11th Edition December 2026 to March 2027

Warrington Carers Hub

Carers' Newsletter





Welcome to the 11th Warrington Adult Carers Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass towards a brighter future

WARRINGTON Borough Council

NHS

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

Welcome to the 11th 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 through the winter months and look ahead to the arrival of spring, we hope you're finding moments to enjoy the season, whether that's cosy days indoors, festive celebrations with family and friends, or the brighter days that lie ahead. We are pleased to share a fresh programme of activities and events running from December 2026 to March 2027. 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 informative 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 for Christmas and the New Year!

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 & 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**

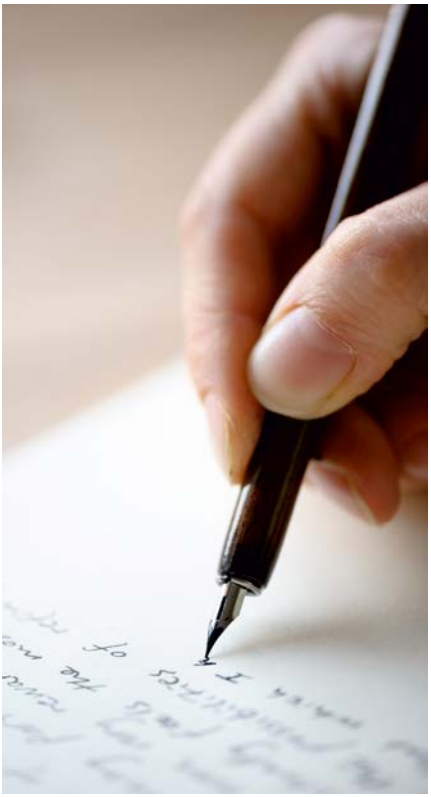
Address: **FREEPOST Warrington Carers Hub**

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**



The Volunteer Hub Pen Pals

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 December 2026 to March 2027. 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.

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.

Christmas Day
Friday 25th December 2026

Substitute Day for Boxing Day
Monday 28th December 2026

New Year's Day
Friday 1st January 2027

Good Friday
Friday 26th March 2027

Easter Monday
Monday 29th March 2027

The Coffee & Chat session at **Bath Street and Penketh** will not be taking place on these dates.

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 contact Rosie on **07708 389719** for more information.

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

Coffee & Chats Calendar

	Community Room Widnes Fire Station	Creative Therapy Room	Lymm Youth and Community Centre	Birchwood Shopping Centre	Cinnamon Brow Farm	Bath Street Health & Wellbeing Centre
Venue	**62 Lacey Street** Widnes WA8 7SW	**Hollins Park Hospital** Hollins Park House Hollins Lane Winwick Warrington WA2 8WA	**Bridgewater Street** Lymm WA13 0AB	**1 Dewhurst Road** Warrington WA3 7PG (not far from Asda, opposite Costa Coffee)	**2 Perth Close** Fearnhead Warrington WA2 0SF	**Legh Street** Warrington WA1 1UG
Date	**Every Monday**	**2nd Monday of every month**	**Every Tuesday** **Starting 4 January 2027**	**Wednesday 20th January** **Wednesday 17th February** **Wednesday 17th March**	**Every Thursday**	**Every Friday**
Time	**10.30am to 12.30pm**	**1.00pm to 3.00pm**	**1.00pm to 3.00pm**	**10.00am to 12.00pm**	**10.00am to 12.00pm**	**12.30pm to 2.30pm**
Other Info	Free onsite parking	Free onsite parking	Onsite parking not available, but there is a Pay and Display car park within a short walking distance	Free parking for up to 3 hrs Pay and Display parking costs £3 per day	Free onsite parking	Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you

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 infomation.

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

December 2026

Craft Club:
Paper Straw Starburst Wreath

Tuesday 1st December
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.



Carers' Turkey & Tinsel Event

Tuesday 8th December
12.00pm to 2.30pm
Please arrive no later than 11.45am so that you can be seated

Chapelford Farm Pub,
Chapelford Village Centre,
Santa Rosa Boulevard, Warrington,
WA5 3AG

Onsite parking available.

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



Carers' Breakfast Club

Tuesday 15th 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.

At this event, Carers can also bring the person they care for 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.

