

7th Edition August to November 2025 Newsletter



**Warrington  
Carers Hub**

# Newsletter



Welcome  
to the **7<sup>th</sup>**

**Warrington  
Adult 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 7<sup>th</sup> Edition of the Warrington Carers Hub Newsletter

As we slowly move from summer into autumn with this edition, we hope you and your family are well. We have planned another variety of activities/events for you to choose from and enjoy over the coming months. Please take time to read through what we have on offer – we look forward to you joining us! If you haven't already done so, please look at our Facebook page for regular updates on our service and links to other useful services - see page 3 opposite for full details.

As always, if there is anything you have wanted to try, have enjoyed an event that we have put on in the past, or have any suggestions or innovative ideas that would help improve our services, we would love to hear from you. Our service is centred around YOU, so please do reach out and tell us what you'd like to see. We welcome and value your feedback, comments, and suggestions. **You can call us on 0300 303 0623 or email us at [enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)**

Our Team Leader and our three Carers Information and Support Officers are always available to provide you with even more advice, information, and guidance, and are simply a phone call away. Do come along to one of our Coffee & Chats and meet them face-to-face. Coffee & Chat information is in our Activities for Carers section – take a look!




We hope you find this Newsletter interesting. If you access Facebook, this is our most efficient way of providing any last-minute updates and new information in between Newsletters. You can also keep up to date with our service offer and new opportunities by visiting our website **Warrington Carers Hub**

Please let us know if you no longer wish to receive our Newsletter or if you have changed your address/other contact details and we will update our records.

Happy reading!  
Best wishes,  
Warrington Carers Hub Team

## How to Contact Us

### WARRINGTON CARERS HUB

-  **Opening Times:**  
**Monday to Friday 9.00am to 5.00pm**
-  **Telephone: 0300 303 0623**
-  **General Email:**  
**[enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)**
-  **Website: [www.warringtoncarershub.org.uk](http://www.warringtoncarershub.org.uk)**
-  **Address: FREEPOST Warrington Carers Hub**
-  **WarringtonCarersHub**



SCAN ME

# 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



You can also access our Carers' Community Network Platform. This is a virtual community where you can meet other carers to 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.

## Facebook

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

To get up to date information on our activities, events and other useful information, please join our private group for adult carers <https://www.facebook.com/groups/981201576280068>



## What our service offers



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](mailto: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](mailto:volunteering@n-compass.org.uk)**



## Activities & Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from August to November 2025. 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

**Come and meet other carers whilst enjoying a cuppa!**



These sessions are an opportunity to meet and chat with other carers and former carers and speak with a Carers Information and Support Officer, while taking a break from your caring role and enjoying 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](mailto: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.**

#### **Summer Bank Holiday**

Monday 25th August 2025

Coffee & Chat sessions will not be taking place on the above dates. This affects **Penketh only**.

# Coffee & Chats Calendar



Venue	<b>Community Room</b> Penketh Fire Station Widnes Road Warrington WA5 2UW	<b>The Living Well Hub</b> 26-30 Horsemarket Street Warrington WA1 1XL	<b>Lymm Community and Youth Centre</b> Bridgewater Street Lymm WA13 0AB	<b>Fearnhead Cross Community and Youth Centre</b> Insall Road Warrington WA2 0HD	<b>Bath Street Medical Centre</b> Legh Street Warrington WA1 1UG	<b>Creative Therapy Room</b> Hollins Park Hospital Hollins Park House Hollins Lane Winwick Warrington WA2 8WA
Date	Every Monday	Every Tuesday	Every Tuesday	Every Thursday	Every Friday	2nd Monday of every month
Time	10.30am to 12.30pm	1.00pm to 2.30pm	1.00pm to 3.00pm	10.00am to 12.00pm	12.30pm to 2.30pm	2.00pm to 4.00pm
Other Info	Free onsite parking	Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance	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 always very busy, and 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 really 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](mailto:eventsadults@warringtoncarershut.org.uk)**

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

All events are free and are for current carers registered with Warrington Carers Hub (or if your caring role has ended in the last 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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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@warringtoncarershut.org.uk](mailto:eventsadults@warringtoncarershut.org.uk)**

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

## August 2025

### Summer Picnic

Wednesday 6th August  
1.00pm to 3.00pm


 Bank Park, Bankside 5, Warrington, WA1 1UP

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

**Please note, this event is weather dependent - we will keep you updated!**

### Craft Club: Make Your Own Coasters

Thursday 12th 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.



## August 2025

### We Care Coffee Afternoons

Tuesday 5th, 19th and 26th August  
1.00pm to 3.00pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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

The afternoon is an opportunity for individuals in Warrington who have a caring responsibility to get together with one another to reduce social isolation, build support networks and be connected to other relevant services in the Hospice. Not forgetting tea, yummy cakes and even a sing along!



### Brunch and Chat

Tuesday 19th August  
10.30am to 12.30pm

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

Onsite parking available

**At this event, Carers can also bring the person they care for if they wish to do so.**

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



## September 2025

### We Care Coffee Afternoons

Tuesday 2nd, 9th, 16th, 23rd and 30th September  
1.00pm to 3.00pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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

The afternoon is an opportunity for individuals in Warrington who have a caring responsibility to get together with one another to reduce social isolation, build support networks and be connected to other relevant services in the Hospice. Not forgetting tea, yummy cakes and even a sing along!



