

5th Edition December 2024 to March 2025



**Warrington
Carers Hub**

Newsletter



Welcome
to
the **5th**

**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 5th Edition of the Warrington Carers Hub Newsletter

We hope you and your family are well. As the winter approaches, we have planned a variety of activities/events to help get you through to the Spring. There are plenty of different things for you to choose from over the coming months. Please take time to read through what we have on offer – we look forward to you joining us! Also, check out our free training. If you haven't already done so, please take a look at our Facebook page for regular updates on our service and links to other useful services. Find our page on Facebook at <https://www.facebook.com/WarringtonCarersHub> 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>

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

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

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 keep up to date with our service offer and new opportunities by visiting our website [Warrington Carers Hub](http://WarringtonCarersHub.com) | [n-compass](#)

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!

Wishing you and your family a very Merry Christmas and a Happy New Year.

Best wishes,
Warrington Carers Hub Team

How to Contact Us

WARRINGTON CARERS HUB

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



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' Awareness 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, 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



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



Activities & Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from December 2024 to March 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



Please note

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

The last Coffee & Chat session at Penketh Fire Station will be on Monday 16th December 2024. We will re-open on Monday 6th January 2025.

Coffee & Chats Calendar

Venue	Community Room Penketh Fire Station Widnes Road Warrington WA5 2UW	The Living Well Hub 26-30 Horsemarket Street Warrington WA1 1XL	Lymm Youth and Community Centre Bridgewater Street Lymm WA13 0AB	Fearnhead Cross Community and Youth Centre Insall Road Warrington WA2 0HD	Bath Street Medical Centre Legh Street Warrington WA1 1UG	Creative Therapy Room 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



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 can 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@warringtoncarershub.org.uk

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

All events are free and are for current carers registered with Warrington Carers Hub (or if your caring role has ended in the last 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.

December 2024

Winter Warmer

Monday 2nd December 11.30am to 2.30pm

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

Enjoy a bowl of hot homemade soup and a cake in the warmth and comfort of St Rocco's Hospice. Onsite parking available.

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

Guest Speakers: Staff from the Energy Team, Warrington Disability Partnership.

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



Carers' Turkey and Tinsel Event

Tuesday 3rd December 11.45am to 2.45pm

Chapelford Farm Inn, Chapelford Village Centre, Santa Rosa Boulevard, Great Sankey, WA5 3AG

2 or 3 course meal. Please let us know your preference and menu choices when booking. Also included Bingo, Quiz and Prizes! Onsite parking available.

Please contact us on 0300 303 0623 to ask for a menu and we will send one to you.



December 2024

Festive Carers Pamper – Radiance Revival with Rianne at Penketh Coffee & Chat

Monday 9th December 10.30am to 12.30pm

📍 Community Room, Penketh Fire Station, Widnes Road, Warrington, WA5 2UW

Free onsite parking available.



Festive Carers Pamper – Radiance Revival with Rianne at Fearnhead Coffee & Chat

Thursday 12th December 10.00am to 12.00pm

📍 Fearnhead Cross Community and Youth Centre, Insall Road, Warrington, WA2 0HD

Free onsite parking available.



Festive Carers Pamper – Radiance Revival with Rianne at Lymm Coffee & Chat

Tuesday 10th December 1.00pm to 3.00pm

📍 Lymm Youth and Community Centre, Bridgewater Street, Lymm, WA13 0AB

Onsite parking not available, but there is a Pay and Display car park within a short walking distance.



Festive Carers Pamper – Radiance Revival with Rianne at Bath Street Medical Centre Coffee & Chat

Friday 13th December 12.30pm to 2.30pm

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

Free onsite parking available.



December 2024

Carers Breakfast Club

Tuesday 17th 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.

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



Beetle Drive

Friday 17th January 12.30pm to 2.30pm

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

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



January 2025

Craft Club: Diamond Art Coasters

Tuesday 7th 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 21st 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.

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



January 2025

Winter Warmer

Wednesday 15th January 11.30am to 2.30pm

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

Enjoy a bowl of hot homemade soup and a cake in the warmth and comfort of St Rocco's Hospice. 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.



Carers Breakfast Club

Tuesday 18th 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.

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



February 2025

Craft Club: Decoupage

Tuesday 4th 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.



Winter Warmer

Friday 14th February 11.30am to 2.30pm

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

Enjoy a bowl of hot homemade soup and a cake in the warmth and comfort of St Rocco's Hospice. Onsite parking available

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

Home Instead will be running one of their Love to Move taster sessions.

