

4th Edition August to November 2024



**Warrington
Carers Hub**

Newsletter



Welcome
to
the **4th**

**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 4th Edition of the Warrington Carers Hub Newsletter

We hope you and your family are well. Once again, we have a variety of activities/events for you to choose from -we just need the sun to make them more special!

We have been busy sourcing new and interesting activities/events! Please take time to read through what we have on offer - we look forward to you joining us! Check out the free training to make sure you have a place on a course which interests you. If there is something you want to try or have enjoyed in the past, please let us know.

Our service is centred around you, and we always welcome your feedback, comments, and suggestions. You can call us on 0300 303 0623 or email us at enquiries@warringtoncarershub.org.uk

Our Team Leader and our three Carers Information and Support Officers are available to provide you with even more advice, information, and guidance, and are simply a 'phone call away. Do come along to one of our Coffee & Chats and

meet them face-to-face. Coffee & Chat information is in our Activities for Carers section.

We hope you find this Newsletter interesting. If you access Facebook, this is our most efficient way of providing any last-minute updates and new information in between Newsletters. You can keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk/our-services/carers/warrington-carers-hub

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

Happy reading!

Best wishes,

Warrington Carers Hub Team

How to Contact Us

WARRINGTON CARERS HUB

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



SCAN ME

What our service offers

As a registered carer, support available includes:

- 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.
- A 24/7 Volunteer Carers Help and Talk (CHAT) Line.
- Access to digital Carers Community Network.
- Volunteering opportunities for carers, including volunteering for the CHAT Line and Pen-Pals.
- Support for former carers.
- Carers' Awareness Briefings to other professionals, aiming to increase the number of hidden carers identified and supported in Warrington.

Carers' Community Network Platform

You can also access our Carers Community Network Platform*. This is a virtual community where you can meet other carers, share ideas and experiences, we currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up.

*Please be aware that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on 0345 688 7113 who will be happy to support you with this. You will just need to provide them with your name and email address.

Facebook

Please look at www.facebook.com/WarringtonCarersHub "like" and "follow" our Facebook page by logging into Facebook and searching for Warrington Carers Hub by following this 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 adult carers

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 in knowing more, we would love to hear from you! Please call **0345 0138 208** or email volunteering@n-compass.org.uk



Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and the Royal Mail?

If you are a carer and would like to take advantage of this free service, please contact Ian on 07710 171832 or email volunteering@n-compass.org.uk



Activities & Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from August to November 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 & Chats

Come and meet other carers whilst enjoying a cuppa!



These sessions are an opportunity to meet and chat with other carers and former carers and speak with a Carers Information and Support Officer, while taking a break from your caring role and enjoying tea or coffee and a biscuit or two!

If you have never been to a Coffee & Chat before, don't worry; everyone has been a "first timer"! A friendly member of our team will be there to greet you and offer a warm introduction. Please see the full list of Coffee & Chats on the next page.

There is no need to book, but if you would like to talk to someone before you attend, or would like further information, please call us on **0300 303 0623** or email us at eventsadults@warringtoncarershub.org.uk

Please note

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

The Coffee & Chat session at Penketh Fire Station on Monday 26 August will not be available as this is Summer Bank Holiday.

Coffee & Chats Calendar

| | | | | | | |
|-------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Venue | Community Room Penketh Fire Station Widnes Road Warrington WA5 2UW | The Living Well Hub 26-30 Horsemarket Street Warrington WA1 1XL | Lymm Youth and Community Centre Bridgewater Street Lymm WA13 0AB | Fearnhead Cross Community and Youth Centre Insall Road Warrington WA2 0HD | Bath Street Medical Centre Lekh Street Warrington WA1 1UG | Creative Therapy Room Hollins Park Hospital Hollins Park House Hollins Lane Winwick Warrington WA2 8WA |
| Date | Every Monday | Every Tuesday | Every Tuesday | Every Thursday | Every Friday | 2nd Monday of every month |
| Time | 10.30am to 12.30pm | 1.00pm to 2.30pm | 1.00pm to 3.00pm | 10.00am to 12.00pm | 12.30pm to 2.30pm | 2.00pm to 4.00pm |
| Other Info | Free onsite parking | Onsite parking not available, but the Golden Square Multi-Storey Car Park is within a short walking distance | Onsite parking not available, but there is a Pay and Display car park within a short walking distance | Free onsite parking | Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you | Free onsite parking |



Adult Carers Special Events

If you have not been to one of our activities or events before, we would love to see you at a future one! You can speak with your Carers Information and Support Officer about what to expect and which one you would like to go to; we can make sure you are greeted on arrival.