### Summer Afternoon Tea with Live Music

Tuesday 9th September  
1.00pm to 4.00pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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






## September 2025

### Home Instead: Gentle Chair-Based Exercises with Melissa - followed by a cuppa

Friday 12th September  
10.00am to 12.00pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### We Care Coffee and Crafts

Tuesday 16th September  
1.00pm to 3.00pm

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

Onsite parking available.


**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### Brunch and Chat

Tuesday 16th September  
10.30am - 12.30pm

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

Onsite parking available.


**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### Craft Club: Candle Holder Decorator

Tuesday 23rd September  
10.30 am 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.



## September 2025

### Tax, Care and the New Guy

Tuesday 30th September  
10.30am to 11.30am

 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.

**Silvertime Legal Estate Planning Services will provide an information session on the topics listed below.**

#### Managing Care Fees

Effective strategies to navigate potential challenges.

#### Wills and Trust

Safeguarding your assets through structured planning.

#### Sideways Disinheritance

Exploring the impacts of remarriage on inheritance.


#### Lasting Powers of Attorney

Understanding their critical role and benefits.

## October 2025

### We Care Coffee Afternoons

Tuesday 7th, 14th, 21st and 28th October  
1.00pm to 3.00pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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

The afternoon is an opportunity for individuals in Warrington who have a caring responsibility to get together with one another to reduce social isolation, build support networks and be connected to other relevant services in the Hospice. Not forgetting tea, yummy cakes and even a sing along!



### Craft Club: Pompom Keyrings

Tuesday 7th 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.



## October 2025

### Tax, Care and the New Guy

Tuesday 14th October  
10.30am to 11.30am

 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.

**Silvertime Legal Estate Planning Services will provide an information session on the topics listed below.**

#### Managing Care Fees

Effective strategies to navigate potential challenges.

#### Sideways Disinheritance

Exploring the impacts of remarriage on inheritance.

#### Wills and Trust


Safeguarding your assets through structured planning.

#### Lasting Powers of Attorney

Understanding their critical role and benefits.

### Brunch and Chat

Tuesday 21st October,  
10.30am to 12.30pm

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

Onsite parking available.


**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### Bingo

Friday 31st October  
12.30pm to 2.30pm

 Bath Street Medical Centre, Legh Street,  
Warrington, WA1 1UG


Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you.



## November 2025

### We Care Coffee Afternoons

Tuesday 4th, 11th, 18th and 25th November  
1.00pm to 3.00pm

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



Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**


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

The afternoon is an opportunity for individuals in Warrington who have a caring responsibility to get together with one another to reduce social isolation, build support networks and be connected to other relevant services in the Hospice. Not forgetting tea, yummy cakes and even a sing along!

## November 2025

### Home Instead: Gentle Chair-Based Exercises with Lesley - followed by a cuppa

Monday 3rd November  
11.00am to 1.00pm

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

Onsite parking available.


**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### Brunch and Chat

Tuesday 18th November  
10.30am to 12.30pm

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

Onsite parking available.

**At this event, Carers can also bring the person they care for if they wish to do so.**

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



### Coffee Pot and Pottery Painting

Friday 14th November  
10.00am to 12.00pm

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

**Meet inside at 9.45am**

**Parking can be limited on the roads.**

You can park on The Forge Car Park, 2 West Avenue, Stockton Heath, Warrington, WA4 6HT



### Craft Club: Making Christmas Cards

Tuesday 25th 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.



## Carers' Rights Day



Carers Rights Day is a national day in the UK that aims to raise awareness of the rights of unpaid carers and help them get the support they need.

Each year, Carers Rights Day has a theme, which will be announced later in the year. As soon as we know the theme, we will plan the day around it. Watch this space!



## Support for Carers

### Warrington Carers Hub - Here for you!

Need support? We're here for you. As a registered carer with Warrington Carers Hub, you can contact us any time you need support, advice, or just a bit of guidance if you're unsure what to do next. Our team is here to help, whether it's a quick question or something more in-depth.



**Warrington  
Carers Hub**

Office hours: Monday to Friday, 9:00am to 5:00pm

**Call us on 0300 303 0623**

**Email us at [enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)**

You're never alone—we're here for you.

### CHAT Line

Our N-Compass CHAT Line gives carers the chance to chat with a trained volunteer who will offer a listening ear over the phone, provide emotional support, or just have a friendly chat. Some of our volunteers have caring experience themselves. Carers can talk about anything they wish to if they choose to receive a call.



**The  
Volunteer Hub**

Carers who are keen to join our CHAT Line will be matched with a volunteer to share regular weekly calls. This will enable the volunteer and carer to get to know each other. All phone numbers are kept private and there is no cost to the carer or volunteer.

The purpose of the CHAT line is to offer carers the chance to have a chat and reduce loneliness and isolation, which in turn can improve mood and increase self-esteem and confidence.