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



March 2025

Craft Club: Easter Card Making

Tuesday 4th 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.



Winter Warmer

Monday 24th March 11.30am to 2.30pm

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

Enjoy a bowl of hot homemade soup and a cake in the warmth and comfort of St Rocco's Hospice. 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.

Carers Breakfast Club

Tuesday 18th 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.

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



Training for Adult Carers

Free Training for Adult Carers

Warrington Carers Hub is delighted to be able to offer the below free training to all adult carers. To book your place on any course/session, please email eventsadults@warringtoncarershub.org.uk



Connect 5 is an educational input designed to improve confidence in engaging in conversations about mental wellbeing. This training will be delivered by n-compass' Wellbeing Trainer. The minimum number of places to enable this course to run is 6.

There will be 10 places available only on Tuesday 2nd December 2024 so booking is essential.

Room M10, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

You will be met in Reception by one of our Team.

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

Our Infographics

Our Quarter 2 2024/25 Infographics

We are excited to include infographics in our newsletter! This decision stems from our commitment to enhancing your reading experience. Infographics allow us to let you know what we did from July to September 2024 and presents complex information in a visually appealing and easily digestible format. They help break down data into engaging visuals, making it simpler for you to understand key points and trends. By incorporating infographics, we aim to make our content more dynamic and enjoyable, ensuring you get the most out of each issue.

1,135
ADULT CARERS
REGISTERED WITH
THE SERVICE

276
YOUNG CARERS
REGISTERED WITH
THE SERVICE

“Fantastic job promoting the service. When you're caught up in the moment, it's easy to forget how much we accomplish as a team and service. Thank you all for your time and effort. You are fantastic ambassadors of our service and amazing advocates for carers. I hope you enjoyed the experience!”
HEAD OF SERVICE - CARERS ABOUT WARRINGTON CARERS HUB DEBUT ON RADIO WARRINGTON

229
ONE TO ONE
SESSIONS DELIVERED
TO ADULT CARERS

212
ONE TO ONE
SESSIONS DELIVERED
TO YOUNG CARERS

IDENTIFIED
& SUPPORTED
115
ADULT CARERS

“Carer came into reception today to say a big thank you and to say how much they appreciated the help from everyone. With help from the service, rent arrears have been cleared and the funeral went without hitch. They did let their brother-in-law know afterwards how they felt. Carer was supported by his daughter. They feel like they can now start to rebuild their life. Carer will continue to access their regular Coffee and Chat session.”
CARER

IDENTIFIED
& SUPPORTED
22
YOUNG CARERS

“I've just listened too and you were all amazing! Thank you for doing this!”
SERVICES DIRECTOR ABOUT WARRINGTON CARERS HUB DEBUT ON RADIO WARRINGTON

2,262
ADULT CARERS
REGISTERED WITH THE
CARERS COMMUNITY
NETWORK
- PEER SUPPORT FOR CARERS

126
ADULT CARERS
ATTENDED CARERS' HUB
GROUPS, ACTIVITIES
AND EVENTS

162
YOUNG CARERS
ATTENDED CARERS' HUB
GROUPS, ACTIVITIES
AND EVENTS

“We had the most brilliant day on the river, we all loved it so much, thank you, Agnus and Paul were so welcoming. We had the best time in their company and we hope to see them again.”
FAMILY

238 ADULT
CARERS
BEING CONNECTED WITH
SPECIALIST SERVICES

“As always, I'd just like to state the (hopefully) obvious - that I'm immensely grateful and proud to be involved with the Warrington Carers Hub, and that I'll absolutely jump at the chance to be part of any future events/work that you'd like me to support/be involved in.”
REIKI PRACTITIONER

WE DISTRIBUTED
1,743
NEWSLETTERS

Zoom Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit zoom.us/join For further information, simply click the links on each meeting to join, or type in the Meeting ID and passcode. We have included some feedback from carers who have attended these sessions at the bottom of each section for you to read.

Some sessions may be subject to change. Any changes to sessions and times will be posted on our Facebook page.