You must book onto our one-off events as most of them have limited numbers and some need to be booked in advance so we can book places and order food if applicable.

We've made booking really easy! You only need to remember one email address to book any event and to contact one of our Carers Information and Support Officers for event information.

Email: eventsadults@warringtoncarershub.org.uk

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

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

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

August 2024

Craft Club: Fabric Memory Frames

Tuesday 6th August, 10.00am to 12.00 noon

Becki @ 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.



Tour of the Walled Garden

Friday 16th August, 11.00am to 2.00pm

Grappenhall Heys Walled Garden, 12 Dashwood Close, Appleton, Warrington, WA4 3DS

Includes Refreshments at the Primrose Café. Onsite parking available.



August 2024

Carers Breakfast Club

Tuesday 20th August, 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.

Mindfulness Session by Lynsey Tilbury

Tuesday 27th August, 2.00pm to 4.30pm

📍 Room 6, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

Includes Afternoon Cuppa and Cake at Mamars.

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.



September 2024

Carers Breakfast Club

Tuesday 17th September, 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.

Mindfulness Session by Lynsey Tilbury

Monday 23rd September, 2.00pm to 4.30pm

📍 Room 6, The Gateway, 89 Sankey Street, Warrington, WA1 1SR

Includes Afternoon Cuppa and Cake at Mamars.

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.



September 2024



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

Monday 2nd September, 11.00am 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.



Craft Club: Paint Pours

Tuesday 3rd September, 10.30am to 12.30pm

📍 Becki @ The Gateway, Room M10, 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.



Coffee Pot and Pottery

Friday 27th September, 1.30pm to 3.00pm

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

Meet Becki inside at 12.45pm

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

October 2024



Craft Club: Felt Ball Garland

Tuesday 1st October, 10.30am to 12.30pm

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

Onsite parking is not available.

The Golden Square Multi-Storey Car Park is within a short walking distance of the Living Well Hub.

Carers Breakfast Club

Tuesday 15th October, 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.

Mindfulness Session by Lynsey Tilbury

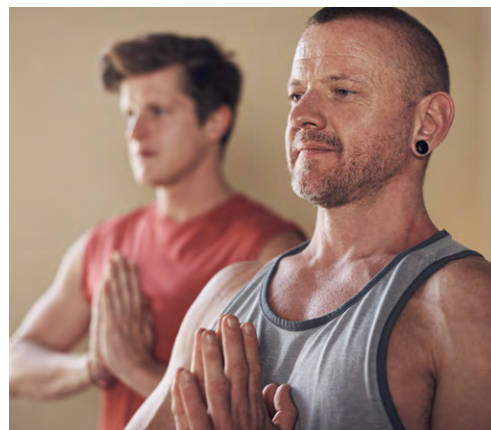
Wednesday 30th October, 2.00pm to 4.30pm

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

Includes Afternoon Cuppa and Cake at Mamars.

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.



November 2024

Craft Club: Tea Light Holder Decorating

Tuesday 5th November, 10.30am to 12.30pm

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

Onsite parking is not available.

The Golden Square Multi-Storey Car Park is within a short walking distance of the Living Well Hub.



Craft Club: Christmas Crafts

Tuesday 26th November, 10.30am to 12.30pm

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

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



Carers Breakfast Club

Tuesday 19th November, 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.



Carers' Rights Day November 2024

Carers' Rights Day is an annual event organised by Carers UK. It aims to raise awareness of carers' rights, help carers understand their rights, and provide information on where to get help and support. At the time of going to print, Carers UK has not yet announced the actual date in November or the theme for this year. As soon as we have this information, we will let you know what we have planned for the day. We hope you will be able to join us – watch this space!

Training for Adult Carers

Free Training for Adult Carers

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

eventsadults@warringtoncarershub.org.uk



Connect 5 is an educational input designed to improve confidence in engaging in conversations about mental wellbeing. This training will be delivered by n|compass' Wellbeing Trainer. The minimum number of places to enable this course to run is 6. There will be 10 places available only at each session so booking is essential. The venue will be Room M10 at the Gateway on the below dates and times.