Email: eventsadults@warringtoncarershub.org.uk
If you prefer to telephone us, you can contact us on 0300 303 0623

January 2027

Craft Club: Paper and Glass Magnets

Tuesday 5th January
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.



Carers' Breakfast Club

Tuesday 19th 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.

At this event, Carers can also bring the person they care for 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.



Mindfulness

Thursday 14th January
1.00pm to 3.00pm
Followed by a coffee at the Outset Cafe

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

There are several Pay and Display car parks within a short walking distance of The Gateway.

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.



Lunch & Laughs!

Monday 25th January
1.00pm to 3.00pm

Caffe Caruso, 32-34 Horsemarket Street, Warrington, WA1 1XL

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 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.



February 2027

Craft Club: Drawstring Felt Gift Pouch

Tuesday 2nd February
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 15th February
1.00pm to 3.00pm
The White Hart, 56 Sankey Street,
Warrington, WA1 1SB

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 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.



Mindfulness

Thursday 11th February
1.00pm to 3.00pm
Followed by a coffee at the Outset Cafe
The Gateway, Room 2,
89 Sankey Street, Warrington,
WA1 1SR

There are several Pay and Display car parks within a short walking distance of The Gateway.

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 23rd 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.
At this event, Carers can also bring the person they care for 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.



March 2027

Craft Club: Easter Cards

Tuesday 2nd March
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 15th March
1.00pm to 3.00pm

Caffe Caruso,
32-34 Horsemarket Street,
Warrington, WA1 1XL

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 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.



Mindfulness

Thursday 11th March
1.00pm to 3.00pm
Followed by a coffee at the Outset Cafe

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

There are several Pay and Display car parks within a short walking distance of The Gateway.

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 23rd 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.
At this event, Carers can also bring the person they care for 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.



Online Activities and Events

Distance Reiki

Weekly

Every Wednesday 2.00pm to 3.00pm

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.



Seasonal Flow Yoga

Weekly

Every Wednesday 6.15pm to 7.30pm



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.

Yoga Nidra

Weekly

Every Thursday 7.00pm

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.



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

AccessAble - Your Accessibility Guide

Do you need to know about the accessibility of places and spaces? Detailed Access Guides available free at **https://www.accessable.co.uk**



Safe & Snappy

Peace of mind every day. Bands and tags that speak for them when they can't. Medical details, allergies and emergency contacts, all in one tap or scan.

For more information visit:
https://safeandsnappy.com/

and Safe asnd Snappy Shop:
https://shop.com/m/dhp5tmbwvx

Admiral Nurse Clinics Nationwide

Patients or carers can attend to see the admiral nurse – they do not need to be a Nationwide customer. For more information visit:
https://www.dementiauk.org/admiral-nurse-clinics/nationwide/

If you are unable to book online, you can send a text message with the word: APPOINTMENT to **07478 724000**, and they will receive a call to help you make a booking. If you have any questions about the clinics please contact: **nationwide@dementiauk.org**. However, if you know of anyone needing immediate support, they can contact Dementia UK's Helpline **0800 888 6678**.

nationwide | Fairer Futures

DementiaUK

AccessAva

Are you struggling to understand your rights to social care? AccessAva can help you find the right information quickly and easily.

For more information visit:
https://www.accessava.org.uk/



Face-to-Face Training for Unpaid Carers

Alzheimer's Society Carer Information and Support Programme (CrISP)

The Carer Information and Support Programme (CrISP) is a key initiative by the Alzheimer's Society that provides support and up-to-date information for carers of individuals living with Alzheimer's disease. The programme is designed to help carers gain increased knowledge of dementia, provide practical information for day-to-day coping, and empower them to access support services and financial benefits. It also aims to help carers feel better informed and less isolated, and to plan with and for the person they care for, now and in the future. The sessions are run in a confidential and friendly environment, allowing carers to share experiences and learn from others in similar situations. The next programme will be held on:

9, 16 and 23 February and 2 March 2027
1.30pm to 3.30pm
The Gateway in Room 1

This is a very popular course, and places are limited so booking is essential.
To book email: **eventsadults@warringtoncarershub.org.uk**

Autism Central

Autism Central run a wide range of free online sessions each month for parents and families of autistic children and young people. Topics include parenting support, sibling relationships, conflict management, navigating school, stress management for parents, and many more.

A formal diagnosis is not required to access the support, and all sessions are free of charge.

