

3rd Edition April - July 2024



Warrington
Carers Hub

Newsletter



**ONE
IN EIGHT**

people are
now providing
unpaid care



Welcome
to the **3rd**

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 3rd Edition of the Warrington Carers Hub Newsletter

We hope that this newsletter finds you and your family well. Yet again, we have had some interesting weather – and a variety of storms of various names! For the 2023/24 season, the Met Office has named a number of storms after “those who work to keep people safe in times of severe weather”. We are looking forward to welcoming the Spring and being outdoors again with a variety of activities and events for you to choose from.

Warrington Carers Hub celebrated its first anniversary on 1 March! It has been an exciting journey with our amazing team, and our wonderful carers. Thank you all for travelling with us!

We have been busy sourcing new and interesting activities and events for you to enjoy so please do take time to read through what we have on offer for the next three months, we are looking forward to you joining us at one or all of them! If there is something you have wanted to try or you have enjoyed an event that we have put on in the past, we would love to hear from you. Our service is centred around you, so please do let us know if you have any suggestions or comments. As always, we welcome your feedback, comments, and suggestions. There are various ways that you can get in touch with us – please take a look at the bottom of this page.

Our team is available to provide you with even more advice, information, and guidance, and is simply a phone call away. Do come along to one of our Coffee & Chats where you can meet them face-to-face. Details of our Coffee & Chats can be found in our Activities for Carers section. You will find a lot of information within this newsletter which we hope will be helpful and of interest to you. If you have access to Facebook, please join our private group for adult carers that will provide information on all our activities and is the most efficient way of providing you with any last-minute updates and new information that comes to us in between newsletter periods <https://www.facebook.com/groups/981201576280068>

You can also always keep up to date with our service offer and new opportunities by visiting our website www.warringtoncarershub.org.uk

Should you no longer wish to receive our Newsletter or if you have changed your address and/or any other contact details we have about you, please do let us know so that we can update our records. You can call us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Happy reading! With 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](https://www.facebook.com/WarringtonCarersHub)**



SCAN ME

About Us and Our Services

Warrington Carers Hub

Warrington Carers Hub provides a single point of access for both young and adult carers who provide care to a friend, family member or neighbour living in Warrington. Warrington Carers Hub ensures that carers of all ages have access to information, advice, and a wide range of support across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or around the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact your health, finances and quality of life and become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you.

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for Adult Carers?

Support can be provided from a dedicated Carers Information and Support Officer and can include the below.

- Specialist one-to-one support.
- Support to take breaks from caring, including befriending and peer support.
- Newsletters detailing local groups, activities, and training.
- Online Carers' Community Network.
- A 24/7 Volunteer Carers' Help and Talk (CHAT) Line.
- Support to access community and health and wellbeing services.
- Advice, information, and guidance.
- Support to maintain or return to learning/employment.

Meet the Adult Carers Team



Anna Zammit
Service Manager



Deb Fitzsimon
Team Leader



Helen Parry
Carers Information &
Support Officer



Becki Rendall
Carers Information &
Support Officer



Rosana Gwilliam
Carers Information &
Support Officer

Other Information!

The Care Quality Commission's and Carers UK's Campaign – "Tell Us About Your Care"

Tell the CQC about your recent experience of accessing health and care services. The Care Quality Commission (CQC), who regulate health and care services in England, are running a campaign with Carers UK called "Tell Us About Your Care". The purpose of the campaign is to encourage unpaid carers to share their experiences of interacting with local health and care services, such as care homes, hospitals, or respite care services, with the CQC. The CQC is the government agency responsible for maintaining standards in the health and social care sector. They inspect different organisations and have certain powers that allow them to sanction or report these organisations if they are providing a care service that is below the level expected of them. By following the link provided below, you can have your voice heard by the CQC and tell them about your experiences of accessing health and care services, allowing them to quickly recognise where things need to improve, or where there is an example of good practice. Let the CQC know about health and care services in your area by clicking [here](#) or scanning the QR code.



Are the details we hold about you up to date?

If any of your personal information and/or contact details have changed, please let us know so that we can ensure we keep everything up to date to help provide you with the right support when you need it.

Likewise, if you no longer wish to receive our Newsletter, please let us know and we will remove your details from our mailing list. You can call us on 0300 303 0623 or email us at enquiries@warringtoncarershub.org.uk

Follow us on Facebook!

Please look at "like" and "follow" our Facebook page by logging into Facebook and searching for Warrington Carers Hub by following the link: www.facebook.com/WarringtonCarersHub To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/981201576280068>

Who's calling me from 01772?!

We are! When we ring you, the area code will be Preston (01772) because all our calls come from our main number, located in our Head Office in Preston. We will call back if you don't answer the first time!

A focus on...



Warrington Parents and Carers

WarrPAC is a warm and welcoming group of volunteers, each with lived experience of caring for a child or young person with disabilities and additional needs. They can help by signposting families to the right services and sharing a wealth of information, whether your child has a diagnosis, or you are just starting to look for information. They run sessions and events where parents can chat and share knowledge and experiences with other families in similar situations. WarrPAC listens to families to find out what is important to them and takes their views to those who plan and provide services in Warrington, working in partnership to help improve the quality of life for their children and young people with special educational needs and disabilities. For more information, you can visit their website at <https://warrpac.org/> or their Facebook page <https://www.facebook.com/Warrpac/> or you can contact them on 07376 722719.

