on 0300 303 0623

Online Activities and Events

Distance Reiki Weekly

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki, a gentle yet powerful Japanese technique that can help you. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress, or simply want to enhance your overall wellbeing.

Every Wednesday 2.00pm to 3.00pm



Seasonal Flow Yoga Weekly



Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of wellbeing. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners.

Every Wednesday 6.15pm to 7.30pm

Yoga Nidra Weekly

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.

Every Thursday 7.00pm



Scan Here

To access any of our Yoga or Reiki sessions on Zoom please visit <https://form.office.com/e/xqudEkkPNO> or scan the QR code to complete the short booking form and we will provide the Zoom link. The reply is not automated and it may take a couple of days for you to receive the Zoom link. The Zoom link will then remain the same each week.

For further information or support please email: activities@staffordshiretogetherforcarers.org.uk



Useful Information

Martha's Rule



Martha's Rule is a patient safety initiative to support the early detection of deterioration by ensuring the concerns of patients, families, carers and staff are listened to and acted upon.

For further information visit:
www.england.nhs.uk/patient-safety/marthas-rule/

Mental Health Drop-In Service, Delivered by Mental Health Matters

Available in Warrington, Widnes & Runcorn

The Warrington & Halton Support Hub provides free, out-of-hours mental health support to residents aged 18 and over. The experienced team offer non-clinical emotional, social, and practical support to people in a mental health crisis, as well advice, guidance, and information to support wellbeing. There is no need for a referral, or an appointment and people can access support in person, or virtually via phone or video call. The Support Hub is based in Warrington and provides sessions one night a week from community locations in Widnes and Runcorn. For further information visit: www.mhm.org.uk/warrington-halton-support-hub

Please note

The Support Hub is not suitable for people needing urgent medical attention, for example, self-harm injuries, and individuals should be directed to A&E or to call 999 in these instances.



mhm
mentalhealthmatters

The Crisis Resilience Fund

The Crisis and Resilience Fund has the potential to transform crisis support for carers across England. Launched in April, the Fund will replace the Household Support Fund and offers a valuable opportunity for local areas to ensure that carers facing financial hardship receive the timely and practical support they need.

For further information visit: <https://carers.org/news-and-media/news/post/585-crisis-and-resilience-fund-guidance-carers>

To read the Department for Work & Pensions Guidance visit: <https://www.gov.uk/government/publications/crisis-and-resilience-fund-guidance-for-local-authorities-in-england-1-april-2026-to-31-march-2029/the-crisis-and-resilience-fund-guidance-for-local-authorities-in-england-1-april-2026-to-31-march-2029>



GOV.UK



Department
for Work &
Pensions



Benefits Calculators

You can use a free, independent, and anonymous benefits calculator to estimate what support you may be entitled to. It can show the types of benefits you could receive, how much you might get, and how changes in your circumstances, such as starting work, increasing hours, having a child, or moving in with a partner, could affect your payments.

For further information visit:
www.gov.uk/benefits-calculators

GOV.UK

Free Training for Unpaid Carers

Are you looking to build your confidence and develop new skills?
You're not alone – and there's support available for you.

FuturU recognises the incredible role you play every day. That's why they offer free, accessible healthcare training designed with you in mind. Join a growing community of over 75,000 nurses, healthcare professionals, and carers who are learning and growing together. With more than 100 CPD-accredited courses to choose from, you can learn at your own pace, gain practical knowledge, and feel more confident in your caring role, all at no cost.



For further information visit <https://futura.ai/learner/courses/>

The Open University | OpenLearn



The Open University's OpenLearn platform offers a wide range of free, flexible online courses to help you learn new skills or explore new interests. From health and wellbeing to business and digital skills, the courses are designed to fit around your schedule and can be studied at your own pace. It's a great way to boost your knowledge, build confidence, and try out subjects before committing to further study, all completely free. For further information visit: www.open.edu/openlearn/free-courses/full-catalogue

Carers Trust

Studying online can be a great way to learn new skills while fitting around your caring responsibilities. There are a range of courses available – many of them free – including options specifically designed for carers.

