

6th Edition April to July 2025 Newsletter



**Warrington  
Carers Hub**

# Newsletter



Welcome  
to  
the **6<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 6<sup>th</sup> Edition of the Warrington Carers Hub Newsletter

Welcoming spring and summer with this edition we hope you and your family are well. We have planned a 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 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@warringtoncarershubs.org.uk](mailto:enquiries@warringtoncarershubs.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 – 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 keep up to date with our service offer and new opportunities by visiting our website

[www.warringtoncarershubs.org.uk](http://www.warringtoncarershubs.org.uk)

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 Happy Easter!

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

🌐 **Website: [www.warringtoncarershubs.org.uk](http://www.warringtoncarershubs.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, 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 April to July 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.**

#### Good Friday

18th April 2025

#### May Day

Monday 5th May 2025

#### Easter Monday

21st April 2025

#### Spring Bank Holiday

Monday 26th May 2025

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

# Coffee & Chats Calendar

Venue	<b>Community Room</b> <b>Penketh Fire Station</b> <b>Widnes Road</b> <b>Warrington</b> <b>WA5 2UW</b>	<b>The Living Well Hub</b> <b>26-30 Horsemarket Street</b> <b>Warrington</b> <b>WA1 1XL</b>	<b>Lymm Community and Youth Centre</b> <b>Bridgewater Street</b> <b>Lymm</b> <b>WA13 0AB</b>	<b>Fearnhead Cross Community and Youth Centre</b> <b>Insall Road</b> <b>Warrington</b> <b>WA2 0HD</b>	<b>Bath Street Medical Centre</b> <b>Legh Street</b> <b>Warrington</b> <b>WA1 1UG</b>	<b>Creative Therapy Room</b> <b>Hollins Park Hospital</b> <b>Hollins Park House</b> <b>Hollins Lane</b> <b>Winwick Warrington</b> <b>WA2 8WA</b>
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 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@warringtoncarershub.org.uk](mailto: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](mailto:enquiries@warringtoncarershub.org.uk)**

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

If after having booked any activity you are no longer able to attend, would you please let us know as soon as you can. This will give other carers the opportunity to attend, especially where events become fully booked and we have reserve lists.

**Email: [eventsadults@warringtoncarershub.org.uk](mailto:eventsadults@warringtoncarershub.org.uk)**

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

## April 2025

### Carers Breakfast Club

Tuesday 15th April, 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.

### Welcome Spring with Morning Coffee and Homemade Cakes

Wednesday 16th April, 11.00am to 1.00pm

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

Free 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.



## April 2025

### Craft Club: Make Your Own Jewellery

Tuesday 22nd April, 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.



### Beetle Drive

Friday 25th April, 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.



## May 2025

### Craft Club: Make Your Own Coasters

Tuesday 6th May, 10.30am to 12.30pm


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

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



### Local History and Memories Club: Garven Place

Tuesday 13th May, 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.






## May 2025

### Brunch and Chat

Monday 19th May, 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.



### We Care Coffee and Crafts

Tuesday 27th May, 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.



## June 2025

### Craft Club: Paint Pour Book Markers

Tuesday 3rd June, 10.30am to 12.30pm

 The Gateway, Room M10, 85-101 Sankey Street, Warrington, WA1 1SR

You will be met in Reception by one of our Team. A selection of Pay and Display car parks are available within walking distance of the Gateway.



### Carers Breakfast Club

Tuesday 17th June, 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.



## June 2025

### Visit to Safety Central

Wednesday 25th June, 3.00pm to 5.30pm

 Safety Central, Cliff Lane, Warrington, WA13 0TE

Safer Together - Home, Fire and Personal Safety, and Online Scams. Free onsite parking available.



### Carers' Wellbeing Festival

Tuesday 8th July, 12 noon to 3.30pm

 Walton Hall and Gardens, Walton Lea Road, Higher Walton, Warrington, WA4 6SN

Onsite parking available. Please drive up to the Main Hall and you will be directed to the car park.