Carers UK



The State of Caring survey is the UK's most comprehensive regular research into the lives and experiences of unpaid carers. To read the latest report: [State of Caring Health Report](https://carersuk-news.org/74C-8G8PG-CJC36X-5AQEDV-1/c.asp) or <https://carersuk-news.org/74C-8G8PG-CJC36X-5AQEDV-1/c.asp>

deep: The UK Network of Dementia Voices



Innovations in Dementia, with the help of people living with dementia have produced a really useful booklet. To access the booklet: https://www.dementivoices.org.uk/wp-content/uploads/2023/09/Knowledge_is_Power_England.pdf

Care UK Charity



Care UK are a local charity based at Riverside Retail Park in the town centre (former Laura Ashley shop) and they provide a range of support to people in Warrington and nearby areas. They provide furniture and household items to people moving into properties who need this support. They support people with baby equipment, clothing, and school uniform and all this is free for people who are in need. They also provide support for asylum seekers and refugees. For more information: [Care UK Charity, recycling unwanted and excess stock to people in need](#)

Activities for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from April to July 2024. 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 and 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!

The Coffee & Chat session at Penekth Fire Station on Monday 1 April will not be available as this is Easter Monday.

Venues	Times	Dates	Other Info
Community Room, Penketh Fire Station, Widnes Road, Warrington, WA5 2UW	10.30am to 12.30pm	Every Monday	Free onsite parking At the 15th April session, there will be a Carers Pamper: Radiance Revival with Rianne
Lymm Youth and Community Centre, Bridgewater Street, Lymm, WA13 0AB	1.00pm to 3.00pm	Every Tuesday	Onsite parking is not available, but there is a Pay and Display car park within a short walking distance. At the 7th May session, there will be a Carers Pamper: Radiance Revival with Rianne.
Wingman Lounge, Warrington Hospital, Lovely Lane, Warrington, WA5 1QG	1.15pm to 2.30pm	2nd Tuesday of every month	Pay and Display parking onsite
Fearnhead Cross Community and Youth Centre, Insall Road, Warrington, WA2 0HD	10.00am to 12.00pm	Every Thursday	Free onsite parking At the 20th June session, there will be a Carers Pamper: Radiance Revival with Rianne
Bath Street Medical Centre, Legh Street, Warrington, WA1 1UG	12.30pm to 2.30pm	Every Friday	Free onsite parking is available – make sure you give our Team Leader your car registration number on arrival so that she can arrange this for you. At the 12th April session, there will be a Carers Pamper: Radiance Revival with Rianne.
Creative Therapy Room, Hollins Park Hospital, Hollins Lane, Winwick, Warrington WA2 8WA	2.00pm to 4.00pm	2nd Monday of every month	Free onsite parking

Adult Carers Special Events

If you have not been to one of our 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 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 any event or 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 12 months). If you are not registered and would like to receive support and attend 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.

April 2024



Afternoon Tea

Thursday 4th April, 1.00pm to 3.00pm

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.

Coffee Pot and Pottery

Friday 12th April, 10.00am to 11:30am

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

Meet inside at 9.45am. Parking can be limited on the roads. You can park on The Forge Car Park, 2 West Avenue, Stockton Heath, Warrington, WA4 6HW. Charges apply.

April 2024



Trip to Noddfa

Monday 15th April, 9.15am to 5.00pm

📍 Conway Old Road, Penmaenmawr, LL34 6YF

Please note – places are limited to 24 and therefore it is essential to book in plenty of time as this is a very popular event. **Meet outside the Golden Gates at 9.15am, the coach will depart promptly at 9.30am.**

Carers Breakfast Club

Tuesday 23rd 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.**

May 2024



Craft Club: Cross Stitch

Monday 13th May, 2.00pm to 4.00pm

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

You will be met in Reception by Helen, one of our Carers Information and Support Officers. A selection of Pay and Display car parks are available within walking distance of the Gateway.

Carers Breakfast Club

Tuesday 21st May, 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 26th April, 12.00pm to 2.00pm

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

Free onsite parking – please give Helen your car registration number on arrival and she will sort this for you. **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. Meet Helen inside at 11.45am**



Garden Open Day

Monday 27th May (Bank Holiday), 1.00pm to 3.00pm. You are welcome to stay beyond this time without Helen.

📍 Laskey Farm Open Gardens, Laskey Lane, Thelwall, Cheshire, WA4 2TF

Onsite parking available **Meet Helen on the car park at 12.45pm. Charges apply.**

June 2024



SaferTogether – Home, Fire and Personal Safety, and Online Scam
Date and time to be confirmed.

📍 **Safety Central, Cheshire Fire & Rescue Service, Cliff Lane, Lymm, Warrington, WA13 0TE**

Free onsite parking is available.

Meet Helen and Anna in Reception – time to be confirmed.



Craft Club: Flower Wreaths

Monday 17th June, 10:30am to 12:30pm

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

You will be met in Reception by Becki, one of our Carers Information and Support Officers. A selection of Pay and Display car parks are available within walking distance of the Gateway.

June 2024



Carers Breakfast Club

Tuesday 18th 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.**



Afternoon Tea

Tuesday 25th June, 1.00pm to 3.00pm

📍 **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.**

Carers Week. Monday 10th to Sunday 16th 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 this week, Warrington Carers Hub will be providing extra special cake treats at each of their Coffee & Chats! We are also offering you to opportunity to join us at one of the **free Reiki taster sessions** taking place during our regular Coffee & Chats on the dates below.



10-16 June 2024

- **Monday 10th June, Penketh Fire Station.** 10.30am to 12.30pm
- **Tuesday 11th June, Lymm Community & Youth Centre.** 1.00pm to 3.00pm
- **Thursday 20th June, Fearnhead Youth & Community Centre.** 10.00am to 12.00pm
- **Friday 14th June, Bath Street Medical Centre.** 12.30pm to 2.30pm.

July 2024



Wimbledon Themed 2024 Picnic

Wednesday 7th July, 12.00pm to 2.00pm

📍 **Bank Park, Bankside 5, Warrington, WA1 1UP.** Meet outside the Golden Gates at 11.45am

A selection of Pay and Display car parks are available within walking distance of the Gateway. **Please Note! This activity is weather-dependent. In the event of inclement weather, it will take place at the Gateway – please go to Reception and we will meet you there.**



Carers' Wellbeing Festival

Thursday 11th July, 10.00am to 2.00pm

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

Onsite parking is available. Please drive up to the Main Hall and you will be directed to the car park. **There is no need to book. At this event, carers can also bring the person they care for if they wish to do so.**

July 2024



Disability Awareness Day 2024

Sunday 14th July, 10.00am to 4.45pm

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

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

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



Carers Breakfast Club

Tuesday 16th July, 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.