Take a look and see what works for you, at a time and pace that suits your routine:

<https://carers.org/studying-and-training/free-online-courses-for-carers>



WEA Adult Learning Within Reach

Carers UK offers more than just information – it's a supportive community and a movement for change, helping unpaid carers feel heard, valued, and connected. In partnership with the WEA (Workers' Educational Association), they provide a range of courses designed specifically for carers, making it easier to learn new skills and take time for yourself. With over 5.7 million people in the UK providing unpaid care, the WEA recognises how important it is to support carers in balancing their responsibilities. Taking time out for learning and self-care isn't just beneficial for you – it can help you feel more confident and better equipped to support your loved ones. Whether you're caring for children with additional needs or a family member with a disability, making space for your own wellbeing is just as important as the care you give.

For further information visit:

www.wea.org.uk/courses/life-skills/courses-for-carers



Our End of Year (2025/26) Infographics

We hope you've enjoyed exploring our infographics throughout the year! As we wrap up, we're pleased to share our end of year (2025/26) infographics to bring everything together. As always, we've turned key insights into clear, engaging visuals, making complex information easy to follow at a glance. Infographics help highlight important trends and achievements, so you can quickly see what's mattered most over the year. We hope these visuals make your reading experience even more enjoyable and give you a clear, accessible look back at everything we've accomplished together.

1,335

ADULT CARERS REGISTERED WITH THE SERVICE

“I had assistance from Warrington Carers Hub, and it was amazing. I don't think I would have got through caring for my mum with Alzheimer's whilst she was living with us whilst I was also working full time, and in finding a suitable care home for her, without the help. I don't know what I would have done without the support. Helen Parry's support when I was dealing with caring for my mother with Alzheimer's was amazing. I don't think I would have got through the year mum was living with us if Helen had not been there to provide support when I was struggling to cope, and practical advice when I needed guidance. She never failed to provide help when I needed her, usually with a funny and relevant anecdote from her experience to make me feel brighter as well. I cannot overstate the impact she made and how grateful I am to her for being there for me. She is amazing.”

ADULT CARER

2,018

NEWSLETTERS DISTRIBUTED

435



NEW ADULT CARER REFERRALS

“Aimee was amazing and very polite and friendly. She had some challenging questions!”

PROFESSIONAL

253



NEW YOUNG CARER REFERRALS

441



YOUNG CARERS REGISTERED WITH THE SERVICE



1,718

ADULT CARERS ATTENDING GROUPS, EVENTS & TRAINING

525



YOUNG CARERS ATTENDING GROUPS AND EVENTS

“This has been the best experience I've ever had, I have never spoken so much about my own feelings, not even to school wellbeing/pastoral team. I was able to get so much out, 100% the truth, and it has made a difference, thanks to you!”

YOUNG CARER



1,208

ADULT CARERS BEING CONNECTED WITH SPECIALIST SERVICES

Our Partners

Looking after someone?

Access
FREE online
resources
for carers

N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to localservices



Visit carersdigital.org and use code **NCOMPASS** to create a free account and access online resources.



Your Carers Information and Support Officer will be able to help you to do this so please do give them a call.



**Warrington
Carers Hub**



Young Adult Carers

You're Doing More Than You Realise: A Reflection for Young Adult Carers

Being a young adult carer isn't something most people plan for. While others your age might be focused on studies, careers, or social life, you're balancing all of that alongside caring for someone important in your life. It's a lot and it deserves to be recognised.

Your Role Matters

Whether you're helping a parent, sibling, partner, or another loved one, your support makes a real difference every single day. From practical tasks to emotional support, the care you give often happens quietly, but its impact is powerful. It's easy to forget just how much you're doing, especially when it becomes part of your routine. But take a moment to reflect: you're showing resilience, compassion, and strength in ways that many people won't fully understand.



It's Okay to Feel a Mix of Emotions

Caring can be rewarding, but it can also feel overwhelming, frustrating, or even isolating at times. You might feel proud one moment and exhausted the next and all of that is completely valid.