**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.



## July 2025

### Craft Club: Make Your Own Garden Pot

Tuesday 1st July, 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.



### Disability Awareness Day 2025

Sunday 13th July – 10.00am to 4.45pm

 Walton Hall and Gardens, Walton Lea Road, Higher Walton, Warrington, WA4 6SN


Stewards will direct you to the Pay and Display car parks.

**There is no need to book. At this event, Carers can also bring the person they care for if they wish to do so.**



### Brunch and Chat

Monday 14th July, 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.



### International Self-Care Day – Walk, Talk and Light Lunch

Thursday 24th July, 11.00am to 2.00pm

 Bank Park and Caffè Caruso.  
Meet outside the Golden Gates at 10.45am


**Booking is essential – you will not be able to join the walk on the day.**

A selection of Pay and Display car parks are available within walking distance of the Golden Gates or if you prefer to park near Caffè Caruso, the Golden Square Multi-Storey Car Park is an alternative.



### Tax, Care and the New Guy

Tuesday 15th July, 10.30am to 11.30am

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

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


- Wills and Trusts: Safeguarding your assets through structured planning.
- Lasting Powers of Attorney: Understanding their critical role and benefits.
- Managing Care Fees: Effective strategies to navigate potential challenges.
- Sideways Disinheritance: Exploring the impacts of remarriage on inheritance.

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



### We Care Coffee and Crafts

Tuesday 29th July, 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.



# Carers Week

## Monday 9th to Sunday 15th June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

During Carers Week 2025, Warrington Carers Hub and Rianne, will be providing pamper sessions at every Coffee & Chat. There will also be extra special cake treats!

**And on the Wednesday, there will be a  
Walk, Talk and Light Lunch event taking place –  
please see below for details.**

### **Monday 9th June, 10.30am to 12.30pm**

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

### **Tuesday 10th June, 1.00pm to 3.00pm**

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

### **Wednesday 11th June, 1.00pm to 4.00pm**

Walk, Talk and Light Lunch

Sankey Valley Park and St Rocco's Hospice

Meet Rosie outside St Rocco's Hospice, Lockton Lane,  
Bewsey, Warrington, WA5 0BA at 12.45pm

Return to St Rocco's at 1.45pm. Lunch will be at 2.00pm.

Booking is essential – you will not be able to join the walk on the day.

### **Thursday 12th June, 10.00am to 12.00 noon**

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

### **Friday 13th June, 12.30pm to 2.30pm**

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

# Support for Carers

## Celebrating 60 years of Carers UK

Since being founded by Reverend Mary Webster in 1965, Carers UK has been at the forefront of raising awareness of unpaid carers and campaigning to make their lives better. This is an incredible milestone!



To quote Carers UK; ***“Our diamond anniversary is not just a time to reflect on our journey but also an opportunity to honour the millions of carers who have been at the heart of everything we do.”***

Throughout 2025, Carers UK will be marking this special occasion with events, activities, and stories that celebrate the progress made for carers and highlight the work still to be done.

Please do check their website at [60 years of Carers UK | Carers UK](#) where you will find an interactive timeline which charts key moments over the past six decades, showcasing milestones for carers, pivotal legislative changes and campaigns, and the story of Carers UK and the incredible people who have shaped their mission. There are also details on how you can get involved with their 60th anniversary events and initiatives.

## Warrington Borough Council – Support for Unpaid Carers

Warrington Borough Council, as part of a regional project through the Accelerating Reform Fund (ARF), has secured Mobilise to provide a digital platform as a way of identifying and providing online support for carers across Warrington, as part of the Carers Strategy, which also includes identifying hidden carers. The link to Warrington Carers Hub has been incorporated as part of the platform for Warrington. For further information, please click on [Support for unpaid carers in Warrington](#). ARF focuses on embedding and scaling approaches to transform care and support, including for unpaid carers.