Weekly Sessions

Distance Reiki with Jo Fellows 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 melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. 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

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWwMwZz09>

Meeting ID: 813 5194 3140

Password: 940735

Seasonal Flow Yoga with Jo Thorne Every Wednesday, 6.15pm-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 well-being. 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

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMrCnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

Yoga Nidra with Jo Fellows This is a recurring meeting – meet anytime

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 - its relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything."
Carer

Zoom Link: <https://us02web.zoom.us/j/85925413166>

Meeting ID: 859 2541 3166

Password: 466376

Useful Information

Charity for Civil Servants

The Charity for Civil Servants can be accessed by current, former and retired civil servants when they face tough times. The Charity can support with things like money worries, health and wellbeing, caring for others, relationships and domestic abuse, bereavement, gambling and addiction and wellbeing at work. To find out more: [Charity For Civil Servants | For whatever happens \(cfcs.org.uk\)](https://www.cfcs.org.uk) In conjunction with Carers UK, the Charity for Civil Servants has created a Digital Resource for Carers. This is for any Carers to access not just civil servants: [Digital resource for carers | Charity for Civil Servants \(cfcs.org.uk\)](https://www.cfcs.org.uk)

CHARITY FOR CIVIL SERVANTS

Home Library Service

If you are unable to visit the library because of ill health, disability issues or carer responsibilities, you can register to join the Home Library Service. This can be for a long or short-term period. You will be allocated a volunteer who will choose books – matched to your reading interests and needs – and deliver them to your home. The volunteer will visit you regularly to collect and exchange items by an arranged agreement. If you would like to find out more, please contact Amy Foster at afoster@livewirewarrington.org



Unpaid Carers' Leave

Employees are entitled to unpaid leave to give or arrange care for a dependant who has a physical or mental illness or injury that means they're expected to need care for more than 3 months, a disability ([as defined in the Equality Act 2010](#)), care needs because of their old age. The dependant does not have to be a family member; it can be anyone who relies on them for care. Employees are entitled to Carer's Leave from their first day of work for their employer. [Their employment rights](#) (like holidays and returning to their job) are protected during Carers' Leave. Employees can take up to one week of leave every 12 months. A week means the length of time they usually work

over 7 days. For example, if someone usually works 3 days a week, they can take 3 days of Carers' Leave. They can either take a whole week off or take individual days or half days throughout the year. If an employee needs to care for more than one person, they cannot take a week of Carers' Leave for each dependant; they can only take one week every 12 months. They can use the week of leave on more than one dependant. To find out more: [Unpaid carer's leave - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



GOV.UK

Our Partners

Applying for a Blue Badge

We often have Carers who want to apply for a blue badge. This can be done on-line via the council website. If you do not have the internet at home and you have no one to help you, you can call the council on **01925 443322**. Listen to the list of options and **select option 6** which is Blue Badges/ Bus and Rail passes. The team has told us they can do the assessment over the telephone, which usually takes about 45 minutes to complete. There is documentation they will need copies of so these will need to be copied and sent to the department. The assessor will give you a reference number and you can send any paperwork required using that reference number.



Dementia: what next?

This is an online programme for people affected by dementia. The new, free online series, "Dementia: what next?" is designed to help you learn more about dementia and the next steps you could take. Hosted by Dementia UK's dementia specialist Admiral Nurses, the sessions will provide you with expert information and advice on topics we are frequently asked about, helping you navigate the future with more confidence. This programme could be invaluable for Carers, especially for those caring with a recent diagnosis. To find out more:

<https://www.dementiauk.org/information-and-support/how-we-can-support-you/dementia-what-next/>



Our Partners

Directions for Men

Directions For Men provides groups for men to come and talk about whatever it is that is affecting their mental health. They support men who are suffering from anxiety/depression or just not feeling themselves, victims of domestic abuse, suffering from physical/sexual/emotional abuse, feeling isolated, problems with housing, debt, employment, relationships, drug or alcohol use, or just feeling a bit lost with no sense of purpose. Directions For Men provides groups and activities where men can meet other men and talk about issues affecting them and receive support, a listening ear and some guidance. Directions for Men provide ongoing support for emotional wellbeing with preventative check-ins and longer-term follow-up, as many mental health care options as possible, Talking Therapy, Cognitive Behavioural Therapy and Mindfulness. **To find out more: Welcome to Directions For Men**



Directions
For Men



Highlights

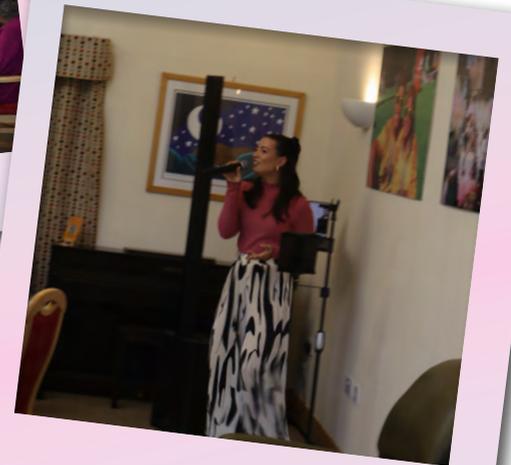
July 2024 – Annual Carers' Wellbeing Festival