Remember: you're allowed to:

- Have bad days
- Need Space
- Put yourself first sometimes

Looking after your own wellbeing isn't selfish – it's essential!



You're Not Alone

Even if it feels like nobody else quite gets it, there are many other young adult carers navigating similar experiences. Connecting with others, whether through local groups, online communities, or support services, can make a big difference. Sharing your experiences can help you feel heard, understood, and less alone on your journey.



Your Future Still Belongs to You



Caring might shape your path, but it doesn't have to limit your ambitions. Whether you're studying, working, or still figuring things out, your goals and dreams still matter. It's okay if your journey looks different.

You're developing life skills like empathy, time management, and problem-solving that will stay with you for years to come.

A Moment to Reflect

As the year comes to a close, take a moment to reflect on all you've managed, the challenges you've faced, the ways you've grown, and the support you've given. You've shown up even when it's been difficult. And that's something to be proud of.



Remember

You are more than your caring role. You are important, your wellbeing matters, and support is out there when you need it.

To speak with one of our Carers Information and Support Officers, please call **0300 303 0623** or email **eventsadults@warringtoncarershut.org.uk**

Highlights



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)

The Volunteer Hub

0345 0138 208

CHAT line

0333 103 9145

Volunteer Hub

0345 0138 203

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 of the groups we run is unique and we like for the speakers we invite to reflect the needs of our members. There will of course 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 other people, and forming friendships is 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, 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 challenge decisions.

Diabetes UK North West

01925 653281

Our 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

We support a nationwide network of food banks and together we 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, force marriage, and other forms of abuse.

Jobcentre Plus

0845 604 3719

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

Lifetime Dementia Support Group

01925 246824

Come along to this new monthly social group and enjoy an afternoon of activities such as card games, dominoes, 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 who are 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/findan-urgent-mental-health-helpline>

www.nhs.uk/service-search/mental-health/findan-urgent-mental-health-helpline

McIntyre 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

We support women and men experiencing domestic abuse in Warrington.

St Rocco's Hospice

01925 575780

We have so many ways that we can help if you or someone you love has been diagnosed with a life-limiting illness of any kind. Cancer is often the condition that people think of first when they think of hospices, but we care for people with a whole range of illnesses.

The Samaritans

116 123

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

Stroke Association

01925 62053

Our 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 in which people could access Talking Therapies as close to their home or place of work as possible. Talking Matters Warrington is designed to help anyone registered with a Warrington GP, to deal with common mental health problems. These may include depression, anxiety, panic, phobia, obsessive compulsive disorder (OCD) or post-traumatic stress disorder.

Warrington Bereavement Support

01925 631516

Warrington Bereavement Support are sorry to hear of your sad loss and our aim is to help you. Our Support 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 who will understand your feelings.

Warrington Disability Partnership

01925 240064

user-led charity supporting the needs of disabled people, their families and carers in England and Wales, through actively promoting independent living, providing information on peer counselling, equipment, personal assistance, transport, access, employment, education, training, and a range of other services. Over 30 years' experience of developing and delivering mobility and independent living services to support disabled people and people living with long-term health conditions.

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.

Warrington Wellbeing Service

01925 818017 – Option 4

warringtonwellbeing@warrington.gov.uk

Provides one-to-one support for anything non-medical, including support for carers. Runs carers' support groups and courses for people caring for loved ones living with dementia.



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. e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked well and what didn't work well for you. Hopefully together we can improve it and make it work!

Please call **0300 303 0623** or email enquiries@warringtoncarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call **0300 303 0623**, or email enquiries@warringtoncarershub.org.uk to make your request.

Disclaimer

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 Group www.facebook.com/groups/981201576280068 or call **0300 303 0623** before setting out.

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210.

To make sure you receive our Newsletter in good time, we will now be emailing it to all who have an email address registered with us.

Please check that we have the right email address for you and if it needs to be updated, just let us know and we will do that for you.

If you don't have an email address, we will continue to post the Newsletter to you.

Thank you!