## Warrington Carers Hub – Here for you!

As a registered carer with Warrington Carers Hub, you can contact us at any time if you need support or advice or need some information or guidance if you're not sure what to do. Our offices are open 9.00am to 5.00pm Monday to Friday or you can call us on **0300 303 0623**. Here for you.



**Warrington  
Carers Hub**



## Support for Carers



### Learn CPR in 15 minutes for free with RevivR

#### What is CPR?

Most cardiac arrests in the UK happen at home. CPR is an emergency lifesaving procedure, performed when the heart stops beating. Each year over 30,000 people have an out-of-hospital cardiac arrest in the UK, with less than one in ten surviving – giving CPR and using a defibrillator can more than double someone's chance of survival.

#### What is RevivR?

RevivR is the British Heart Foundation's free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate. It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practise on. Start the training now or save it for later and get it sent straight to your inbox, ready when you are.

Click on this link [Learn CPR in 15 minutes | RevivR | BHF - BHF](#) to access the course and lots of other really useful information.

#### Free online courses for carers

You might find that studying online is easier to fit in around caring than a classroom based course. Click on this link [Help & Info - Online Courses for Carers | Carers Trust](#) to access a wide variety of online courses, some of which are just for carers and many of them are free.





We hope you enjoyed reading our infographics in last newsletter! We've included our latest information to once again enhance your reading experience. Quarter 3 Infographics allow us to let you know what we did from October to December 2024. As previously, complex information is presented in a visually appealing and easily digestible format. Infographics 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.

Quarter 3 Report 2024/25



1,197  
ADULT CARERS  
REGISTERED WITH  
THE SERVICE

IDENTIFIED  
& SUPPORTED  
114  
ADULT CARERS



198  
ADULT CARERS  
ATTENDED CARERS' HUB  
GROUPS, ACTIVITIES  
AND EVENTS



298  
YOUNG CARERS  
REGISTERED WITH  
THE SERVICE

“Thanks for helping me. Your help matters to me. The people running that group we went to noticed how much I liked you and trusted you. Makes all the difference to have someone to speak to.”  
CARER ”

123  
YOUNG CARERS  
ATTENDED CARERS' HUB  
GROUPS, ACTIVITIES  
AND EVENTS



“It amazes me how absorbed I can be in the crafting; my brain just shuts off from all the thinking for a bit. It's a lovely way to spend the morning, the time just goes!”  
CARER ”

IDENTIFIED  
& SUPPORTED  
38  
YOUNG CARERS



“I wanted to thank you and the team for yesterday. I had a lovely time and it was great to see so many carers mixing and letting their hair down. A great success.”  
CARER ”

179  
ONE TO ONE  
SESSIONS DELIVERED  
TO ADULT CARERS

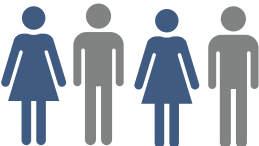


2,335  
ADULT CARERS  
REGISTERED WITH THE  
CARERS COMMUNITY  
NETWORK  
- PEER SUPPORT FOR CARERS

192  
ADULT CARERS  
BEING CONNECTED WITH  
SPECIALIST SERVICES

“I really appreciate all the help and support you have given me this year.”  
PROFESSIONAL ”

197  
ONE TO ONE  
SESSIONS DELIVERED  
TO YOUNG CARERS



WE DISTRIBUTED  
1,331  
NEWSLETTERS



# 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=vcmdT676PUKDMghfjH5t2wAglgMa46tFqB-vpRtRQTuNURjA0TUdIVUFHT09ZNUNKNUlYU1NaWEMzRC4u> 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

### Who is Lottie?

Lottie is a free service that helps families and retirees find the UK's best care homes, home care and retirement living options to rent or buy. Every community and provider on Lottie's online marketplace has been hand-picked and vetted against Lottie's internal scoring system, which considers several criteria, such as care quality, facilities and customer reviews. Click on this link [The UK's Best Care Homes, Home Care & Retirement Homes | Lottie](#) to get started.