If you are keen get started or simply want to know more, please contact the Volunteer Hub by emailing [Volunteering@n-compass.org.uk](mailto:Volunteering@n-compass.org.uk)

### National Disabled ID (DID) Card

The aim of the National DID Card is to remove the need for individuals to always carry their paper documentation with them. The card will have a photograph of the cardholder and will only be issued to disabled people who are in receipt of some form of disability allowance or medical evidence to support their application. For more information, visit [DID Card: The National Disabled IDentification Card \(DID\)](#)



### Alzheimer's Society - Carer Information and Support Programme

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CrISP provides support and up-to-date, relevant information in a group environment, where carers can share experiences and find out about local and national services that can offer support. The programme is run as a series of 4 sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation. A trained worker from the Alzheimer's Society runs the sessions to ensure carers get the most out of the programme and can provide further information and support. The key benefits of the programme are to:



- \* enable carers to have increased knowledge of dementia;
- \* provide carers with practical information that they can use in coping with living with dementia day-to-day;
- \* help carers to feel better informed and less isolated;
- \* empower carers to access support services and financial benefits and entitlements;
- \* enable carers to plan with and for the person they care for, now and in the future.

**We will be offering a CrISP course in October, starting Tuesday 7 to Tuesday 28 October 2025, from 1.30pm to 3.30pm, in Room 1 at the Gateway. Booking is essential as places are limited. To fully benefit from the programme, attendance at all 4 sessions is highly recommended.**

### The NHS App

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What can you do with the NHS App?

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- Book and manage appointments.
- View your GP health record to see information like your allergies and medicines. If your GP has given you access to your detailed medical record, you can also see information like test results.
- Book and manage COVID-19 vaccinations.
- Register your organ donation decision.
- Choose how the NHS uses your data.
- View your NHS number.
- Use NHS 111 online to answer questions and get instant advice or medical help near you.



For more information, visit [About the NHS App - NHS](#)

# Support for Carers

## Dementia UK and Nationwide

Dementia UK has linked up with Nationwide across the country to provide you with access to support from a dementia specialist Dementia UK Admiral Nurse. The face-to-face appointment takes place in a Nationwide branch. The Warrington branch in the Golden Square is listed as a place to get information, support and advice. This service is for everyone, including non-members of Nationwide Building Society.



To book an appointment, visit:

**Dementia UK | Scheduling and Booking Website**

Appointments can be booked online, or by text, and you will be allocated a time.

## Local Energy Advice Partnership (LEAP)

LEAP helps to support as many people as possible who are at risk of going into fuel poverty. Their service is open to all types of householders – homeowners, private renters and social housing tenants.

With LEAP's free energy advice service, you can stay warm and save money on your energy bills. Find ways to save money with LEAP.



Highly trained energy efficiency advisors provide guidance and support that is specific to your energy efficiency needs, from referral, to home visit, to follow-up. The LEAP Energy Advice Service starts with a relaxed and informal energy advice call.

Call (Freephone) **0800 060 7567**  
between 8.45am and 5.30pm, Monday to Friday,  
to book your appointment.  
Or apply online at  
**LEAP - The Energy Advice & Money Saving Service**

# Weekly Zoom Sessions for Adult Carers



## Distance Reiki

Every Wednesday from 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 melt away stress and anxiety leaving you feeling calm and centred. Experience an holistic healing that addresses your body, mind, and spirit, creating a sense of peace and wellbeing. During these sessions, carers can relax in their own home while Jo guides you through a healing experience.

*"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing."* Carer



## Seasonal Flow Yoga

Every Wednesday from 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 and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.

*"I am already experiencing the mental and physical benefits from the yoga and meditation."* Carer



## Yoga Nidra

Every Thursday at 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.

*"For me Yoga Nidra ticks all the boxes – it's relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything."* Carer

To access any of our Yoga or Reiki sessions on Zoom please click:

<https://forms.office.com/Pages/ResponsePage.aspx?id=vcmdT676PUKDMghfjH5t-2wAglgMa46tFqBvpRtRQTuNURjA0TUdIVUFHT09ZNUNKNUlyU1NaWEMzRC4u>

to complete the short booking form and we will provide the Zoom link.

For further information or support, please email  
[activities@staffordshiretogetherforcarers.org.uk](mailto:activities@staffordshiretogetherforcarers.org.uk)

## Useful Information

### Hospital Support for Carers from Warrington Hospital and the Community (Living Well Hub)

Did you know that Warrington Carers Hub provides support for carers visiting Warrington Hospital? And that we also provide support for carers from within the community at the Living Well Hub? You will find Rosie at the hospital on Tuesdays and Becki and the Living Well Hub, also on Tuesdays, from 9.30am to 4.30pm. If you would like to speak with either Rosie or Becki, please call **0300 303 0623**. They are always happy to help.



Warrington  
Carers Hub



### DEMENTIA HELP

HELPING CARERS COPE

#### Dementia Help Magazine

The Dementia Help magazine may be of interest to you. It is packed with a lot of good advice and useful tips. Make a cuppa and take time out to relax and have a read

[Dementia\\_Help\\_magazine\\_issue\\_5\\_copy.pdf](#)

### Advice for carers of people with dementia at risk of going missing

To find out more about some of the things you can do to help stop people with dementia going missing, and help find them if they do, visit:

[Advice for carers of people with dementia at risk of going missing | Cheshire Constabulary](#)



Cheshire  
Constabulary

### BT and Carers UK

The UK's landlines are going digital. This is an industry-wide switch, impacting all landline providers in the UK, not just BT. BT is working with Carers UK and other charity partners to ensure everyone knows about the changes to landlines and understands the necessary steps and available support for the switch.