For more information visit:
https://www.autismcentral.nhs.uk/events

Online Training Courses for Unpaid Carers

Promas Online

Promas Online offers online training and support to help unpaid carers to deal with the challenges they face. Their courses can change carers lives. Whether its managing stress, finding coping strategies, understanding dementia, caring for yourself or caring for someone with mental ill health, to name but a few of their courses, Promas Online can help.

Following their award-winning courses having been so successful in Cornwall and Plymouth, they are now offering them online to ensure that all carers can access the training, regardless of where they live or the physical and time limits that their caring role might place upon them.

These courses are not pass or fail tests. Instead, they are designed to help carers to understand how they are coping and to offer tools and practical ways to help them to thrive in their role.

For more information visit:
https://promasonline.co.uk





Energy Voucher Fund

Prepayment Energy Vouchers 2026-27. This scheme only covers England, Scotland and Wales.

To be eligible:

1) you must have a prepayment meter for either gas or electricity (also known as a pay-as-you-go meter)

2) you or someone in your household must be in receipt of a means-tested benefit.

Or be on a low combined household gross income of less than £32,000 (two or more people), or £25,000 (single person household).

Or you do not have enough money for bills and food shopping.

For more information visit:
https://voucherfund.co.uk/ppm-energy-vouchers/

Quarter 1 (2026/27) Infographics

Welcome to a new financial year! As we begin Q1 2026/27, we're pleased to continue sharing our infographic series, bringing key information to life through clear, engaging visuals. As always, we've transformed important data, achievements and service highlights into easy-to-digest snapshots, making it simple to see the impact of our work at a glance.Throughout the year, these infographics will help showcase emerging trends, celebrate successes, and provide an accessible overview of our progress. We hope you enjoy exploring Quarter One's insights and find the visuals both informative and engaging as we embark on another successful year together.

1,364
ADULT CARERS
REGISTERED WITH THE SERVICE

"What you have done for the young carers in this school is amazing Aimee, I am really in support of it. I think it is great work."
PROFESSIONAL FROM PASTORAL TEAM

133
ADULT CARER
ONE-TO-ONE
SESSIONS DELIVERED

"Thank you for everything you have done for her, I know she has really loved her time with you Aimee."
PARENT OF YOUNG CARER

337
YOUNG CARERS
ONE-TO-ONE
SESSIONS DELIVERED

1,906
NEWSLETTERS
DISTRIBUTED

104 NEW
ADULT CARER
REFERRALS

"Helen, whose passion and dedication for supporting unpaid carers is second to none. If you are a carer, Helen is someone you absolutely need to speak to!"
ADULT CARER

73 NEW
YOUNG CARER
REFERRALS

"Just want to stay in touch, the information that I have received from yourself has been very helpful for my patients."
FRAILTY CARE CO-ORDINATOR, FEARNHEAD CROSS MEDICAL CENTRE

461
YOUNG CARERS
REGISTERED WITH THE SERVICE

404
ADULT CARERS
ATTENDING
GROUPS, EVENTS & TRAINING

"She really enjoyed the cinema trip, she was nervous at first as she didn't know anyone going but after it she was so happy. It allowed me to spend some quality time with X without feeling guilty."
PARENT OF YOUNG CARER

123
YOUNG CARERS
ATTENDING
GROUPS AND EVENTS

2,678
ADULT CARERS
REGISTERED WITH THE
CARERS COMMUNITY NETWORK

307
ADULT CARERS
BEING CONNECTED WITH SPECIALIST SERVICES

Our Partners



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.



Support and information for carers

– online or over the phone

Having the right information at the right time can make a big difference when you are caring for someone. We want to make sure carers can access support in a way that works for them. Whether you prefer getting information online or over the phone, there are free resources available to help you in your caring role.

Need information over the phone?

Carers UK has a free telephone information service for unpaid carers who do not use the internet. By calling **08008 886999**, you can listen to recorded information about:

- help with finances and household costs
- caring for someone with a specific health condition
- looking after yourself
- ways to access further help and support.

The service is free to call and available whenever you need it. Please note that this is a recorded information service and is not a helpline or crisis service.

YMCA LISTENING SERVICE WARRINGTON



Support

We are a free 1:1 support service for 11-25 year olds with mental health concerns, giving them the chance to talk in a non-judgmental safe space and develop & strengthen coping/well-being techniques over 8 sessions.