The Lottie logo consists of the word "lottie" in a lowercase, rounded, pink font.

CARERS CARD UK

**Reputed to be the UK's No 1 carers card, it helps support, recognise and reward unpaid carers.**

- Carers are supported by being provided with useful tools, a wellbeing hub, and support services.
- Carers are recognised by being able to identify themselves as a carer using the card.
- Carers are rewarded by having access to discounts on goods and services, treats, gifts and giveaways.

All this is delivered through Carers Card UK's national carers card and accompanying app.

To find out more click [Carers Card UK - About us](#)

### 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



# United Utilities Priority Services



Extra help when you need it most. We can all benefit from a bit of extra support at some stage in our lives. This could be due to age, ill health, disability, mental health, financial worries or language barriers. United Utilities' Priority Services scheme provides extra services for free to support people in times of need.

To register or update your details, click [Priority service](#) | [My Account](#) | [United Utilities](#)

You can also register for Priority Services by calling 0345 072 6093.

If you no longer require support from Priority Services and wish to leave, please call 0345 072 6093.

If you would like to contact United Utilities' Priority Services using a British Sign Language interpreter, please click [Connect now](#). They are available between 8.00am to 8.00pm, Monday to Sunday.

There is a lot of other useful information on this website so please do take the time to scroll through the pages.

### The Bread And Butter Thing

The Bread and Butter Thing's mission is to unleash the power of food and ignite long-lasting change in struggling neighbourhoods across the UK. They build bridges out of food deserts, bringing nutritious, affordable food to the centre of the UK's most deprived communities and nourish them. They change lives. And give voice to the people who use them – their members. They are the everyday – the bread and butter – baked into the heart of the communities they support. They support thousands of families each week in over 130 community locations. Volunteers are at the heart of their operation.

Food surplus occurs when the supply of food exceeds the demand for it. There are many ways and reasons this can happen and it can happen at every stage from farm to fridge to fork, involving farmers, manufacturers, retail outlets, hospitality providers and individual households. It can be difficult for a food producer to correctly estimate the quantity of food to grow or make, particularly considering seasonal demand. Many foods may be discarded (for example fruit and veg or certain cuts of animals) because they are physically imperfect or not as attractive or in demand as other foods/cuts. There can also be leftovers which don't fit standard packing sizes. This relates to quality not safety. Many people discard food when it has passed its best before date, not knowing it can often be enjoyed for far longer. Food may be discarded because its packaging has become damaged during the manufacturing or transportation process.

Get fruit and veg, chilled goods and cupboard staples for a fraction of their normal price. Free membership. Anyone can join. Each week, they provide their

members with around £35 of food for just £8.50. The food comes from supermarket surplus, food factories and farms. It's good quality, edible food but is not needed by them, so they give it to TBBT. This means their bags vary from day to day depending on what's available but you will be saving money and getting to try new foods. Most members top up from the supermarket when they've seen what's in the TBBT bags each week. Because they don't let you choose what's in your bags and the bags vary from day to day, they can afford to provide their service at a really low price. Some weeks the savings will be greater than others. However, you will always be paying much less than in the shops.

Signing up is really simple. Just text them with your name, the hub you want to join and your postcode. Every week, they'll send you a text checking if you want a delivery. All you have to do is reply "yes" and then come and collect on the day. You don't have to come every week and if you don't want to order, just text "no".

TBBT also work with partners offering all kinds of expert advice and practical solutions to problems including debt, energy, digital exclusion, income maximisation and more. For more information, click [Partnerships — The Bread and Butter Thing](#)

Got a question?