International Self-Care Day 2024

Wednesday 24th July, 1.00pm to 3.00pm

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

*A selection of treatments will be available on the day, for example, Reiki tasters, self-acupressure points, guided meditation, mini-Shiatsu tasters. *Subject to change.

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



Summer Garden Party

Date and time to be confirmed.

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

Onsite parking is 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.



Training Sessions for Carers



Warrington

Citizens Advice Bureau Warrington

Lasting Power of Attorney

Warrington Carers Hub has been working jointly with Warrington's Citizens Advice Bureau (CAB) to bring you free training on Lasting Power of Attorney. The training sessions will be delivered by CAB and are being offered on the below dates. All sessions will be held at the Gateway in the rooms shown below. Please report to Reception on arrival and you will be met by one of our workers.

Thursday 11th April 2022, 2.00pm to 3.00pm – Room 6 or Small Conference

Monday 10th June 2024, 3.00pm to 4.00pm – Room 1 or Room 3

To book your place, please email eventsadults@warringtoncarershub.org.uk

Warrington Borough Council

Moving and Handling People

Warrington Carers Hub is working jointly with Warrington Borough Council to bring you free training on Moving and Handling People. This training will be delivered by the council's Moving and Handling Coordinator. The first session will be held on Wednesday 22 May 2024 at the Health & Social Care Academy, Warrington & Vale Royal College. Times and booking information will be confirmed as soon as possible.



WARRINGTON
Borough Council

Other Carer Hubs' Offers and Services



The Volunteer Hub

Our volunteers are a key part of the delivery of all our services.

Volunteers provide us with support and bring a wide range of experience, skills, and knowledge to the organisation. Without their assistance, we would not be able to support as many people as we do.

We think that everyone has something valuable to offer. Our volunteering roles are as varied as the people who give us their time and are found at every level of our organisation, from the Trustees that steer our strategic direction, to the one-to-one work with service users. When a volunteer joins us, they become a valued part of the n-compass team.

We have volunteering opportunities across all our services in different parts of the North of England.

We offer a range of different volunteering opportunities in Warrington, such as volunteering at our Coffee & Chat sessions, and provide a comprehensive induction and training package for all Volunteers.

If you are interested in volunteering, please contact us by emailing: volunteering@n-compass.org.uk

Calling: 0345 0138 208

Visiting our website: <https://www.n-compass.org.uk/our-services/the-volunteer-hub>

Scanning the QR code:

SCAN ME



Pen Pals

Do you prefer to receive handwritten letters rather than emails, texts, or video calls? Would you like to be matched to a trained volunteer who would then exchange handwritten letters with you once a month, using good old-fashioned pen, paper, and the Royal Mail? Then PenPals might be able to help.

The Volunteer Hub at n-compass provides a FREEPOST reply envelope with each letter you receive so you will not have to pay postage. The Volunteer Hub administers the Freepost re-direction so that the addresses for both you and the volunteer are kept confidential. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, and much more) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact the Volunteer Hub by email volunteering@n-compass.org.uk



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 <https://zoom.us/join> For further information, simply click the links on each meeting to join, or type in the Meeting ID and passcode.

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-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=emZZV3RsM052M0lQOE5yNWMxWnMwZz09>

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=YmxtN29MRkxYUUt5RDMrncp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

Yoga Nidra with Maxine Reid Every Thursday 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 & 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://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916

Monthly Zoom Sessions



Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence – call the Carers Help and Talk (CHAT) Line. All calls are answered by a volunteer who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To speak with a volunteer, please call **0333 103 9145**. If a Volunteer is not immediately available to answer your call, please keep trying.

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call, or to take a message for a Carers Information and Support Officer. To talk to a Service Access Advisor, please call **0300 303 0623**.

Warrington Carers Hub Social Media and other Information Platforms



Please have a look at, “like” and “follow” our Facebook page by logging into Facebook and searching for Warrington Carers Hub or 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>

Carers' Community Network Platform

This is our virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through difficult times by sharing the issues that are most important to you. You can also share some tips that have helped you manage your wellbeing. We have cookery rooms, gardening rooms, photography rooms and so much more!



It only takes a minute to sign up*. Once logged in, click on your personal profile and add a photo and a quick introduction to help other users get to know you (if you wish). We currently have over 1,700 active members looking forward to connecting with you!

Here are some of the comments we receive from carers who are part of our virtual community.

“After being on the CCN, I feel connected with people and that makes me feel good. Plus, all the people on it are one big group of such caring, helpful people.”

“Makes me feel I’m not alone.”

“It’s good to know I can get help and advice whenever I need it.”

“Confidential and can talk without being heard if having a bad time.”

“Other carers won’t necessarily know directly who talking to who so sometimes find easier to express myself.”

“Can use it anywhere as long as got your phone with you.”

*Please be aware that you must be invited to access the Carers Community Network. Please contact the Service Access Team on **0300 303 0623**, who will be happy to support you with this. You will just need to provide them with your name and email address.

Warrington Carers Hub Newsletter

We hope you are enjoying our newsletters. They are a useful source of information and include reminders about upcoming activities and events offered by Warrington Carers Hub, and updates from other organisations. We'd like to share some of the lovely feedback we've had from you about our latest newsletter:



“This is a great newsletter! Interesting, informative and engaging. A great way to let people know what is going on and raise awareness of the support that is available.”

“Thank you so much for the latest edition of the Carer’s Newsletter. Really great to read about all the fantastic work going on!”

To make sure you continue to receive our newsletters, please keep us updated about any changes to your contact information by emailing us at enquiries@warringtoncarershub.org.uk or speak with your Carers Information and Support Officer.