For more information, visit [BT | Carers UK](#)



## Our Partners

### From Humble Beginnings to Community Pillar: 40 Years of St Rocco's Hospice

St Rocco's Hospice first opened its doors on 7th May 1985 at St Ann's Vicarage in Orford. Officially inaugurated by Her Grace, the Duchess of Norfolk, the original hospice was a sturdy three-storey Victorian house, offering care to just seven in-patients. Over time, the building was lovingly extended to accommodate nine in-patients and five day-patients, reflecting the growing need for compassionate, specialist care in Warrington.



Since 1985, the dedicated nursing team has been at the heart of this mission, delivering personalised palliative care and standing beside families and loved ones during their most challenging times. At St Rocco's, every day is about making moments count, with dignity, empathy, and unwavering support.

To better serve the community, the hospice relocated to a purpose-built facility in Bewsey, completed in 1998. The first three patients were welcomed into the new building in January 1999, marking a new chapter in the hospice's journey.

Now, in 2025, St Rocco's stands strong at the heart of the Warrington community – 40 years on – continuing to provide personalised, dignified palliative care to over 540 patients and their families. Though much has changed, the mission remains the same: to make every day count. The hospice offers wraparound support that sees the person, not just their illness.

### Compassionate Care from the Moment of Diagnosis

St Rocco's Hospice's ethos is simple yet powerful: to support people in the Warrington community from the moment they are diagnosed with an illness that is no longer curable. They care for adults over the age of 18 with a wide range of life-limiting conditions, including heart failure, respiratory illnesses, and neurological diseases. But they don't just care for patients – they're there for families, friends, and carers too. When someone becomes seriously ill, it can turn life upside down for everyone around them. That's why St Rocco's offers holistic, wraparound support for as long as it's needed.

Their services are completely free of charge and available to anyone in Warrington who needs them. Whether through their Inpatient Unit, Vitality Centre, or Hospice at Home team, St Rocco's aims to be there every step of the way, with specialist care that extends to the very end of life. St Rocco's takes a holistic approach to care, supporting physical, emotional, social, and spiritual needs. Working closely with health and social care professionals, they ensure their patients receive the best possible support to help them live well for as long as they can.

### Did You Know?

More than half of the people admitted to St Rocco's Inpatient Unit return home after receiving care. Many others are supported entirely through their community services, such as the Vitality Centre or Hospice at Home team, proving that hospice care is about living, not just end-of-life.





## **Carers UK**

### **Equality: today and tomorrow**

#### **Celebrating 60 Years of Carers UK: Honouring a Legacy of Compassion and Change**

This year marks an incredible milestone – 60 years of Carers UK, an organisation founded on the pioneering vision of Reverend Mary Webster. In 1954, at just 31 years old, Mary left her role as a congregational minister to care for her elderly parents. Experiencing firsthand the isolation and financial hardship faced by unpaid carers, she began a tireless campaign for recognition and support. Her advocacy led to the formation of the National Council for the Single Woman and Her Dependants in 1965, and under her leadership, the council achieved the first legal recognition of caring responsibilities beyond childcare with the Dependant Relative Tax Allowance in 1967.

Though Reverend Webster died in 1969, her legacy lived on. The organisation she founded evolved into Carers UK, which continues to champion the rights and wellbeing of unpaid carers across the country. To mark this Diamond Anniversary, Carers UK is celebrating with a year-long programme of events, stories, and reflections. A highlight of these celebrations was a special Afternoon Tea at the House of Lords on 20th May, hosted by Baroness Pitkeathley, Vice President of Carers UK. The event, themed “Equality: today and tomorrow”, honoured the progress made over six decades and the ongoing work to support carers looking after older, disabled, or chronically ill loved ones.

We are proud to share that a former carer from Warrington Carers Hub was personally invited by Helen Walker, Chief Executive of Carers UK, to attend this prestigious event. The carer was accompanied by the Hub's Service Manager as her guest. The afternoon featured speeches from Baroness Pitkeathley and Helen Walker, alongside a rolling presentation showcasing the history and impact of Carers UK.

Adding to the memorable day, Sarah Hall, MP for Warrington South, met with the former carer and the Service Manager before the event and later gave them a personal tour of Westminster Hall, including a visit to the House of Commons and a poignant moment passing the commemorative plaque marking the lying-in-state of Her Late Majesty Queen Elizabeth II.

This celebration not only honoured the past but also reaffirmed the commitment to a future where carers are recognised, supported, and empowered. You can explore Carers UK's interactive 60th Anniversary timeline and find out how to get involved at:

**60 years of Carers UK | Carers UK**



# Highlights



**March 2025 -  
Easter Crafts**



**March 2025 -  
Winter Warmer at  
St Rocco's Hospice**



**April 2025 -  
Welcome Spring  
with Morning  
Coffee, Cake  
and Crafts**

# Highlights



**May 2025 -  
Local History and  
Memories Club**



**May 2025 -  
Celebrating a Carers  
80th Birthday**



**May 2025 -  
Dementia Awareness Day**

# Young Adult Carers

## How can Mobilise support me as a young adult carer?

Caring comes in all shapes and sizes. You might be doing a family member or friend's laundry, cooking meals, or sorting the weekly food shop.

Perhaps you're helping them with personal care such as bathing, getting dressed, or using the bathroom. Or reminding them to take their medication, driving them to regular hospital appointments, or doing their **life admin**.

If you're aged 18 to 25 and find yourself doing some of the above, you're most likely a young adult carer and this guide includes support available to you. From support from your workplace to how the local council can help and more.