**Warrington
Carers Hub**

10th Edition
August to November 2026



**Young
Carers**

Newsletter



**Welcome
to the**

10th Warrington
Young Carers
Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass
towards a brighter future



WARRINGTON
Borough Council



Registered Charity No. 1128809

Welcome to the 10th Edition of the Warrington Carers Hub Newsletter

Hello from the Young Carers Team!

We hope you and your families are keeping well and have had a lovely summer. As we move from August into the autumn months, we're excited to share a fantastic line-up of activities and events, and we'd love for you to join us! There's always a warm welcome and a friendly face waiting for you.

Stay Connected

We send out updates about upcoming activities and events via text and WhatsApp, usually about a month in advance. If you'd like to receive these messages, just let one of our Young Carers Practitioners know and we'll add you to the list.

Changed your phone number or contact details?

Please remember to update us so you don't miss out!

We'd love your feedback

Have you joined us for any activities over the past four months? If so, we'd love to hear what you thought! Your feedback helps us improve and shape future events to make them even better. Speak with one of our Young Carers Practitioners to find out how to give us your feedback.

Follow us on Facebook

Follow our Facebook page <https://www.facebook.com/WarringtonCarersHub/> And don't forget to join our <https://www.facebook.com/groups/648731044099252/> for exclusive updates and useful links.

Got Ideas? We're Listening!

Is there something you've always wanted to try? Did you love a past event and want to see it return? Have a brand new idea you're excited about? We want to hear from you! Our service is built around you, so your suggestions really matter. Whether it's a fun activity, a creative workshop, or something totally different, let us know what you'd enjoy. Your ideas help us make our events even better! Call us on **0300 303 0623** and ask to speak with one of our Young Carers Practitioners, or email us at enquiries@warringtoncarershub.org.uk

We are always available if you need us and you can contact us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Looking forward to seeing you at one of our activities!

Best wishes,

Warrington Carers Hub Team



Your Information, Your Voice

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

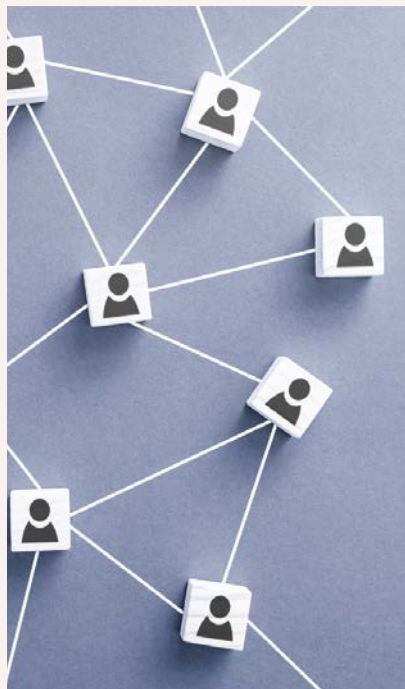
We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website:
www.n-compass.org.uk



How to Contact Us

WARRINGTON CARERS HUB

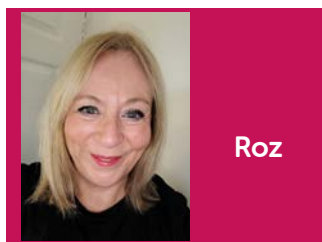
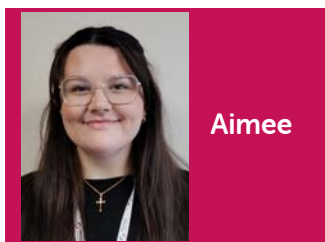
- 🕒 **Opening Times:**
Monday to Friday 9.00am to 5.00pm
- ☎ **Telephone: 0300 303 0623**
- ✉ **General Email:**
enquiries@warringtoncarershub.org.uk
- 🌐 **Website: www.warringtoncarershub.org.uk**
- 📮 **Address: FREEPOST Warrington Carers Hub**
- 📘 **www.facebook.com/WarringtonCarersHub**



SCAN ME

Meet Our Young Carers Practitioners

A Young Carers Practitioner supports children and young people who help care for someone at home, such as a sibling or another family member who is unwell, has a disability, or struggles with their mental health. They make sure young carers don't have to cope alone by listening, understanding their situation, and helping them get the support they need, whether that's help with school, someone to talk to or opportunities to take a break. They take time to get to know each young carer. They also organise activities, groups and trips where young carers can relax, have fun, make friends, and try new things. They work with schools and other professionals to ensure young carers are supported in all areas of their lives. Most importantly, they are someone young carers can trust, helping them, feel supported, confident and able to enjoy being a child while still caring for the people they love.