If you prefer not to receive our Newsletters, please inform us by telephoning **0300 303 0623** or emailing enquiries@warringtoncarershub.org.uk and ask to be removed from our mailing list.

Highlights

Afternoon Tea at St Rocco's



Warrington Mela 2023



Coffee Pot and Pottery at Jenny Wren's



Valentine's Day

When you are a carer special days like Valentine's Day can sometimes make you feel sad. Your loved one may not remember who you are any more or they are too sick to buy a card for you. You know they love you and you love them. To celebrate Valentine's Day at the Lymm Coffee & Chat, Helen, one of our Carers Information and Support Officers, made cards with a chocolate heart on the front for the carers. They shared red velvet cake with their coffee. To round off the afternoon, they had a raffle with a love themed hamper, which also helped to fundraise for n-compass' chosen charity of the year, The Joseph Lappin Centre Home (thejosephlappincentre.com) Well done, Helen!



Young Adult Carers



mobilise's 10 Top Tips for Young Adult Carers off to University

Here are the **first 5** for you to read through. Look out for the next 5 in the 4th Edition of our newsletter. If you would like to speak with one of our Young Carers Practitioners and/or one of our Carers Information and Support Officers, at any time, please call them on **0300 303 0623**.



1. Let your university know about your caring role as early as possible

UCAS has introduced a new section in the application process for us to let the university we're applying to know we're an unpaid carer.

But once we've been accepted into a university and the courses begin to kick off, it can be hard opening up to our new tutor or mentor. Yet, a simple email to them about our situation means we don't have to explain why there will be some days when we may not be feeling our best. Or why we may occasionally fall behind on deadlines. This can be as simple as an email to our academic advisor (our go-to person outside of our selected course). Or arranging a private meeting with them at a time that best suits us.

Being honest and open (to the point that we are comfortable) with our tutors can also alleviate the stress and anxiety of having to go through university alone. So do not hesitate to reach out.

2. Apply for extra funding for student carers

There are several opportunities around funding for student carers.

Can you get Carers' Allowance if you are a student?

Carers' Allowance is unavailable for full-time students. But if we are a part-time student, studying for less than 21 hours a week we may be eligible.

Young Adult Carers Bursary

Depending on our university, we may be eligible for a Young Adult Carers bursary if we provide unpaid care to someone. This is additional financial support from our universities on top of our student loans to further help us with the resources we need.

How do I apply for a young adult carers bursary?

To apply, we will need to submit a written proof of evidence that we are caring for someone directly to our university. Only selective universities offer this bursary, so it is worthwhile double checking. This could be our carers' allowance statement, or a letter written by our GP, or social worker.

Disabled Students Allowance

If we have our own learning disability or mental health diagnosis, we may be eligible for the Disabled Students Allowance, which can help pay for equipment or staff support.

3. Decide on a structure that works for you

We may be studying from home to manage our caring role, or our caring role may now be remote, such as emotional support over the phone or holding a Financial Power of Attorney.

Whatever our situation, pausing to think what works best for me is a great idea. From that starting point, we may be able to find simple shifts.

4. Be assertive

One student carer shared that being assertive about who also has responsibility for each part of the care, was really helpful. And while we may be the main carer, we may have family and friends that could step into some of the roles.

It can be tricky to have these conversations with family and friends. Plus, it can be tricky to think of ways they can help.

5. Find out what clubs and societies are available

Freshers' Week is a great opportunity to sign up to any clubs and societies that are available on campus. It's a great way to meet people and to tap into new or old passions, outside of our course. Some universities also have a Carers' forum, so make sure you ask.

Get Involved!

Warrington Borough Council – Warrington Carers Strategy



Warrington Carers Partnership Board is overseeing a refresh of the Warrington Carers Strategy and would like to hear your views about how we could improve support for carers in the town. The current Carers Strategy runs from 2021 to 2024 and can be found here: [Warrington Carers Strategy 2021-2024 | warrington.gov.uk](#)

We are keen to learn about your experiences and anything you would like to share regarding your caring role, such as:

- Do you find it easy to get information and support?
- If not, what are the challenges?
- Do you feel that the services in place support carers?
- If not, how can these be improved?

We will be holding a series of events to meet as many of you as possible and these will be advertised through Warrington Carers Hub. In the meantime, if you would like to speak to someone to share your views, please contact Nicola Kerr, Service Development Manager, by emailing nkerr@warrington.gov.uk or by telephoning **01925 444160**.

We look forward to hearing from you!

Tips from Carers

Health Matters

These tips can help you get the most from health services when acting on behalf of someone you care for:

[Tips from carers – Health matters \(carersuk.org\)](#)

Using Services

Using services from companies like utility providers and banks can be frustrating when you're struggling to make someone's needs understood. Here are some suggestions to help make acting on someone else's behalf easier:

[Tips from carers – Using services \(carersuk.org\)](#)



DISABILITY AWARENESS DAY

Sunday 14th July 2024 • 10am - 4:30pm
Walton Gardens • Warrington • WA4 6SN



Promoting Independence Throughout Life & Work

- 100's of Support Groups & Services
- Main Arena
- Equipment & Vehicle Suppliers
- Sports Zone
- Performing & Visual Arts
- Family Entertainment

Scan to visit our website



01925 240064 www.disabilityawarenessday.org.uk

#DAD2024

General Knowledge Quiz Questions



- Who wrote the book Chitty-Chitty-Bang-Bang: The Magical Car?
- In which part of your body would you find the cruciate ligament?
- What is the name of the main antagonist in the Shakespeare play Othello?
- When was the movie the Titanic released?
- What element is denoted by the chemical symbol Sn in the periodic table?
- How many of Henry VIII's wives were called Catherine?
- What was the most popular girls name in the UK in 2021?
- What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?
- Which comedian was the second permanent host of Never Mind the Buzzcocks after Mark Lamarr?
- What is the capital of Finland?
- Which popular video game franchise has released games with the subtitles World At War and Black Ops?
- In what US state is the city Nashville?
- Which rock band was founded by Trent Reznor in 1988?
- What is the currency of Denmark?
- Which Tennis Grand Slam is played on a clay surface?
- In which European country would you find the Rijksmuseum?
- How many films have Al Pacino and Robert De Niro appeared in together?
- What was the old name for a Snickers bar before it changed in 1990?
- Who was the head of state in Japan during the Second World War?
- What is the smallest planet in our solar system?