Contact  
[hello@breadandbutterthing.org](mailto:hello@breadandbutterthing.org)

Find out more at  
[www.breadandbutterthing.org](http://www.breadandbutterthing.org)

# Highlights

## November 2024 – Coffee & Chat at Penketh Fire Station





## Highlights

### December 2024 – Carers' Turkey and Tinsel Event



### February 2025 – Craft Clubs



# Young Adult Carers

## Development of Support Group for Young Adult Carers



**Warrington  
Carers Hub**

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](mailto: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 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**

6<sup>th</sup> Edition  
April to July 2025



**Young  
Carers**

**Newsletter**



Welcome to the **6<sup>th</sup>** Warrington  
Young Carers  
Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass  
towards a **brighter** future



**WARRINGTON**  
Borough Council





# Welcome to the 6<sup>th</sup> Edition of the Warrington Carers Hub Newsletter

We hope you and your families are all well and that you had a great Christmas and New Year – both of which feel a million years ago! By the time you receive this Newsletter, it will almost be Easter and you will be looking forward to half-term. Did you manage to attend any of our activities in December and at the start of 2025? If you did, 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** and ask to speak with one of our Young Carers Practitioners, or email us at [enquiries@warringtoncarershub.org.uk](mailto: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](mailto:enquiries@warringtoncarershub.org.uk)

Happy reading!



Wishing you and your family a very Happy Easter!

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.



December 2024

### Making baubles for the Living Well Hub's first Christmas tree



December 2024

### Christmas Crafts - Making gifts and having fun!



December 2024

### Christmas Meal at Pizza Hut



## 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

Welcome to our latest young carers' activities and groups programme which runs from April to July 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@warringtoncarershut.org.uk](mailto:eventsyc@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 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@warringtoncarershut.org.uk](mailto:enquiries@warringtoncarershut.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@warringtoncarershut.org.uk](mailto:eventsadults@warringtoncarershut.org.uk)  
or call 0330 303 0623**

# Activities and Groups for Young Carers

## April 2025

When?	Where?	What is there to do?	What time?	Who's it for?
Thursday 10 <sup>th</sup> April	Tenpin Warrington	Bowling	10.00am to 12.00noon	All ages
Wednesday 16 <sup>th</sup> April	Smithills Open Farm Dean Road, Bolton, BL1 7NS	Farm Experience  Transport will be provided. Meet outside the Golden Gates at 8.45am. The coach will depart promptly <u>at 9.30am</u>	9.30am to 4.30pm	All ages
Sunday 20 <sup>th</sup> April to Sunday 25 <sup>th</sup> May	Warrington Youth Zone	<p>Project Zone This is a new and exciting programme where young people can gain confidence, learn a new skill or improve existing skills, and develop in their chosen project.</p> <p>Projects will be confirmed nearer the time and we will let you know what they are. They include football development, mixed Martial Arts, Dance Squad, Rock Climbing, Roller Skating, Basketball and much more!</p>	Each weekly project session lasts 1 hour. The first session starts at 4.00pm and the last one at 7.00pm	<p>Juniors (7 to 12 years) and Seniors (13 to 17 years)</p> <p>Juniors and Seniors have different projects.</p>

**This is a 6-week block and you must book for the full 6 weeks and attend each week. You can only book for one project at a time.**

## May 2025

When?	Where?	What is there to do?	What time?	Who's it for?
Wednesday 28 <sup>th</sup> May	Superbowl UK Golden Square	Adventure Gold	10.00am to 11.30 noon	All ages