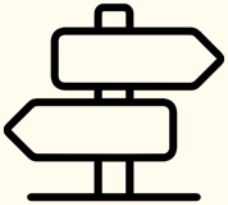
1:1 sessions

The 1:1 sessions help to provide:

- Young people with a greater awareness of mental health, reduce isolation and promote healthy relationships.
- Support young people to become more emotionally aware and resilient.
- Help young people increase their self-confidence and self-esteem.
- Empower young people to take control of their mental health.



Every Wednesday at the Living-Well Hub by referral only



Referral form via QR CODE:

Warrington Listening Service Referral Form

Contact: Katie.Ritchie@ymcasthelens.org.uk
01744 415260 OR
07840958840

Healthwatch Warrington

Patient and Public Reference Group (PPRG)

Healthwatch Warrington and Healthwatch Halton have come together to create a Patient and Public Reference Group to support the integration under the Better Care Together Programme. This is an exciting opportunity to really improve their patients' and staff's lives, while also strengthening and making their services more resilient.

The PPRG is run by Healthwatch Warrington and Healthwatch Halton, who are the independent and impartial health and social care champions. It is led by Project Coordinator, Dennis Dewar. This group is all about listening to local voices. Together, we'll shape the group's purpose, set the agenda, and encourage others to share their views on health topics that matter to them.

To get involved email Dennis at: **dennis.dewar@heathwatchwarrington.co.uk** and for more information visit: **https://www.healthwatchwarrington.co.uk/PPRG**

Youth Fed – Better Start

This programme is for young people aged 16 to 19 (up to 24 years old with an Education, Health and Care Plan (EHCP)), living in Halton and Warrington.

Youth Fed empowers young people, giving them the best start in life by offering practical and emotional support to make positive and well-informed choices to reach their full potential. 12-week programmes to build resilience, develop skills and start considering their next steps into early adulthood.

For more information visit: **https://youthfed.org.uk/better-start**
To speak with one of our Young Carers Practitioners or one of our Carers Information and Support Officers, please call **0300 303 0623** or email **eventsadults@warringtoncarershub.org.uk**



Highlights



July 2026
Carers Wellbeing Festival 2026



July 2026
DAD 2026



August 2026
Bingo at SADA



August 2026
Craft Club





August 2026
Trip to Noddfa

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, socalled 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**

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

11th Edition
December 2026 to March 2027

Young Carers Newsletter



Welcome to the 11th Warrington Young Carers Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass towards a brighter future

WARRINGTON Borough Council

NHS

Registered Charity No. 1128809

Welcome to the 11th Edition of the Warrington Carers Hub Newsletter

Hello from the Young Carers Team!

We hope you and your families are keeping well and looking forward to the festive season. As we head into December and the start of a new year, we're excited to share our latest newsletter, packed with activities, events and opportunities taking place between December 2026 and March 2027. We look forward to welcoming you along over the coming months and seeing lots of familiar and new faces.

Stay Connected
We send updates about upcoming activities and events via text message and WhatsApp, usually several weeks in advance. If you'd like to receive these updates, please let one of our Young Carers Practitioners know and we'll add you to our contact list.

Changed your phone number or contact details?
Please remember to let us know so you don't miss out on any activities, support or important information.

We'd love your feedback
Have you attended any of our activities recently? We'd love to hear what you thought. Your feedback helps us improve our service and plan activities that young carers enjoy.

Follow us on Facebook
Stay up to date with everything we're doing by visiting our Facebook page: **https://www.facebook.com/WarringtonCarersHub**
Don't forget to join our private young carers Facebook group for exclusive updates and useful links: **https://www.facebook.com/groups/648731044099252**

Got Ideas? We're Listening!
Whether you'd like to see a previous activity return, try something new, or have an exciting idea to share, we'd love to hear from you. Our service is shaped by young carers, and your views really matter.

We're here for you
Remember, our team is always here to provide support, advice and a listening ear whenever you need us.
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 wish you and your families a wonderful Christmas and New Year, and we look forward to seeing you at our activities throughout December, January, February and March!

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.