- Answers**
1. Ian Fleming
 2. Knee
 3. Iago
 4. Tin
 5. 1997
 6. 3
 7. Olivia
 8. All the President's Men
 9. Simon Amstell
 10. Helsinki
 11. Call of Duty
 12. Tennessee
 13. Nine Inch Nails
 14. Krone
 15. The French Open (Roland Garros)
 16. Netherlands
 17. Four (The Godfather Part 2, Heat, Righteous Kill, The Irishman)
 18. Marathon
 19. Emperor Hirohito
 20. Mercury



All-Bran Fruit Loaf Recipe

Serves 8

Recipe: Kelloggs

Here's a delightful All-Bran Fruit Loaf recipe that combines rich, spicy flavours with the wholesome goodness of All-Bran. This recipe has been given a high-fibre update, making it a healthier choice. Let's get baking!

Ingredients

- Margarine for greasing the loaf tin or use a loaf tin liner instead
- 1 cup or 100g self-raising flour
- 1 cup or 300ml semi-skimmed milk
- 1 cup or 275g mixed dried fruit
- 1 cup or 150g caster sugar
- 1 cup or 100g All-Bran Original

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Put Kellogg's All-Bran, sugar and dried fruit into a basin and mix them well together.
3. Stir in milk and leave All-Bran mixture to stand for half an hour.
4. Sieve in the flour, mixing well, and pour mixture into a well-greased 2lb (900g) loaf tin.
5. Bake for about 1 hour.
6. Turn out of tin immediately and allow to cool.
7. Cut into slices and, if liked, spread with butter.

Wordsearch: Kitchen Items

C	E	E	E	K	L	E	L	T	T	E	K	R	C
T	O	A	S	T	E	R	U	D	B	E	R	O	P
W	S	P	O	N	G	E	E	R	L	E	E	A	E
A	E	E	G	D	I	R	F	S	E	O	K	S	S
F	P	O	M	E	R	N	T	R	N	A	A	I	N
F	I	I	O	A	R	O	V	F	D	H	M	N	E
L	T	R	U	R	V	L	E	F	E	S	E	K	V
E	E	O	A	E	E	R	C	L	R	U	E	P	A
I	G	D	Y	R	E	L	T	U	C	R	F	D	W
R	I	O	R	E	E	O	V	E	N	B	F	E	O
O	E	S	S	S	E	S	S	A	L	G	O	E	R
N	D	I	S	H	W	A	S	H	E	R	C	S	C
E	P	L	A	T	E	S	V	F	O	E	B	A	I
P	H	F	D	E	E	P	F	R	Y	E	R	U	M

- DISHWASHER
- DEEP FRYER
- RADIO
- MICROWAVE
- WAFFLE IRON
- OVEN
- BLENDER
- TOASTER
- FRIDGE
- GLASSES
- BRUSH
- SINK
- STOVE
- PLATES
- CUTLERY
- COFFEE MAKER
- SPONGE
- MOP
- KETTLE

Sudoku

	7			2			4	6	
	6						8	9	
2				8			7	1	5
	8	4		9	7				
7	1						5	9	
				1	3		4	8	
6	9	7			2			8	
	5	8					6		
4	3			8			7		

Notes:

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

and outside office hours, including bank holidays)

CHAT Line (to speak to a volunteer who will offer a listening ear)

0333 103 9145

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, force marriage, and other forms of abuse.

Jobcentre Plus

0845 604 3719

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

Incapacity Benefit, Employment and Support Allowance and Income Support.

Lifetime Dementia Support Group

01925 246824

Come along to this new monthly social group and enjoy an afternoon of activities such as card games, dominoes, adult colouring or just drop in for a chat and a cup of tea.

Macmillan Cancer Support

01928 753501 or 01928 753502

Macmillan Cancer Support Service offers help, advice and support for people who are affected by cancer.

Mental Health Crisis Line

The crisis lines provide support 24 hours a day, seven days a week to people of all ages, including children and young people, who need urgent mental health support. You do not need to be known to our services to contact our crisis lines – they are available for patients and **public**. <https://www.nhs.uk/service-search/mental-health/find-an-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. voluntary group of enthusiastic, dedicated and experienced parents and carers of children with disabilities and additional needs.



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 and what didn't work well for you. Hopefully together we can improve it and make it work!

Please call us on **0330 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call **0330 303 0623** or email enquiries@warringtoncarershub.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 page, <https://www.facebook.com/WarringtonCarersHub> or call **0300 303 0623** before setting out.



Young Carers

Newsletter



ONE
IN EIGHT
people are
now providing
unpaid care

Welcome
to the **3rd** Warrington
Young Carers
Newsletter

Welcome to the 3rd Edition of Warrington Carers Hub's Newsletter

Welcome to the 3rd Edition of our Young Carers' Newsletter! We hope you and your families are all well and looking forward to the warmer weather and being able to spend more time outdoors! **We are extending our drop-in sessions during non-term time, and we will be available at the Gateway on Thursdays from 10.00am to 4.00pm on 11th April, 30th May, and 25th July.** We hope you will come along and see us! There's always a warm welcome and a friendly face to greet you! If you are experiencing any difficulties, please do let us know and we will help you to find the right support.

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>

We have planned lots more activities and events for you right up until July and we hope to see you at some, if not all, of them! We send out information about our activities 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, make sure you tell us!