Tuesday 27th August
1.00pm to 4.00pm

Tuesday 2nd December
1.00pm to 4.00pm

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

Wills, Lasting Power of Attorney and Probate

Chris Rudd Solicitors, Warrington



Chris Rudd Solicitors, Warrington, will be providing advice, information and guidance about Wills, Lasting Power of Attorney and Probate on the below dates.

Tuesday 10th September
2.00pm to 3.30pm
The Living Well Hub, 26-30
Horsemarket Street, Warrington,
WA1 1XL

Thursday 21st November
10.00am to 12 noon
The Gateway, 89 Sankey Street,
Warrington, WA1 1SR

A member of our Team will greet you on arrival.

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

Free Training for Adult Carers

Moving and Handling (People) Training



This training will be delivered by Warrington Borough Council's Moving and Handling Coordinator and will be held at the Health & Social Care Academy, Warrington & Vale Royal College on the below dates.

Wednesday 18th September
10.00am to 12.00 noon or
1.00pm to 3.00pm

Thursday 21st November
10.00am to 12.00 noon or
1.00pm to 3.00pm

CrISP Training Course

This training will be delivered by a support worker from the Alzheimer's Society. To benefit fully from this 5-week course, attendance at all 5 sessions is highly recommended. This course will be held in Room 1 at the Gateway.

Starting on
Tuesday 15th October

Ending on
Tuesday 12th November.

Each session will start at
1.00pm and finish at 3.00pm

Lasting Power of Attorney

This training will be delivered by Warrington Citizens Advice Bureau and will be held in either Room 6 or the Small Conference Room (depending on numbers) at the Gateway.

Friday 18th October from
10.30am to 11.30am



Zoom Activities for Adult Carers

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

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

Weekly Sessions

Distance Reiki with Jo Fellows Every Wednesday 2.00pm to 3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience 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

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWMyWnMwZz09>

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 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

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

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 and mental health

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

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2IzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916

Useful Information

My Possible Self

A highly recommended app created in partnership with world leaders in mental health and which uses cognitive behavioural therapy (CBT). It is an holistic approach to mental health, managing anxiety, tackling depression, easing stress and improving sleep. Explore interactive tools, helpful tips, visual and mental exercises and engaging activities. NHS approved and featured on the NHS Apps Library, which helps patients

and people find trusted health and wellbeing mobile support. These digital tools have been assessed by the NHS as clinically safe and secure to use.

You can download the free app on your smart phone My Possible Self: The Mental Health App



what3words The simplest way to talk about location

Street addresses aren't accurate enough to specify precise locations, such as building entrances, and don't exist for parks and many rural areas. This makes it hard to find places and prevents people from describing exactly where help is needed in an emergency.

What is what3words? We divided the world into 3 metre squares and gave each square a unique combination of three words. Millions of people around the world use what3words to make life safer, more efficient and less frustrating. Emergency services around the world and non-governmental organisations (NGOs) are using what3words to find and help people in need.

You can download the free app on your smart phone.

Santander - Carer Friendly Banking

Looking after your money shouldn't be something you lose sleep over. If you or someone you care for needs help with their banking, there are ways we can support you. If a disability, your mental health, or problems at home affect how you manage your accounts, we may be able to support you, whether it's a permanent or temporary situation.

Tell us and we'll remember. With 'tell us once', you can let an adviser know if you need support. They'll then add a note to your account, so you won't have to tell us again.

Let us know by logging on to Mobile or Online Banking. Start a chat and type in 'tell us once' and we'll record it with your consent. You can

also tell us in branch or over the phone.

Do you have a visual or hearing loss impairment? We can help you change the font size in our emails and on our website, ask for alternative formats, and other features if you're blind or partially sighted. Our new credit cards have been designed with a cut out to help you tell the difference between your cards. We offer SignVideo, Relay UK and hearing loops to help you with your banking if you're deaf or have hearing loss. To find out how else we can support you, whether that's over the phone, in branch or on our website, please visit Support with your banking | Santander UK

Our Partners

United Utilities Priority Services

Water makes the North West.

Here at United Utilities we are proud to provide an essential service to more than seven million people across the region. Working together, our purpose is providing great water for a stronger, greener and healthier North West.