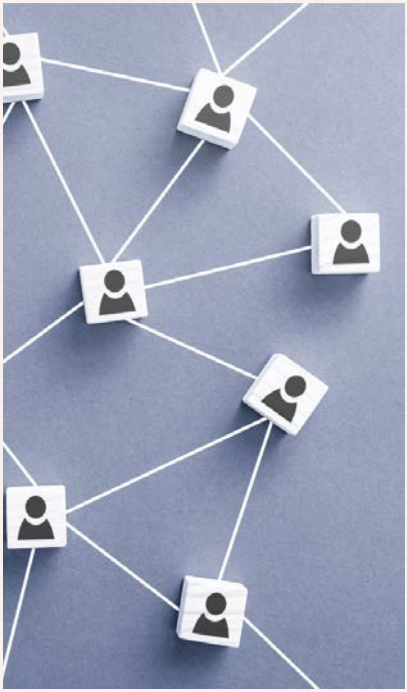
We're always clear that:

- 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 to feel supported, confident and able to enjoy being a child while still caring for the people they love.



Roz



Aimee

Welcome to Jo! - Our New Young Carers Practitioner



Hi, I'm Jo, and I'm delighted to have joined the team as the new Young Carers Practitioner at Warrington Carers Hub. I'm married to Andrew, and we have two incredible sons, along with our beautiful dog, George, who definitely rules the house!

I grew up in Cheshire and met Andrew when I was 23. Throughout my career, I have worked in a variety of roles supporting children, young people, adults, and families. My journey began with Warrington Borough Council as a Residential Care Worker, before supporting young adults to live independently in their own homes. I then moved into the Social Work team, working with older people, and later joined the Shared Lives service supporting adults. More recently, I worked for Vibe UK, a youth charity, where I managed the SEND provision. Supporting others has always been a passion of mine, both professionally and through volunteering. Over the years, I have volunteered in child bereavement services, worked as a mentor for Warrington Youth Zone, and supported the work of Dementia UK. I'm a flexible, compassionate, and understanding person, with caring at the heart of everything I do. Family and friends are incredibly important to me, and I always try to help and support others whenever I can. In my spare time, I enjoy taking George for long walks, spending time with family and friends, and making the most of every opportunity to create happy memories together. I'm really looking forward to meeting young carers and their families, getting involved in activities and groups, and helping ensure young carers receive the recognition, support, and opportunities they deserve. Please say hello if you see me at one of our sessions or events!

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 access support in school and college.
- Help young carers to take a break from their caring role.



August 2026

Ice Cream and Activities



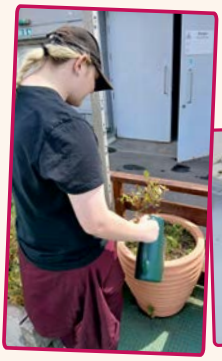




Visit to Warrington Fire Station







Gardening at Sky Garden



September 2026

Crazy Golf





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, 89 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 delighted to bring you another exciting programme filled with opportunities to relax, have fun, and connect with other young carers. Whether you'd like to try something new, get creative, enjoy a trip out, or simply take some time for yourself, there are plenty of activities to choose from. Our sessions are designed with young carers in mind, providing a safe, supportive space where you can meet people who understand your experiences, build confidence, learn new skills, and most importantly, enjoy being yourself.

Alongside the activities, our team is always here to offer advice, a listening ear, and support whenever you need it. We hope you find something that interests you and look forward to seeing you at our sessions over the coming months.

New to the service?

We'd love to hear from you. One of our Young Carers Practitioners will be happy to talk through the programme, answer any questions, and help you find activities that match your interests and needs. We look forward to welcoming you soon!

NOTE

- **You must book onto our one-off events as most of them have limited numbers and some need to be booked in advanced so we can book places and order food if applicable.**
- **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!**
- **Please note that events and groups are for young carers ONLY, unless otherwise specified.**
- **Where you see "To be confirmed", tickets have not yet been released which may affect the dates and times we can attend.**

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**

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**



December 2026

Christmas Crafts

Get into the festive spirit and join us for a fun Christmas Crafts session, where you can get creative, make new friends, and take home your own festive creations!



Wednesday 2nd December
4.00pm to 6.00pm

Room 3, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

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

Christmas Meal

Come along to our Christmas meal and enjoy good food, great company, and a chance to celebrate the festive season with other young carers.



Thursday 10th December
4.00pm to 6.00pm



Chapelford Farm Pub, Chapelford Village Centre, Santa Rosa Boulevard, Warrington, WA5 3AG

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

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.