**Craft Club:
Cross Stitch**

Highlights

September 2024 – Summer Garden Party with Live Music at St Rocco's Hospice



10 ways to prioritise ourselves every day as unpaid carers



1. Just be

The Italians call it, “dolce far niente”, the “sweetness of doing nothing”. Stopping everything for a short while restores us in mind, body and soul. Try this quick exercise to achieve five minutes of peace: Find a comfortable place to sit or lie down; turn off your phone; give yourself permission to relax and close your eyes; take three deep breaths into your stomach and sigh as you breathe out; continue to breathe normally and calmly for as long as we like. When you decide to stand up, take it gently. Have a hot drink and a biscuit before carrying on with your day.

2. Enjoy an activity

Engaging in things you really enjoy can be a powerful way to reconnect with your sense of self. It can be both relaxing and distracting to get absorbed in something different, yet familiar. Devote 20 minutes to something you like to do and see how it makes us feel: read a book; sketch; doodle; colour in; do a jigsaw or crossword; visit an online gallery or museum for a virtual tour; learn a new skill.

3. Pamper yourself

Getting out for a massage might feel or be impossible – but if you enjoy a spa day, why not create a mini spa environment at home. Here are some ideas to try: enjoy a luxurious long bath with some delicious, scented bath oil; give yourself a head or hand massage give yourself a facial or a manicure.



4. Go shopping in your wardrobe

Can't get to the shops? Bring the high street home by “shopping” your own wardrobes. This is a great idea when you feel you've nothing new to wear – and great for decluttering too! Here's how to get started: be ruthless! A good clear out leaves room for new stuff and can feel really liberating! Start in one area, e.g. shoes. Take them all out and then try them on. Are there some you haven't seen for a while? Do you still like them? Decide which to keep and which to give away.

5. Get Physical

Sitting down all day can make us feel sluggish and uninspired. Shake off the inertia, move your body, and use muscles you've forgotten about. It's all about having fun! You could go for a brisk walk; put on some music and dance around the kitchen; try running and walking for 30 seconds alternately – great cardio work out!

6. Cook something special

Allow yourself the time and luxury to make a special dish – or a cake – that you just don't normally get to make. Immerse yourself in the creation process – the smells, the flavours – imagining enjoying and sharing the results as you go.



7. Write a short story

Creative writing is a great way to get lost in an activity, limited only by your imagination! Simple ways into writing can include: put a word in the centre of a page and do a mind map of meanings and connected words; take your name and write sentences – or a poem – beginning with each letter; tell a story from your childhood, “My earliest memory ...”; write a letter to someone you admire; try using these story openings: “My superpower is ...”; “The last time I went to ...”; “I was never very good at ... until ...”; and the classic “Once upon a time ...” There are endless ways for you to explore your imagination!

8. Get outside

Chinese philosopher Lao-Tzu said: “Search your heart and see. The way to do is to be.” As carers, you are on the go all the time, but stopping to observe the world around you can be both calming and rejuvenating. Try taking a seat outside a café and watching the world go by – people watching is fascinating! Go for a nature walk and really observe your surroundings. Sit on a bench and day-dream – what thoughts appear?

9. Make plans

Allow yourself 20 minutes to review your situation – your environment, your relationships, your dreams, your wishes, etc. In a calm space, think about where you would like to make some changes and then look at ways to plan for those changes. Remember to look at all the positives in your life!

10. Remember that you matter, too

Give yourself permission to put yourself first – this is not selfish but essential for your wellbeing. You have authentic needs and they need taking care of. Take note of how you are feeling and notice how that changes when you take care of your needs. Enjoy our time off! Taking time for you is not taking time away from anyone else.



Young Adult Carers

Development of Support Group for Young Adult Carers



Are you a Young Adult Carer aged 18 to 25 years? If so, we would like to hear from you. We need your help to develop a support group for your age range. You have told us previously that attending activities for adult carers is not for you as most of the activities/events are held during the day when you are at college or working and at weekends when those of you at college have part-time/casual jobs. To have your views and opinions heard and/or to get involved in developing, setting up and running groups/sessions, please email us at eventsyc@warringtoncarershub.org.uk

Some things for you to consider.