# Activities and Groups for Young Carers

## June 2025

When?	Where?	What is there to do?	What time?	Who's it for?
Sunday 1 <sup>st</sup> June to Sunday 6 <sup>th</sup> July	Warrington Youth Zone	<p><b>Project Zone</b> This is a new and exciting programme where young people can gain confidence, learn a new skill or improve existing skills, and develop in their chosen project.</p> <p>Projects will be confirmed nearer the time and we will let you know what they are. They include football development, mixed Martial Arts, Dance Squad, Rock Climbing, Roller Skating, Basketball and much more!</p>	Each weekly project session lasts 1 hour. The first session starts at 4.00pm and the last one at 7.00pm	<p>Juniors (7 to 12 years) and Seniors (13 to 17 years)</p> <p>Juniors and Seniors have different projects.</p>
<p><b>This is a 6-week block and you must book for the full 6 weeks and attend each week. You can only book for one project at a time.</b></p>				
Thursday 12 <sup>th</sup> June	Pizza Hut Junction 9	Pizza Fest to celebrate Carers Week 2025!	4.00pm to 6.00pm	All ages
Saturday 14 <sup>th</sup> June	Penketh High School	Circus Starr	1.00pm to 3.00pm	All ages
Saturday 14 <sup>th</sup> June	Penketh High School	Circus Starr	4.00pm to 5.30pm	All ages
Saturday 21 <sup>st</sup> June	Tenpin Warrington	Bowling	10.00am to 12.00 noon	All ages

## July 2025

When?	Where?	What is there to do?	What time?	Who's it for?
Thursday 10 <sup>th</sup> July	Walton Gardens	Party in the Park	5.00pm to 8.00pm (Subject to change)	All ages
Sunday 13 <sup>th</sup> July	Walton Gardens	Disability Awareness Day 2025	10.00am to 4.45pm	All ages



# Activities and Groups for Young Carers

<p>Sunday 13<sup>th</sup> July to Sunday 17<sup>th</sup> August</p> <p><b>This is a 6-week block and you must book for the full 6 weeks and attend each week. You can only book for one project at a time.</b></p>	<p>Warrington Youth Zone</p>	<p><b>Project Zone</b> This is a new and exciting programme where young people can gain confidence, learn a new skill or improve existing skills, and develop in their chosen project.</p> <p>Projects will be confirmed nearer the time and we will let you know what they are. They include football development, mixed Martial Arts, Dance Squad, Rock Climbing, Roller Skating, Basketball and much more!</p>	<p>Each weekly project session lasts 1 hour. The first session starts at 4.00pm and the last one at 7.00pm</p>	<p>Juniors (7 to 12 years) and Seniors (13 to 17 years)</p> <p>Juniors and Seniors have different projects.</p>
<p>Monday 21<sup>st</sup> July</p>	<p>Superbowl UK Golden Square</p>	<p>Adventure Golf</p>	<p>10.00am to 11.30 noon</p>	<p>All ages</p>
<p>Thursday 31<sup>st</sup> July</p>	<p>Safety Central</p> <p>Transport will be provided. Meet outside the Golden Gates at 8.30am. The coach will depart promptly at <u>8.45am</u></p>	<p>Safety Central is Cheshire Fire &amp; Rescue Service's award-winning interactive life skills centre. Their simple goal is to help you and those you care for stay safe and well.</p> <p>Safety Central is not just about preventing fires – they also explore safety on the roads, in the community and online, as well as issues such as mental health, diversity and inclusion and citizenship.</p> <p>If you have never been to Safety Central, we encourage you to join us in this activity – it's fun! See you there!</p>	<p>9.30am to 2.30pm</p>	<p>All ages</p> <p>Safety Central will put you into key stage groups as they will provide different things for different age groups to do on the day.</p>

# Let's talk about Mental Health



MHFA England

## Some of the many Triggers and Signs of Mental Ill Health

We all have mental health just as we have physical health, but it can seem more difficult to spot the signs of mental ill health. Here are some of the common triggers which might impact on someone's mental health and signs that suggest they may need support.

People often go through significant life changes without developing a mental health issue. But for some people, changes in their school, work or personal life, including happy events, can prove stressful and may trigger mental ill health.

**Personal life changes** which can include bereavement, relationship breakdown (this can be between a husband and wife, or it can be between children and young people and their parents, grandparents, brothers and sisters, other members of the family, a close/special friend).