Perhaps you're not caring for someone yet but can see it coming ahead. Check out this **short guide** which is helpful if you want to be prepared.

Mobilise is for anyone looking after a friend or family member who is aged 18 or over. They have a range of support services and content available to everyone. Together, they want to help those that care learn to thrive.

- Join the **Mobilise Hub** to connect with other carers and find tips and support
- Join **Cuppas**
- **Mobilise LIVES** - Sign up to the free app to view the time table
- **Mobilise courses** - Sign up to the free app to view these
- **Guide to caring** emailing course
- View their **full library of content**
- You might be eligible for **one to one support calls** individual-support if our local authority uses Mobilise (we do in Warrington)
- Follow us on **Instagram** or sign up to our **weekly emails** to stay in the loop with what support we have for carers



**Warrington  
Carers Hub**



Support from Warrington Carers Hub is a phone call away. If you'd like to speak with a Carers Information and Support Officer (or your former Young Carers Practitioner), please call us on **0300 303 0623**.

If you prefer to email, we can be reached at  
**enquiries@warringtoncarershub.org.uk**



# 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, forced 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](mailto: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

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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 – 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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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](https://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**

7<sup>th</sup> Edition  
August to November 2025



**Young  
Carers**

**Newsletter**



Welcome to the **7<sup>th</sup>** 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 7<sup>th</sup> Edition of the Warrington Carers Hub Newsletter

Hello from Warrington Carers Hub –  
Autumn Update!

We hope you and your families are keeping well and have enjoyed the lovely weather recently! As we move from summer into autumn, we're excited to bring you another great variety 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 in the loop!

We send out updates about our activities and events via text message and WhatsApp the month before they happen. If you'd like to receive these messages, please let one of our Young Carers Practitioners know so we can add you to the list. Changed your number or contact details? Don't forget to update us!

## We'd love your feedback

Did you attend any of our activities over the past four months? If so, we'd love to hear what you thought! Your feedback helps us shape future events and make them even better.

Follow us on Facebook

Stay up to date with everything we're doing by visiting our Facebook page <https://www.facebook.com/WarringtonCarersHub>

And don't forget to join our private group for young carers for exclusive updates and useful links <https://www.facebook.com/groups/648731044099252>

## Got ideas? Let's hear them!

Is there something you've always wanted to try? Enjoyed a past event and want to see it again? Got a new idea? We want to hear from you! Our service is centred around YOU, so your suggestions are always welcome. 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](mailto:enquiries@warringtoncarershub.org.uk)

## School Holiday Drop-Ins

During all upcoming school holidays, we'll be running drop-in sessions at the Gateway on Thursdays and one from the Living Well Hub on Fridays. Both sessions run from 9.30am until 4.00pm. Keep an eye out for the posts on your Facebook closed group for updates!

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](mailto:enquiries@warringtoncarershub.org.uk)

Looking forward to seeing you at one of our activities!

Happy reading!

Best wishes,

Warrington Carers Hub Team

## How to Contact Us

### WARRINGTON CARERS HUB

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

☎ **Telephone: 0300 303 0623**

✉ **General Email:**  
**[enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)**

🌐 **Website: [www.warringtoncarershub.org.uk](http://www.warringtoncarershub.org.uk)**

✉ **Address: FREEPOST Warrington Carers Hub**

📘 **[www.facebook.com/WarringtonCarersHub](https://www.facebook.com/WarringtonCarersHub)**



SCAN ME

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



## February 2025 Cinema Trip for Juniors and Seniors



## February 2025 Celebrating Young Carers Action Day!



## March 2025 Saturday Morning Mini Golf



## April 2025 Visit to Smithills Open Farm





## School Holiday Drop-Ins

When you are not at school or college, why not come along and see us if you have a question, are worried about something or just want a chat! We'll be at the **Gateway, Sankey Street, Warrington, WA1 1SR, every Thursday between 9.30am and 4.00pm**. If you're busy on Thursdays, we'll be at the **Living Well Hub, 26-30 Horsemarket Street, Warrington, WA1 1XL, on Fridays between 9.30am and 4.00pm**.



We're always available if you need us, so please do get in touch either by calling us on 0300 303 0623 or emailing us at [enquiries@warringtoncarershub.org.uk](mailto:enquiries@warringtoncarershub.org.uk)

## Young Carers' Weekly Drop-In at Warrington Youth Zone



If you haven't been to our regular Tuesday evening drop-in in the **Employability Room, Mezzanine Floor, Warrington Youth Zone**, please do come along and see us! There is a great variety of activities for you to do, or you can just come along for a chat. We have also extended the session so that it **starts at 4.00pm and finishes at 7.00pm**. Our new and improved drop-in means we are able to offer hot meals too. If you are aged between 7 and 12 years, you can stay until 8.00pm. If you would like to do this, please make sure you ask your parents/guardians first and then let us know when you arrive so that we can let Warrington Youth Zone know. If there is an activity or sport you would particularly like to do, please let us know and we'll see what we can do with the help of Warrington Youth Zone.



# Activities and Groups for Young Carers

We're excited to share our latest programme packed with even more fun, engaging, and relaxing activities just for you! Whether you're looking for a well-deserved break, a chance to try something new, or simply want to connect with others who understand what it's like to be a young carer, we've got something for everyone.