A Fond Farewell to Sarah

We'd like to say a big goodbye and thank you to Sarah, who has been a Young Carers Practitioner with us for a long time. Sarah has supported so many young carers over the years, listening, encouraging, and helping you all feel confident, valued, and proud of who you are. She has been part of so many fun activities, special moments, and achievements, and we know she has made a real difference to lots of you. Sarah, thank you for everything you have given to our young carers and our team. Sarah will be leaving her role to focus on caring for her own family - something we know reflects the same kindness and dedication she has always shown to others. We'd love for our young carers to join us in wishing Sarah all the very best. If you see her or would like to send a message, please share your kind words and memories – we know she'd really appreciate them. You will be truly missed, and we hope you'll stay in touch - we would all love to hear from you.



A Little Note From Us...

We hope you enjoy reading this newsletter! If you ever move house or don't want to receive it anymore, just let us know. You can tell one of our Young Carers Practitioners, and we'll update everything for you. We're always happy to help! You can contact them on **0300 303 0623** or email them at enquiries@warringtoncarershub.org.uk

What We Do & What We've Been Up To

- Help carers and families think about what would make a difference to their lives.
- Provide peer support with other young carers.
- Help young carers have a voice.
- Help young carers to take a break from their caring role.
- Help young carers access support in school and college.



March 2026

Celebrating Young Carers Action Day



April 2026

Walk, Talk and Picnic



School Holiday Drop-Ins

Need Someone to Talk To? We're Here for You!

Whether you've got a question, are feeling worried, or simply want a friendly chat, we're here to support you. If you're not at school or college, why not drop in and see us?

You can find us at:



The Gateway, Sankey Street, Warrington, WA1 1SR
Thursdays and Fridays 9.30am to 12.30pm

Our team is always happy to listen, offer advice, or just be there when you need someone. If you can't make it in person, feel free to reach out:

Call us on 0300 303 0623 or email us at enquiries@warringtoncarershub.org.uk

Young Carers' Weekly Drop-In at Warrington Youth Zone

Come and join our Tuesday Drop In!

If you haven't been to our Tuesday evening drop in yet, we'd love to see you! It takes place in the **Employability Room** on the **Mezzanine Floor at Warrington Youth Zone**. There are lots of fun things to do each week – you can join activities, try something new, or just come for a chat with us. We've extended the session to run **from 4:00pm to 7:00pm**, and we now offer hot meals, too! If you're aged 7–12, you can stay a little longer **until 8:00pm** – just check with your parent or guardian first and let us know when you arrive so we can let the Youth Zone team know. If there's a sport, game, or activity you'd really love to try, let us know and we'll chat with Warrington Youth Zone to see what we can do!



Activities and Groups for Young Carers

New Activities Programme – Just For You!

We're excited to share our latest programme for the coming months, packed with fun and relaxing activities designed especially for young carers. Whether you're looking for a break, keen to try something new, or want to spend time with others who understand your experiences, there's something here for everyone. From creative sessions and chill-out time to trips out and opportunities to make new friends, this programme is all about you, your wellbeing, your interests, and having space to be yourself. Keep an eye out for more details, and remember, we're always here if you'd like a chat or need support.

If you've never joined us before, we'd love to welcome you! One of our Young Carers Practitioners will be happy to talk you through what to expect and help you choose activities that feel right for you.


NOTE Where you see "To be confirmed", tickets have not yet been released which may affect the dates and times we can attend.

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

All events are free and open to young carers registered with Warrington Carers Hub (or those whose caring role has ended within the last 6 months). If you're not registered and would like to access support, events or groups, please call **0300 303 0623** or email enquiries@warringtoncarershub.org.uk

Please note that events and groups are for young carers ONLY, unless otherwise specified.