**Health scares or physical illness**, your own or those of the person/people you are caring for.

**Starting school, college or university.** Moving from primary to high school is a big step – are any of your friends going to the same school as you? Another good example is going to university may mean that you will have to live away from your home town and you will be concerned about what will happen to the person you are caring for.

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental ill health may be changes in your behaviour.



## **Let's look at some of the signs which could affect your emotions and behaviour.**

- Irritability, aggression or tearfulness.
- Being withdrawn, not taking part in conversations or social activities.
- Arguing more or conflict with others.
- Not able to concentrate.
- Unpredictable or socially unacceptable behaviour.
- Being louder or more lively than usual.
- Loss of confidence.
- Difficulty remembering things.
- Losing your sense of humour.

## **What about your education?**

- Making more mistakes than normal.
- Forgetting to do your assignments or not completing work on time.
- Being regularly late.
- Having more time off sick than you would do normally.
- Not being yourself with friends and teachers.

# 10 Keys to Happier Living



## 1. Friends and other people around you

The people around you offer a valuable pool of support so it's important you put time into strengthening those connections.

- Make time to meet up with a friend you haven't seen for a while.
- Chat with friends and family about your day.



## 2. Exercising

Regular activity will provide an endorphin boost and increase your confidence. Endorphins are natural chemicals in the body that fight pain. Endorphins are released when a person gets hurt or during exercise. In addition to blocking pain, endorphins can make people happy.

- Find an activity which fits in around your day and which you enjoy doing.
- Cycle or walk to school.



## 3. Awareness

Taking time to switch off autopilot and 'be in the moment' is a great way to beat stress.

- Pay attention to your senses – what can you see, hear, smell or feel around you?
- Set time aside to think (reflect) on what you did today – was there something which made you feel good?



## 4. Giving

Holding out a helping hand makes other people happy and will make you feel happier too – give it a go.

- Share your skills or offer support.
- Ask friends or family how they are and listen without judging them.



## 5. Trying out

Learning new things is stimulating and can help to lift your mood – give it a go.

- Take on a new role at school.
- Try out a new hobby, club or activity that interests you.



## 6. Direction

Working towards positive, realistic goals can provide motivation and structure – give it a go.

- Choose a goal that means something to you, not what someone else expects of you.
- Remember to celebrate your progress as you go along.



## 7. Meaning

People who have meaning in their lives experience less stress, anxiety and depression – give it a go.

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose.
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others.

# BE Kind TO YOUR Mind



## 8. Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens – give it a go.

- Find something which works for you such as talking to friends or writing it down.
- Take action to improve your resilience skills.



## 9. Emotions

Positive emotions can build up a barrier against stress and even lead to lasting changes in the brain to help maintain wellbeing – give it a go.

- Take time to notice what you're grateful for and focus on the good aspects of any situation.
- Set aside time to have fun.



## 10. Acceptance

No-one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

- Be kind to yourself when things go wrong.
- Shift the focus away from what you don't have and can't do, to what you have and can do.

**You may like  
to watch these  
videos too**

**Hear My Voice  
Young Carers**

**Hear My Voice  
Poetic Unity  
Young Minds**

**A day in the life  
of a young carer  
BBC News**

**Meeting Some of  
Britain's Youngest  
Carers with Ross Kemp**



## Friends and Relatives

If you're a young carer, friends and relatives are often the first people to turn to for help with problems. Talking things through with them can be really helpful. If you find it hard to talk to others, try to write your thoughts in a diary, poem or letter first. This can help to make sense of your thoughts and how you feel, before getting help.