If you've never been to one of our events before, we'd love to welcome you! One of our Young Carers Practitioners will be happy to chat with you about what to expect and help you choose the activities that suit you best.

**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 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@warringtoncarershubs.org.uk](mailto:eventsyc@warringtoncarershubs.org.uk)**

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

All events are free and are for current young carers registered with Warrington Carers Hub (or for carers whose caring role has ended in the last 6 months). If you are not registered and would like to receive support and attend events and groups, please register by calling **0300 303 0623** or by emailing **[enquiries@warringtoncarershubs.org.uk](mailto:enquiries@warringtoncarershubs.org.uk)**

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

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

## NOTE

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



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 young 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@warringtoncarershubs.org.uk](mailto:eventsadults@warringtoncarershubs.org.uk)  
or call 0330 303 0623**

# Activities and Groups for Young Carers

**August 2025**

When?	Where?	What is there to do?	Who's it for?
<b>Tuesday 5th August</b>  1.00pm to 2.30pm	<b>Sky Garden Culture Warrington</b> Golden Square Warrington WA1 1UZ	Come along and learn all about gardening while helping with lots of different fun and hands-on tasks! Whether you're planting, watering, weeding, or just enjoying the fresh air, there's something for everyone to get involved in. No experience needed—just bring your enthusiasm and a willingness to get your hands a little dirty!	All ages
<b>Wednesday 6th August</b>  10.30am to 12.30pm	<b>Museum of Policing</b> Arpley Street Warrington WA1 1LQ	Not your average museum trip! We've had a look around and we all agree this is going to be an amazing summer activity for you! Forget the idea of a "boring old museum"—this place is packed with interactive exhibits and exciting stories. You'll learn about the history of Cheshire Police, hear about gruesome murders from years gone by, and even get spooked by some ghost stories! You'll also get to step inside a real courtroom, dress up in police uniforms, explore fascinating exhibits, and so much more! Trust us, you won't want to miss this one!	All ages
<b>Tuesday 12th August</b>  1.00pm to 2.00pm	<b>Sky Garden Culture Warrington</b> Golden Square Warrington WA1 1UZ	Come along and learn all about gardening while helping with lots of different fun and hands-on tasks! Whether you're planting, watering, weeding, or just enjoying the fresh air, there's something for everyone to get involved in. No experience needed—just bring your enthusiasm and a willingness to get your hands a little dirty!	All ages
<b>Wednesday 13th August</b>  10.00am to 3.30pm	<b>World Museum</b> William Brown Street Liverpool L3 8EN	Discover incredible objects from around the world, explore outer space and meet live creatures!  Transport will be provided. Meet outside the Golden Gates at 8.45am. The coach will leave promptly at 9.00am, returning at the Golden Gates at approximately 4.30pm, depending on traffic.	All ages

When?	Where?	What is there to do?	Who's it for?
<b>Monday 18th August</b>  11.00am to 1.00pm	<b>Bank Park</b> Meet outside the Golden Gates at 10.45am.	Join us for a friendly Walk, Talk and Picnic – a chance to enjoy the outdoors, have a good chat, and relax with some tasty treats! Whether you're up for a gentle stroll, want to meet new people, or just fancy a peaceful picnic in the fresh air, this is the perfect way to unwind and connect.	All ages
<b>Tuesday 19th August</b>  1.00pm to 2.30pm	<b>Sky Garden Culture Warrington</b> Golden Square Warrington WA1 1UZ	Come along and learn all about gardening while helping with lots of different fun and hands-on tasks! Whether you're planting, watering, weeding, or just enjoying the fresh air, there's something for everyone to get involved in. No experience needed—just bring your enthusiasm and a willingness to get your hands a little dirty!	All ages
<b>Tuesday 26th August</b>  2.00pm to 4.00pm	<b>Discobowl</b> Warrington Golden Square Shopping Centre Warrington WA1 1QE	Let's go bowling! Ready to knock down some pins and have a blast? Join us for a fun-filled bowling session – perfect for letting off steam, having a laugh, and spending time with friends.	All ages

## September 2025

When?	Where?	What is there to do?	Who's it for?
<b>Monday 1st September</b>  Time to be confirmed	<b>Cineworld</b> Warrington Unit 8 Warrington WA1 2LH	Lights, camera, action! Join us for a trip to the cinema – a perfect chance to relax, enjoy a great film, and spend time with friends.	Ages 7-12
<b>Monday 1st September</b>  Time to be confirmed	<b>Cineworld</b> Warrington Unit 8 Warrington WA1 2LH	Lights, camera, action! Join us for a trip to the cinema – a perfect chance to relax, enjoy a great film, and spend time with friends.	Ages 13 -17

<b>Saturday 20th September</b>  2.30pm to 4.00pm	<b>RAF Burtonwood Heritage Centre</b> Gulliver's World Theme Park Shackleton Close Warrington WA5 9YZ	Explore the History of RAF Burtonwood! Step back in time and discover the fascinating stories that shaped lives, communities, and history. Uncover the heartfelt stories of British women who married American servicemen. Experience the rich heritage of the base through personal accounts, artefacts, and immersive displays. Get up close with the aircraft that once filled the skies – learn about their roles, missions, and the people who flew them. Discover how troops and locals found joy and connection through music, film, and storytelling during wartime. Peek into the daily routines, challenges, and resilience of those who lived and worked at Burtonwood.	All family
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## October 2025