January 2027

Games Night

Take a break and unwind at our Games Night at Geek Retreat. Meet new people, enjoy a variety of games, and spend time with other young carers in a fun and welcoming environment.

Thursday 21st January
6.00pm to 8.00pm

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

This activity is for young carers aged 13 to 17 only

Bowling

Strike up some fun at our bowling session at Disco Bowl! A great opportunity to unwind, have fun, and spend time with other young carers.

Saturday 23rd January
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

February 2027

Young Carers' Breakfast Club

Start your morning with our Young Carers Breakfast Club, where good food, great company, and a welcoming atmosphere are always on the menu.

Monday 15th February
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.



Cinema Trip

Lights, camera, action! Join fellow young carers for a fun cinema trip and enjoy an exciting movie, great company, and a chance to unwind.

Tuesday 16th February
Time and film to be confirmed

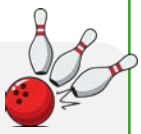
Cineworld Warrington, Time Square, Warrington, WA1 2HN

This activity is suitable for ages 7 to 12

Places are limited so make sure you book

Bowling

Strike up some fun at our bowling session at Disco Bowl! A great opportunity to unwind, have fun, and spend time with other young carers.



Wednesday 17th February 10.00am to 12.00pm

Disco Bowl, 77 the Mall, Warrington, WA1 1QE

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

March 2027

Games Night

Take a break and unwind at our Games Night at the Geek Retreat. Meet new people, enjoy a variety of games, and spend time with other young carers in a fun and welcoming environment.



Thursday 11th March 6.00pm to 8.00pm

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

This activity is for young carers aged 13 to 17 only



Disco and Karaoke to celebrate Young Carers Action Day 2027!

Celebrate Young Carers Action Day 2027 with an exciting Disco and Karaoke Party, packed with music, laughter and great company! Sing, dance, have fun, and enjoy a well-deserved break with other young carers.

CARERS TRUST





Tuesday 16th March 4.00pm to 7.00pm

Warrington Youth Zone

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 December 2026 to March 2027

As we move through the winter months and into the new year, we are delighted to share the exciting programme of activities and support available for our young carers across Warrington. We recognise the incredible contribution young carers make every day, often balancing caring responsibilities alongside education, friendships, and your own wellbeing. Our aim is to provide opportunities for young carers to take a break, have fun, build confidence, and connect with others who understand their experiences.

Festive Fun in December







December is always a special time of year, and we have planned a range of festive activities to help young carers celebrate and enjoy some well-deserved time for themselves.

Our Christmas Crafts Session will give young carers the chance to get creative and make festive decorations and gifts while spending time with friends in a relaxed and welcoming environment. Alongside this, we will be hosting a Christmas Meal, offering an opportunity to come together, enjoy a delicious festive meal, and celebrate another year of achievements.

We are also pleased to continue our Young Carers Breakfast Club, providing a friendly space where young carers can enjoy breakfast, catch up with peers, and start their day positively.



Looking Ahead to 2027

The new year brings new opportunities for young carers to connect, learn new skills, and enjoy exciting experiences.

Young carers aged 13-17 will be invited to participate in a Games Night at Geek Retreat, where they can enjoy board games, card games, and friendly competition while meeting other young carers.

We will also be heading to Disco Bowl for a fun bowling session. Whether they are seasoned bowlers or trying it for the first time, young carers can enjoy a few games, share plenty of laughs, and take a break from their caring responsibilities.

Celebrating and Connecting - Cinema Trip

Sometimes the simplest activities provide the biggest benefits. Our upcoming Cinema Trip will give young carers the chance to relax, unwind, and enjoy the latest big-screen entertainment alongside their peers. Opportunities like these are important in helping young carers take time for themselves and experience activities they may otherwise miss due to their caring role.



Young Carers Action Day 2027

One of the highlights of the year will be our celebration of Young Carers Action Day 2027. To mark this important occasion, we will be hosting a Disco and Karaoke Party, bringing young carers together for an evening of music, dancing, singing, and fun.

Young Carers Action Day shines a spotlight on the experiences and achievements of young carers across the country. It is an opportunity to recognise the vital role they play within their families and communities while ensuring their voices are heard and valued.

Continuing Support

Alongside our activity programme, our team remains committed to providing information, advice, advocacy, and emotional support to young carers and their families. We continue to work closely with schools, health professionals, community organisations, and other agencies to identify young carers early and ensure they receive the support they need.