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

We're looking forward to seeing you at our Tuesday and Thursday drop-ins and at one or all of our activities!

Best wishes,
Warrington Young Carers 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**
- 📘 **WarringtonYoungCarersHub**



SCAN ME

About Us and Our Services

Warrington Carers Hub

Warrington Carers Hub provides a single point of access for both young and adult carers who provide care to a friend, family member or neighbour living in Warrington. Warrington Carers Hub ensures that carers of all ages have access to information, advice, and a wide range of support across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or around the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact your health, finances and quality of life and become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you.

- Do you get enough sleep?
- Is your health affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for Young Carers?

Support can be provided from a dedicated Young Carers Practitioner who will offer the below.

- Specialist one-to-one support.
- Help you take a break from your caring role through group sessions, breaks and activities.
- Introduce you to other Young Carers through drop-in sessions.
- Listen to you and help you and your

family to think about what would make a difference.

- Help you get advice and support for the person you care for.
- Help you to get in touch with other services.
- Help you to access support in school or college.
- Help you be listened to and have your voice heard.

Meet the Young Carers Team



Anna Zammit
Service Manager



Sarah Hadden
Young Carers Practitioner



Sally Bourn
Young Carers Practitioner

Other Information!



Young Carers Alliance

The Young Carers Alliance is a growing network of over 200 organisations and 500 individuals committed to improving the lives of young carers, young adult carers and their families. They bring together representatives from research, policy and practice, all of whom are committed to bringing about improved outcomes for all young carers. The Young Carers Alliance provides opportunities for collaboration, sharing best practice and a strong, collective voice for young carers. You can sign up to be part of the Young Carers Alliance as an individual and can subscribe to the regular e-bulletins at the bottom of the “Sign up now” page: [Young Carers Alliance – Carers Trust](#)

For more information, or if you have any questions, please email youngcarersalliance@carers.org

Are the details we hold about you up to date?

If any of your personal information and/or contact details have changed, please do let us know so that we can ensure we keep everything up to date and provide you with the right support when you need it.

Likewise, if you no longer wish to receive our newsletter, please do let us know and we will remove your details from our mailing list.

You can call us on **0300 303 0623** or email us at enquiries@warringtoncarershub.org.uk
<https://carers.org/young-carers-alliance/young-carers-alliance.co.uk>

Follow us on Facebook!

Please have a look at “like” and “follow” our Facebook page by logging into Facebook and searching for Warrington Carers Hub by following the 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>

Who’s calling me from 01772?!

We are! When we ring you, the area code will be Preston (01772) because all our calls come from our main number which is located in our Head Office in Preston. We will call back if you don’t answer the first time!

What we've been up to!

Helping our Young Carers celebrate their Birthdays!

We hope those of you who have celebrated your birthday with us at our regular Tuesday evening drop-in enjoyed the evening, including the "birthday boo" from the others, and the signed card! It was a lovely atmosphere, and we can't wait to do it again!



Bowling at Half Term

You've told us – many times – that you like going bowling (and having something to eat!) so what better way to celebrate the October half-term! We hope you like the photos!



Christmas Fun!

Do you remember making snowmen? I'm reliably informed that as fast as you made them, you ate them! Perhaps these photos will remind you what a terrific job you did making them! Well done!



Christmas Food!

Your chosen food to kickstart Christmas was pizza! And ice cream and refills of pop! It was lovely to see so many of you having such a good time.



Young Carers' Drop-In at Orford Youth Base



Every Tuesday from 5.30pm to 7.00pm

Orford Youth Base, Capesthorpe Road, Orford, Warrington, WA2 0JF.

If you haven't been yet, please do come along and see us and make new friends with other young carers while taking a break from your caring role. We have lots of fun doing different activities which range from quizzes, making friendship bracelets, reverse colouring, yoga, baking to just simply chatting.

Non-Term Time Drop-In

Every Thursday from 10.00am to 4.00pm on 11th April, 30th May, and 25th July
Gateway, Sankey Street, Warrington, WA1 1SR

Pop in any time between 10.00am and 4.00pm to see us! Have a chat, relax, take part in an activity! When you get here, ask Reception to let us know you've arrived, and we'll come and meet you.



Activities for Young Carers

Welcome to our latest young carers' activities and events programme which runs from April to July 2024.

We have even more activities on offer this time and we hope you can join 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 any event or contact one of our Young Carers Practitioners for event 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 12 months). If you are not registered and would like to receive support and attend events, please register by calling **0300 303 0623** or by emailing enquiries@warringtoncarershub.org.uk

Please note that our events 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.

April 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Monday 8th April	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
Wednesday 10th April	Tenpin	Bowling	11.00am to 1.30pm	All ages
Friday 12th April	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
From Saturday 27th April to Saturday 15th June	Warrington Youth Zone	New! Performing Arts School This is a block of 8 Saturdays. You are encouraged to take part each Saturday because you will be working towards an end performance	11.00am to 12.30pm	All ages
From Saturday 27th April to Saturday 15th June	Warrington Youth Zone	New! Performing Arts School This is a block of 8 Saturdays. You are encouraged to take part each Saturday because you will be working towards an end performance	1.00pm to 2.30pm	All ages

May 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Monday 27th May	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
Wednesday 29th May	Cineworld Warrington	Cinema Trip	To be confirmed	All ages
Friday 31st May	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12

Get booking! We're looking forward to you joining us!