For all activities, please arrive 10 minutes before the start time and ask your parent/guardian to arrive 10 minutes before the finish time to collect you!

 If you've booked a place but can no longer attend, please let us know as soon as possible so we can offer the space to another young carer, especially for events that are fully booked and have a waiting list. Thank you for your support in helping as many young carers as possible enjoy these opportunities!

• Email: eventsyc@warringtoncarershub.org.uk

If you prefer to telephone us, you can contact us on **0300 303 0623**



August 2026

Young Carers' Breakfast Club

Join us for a fun breakfast with yummy food, friendly faces, and a happy start to your day!

**Monday 3rd August,
10.30am to 12.30pm**

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

This activity is suitable for all ages.
Places are limited
so make sure you book.

Visit to Warrington Fire Station

Join us for an exciting fire station visit – squirt water, explore the fire engine, climb into the cab, and capture fun photos!

**Saturday 15th August,
10.00am to 11.00am**

**Warrington Fire Station,
Winwick Road, Warrington,
WA2 8HA**

This activity is suitable for all ages.

Gardening

Join us for some fun in the garden – dig, plant, and grow something amazing together!

**Tuesday 4th August, Tuesday 11th August,
Tuesday 18th August, Tuesday 25th August
1.00pm to 2.30pm**

Sky Garden, Culture Warrington, Golden Square, Warrington, WA1 UZ

This activity is suitable for all ages

Outdoor Activity Morning

Join us for a fun outdoor game – run, play,
and share lots of laughs together!



Wednesday 5th August & Wednesday 12th August
11.00am to 4.00pm

Bank Park, 5 Bankside, Crosfield Street, Warrington, WA1 1UP

Bring a picnic!

Wednesday 26th August
10.00am to 12.00pm

Bank Park, 5 Bankside, Crosfield Street, Warrington, WA1 1UP

Meet outside the Golden Gates at 09.50am. This activity is suitable for all ages.

Ice Cream and Activities

Join us for a fun day at The Ice Cream Farm in Tattenhall,
home to the world's largest ice cream shop, with lots of indoor
and outdoor play to enjoy!



Wednesday 19th August 10.00am to 3.00pm

The Ice Cream Farm, Newton Lane, Tattenhall, Cheshire, CH3 9NE

Meet outside the Golden Gates no later than 9.30am. Transport will be provided.

This activity is suitable for all ages.



**This is a very popular event and places are limited,
so booking is essential!**

We will keep a reserve list, so if you are no longer able to attend after
booking, please let us know within 24 hours so we can offer your place
to another young carer



Cinema Ages 7 to 12

Lights, camera, action!
Get ready for a fun trip to Cineworld and enjoy a fantastic movie adventure!



Monday 24th August,
Time to be Confirmed

Cineworld Warrington, Time Square, Warrington, WA1 2HN

Booking is essential as places are limited



September 2026

Bowling

Come and join us for some super fun bowling at Disco Bowl – let's see how many pins you can knock down!

**Tuesday 1st September,
1.00pm to 3.00pm**

**Disco Bowl, 77 The Mall,
Warrington, WA1 1QE**

Booking is essential
as places are limited

This activity is suitable for all ages



Golf

Come and have a great time playing fun glow in the dark golf at Disco Bowl Warrington!

**Saturday 19th September,
10.00am to 12.00pm**

**Disco Bowl, 77 The Mall,
Warrington, WA1 1QE**

Booking is essential
as places are limited

This activity is suitable for all ages



October 2026

Young Carers' Breakfast Club

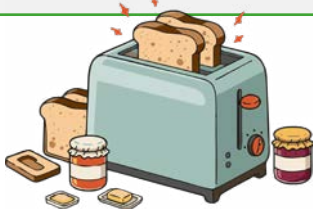
Join us for a fun breakfast with yummy food, friendly faces, and a happy start to your day!

**Monday 26th October,
10.30m to 12.30pm**

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

This activity is suitable for all ages.

Places are limited
so make sure you book.



Spooky Crafts

Get creative with spooky crafts and bring ghosts and ghouls to life – book your place now!