## School

It can sometimes be hard to juggle all your responsibilities as a young carer with the demands of teachers, friends and homework. A teacher can be a good person for you to speak to about any problems you have. If you're missing lessons to help look after someone at home, or struggling to get your work in on time, talk to a teacher about what you do at home so that they can understand what is happening and give you more help. School can be a place where you can forget about your caring responsibilities for a while. But it can also be a place where you're under extra pressure or where people do not understand what your life away from school is like. Some young carers find it easier to talk about the situation if they keep a diary or a list of all the jobs and tasks they have to do.

**If you're having trouble with school or homework, your teachers may offer:**

- extra time for school work when you have to give more help to the person you care for
- to talk to you privately about your home life
- homework clubs





### Support at school

There are lots of ways your school can help. You could be allowed to use a phone during breaks and lunchtime so you can check on the person you're looking after.

- Some schools run lunchtime groups or homework support groups for young carers. If your school does not do this, you could suggest it to your teachers.
- Nobody wants to get into trouble at school. If teachers know you're a young carer, they may be more sympathetic to your problems (such as lateness), but it will not necessarily stop you being disciplined if you break the rules.
- If you're given detention, you could ask to have it during lunchtime rather than after school because of your caring responsibilities.

### Missing school

You may feel you have to miss school to care for someone. But missing school can affect your whole future. Try to get help as quickly as possible so the situation does not go on for a long time. Speak with a teacher or one of our Young Carers Practitioners.

A GP, nurse, social worker or another person whose job is to help the person you look after, can organise more support at home to help you concentrate on school or college.

### Friends and your social life

As a young carer, you may miss out on opportunities to play and spend time with your friends and classmates. You may feel isolated from your friends because:

- you do not have as much free time as them
- you're often thinking about the person you look after
- you may be worried they will bully you because the person you care for is ill or disabled or because you cannot always do the things other young people of your age can.

It's important to get the help you need so that you have time to do the things you want to do and be with your friends. Speak with a teacher or one of our Young Carers Practitioners

### Meet other young carers

Meeting up with other young carers is a great way to make new friends, have some fun and share some of your worries with people in similar situations to your own.

**Come and join us at our weekly Drop In session which is held on Tuesday evenings at Warrington Youth Zone, from 4.00pm to 7.00pm. Our Young Carers Practitioners look forward to seeing you there!**

## Young Carers Practitioners



**Sally**



**Sarah**



**Aimee**

# A special event for you to enjoy in the summer!

## Museum of Policing in Cheshire

The Museum of Policing in Cheshire preserves and researches the heritage of policing in the county. It is based in the working police station in Arpley Street, Warrington.

We've had a look round and it's amazing and we all agree this would be a great activity for you in the summer! It's not a "boring old museum" – it's packed with fun things to do and learn about. Some of the things you'll hear about include the history of Cheshire Police, gruesome murders which took place many years ago, ghost stories, you'll get to see a court room, dress up in police uniforms, and so much more! We can't tell you too much as it would spoil it for you!



## MUSEUM OF POLICING

CHESHIRE



Have you ever thought about becoming a Police Cadet or training to become a Police Officer? Have a think and let us know once you've been round the museum.

**Look out for this activity in our next Newsletter and be the first to book your place!**



# 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 young carers <https://www.facebook.com/groups/648731044099252/>



## Warrington Carers Hub – Here for you!

As a registered carer with Warrington Carers Hub, you can contact us at any time if you need support or advice or need some information or guidance if you're not sure what to do. Our offices are open 9.00am to 5.00pm Monday to Friday or you can call us on **0300 303 0623**. Here for you.



**Warrington  
Carers Hub**

## Five Things

Emotion	Things that make me feel like this
Happy	
Angry	
Sad	
Calm	

**Write down what you do when you feel sad**

When I feel sad, I
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**How are you today?**

Today I feel
I feel like this because
Something good that happened today
I am looking forward to



## 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 to 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

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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@warringtoncarershubs.org.uk](mailto:enquiries@warringtoncarershubs.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@warringtoncarershubs.org.uk](mailto:enquiries@warringtoncarershubs.org.uk)** to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook 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!