As always, we encourage young carers and their families to get in touch if they would like advice, support, or information about any of our activities. We look forward to seeing everyone over the coming months and helping our young carers enjoy a positive, fun-filled, and rewarding start to 2027.

Thank you for being part of our Young Carers community. Together, we continue to recognise, support, and celebrate the remarkable young people who make such a difference every day.





Young Carer Challenge - Give it a Go!

Between now and March, see if you can complete these five activities:



- ☐ Try a new activity
- ☐ Make a new friend
- ☐ Attend a group session
- ☐ Share something you're proud of
- ☐ Do something just for you

How many can you tick off?

Get Involved – Don't Miss Out!

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



Coming up:

- Christmas crafts and a festive meal in December
- Games Night and bowling in January
- Breakfast Club, a cinema trip and bowling in February
- Games Night in March
- Disco and karaoke for Young Carers Action Day



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.

Remember: Taking time for yourself isn't selfish, it's important.

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 World

When we think about looking after ourselves, we often think about eating healthy food, getting enough sleep, staying active, and talking about our feelings. These are all really important, but there are lots of other things that young carers can look after too!

Looking After Friendships



Friends can help us feel happy, supported, and less alone. Being kind, listening to others, and spending time together are great ways to look after friendships. Even a simple smile or a kind word can brighten someone's day.

Looking After Your Learning

School is a place where we learn new things, develop skills, and discover what we enjoy. Looking after your learning could mean trying your best, asking questions when you need help, reading a book, or practising something new. Remember, it's okay to make mistakes because that's how we learn!



Looking After Your Family

Young carers often do a lot to help at home. Looking after your family doesn't always mean doing big jobs. It can be helping with small tasks, spending time together, or simply showing kindness and care to those around you.

Looking After Pets

If you have a pet, you'll know they need love and care too. Feeding them, giving them fresh water, helping to keep them clean, or taking them for walks are all ways of being responsible and caring for another living thing.



Looking After Nature

The world around us needs looking after as well. You can help by recycling, picking up litter, planting flowers, saving water, or caring for wildlife. Even small actions can make a big difference.

Looking After Your Fun!

One of the most important things to look after is your happiness. Make time to do things you enjoy, whether that's drawing, playing games, reading, playing outside, dancing, or spending time with friends. Having fun helps you relax and recharge.

Remember...

Being a young carer means you do a lot to help others, but it's important to look after yourself too. By taking care of your friendships, learning, family, pets, nature, and making time for fun, you're helping yourself grow into a happy, healthy, and confident young person.

Can you think of one thing you will do this week to look after yourself, someone else, or the world around you?

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

Young Carers Aged 13 to 17

Building Your Confidence and Skills

Many young carers become excellent problem-solvers because they often help manage situations at home and learn how to think creatively when challenges arise. These skills can be useful at school, in future jobs, and in everyday life.



Building confidence is another important part of growing up. Confidence doesn't always mean speaking in front of a crowd or being the loudest person in the room. It can be trying something new, joining a club, making a new friend, asking for help when you need it, or sharing your ideas with others.

Developing new skills can also be a great way to discover your interests and prepare for the future. Whether it's learning to cook, managing your time, volunteering, playing a sport, creating art, learning a musical instrument, or developing digital skills, every new experience helps you grow.





Remember that it's okay not to have everything planned out
Your teenage years are a time to explore new opportunities, learn from experiences, and discover what matters to you. Every step you take, no matter how small, helps build the person you are becoming.

As a young carer, you already demonstrate qualities that many employers, colleges, and universities value, including kindness, commitment, responsibility, and empathy. These strengths can help you achieve your goals and make a positive difference wherever life takes you.

Challenge Corner

What is one new skill you would like to learn in 2027?

- Cooking or baking
- Sports or fitness
- Music or performing arts
- Photography or media
- Volunteering
- Leadership skills
- Something completely new!



Whatever you choose, remember that learning new things and stepping outside your comfort zone can help you build confidence, make new friends, and create exciting opportunities for the future.

Looking after your mental and physical health isn't selfish - it's essential.
And you're never alone in how you feel.
To contact one of our Young Carers Practitioners, call **0300 303 0623**
or email them at **enquiries@warringtoncarershub.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