**Monday 26th October,
1.30pm to 4.30pm**

**Room 2, The Gateway,
89 Sankey Street, Warrington,
WA1 1SR**

This activity is suitable for all ages



Halloween Disco

Join our Halloween disco for spooky music, fun and treats
– don't miss out, come and dance with us!



**Tuesday 27th October,
4.00pm to 7.00pm**

Warrington Youth Zone, Dallam Lane, Warrington, WA2 7NG

This activity is suitable for all ages

November 2026

Bowling

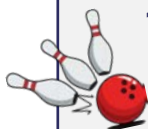
Come and join us for some super fun bowling at Tenpin Warrington – let's see how many pins you can knock down!

**Saturday 7th November,
10.00am to 12.00pm**

**Tenpin Warrington,
10-15 Chetham Court,
Warrington WA2 8RF**

This activity is suitable for all ages

Booking is essential
as places are limited



Games Night Ages 13 to 17

Level up with epic games
– don't miss the fun –
book your place now!

**Thursday 12th November,
6.00pm to 8.00pm**

**Geek Retreat Warrington,
4 Crown Street,
Warrington, WA1 2AE**



We've made booking really easy!

You only need to remember one email address to book on any event or group or to contact one of our Young Carers Practitioners for event/group information.

Email: eventsyc@warringtoncarershub.org.uk

**If you prefer to telephone us, you can contact us on
0300 303 0623.**



Supporting Our Young Carers Throughout August to November 2026

As we move from summer into the autumn months, we continue to celebrate and support our incredible young carers aged 5 to 17. We know that being a young carer can bring unique challenges, especially with the return to school and changing routines. That's why our focus is on creating opportunities where young carers can relax, have fun, and feel proud of who they are.

Time to Take a Break and Recharge

After a busy summer and as school begins again, it's important for young carers to have time just for themselves. Our weekly drop-in sessions provide a safe, welcoming space where you can unwind, take a break from responsibility, and focus on your own wellbeing while enjoying fun activities.



Fun, Friendship and New Experiences

We've got a great mix of activities coming up, including gaming sessions at Geek Retreat, creative crafts, and group challenges. These sessions are all about having fun, building confidence, and making friendships with others who understand your experiences.

A Place to Belong

Our groups are a space where young carers can feel truly included. Meeting others in similar situations helps reduce isolation, builds confidence, and reminds you you're not alone.



Autumn Fun and Unforgettable Moments

We're especially excited for the seasonal activities ahead, including Spooky Crafts, themed games, and our Halloween disco. These events are a chance to dress up, laugh, and make happy memories together.

Celebrating Our Amazing Young Carers

Young carers do so much every single day, and we want to make sure they feel recognised and appreciated. Everything we offer is designed to give something back to you and celebrate just how amazing you are.



Inspired by Young Carers Making a Difference

We've recently been inspired by the Mosquito Mission in Gloucester, where young carers have been getting involved in creating their own opportunities, like setting up activities and even football sessions for other young people.

It's fantastic to see young carers taking the lead, building confidence, and making a difference in their communities.

Could this be something for Warrington?

Would you like to try something similar, maybe setting up your own football group or activity? If there's interest, we'd love to support you! Whether it's starting a small group, planning an activity, or bringing your ideas to life, we're here to help make it happen.



Halloween Mini Challenge

Can you create your own spooky character? Think about:

- What's their name?
- Where do they live?
- What makes them spooky (or funny!)?

Draw them or describe them and bring it along to a session to share and talk about with the Young Carer Practitioners and other young carers!

Get Involved – Don't Miss Out!

We have a packed programme of activities running from August through to November, and we'd love for you to be part of it.

Coming up:

- Gaming sessions at Geek Retreat
- Creative craft workshops
- Halloween events and disco
- Group activities and social sessions
- Festive events coming soon



Booking is essential as spaces fill up quickly so don't miss out!

A Message to Our Young Carers

This is your time to relax, have fun, make friends, and try new things. Your ideas matter, your voice matters, and we're here to support you every step of the way.