Alongside providing high quality drinking water to customers across our region, we are passionate about helping others when they need it most. And that's where our Priority Services scheme plays a big part.

Priority Services – Help when you need it most

Priority Services is free and could help you, your family or your friends benefit from additional support from us so we can respond quickly to your needs. People register for Priority Services for lots of different reasons such as age, disability, mental health, financial worries, language barriers or an event in their lives such as a birth of a child or divorce.

We understand help and support may be needed for the short period or more long term and varies from person to person. This is why it is important to us that the services we provide are tailored around your individual needs. Here are just some of the key benefits from being on our Priority Services scheme.

- Access to a dedicated team and a freephone number to take you straight through to the Priority Services team.
- If one of our engineers needs to visit your home, we will knock and wait in case it takes you a little longer to answer the door.
- We will keep you updated on any issues with the water supply in your area.

Find out more and register online using this link:

www.unitedutilities.com/help-and-support/priority-services/



Our Partners

Warrington and Halton Teaching Hospitals, NHS Foundation Trust



Parking Concessions for Blue Badge Holders

Blue Badge holders are eligible for free parking. Please either attend the Welcome Desk or the Cash Office on either site to complete an exemption form. If you are unable to do that, please speak to the Reception of the clinic/department/ward that you are visiting, and they will do this for you. Once the badge is registered, the vehicle is then covered for parking until the expiry date of the blue badge at both sites.



Warrington Borough Council

Shaping the next Warrington Carers Strategy

Over the past few months, the council and its partners have invited carers from across Warrington to share their views to inform the next Warrington Carers Strategy.

Local carers had their say via an online survey and at drop-in events at the Living Well Hub in the town centre.

Views shared are now being collated and will be used to shape the priorities for carers in Warrington for the next three years. The draft strategy will be available towards the end of the year, and carers will be able to give further feedback when this is published to ensure it is an accurate representation of carer views.

If you have any questions about the Warrington Carers Strategy, please contact Nicola Kerr at nkerr@warrington.gov.uk

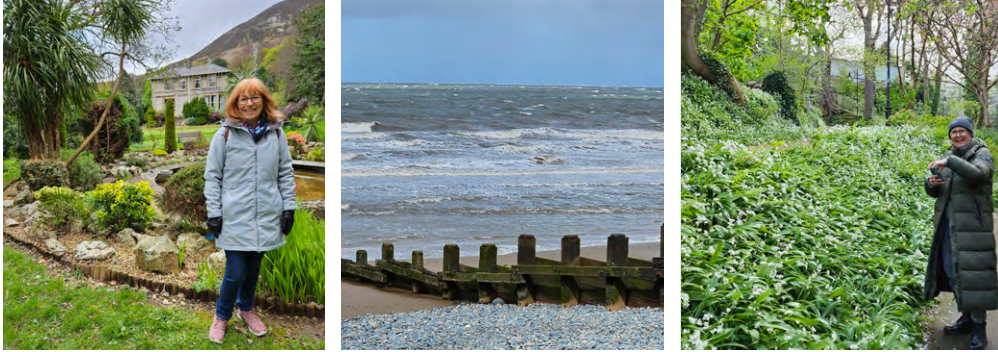
Carers UK Care for a Cuppa Chats



It's very easy to feel isolated when you're caring. Held on Zoom Carers UK, Care for a Cuppa chats offer a space to meet other carers, share experiences and find mutual support. They hold weekly sessions, mostly on Monday afternoons, and a monthly evening session if you can't attend during the day. To find out more visit <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/>

Highlights

April 2024 – Trip to Noddfa



May 2024 – Dementia Awareness Action Week, Warrington



Craft Club – Flower Wreaths



Highlights

Celebrating Carers Week!

During Carers Week, some carers were invited to a special VIP morning at the Halliwell Jones Stadium to watch the Warrington Wolves team train ahead of their next match. They received VIP treatment in recognition of the valuable work that unpaid carers carry out each day. Other carers relaxed on the Wizard, a fully accessible canal boat offered to carers for the morning by the owners, Warrington Disability Partnership. They went to Moore and stopped to eat lunch on the lovely benches overlooking the canal before heading back.