June 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Thursday 13th June	Pizza Hut Junction 9 Retail Park Warrington	To celebrate Carers Week, we'll be eating pizza and ice cream, and drinking limitless pop!	4.00pm to 5.30pm	All ages
From Saturday 22nd June to Saturday 10th August	Warrington Youth Zone	New! Performing Arts School This is a block of 8 Saturdays. You are encouraged to take part each Saturday because you will be working towards an end performance	11.00am to 12.30pm	All ages
From Saturday 22nd June to Saturday 10th August	Warrington Youth Zone	New! Performing Arts School This is a block of 8 Saturdays. You are encouraged to take part each Saturday because you will be working towards an end performance	1.00pm to 2.30pm	All ages

July 2024

When?	Where?	What is there to do?	What time?	Who's it for?
Monday 22nd July	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
Wednesday 24th July	Level Up Warrington	Mini Golf Course	10.00am to 1.30pm	All ages
Friday 26th July	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12
Monday 29th July	Warrington Youth Zone	Holiday Club	8.00am to 6.00pm	Ages 7 to 12

Young Adult Carers

mobilise's 10 Top Tips for Young Adult Carers

Here are the first 5 for you to read through. Look out for the next 5 in the 4th Edition of our newsletter. If you would like to speak with one of our Young Carers Practitioners at any time, please call them on **0300 303 0623**.



1. Know that we are doing a great job

You are doing a great job. What you do makes a difference to those you care about. You are the best person for it and you're doing the best you can do. As carers, we learn as you go, and that's normal. It's good to remind ourselves that even the small things you do can be day-changing for those around you

2. Recognise our personal journey

Our life might look different to that of our friends, peers or even of other young carers but it is important to recognise that we are on our own personal journey. It is important to acknowledge how far we've come so far, the skills we have gained and the important role we play as a carer.

Do not compare your successes to others or believe every success you see on social media. You are doing a great job, there is nowhere else you should be or a milestone you should have hit. Your journey solely focuses on you, your resilience, the lessons you've learned and your personal growth.

3. Take time to do the things we enjoy

The time we put into the things we enjoy is time that is invested in ourselves. Whether it's one-off projects, an online course, going to the gym or taking up a hobby, it is time spent on us away from caring. It is a time where we can focus on our wants, as well as our needs.

Doing the things we enjoy is so beneficial for our mental wellbeing.

4. Remember that we are an individual with our own needs too

You are important. Understanding your needs and meeting them regularly is the fuel which will help you continue doing what you do and avoid running on empty.

5. Make time for ourselves, no matter how busy we are

Schedule time for you as part of your day-to-day routine. It doesn't have to be anything big; it could be just five minutes for a game, a chapter of a book, a walk or an episode of a TV programme.



Whatever it is, put it in your calendar. Make that commitment to you.

"As much as things can pile up, you must make time for yourself, even if it's just an hour a day to get your mind off of things."

Q What is one piece of advice you have been given that has stuck with you? Who gave you that advice?



WARRINGTON
Borough Council

Are you a carer?

Are you interested in having your say about carer services in Warrington?

Warrington Borough Council is looking for carers who are interested in helping to shape carer services in Warrington by providing feedback about services, documentation, and support experiences, helping us to be more creative with our local offer.



If you would like to be involved, please email jacqueline.mahoney@warrington.gov.uk with your name, address and contact number.



Healthy Spaghetti Bolognese

from BBC GoodFood

Prep: Less than 30 minutes
Cook: 30 minutes to 1 hour
Serves: 4

Use lean mince (about 4% fat or less), a big handful of mushrooms and whole wheat pasta to enjoy a healthy Bolognese that you can feel 100% good about.

This meal provides 413 kcal, 23g protein, 55.9g carbohydrate (of which 10.1g sugars), 11.2g fat (of which 3.6g saturates), 12.1g fibre and 0.8g salt per portion.

Ingredients

- 1 tbsp olive oil
- 200g/7oz lean beef mince
- 1 onion, finely chopped
- 4 large mushrooms, sliced
- 1 carrot, grated
- 400g tin chopped tomatoes
- 230ml/8fl oz vegetable stock
- 2 tbsp tomato purée
- ½ tsp Worcestershire sauce
- ½ tsp freshly ground black pepper
- 300g/10½oz whole wheat pasta, such as spaghetti
- 2 tbsp chopped fresh parsley

Method

1. Heat the olive oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
2. Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce and freshly ground black pepper. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
3. Place the wholemeal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain.
4. To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each and sprinkle with parsley.

The Wizard of Oz

S	G	I	M	N	G	A	R	L	A	N	D	A	L
A	B	R	O	O	S	M	E	T	N	U	A	A	Y
S	C	A	R	E	C	R	O	W	C	D	J	D	N
U	N	C	L	E	H	E	N	R	Y	T	N	M	G
E	Y	D	U	J	A	D	O	R	O	T	H	Y	O
B	W	N	I	K	K	O	G	N	I	T	L	E	M
N	I	W	A	Y	D	A	D	R	A	Z	I	W	O
D	U	C	O	W	A	R	D	L	Y	L	I	O	N
R	E	G	L	I	N	D	A	R	R	Y	H	O	E
T	D	L	N	T	O	T	O	U	M	K	L	T	D
M	O	N	K	E	Y	S	A	B	W	A	T	E	R
U	B	A	L	L	O	O	N	Y	D	G	D	I	N
U	O	B	T	T	E	G	A	L	E	U	N	D	G
O	N	Y	W	Y	M	U	N	C	H	K	I	N	S