Book now and join us for a season full of fun, creativity, and new opportunities – you deserve it!



Young Carers Aged 5 to 12

Looking After Your Feelings and Your Body

Everyone has big feelings sometimes, like feeling worried, upset, or a bit overwhelmed. If you're a young carer, you might have lots to think about, and that's okay. This guide will help you look after your mind and your body.



What Big Feelings can Feel Like

You might notice:

- A funny or wiggly feeling in your tummy
- Feeling tired a lot
- Getting upset or cross more easily
- Wanting to cry
- Finding it hard to focus

Who can Help You?

You are never alone. You can talk to:

- A grown-up you trust
- A teacher
- One of our Young Carers Practitioners
- A friend or someone in your group

Ways to Feel Better

Breathe slowly

Smell a flower... blow out a candle

Get some fresh air

Step outside and look around you

Rest your body

Sleep and quiet time help you feel stronger

Draw or colour

Let your feelings out on paper

Move your body

Run, stretch, dance or play outside

Listen to music

Play your favourite song

Have a cuddle

A soft toy, blanket or pet can help you feel safe

Think of something happy

Think of something happy. A favourite place, person or a fun moment

Remember...

- You are doing an amazing job
- You deserve help and support
- You deserve time to play and rest
- Your feelings matter

Big feelings don't last forever and there is always someone who cares about you.

To contact one of our Young Carers Practitioners, call **0300 303 0623**
or email them at enquiries@warringtoncarershut.org.uk

Young Carers Aged 13 to 17

Managing Stress and Looking After Your Wellbeing

Feeling stressed, overwhelmed, or anxious is something everyone experiences at times. As a young carer, you may have extra responsibilities, which can impact both your mental and physical wellbeing. The important thing is knowing how to manage it and where to find support.



How stress can affect you

Stress can show up in different ways, including:

- Racing thoughts or feeling unable to switch off
- Low energy or constant tiredness
- Changes in mood (irritable, low, or emotional)
- Difficulty concentrating
- Physical symptoms like headaches or tension

These are natural responses – they're signs you might need to pause and take care of yourself.

Reaching out for support

You don't have to deal with everything alone. Talking can really help.

You might reach out to:

- A trusted adult
- A teacher or school counsellor
- One of our Young Carers Practitioners
- Friends or peers
- Our young carers group

Asking for help is a sign of strength, not weakness.



Simple Ways to Support Your Mind and Body



Breathing and grounding: Slow, steady breathing can calm your mind and body

Exercise: walking, sports, or even stretching can reduce stress and boost your mood

Take breaks: Step outside, get fresh air, or take time away from busy environments

Music & downtime: Listening to music / doing something you enjoy can help you relax

Express yourself: Write, draw, or talk about how you're feeling

Prioritise rest: Sleep is essential for both mental and physical health

You matter too: Being a young carer shows strength, compassion, and resilience, but your wellbeing is just as important. Remember:

- You deserve time for yourself
- You deserve support
- You deserve to feel happy & balanced
- It's okay to take a break

Being a young carer shows strength, compassion, and resilience, but your wellbeing is just as important.

To contact one of our Young Carers Practitioners, call **0300 303 0623** or email them at **enquiries@warringtoncarershut.org.uk**

Useful Numbers

Warrington Carers Hub

0300 303 0623

Children's Safeguarding/Social Work Team

Monday to Friday 8.30am to 5.00pm

01925 443322

Access to Social Care (First Response Team)

Monday to Friday, 8.30am to 5.00pm

01925 443322

Out of Hours Service (Warrington Borough Council)

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

01925 444400

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 you 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

The 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 to 10.00pm

Weekends and bank holidays

2.00pm to 10.00pm

Warrington CAMHS

01925 575904

Monday to Friday 9.00am to 5.00pm

Response CAMHS

Urgent contact only

111

Weekdays 5.00pm to 9.00pm, and

9.00am to 9.00pm at weekends

Warrington Foodbank

07583 080521

Email:

info@warrington.foodbank.org.uk

Website:

https://warrington.foodbank.org.uk



**Warrington
Carers Hub**