- Are you currently receiving or would like to receive support from Warrington Carers Hub?
 - What kind of support would you find most useful?
 - 1:1 support from a Carers Information and Support Officer
 - Groups (peer support)
 - A mix of both
 - Online support
 - Other – think about what
 - If we were to organise group activities for Young Adult Carers, what would you like to do, e.g. fun activities or practical support such as CV writing, interview and employability skills? Please let us know what specific activities you may be interested in.
 - How often would you like to attend sessions?
 - Monthly
 - Every 2 months
 - Quarterly
 - Which days of the week and times would be most suitable for you to attend groups?
 - Anything else you would like to share with us that would help us to develop this service.

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

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 248469

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 – 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.





Young Carers

Newsletter



Welcome to the 5th Edition of the Warrington Carers Hub Newsletter

We hope you and your families are all well and that the start of your new academic year went well. By the time you receive this Newsletter, you will have enjoyed half-term and hopefully will have attended some of our activities. It would be good to hear what you thought about them! If you haven't already done so, please take a look at our Facebook page for regular updates on our service and links to other useful services. Find our page on Facebook at <https://www.facebook.com/WarringtonCarersHub> To get up to date information on our activities, events and other useful information, please join our private group for young carers <https://www.facebook.com/groups/648731044099252>

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

Once again, we have a variety of activities/ events for you to choose from and we hope you will be able to join us! There's always

a warm welcome and a friendly face to greet you! We send out information about our activities/events by text message and WhatsApp the month before they take place. If you would like to receive these messages, please let one of our Young Carers Practitioners know so that we can add you the messaging list. If you've changed your mobile number, or any other details, make sure you tell us so we can update our records!

During all upcoming school holidays, we will be offering a drop-in at the Gateway on Thursdays and one from the Living Well Hub on Fridays. Both sessions are available from 9.30am until 4.00pm – look out for the posts on your Facebook closed group!

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
Happy reading!

Wishing you and your family a very Merry Christmas and a Happy New Year.

Best wishes,
Warrington Carers Hub Team

How to Contact Us

WARRINGTON CARERS HUB

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



SCAN ME 

Welcome to the 5th Warrington Young Carers Newsletter

Supporting unpaid adult and young carers across Warrington

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.



July 2024 Party in the Park 2

Party in the Park 2 was attended by over 200 young disabled people and 7 Young Carers.



August 2024 Chocolate Workshop

14 Young Carers took part in our Chocolate Workshop and made some amazing chocolate treats to take home!



August 2024 Lymm Cruising Club

12 Young Carers (aged from 6 to 15 years), accompanied by their siblings, parents and grandparents, and totalling 28 people, enjoyed the morning cruising down the Bridgewater Canal from the Club to Ye Olde No. 3 (Stonegate).



September 2024 Saturday Morning Bowling

12 Young Carers enjoyed games of bowling on Saturday morning – great start to the weekend!



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



Young Carers' Weekly Drop-In at Warrington Youth Zone

If you haven't been to our regular Tuesday evening drop-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

Welcome to our latest young carers' activities and groups programme which runs from December 2024 to March 2025. Once again, we have even more activities on offer this time and we hope you can join us for a well-deserved break and some fun! If you have not been to one of our events before, we'd love to see you at a future one! You can speak with one of our Young Carers Practitioners about what to expect and which one you would like to go to.

You must book 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.

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 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@warringtoncarershub.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.

December 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Monday 2nd December	Main Hall The Gateway	Christmas Crafts	4.30pm to 6.30pm	All ages
Saturday 14th December	Pizza Hut Junction 9	Christmas Get Together	12.00pm to 2.30pm	All ages

January 2025

When?	Where?	What is there to do?	What time?	Who's it for?
To be confirmed	Parr Hall Warrington	Pantomime	To be confirmed	All ages

February 2025

When?	Where?	What is there to do?	What time?	Who's it for?
To be confirmed	Cineworld Warrington	Cinema Trip	To be confirmed	Ages 7 to 12
To be confirmed	Cineworld Warrington	Cinema Trip	To be confirmed	Ages 13 to 17

March 2025

When?	Where?	What is there to do?	What time?	Who's it for?
Saturday 22nd March	Golden Square Warrington	Mini Golf	9.45am to 11.15am	All ages



Activities and Groups for Young Carers



Young Carers Action Day is an annual event, organised each year by Carers Trust, with carers' organisations across the UK taking part. It's a day for raising public awareness of Young Carers and Young Adult Carers, the pressures and challenges they face, and the incredible contribution they make by caring for their family members and friends. It is also a day to call for more action to support Young and Young Adult Carers and give them the extra bit of help they need to live full and healthy lives.