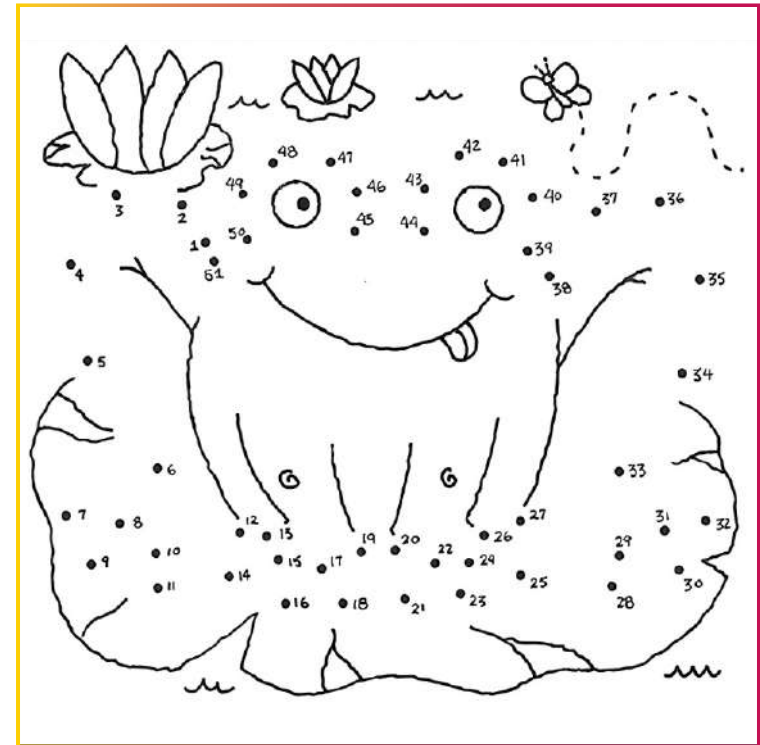
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| MELTING | DOROTHY | WIZARD |
| JUDY | GLINDA | RUBY |
| BALLOON | UNCLE HENRY | TOTO |
| MUNCHKINS | AUNT EM | NIKKO |
| SCARECROW | COWARDLY LION | |
| MONKEYS | GALE | |
| WATER | GARLAND | |

Finding Nemo

H	C	F	I	Y	B	P	E	A	C	H	C	I	B
C	K	I	B	R	Y	R	O	D	M	B	F	O	O
J	A	C	Q	U	E	S	F	I	N	D	I	N	G
E	C	O	R	A	L	R	E	E	F	B	S	A	H
U	H	T	A	N	K	G	A	N	G	A	H	H	S
N	N	O	E	C	U	R	B	A	I	H	A	N	I
T	A	N	B	B	F	C	R	N	N	S	R	E	F
S	C	A	U	A	N	E	M	O	L	S	K	I	N
I	I	H	B	L	O	A	T	O	I	N	S	E	W
T	L	S	B	B	A	R	R	A	C	U	D	A	O
N	E	H	L	B	I	M	A	R	L	I	N	N	L
E	P	F	E	H	U	A	D	E	M	U	H	C	C
D	O	U	S	E	E	A	E	L	L	E	N	T	U
G	U	R	G	L	E	D	D	E	B	M	B	A	J

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|-----------|------------|---------|
| BLOAT | PEACH | DEB |
| CLOWNFISH | FINDING | ELLEN |
| TANK GANG | BRUCE | DORY |
| DENTIST | CORAL REEF | CHUM |
| BARRACUDA | MARLIN | JACQUES |
| NEMO | SHARKS | BUBBLES |
| PELICAN | GURGLE | |

Who's on the lilly pad?



Quiz Time

from Radio Times.com



Easy Quiz Questions

1. How many days are there in July?
2. What temperature centigrade does water boil at?
3. What company is also the name of one of the longest rivers in the world?
4. What in the animal kingdom is a doe?
5. What is the tallest mountain in the world?
6. How many centimetres are there in a metre?
7. What language is spoken in Norway?
8. What is the busiest airport in Britain called?
9. Who is next in line to the British throne after King Charles III?
10. What number is a baker's dozen?

1. 31 2. 100 degrees centigrade 3. Amazon 4. A female deer 5. Mount Everest 6. 100
7. Norwegian 8. London Heathrow 9. Prince William 10. 13

Answers

Family Quiz Questions

1. Who is the Special in the Lego Movie?
2. What colour are most buses in London?
3. What's the name of the talking snowman in Disney's Frozen?
4. What do the wheels on the bus do in the song?
5. What is taller, an elephant or a giraffe?
6. Who are Harry Potter's two best friends?
7. What's the name of the cowboy in Toy Story?
8. How many planets are in our solar system?
9. How many players are in a football team?
10. How many zeros are there in one thousand?

1. Emmet Brickowski 2. Red 3. Olaf 4. Go round and round 5. A giraffe (they are the tallest animal and can grow up to nearly six metres tall) 6. Ron Weasley and Hermione Granger 7. Woody 8.
London 9. 11 players 10. Three

Answers

Useful Numbers

Warrington Carers Hub
0300 303 0623

**Children's Safeguarding/
Social Work Team**
01925 443322

(Open Monday to Friday,
8.30am-5.00pm)

**Access to Social Care
(First Response Team)**

(Open Monday to Friday, 8.30am-5.00pm)
01925 443322

**Out of Hours Service
(Warrington Borough Council)**

01925 444400

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

**NHS
111**

The NHS Service is staffed by a team of fully trained advisers, supported by experienced nurses and paramedics. They will direct you to the local service that can help you best. This could be A&E, an out-of-hours doctor, a community nurse, an emergency dentist or a late-opening chemist. Where possible, the NHS 111 team will book you an appointment or transfer you directly to the people you need to speak with.

Police

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

999 If you believe a child or adult is at immediate risk of harm, dial 999.

The Samaritans
01925 235000

Childline
0800 1111

NSPCC
0808 800 5000

Papyrus Helpline UK
0800 068 4141

Text 07786 209697

Email: pat@papyrus-uk.org

(Monday to Friday, 10.00am-10.00pm)
(Weekends and Bank Holidays, 2.00pm-10.00pm)

CAMHS Response Team
01925 575905

(Monday to Friday, 9.00am-5.00pm)

Urgent contact only
01744 627618

(Weekdays 5.00pm-9.00pm, and
9.00am-9.00pm at weekends)

Warrington Foodbank
07583 080521

Email: info@warrington.foodbank.org.uk

Website: www.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. For example, 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 us on **0330 303 0623** or email us at enquiries@warringtoncarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call 0330 303 0623 or email enquiries@warringtoncarershub.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 <https://www.facebook.com/WarringtonCarersHub> or call **0300 303 0623** before setting out.