When?	Where?	What is there to do?	Who's it for?
<b>Monday 27th October</b>  1.00pm to 4.00pm	The Gateway Room 3 Sankey Street Warrington WA1 1SR	Join us for a Spooktacular Crafting Event! Get ready for a frightfully fun time at our Spooky Crafts Event where creativity meets the creepy! Come dressed in costume (optional but encouraged!). Don't miss out—it's going to be a scream!	All ages
<b>Wednesday 29th October</b>  10.00am to 12.00pm	Tenpin Warrington 10-15 Chetham Court Warrington WA2 8RF	Let's go bowling! Ready to knock down some pins and have a blast? Join us for a fun-filled bowling session – perfect for letting off steam, having a laugh, and spending time with friends.	TBC

## November 2025

When?	Where?	What is there to do?	Who's it for?
<b>Date and time to be confirmed</b>	<b>To be confirmed</b>	Firework Display	All ages
<b>Saturday 8th November</b>  10.00am to 12.00pm	<b>Discobowl</b> Warrington Golden Square Shopping Centre Warrington WA1 1QE	Crazy Golf! Expect wild obstacles, lots of laughs, and maybe even a hole-in-one! Whether you're a pro or just in it for the fun, everyone's welcome!	All ages

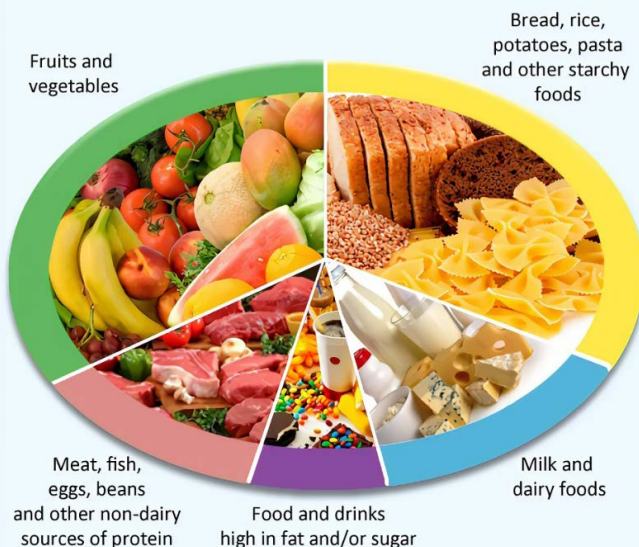


# How to stay Healthy as a Young Carer

Being a young carer means you're doing something amazing—but it also means it's extra important to look after yourself, too. Staying healthy helps you feel your best and makes it easier to care for the people you love.

## Eat Well

A balanced diet gives your body the energy and nutrients it needs. Try to eat a mix of fruits, vegetables, proteins, and whole grains. **The Eatwell Guide - NHS** is a great tool to help you see what a healthy plate looks like. And yes—treats are totally okay now and then! Just keep an eye on how much sugar and fat they contain. For tips on portion sizes, healthy swaps, and snack ideas, check out the **Better Health - NHS website**.



## Keep Those Germs Away

Staying well also means keeping germs at bay, especially when you're caring for someone else. Even small steps can make a big difference in keeping you and the person you care for safe and healthy.



Wash your hands regularly, especially before eating or after coughing or sneezing.



Avoid sharing personal items like makeup or lip balm.



Clean your things often to stop germs from building up

## 8 Tips for Healthy Eating – NHS

<https://nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

This NHS page offers simple, practical advice on how to eat a balanced diet. It includes tips on portion sizes, food groups, and how to make healthier choices every day.

### Food and Mood Diary

Keeping a note of what you eat and how it makes you feel can be incredibly helpful for several reasons.

1.

#### Understand Your Body Better

You might start noticing patterns like feeling sluggish after certain meals or more energetic after others. This can help you make more informed food choices.

2.

#### Identify Food Sensitivities

If you experience bloating, headaches, or mood swings, tracking your meals can help pinpoint potential triggers like dairy, gluten, or sugar.

3.

#### Support Mental Health

Food affects mood. For example, skipping meals or eating too much sugar can lead to irritability or fatigue. A food and mood diary helps you connect the dots.

4.

#### Share with Healthcare Providers

If you're working with a doctor, dietitian, or therapist, a detailed log can provide valuable insights into your health and wellbeing.

5.

#### Encourage Mindful Eating

Writing things down makes you more aware of what and why you're eating, helping reduce emotional or unconscious eating.

Fill in the food and mood diary on the next page. You can use these mood emojis!





	Breakfast	Snacks and Drinks	Lunch	Snacks and Drinks	Tea	Supper	Mood
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



# How to Stay Physically Fit as a Young Carer

Being active is one of the best ways to take care of your body and your mind, especially when you're also caring for someone else. The NHS recommends at least 60 minutes of physical activity every day for under-18s. This can be a mix of moderate and vigorous exercise.

## Moderate Exercise

This includes activities like walking, riding a scooter, cycling on flat ground, skipping, or walking the dog. You'll know it's moderate if you can talk but not sing while doing it!



## Vigorous Exercise

This is more intense and includes things like running, swimming, football, dancing, martial arts, or cycling uphill. It helps build stronger muscles and bones and boosts your mood too!



## Why Exercise Matters

### Better sleep

Helps you fall asleep faster and feel more rested.

### Less stress

Releases feel-good hormones that help you relax.