In school they can fall behind, miss classes, not have time for homework or extra activities (let alone friendships), feel tired, and physically and emotionally under pressure from their caring role. When considering college or career choices, having to care for someone at home can really impact on a young person's plans, limiting their options, including whether they can leave home, how far they can go, and if in fact they can go at all. And even when in work, a lack of support or understanding can pile even more pressure on a Young Carer, meaning they are likely to have to quit.

The Carers Trust's 2023 Young Carers' Survey showed ONE in THREE Young Carers struggle to balance caring with education and this can have a big impact on whether they can get on at school, go to university, or get a job or an apprenticeship.

Each Young Carers Action Day has a theme. The 2024 theme was Fair Futures for Young Carers. The day focussed on building a more equal future for Young Carers and removing barriers that many of their peers do not face. We have been working with our primary and high schools to suggest they take part in this annual event and have offered our support to them. We have had positive feedback from schools and they are keen to get involved next year.

We would ask that all Young Carers and Young Adult Carers speak with teaching staff in their establishments and encourage involvement in this event. We need your help to bring about change!

The theme for 2025 will be announced in the new year so watch this space...

But for now, we leave you with a quote from a Young Carer who lives in Surrey:

"If someone looks like they're having a bad day or they're significantly late, they (teachers/employer) could pull them aside at the end of the lesson and see how they are instead of just giving them a detention to start with."

And ask you a question...

Do you know who can speak with in school/college/work if you needed support with your caring responsibilities?

mobilise's To-do list or not-to-do list, that is the question!

7 Top Tips to create a realistic To-Do List

A to-do list can be a powerful tool to help us stay organised. But not all to-do lists are created equal. A poorly designed to-do list can actually be counterproductive and often leads to disappointment. So here are some top tips we can try (even if it's just one that we pick from) to have a to-do list that works for us.



1. Make a shorter to-do list, that is achievable

This means breaking down your larger goals into smaller, achievable tasks.

2. If a to-do list isn't working for us, try not having one (or maybe not having one every day)

Sometimes, we tend to write things down so that it's etched into our brains to get things done. So we may find that we then only rely on what we remember, rather than going back to the to-do list.

3. If we find ourselves getting distracted, set an alarm to go off every half hour and reset our focus

Setting boundaries is hard as carers – there's always things cropping up which means putting our own things on the back burner. A method that can help us block out time and distractions is called time-blocking. This means blocking out time on our calendar, whether it be 15 minutes, half an hour, or an hour to get things done.

4. Ask ourselves, "Do these things really need to be done?"

Be realistic about what we can accomplish in a day. It might just be three tasks a day. Or one big one.

5. Focus on what difference it will make to tick off some of these things

For example, how will it feel when x, y, z are done?

6. Focus on how we want to feel by the end of the day, rather than what you want to have done

It's important to not live by a to-do list. Instead, the to-do list should be a tool to help us live better and make things go smoother. If the to-do list feels like it's taking over our lives, take a step back to reflect on whether it's making us feel exhausted or accomplished.

7. If there is someone else in our household, give each other five small achievable things to do for each other

Asking for help can also be something to consider when creating a to-do list. We can go much further asking others for help. Perhaps asking anyone in our household if they can help with three to five small tasks that can really make a difference.



Christmas Colouring



Useful Numbers

Warrington Carers Hub
0300 303 0623

Children's Safeguarding/Social Work Team
(Open Monday to Friday, 8.30 am to 5.00 pm)
01925 443322

Access to Social Care (First Response Team)
(Open Monday to Friday, 8.30 am to 5.00 pm)
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 999
If you believe a child or adult is at immediate risk of harm, dial 999

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

The Samaritans
01925 235000

Childline
0800 1111

NSPCC
0808 800 5000

Papyrus Helpline UK
0800 068 4141
Text 07786 209697
pat@papyrus-uk.org
(Monday to Friday 10.00 am to 10.00 pm)

(Weekends and Bank Holidays
2.00 pm - 10.00 pm)

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

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

Warrington Foodbank
07583 080521
Email:
Info@warrington.foodbank.org.uk
Website:
https://warrington.foodbank.org.uk



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit you and other carers – 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!

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