### Stronger body and mind

Builds physical strength and boost brain power.

### More energy

Keeps you feeling alert and ready for the day.

### Improved balance and posture

Strengthens your core and coordination.

### Healthier heart

Increases stamina and helps your body work more efficiently.

### More Confidence

Feeling fit can help you feel happier and more self-assured.

## Easy Ways to Exercise

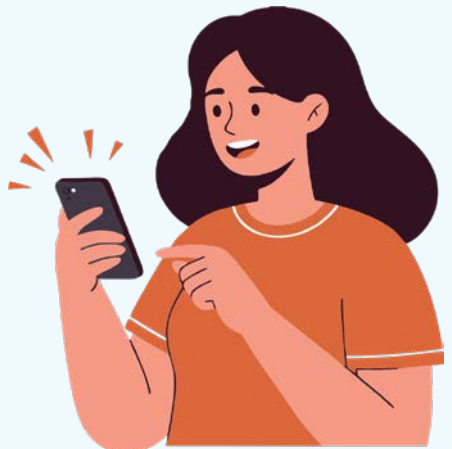
- 1. Walk to School**  
if you can—it adds up quickly!
- 2. Take the Stairs**  
instead of the lift.
- 3. Get Active at Lunch**  
kick a ball, go for a walk, or stretch your legs.
- 4. Make Your Bed**  
a small task that gets your body moving.
- 5. Help with Chores**  
cleaning, vacuuming, or tidying up all count as exercise!

## Download the App

Developed by the NHS. Trusted by families, young people and health professionals.



**Healthier Together - Apple**  
**Healthier Together - Android**





# Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

Aim for an  
average of at least

**60**

minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



SPORT



PE

Activities to  
develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**



SKIP



CLIMB



WORKOUT



DANCE

## Get strong



INACTIVITY

## Move more

Find ways to help all children and young people accumulate an average  
of at least 60 minutes physical activity per day across the week

# Helping you do the laundry for the family

## Liam and the Laundry Mountain

Liam stood in front of the laundry basket, which looked more like a mountain than a pile of clothes. Socks peeked out like little flags, and shirts were draped over the edge like tired climbers. He sighed. “Where do I even start?”

His mum had been feeling unwell lately, and Liam had taken on more around the house. He didn't mind—he just wasn't sure how to do everything yet.

Just then, his older neighbour, Mrs. Patel, popped her head over the garden fence. “Need a hand, Liam?”

He nodded. “I've never done the laundry before.”

Mrs. Patel smiled. “It's easier than it looks. Think of it like sorting a puzzle.”

Together, they sorted the clothes into three piles: lights, darks, and towels. “This helps stop colours from mixing,” she explained.

Next, she showed him how to check the labels for washing instructions. “Most things are fine on a 30 or 40-degree wash,” she said. “And don't forget to check pockets—no one wants soggy tissues!”

Liam added detergent, chose the right setting, and pressed start. The machine whirled to life.

“That's it?” he asked.

“That's it,” she smiled. “You've just conquered Laundry Mountain.”

Later that day, Liam hung the clothes out to dry, feeling proud. It wasn't just about clean clothes—it was about helping his family, learning something new, and knowing he could do it.



## Washing Machine Symbols



If your clothes are machine washable, then you'll see this tub icon on the label. The number within the tub icon shows the maximum temperature that item of clothing can be washed at. This can range from 30°C to 95°C.

## Tumble Drying Symbols



**Remember to always ask for help from an adult before using the tumble dryer**

Getting tumble drying right is easy if you use the correct temperature.

- A circle inside a square means you can tumble dry the garment
- The dots indicate temperature – one for low heat, two for slightly higher heat, and three for high heat
- A cross over the symbol means you shouldn't tumble dry the garment

Some clothes may appear similar but have different labels – they're most likely made from different fibres or blends. Some fibres or blends can change size or become furred by tumble drying. An item that's suitable for tumble drying will have been treated to protect against these effects.

## Drying Symbols

Drying your clothes can be where it all goes wrong and you either end up stretching your favourite wool jumper or shrinking your best top. In contrast to tumble drying, natural drying symbols can be harder to interpret.



- If the square has one drooping line, this means you can hang your clothes to dry on a washing line outside
- If the square has three vertical lines in it, you can drip dry your clothes on a rack indoors
- If the square has one horizontal line, you should dry the garment flat to keep its shape.

# Weekly Young Carers Drop-In Sessions



## **Make friends. Have fun. Be heard.**

Being a young carer can be tough but you're not alone.

Meeting up with other young carers is a great way to make new friends, share your experiences, and take a well-deserved break.

Join us every Tuesday evening at Warrington Youth Zone from 4.00pm to 7.00pm.

Our friendly Young Carers Practitioners will be there to welcome you, with fun activities, support, and a safe space to just be yourself.

We can't wait to see you there!

## **Warrington Carers Hub - Young Carers Practitioners**



**Sarah**



**Aimee**

### **A new chapter begins!**

We're excited to be recruiting a new Young Carers Practitioner to join Sarah and Aimee. We're looking for someone who can bring fresh energy, creativity, and passion to the team, helping us continue to support and inspire the incredible young carers we work with. Watch this space for more updates!

## 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>**





## Your Feedback

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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 – 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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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](https://www.facebook.com/groups/981201576280068)** or call **0300 303 0623** before setting out.

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**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!**