Young Adult Carers



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

In the 3rd Edition of our Newsletter, we gave you the first 5 Top Tips – here are the last 5. If you would like to speak with one of our Young Carers Practitioners or one of our Carers Information and Support Officers, please call **0300 303 0623**.

6. Set up online food delivery

As a carer who is studying, our time is likely to be more precious. One simple thing we can do is to arrange for supermarket food deliveries to arrive at a time convenient to us. It also helps with budgeting and meal planning. A great way to save both money and time (and the environment) is checking out the App, Too good to go, available on both the App Store and Google Play Store. With Too good to go, we can rescue the yummy, unsold bags of food from local businesses around us – for free!

7. Stay organised

We all have our own ways of organising ourselves. And taking a little time to think about what would help us keep track of our caring, academic, and personal life to-do-lists can be very helpful.

Small changes compound

Sometimes, one hour of good quality work is more productive than cramming in five hours of work. And is much more manageable around our caring role. As ambitious individuals, we often like to aim high, but this may lead to disappointment if we don't reach our target. Be kind to ourselves by setting small, effective goals as they will still yield steady, productive results.

Apply for extensions

There may come a time where things outside of our control will prevent us from completing a piece of work on time. Apply for an extension, or an extenuating circumstance. This is when an event in our lives stops us from being able to meet a deadline. The time frame in which we can apply for an extenuating circumstance is typically within 48 hours of our deadline. But this may vary depending on our university, so it is also worthwhile double checking. And it will not affect our grade if granted.

Young Adult Carers

8. Don't be afraid to ask to move to a different seminar

On some days, 9.00am seminars may not be attainable for us. Especially if we have to take the person we care for to a last-minute appointment. This should not stop us from getting the most out of our university experience. We can kindly explain to our tutors or lecturers (via email if we feel more comfortable) our situation and ask for the option to attend a different seminar group at a later time. Or even better, if there are any extra resources or recordings that we can benefit from.



9. Buy colour catchers for the washing machine

As young adult carers, we may well already be used to doing our own washing! But in case not, other young adult carers have recommended colour catchers. They're laundry sheets (that we pop in the drum), and which allow us to wash all colours together (even our whites), saving us both time and money!

10. Do the small things that make us happy

Finally, university is going to have challenging moments. There's no denying that. And in many ways, that's what makes it so rewarding – the opportunity to overcome those challenges and succeed. But as young carers, the challenging bits can affect us more deeply. So when we catch ourselves having a bad week, let's find something that makes us happy. Perhaps it's treating ourselves to new pens, notebooks or stationery of our choice. Or creating a relaxing or upbeat playlist to help us through our study periods. Whatever brings us joy - do exactly that!



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)

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/findan-urgent-mental-health-helpline>

McIntyre Memory Café

01925 234444

Filled with laughter, conversation and themed activities, the MacIntyre Memory Cafes offer the opportunity to get to know your community. There is also an opportunity to chat with two Admiral Nurses, who provide specialist dementia support for families.

Police

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

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

Refuge

01925 243359

We support women and men experiencing domestic abuse in Warrington.

St Rocco's Hospice

01925 575780

We have so many ways that we can help if you or someone you love has been diagnosed with a life-limiting illness of any kind. Cancer is often the condition that people think of first when they think of hospices, but we care for people with a whole range of illnesses.

The Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

Stroke Association

01925 62053

Our Stroke Recovery Service will work with you to identify your personal support needs and priorities.

Talking Matters

01925 401 720

One in four people will experience a mental health difficulty at some point in their life. IAPT was introduced as a way in which people could access Talking Therapies as close to their home or place of work as possible. Talking Matters Warrington is designed to help anyone registered with a Warrington GP, to deal with common mental health problems. These may include depression, anxiety, panic, phobia, obsessive compulsive disorder (OCD) or post-traumatic stress disorder.

Warrington Bereavement Support

01925 631516

Warrington Bereavement Support are sorry to hear of your sad loss and our aim is to help you. Our Support Volunteers are trained to support you through the grieving process. They are not experts who can solve your problem and provide instant relief but are ordinary people who are willing to listen and who will understand your feelings.

Warrington Disability Partnership

01925 240064

user-led charity supporting the needs of disabled people, their families and carers in England and Wales, through actively promoting independent living, providing information on peer counselling, equipment, personal assistance, transport, access, employment, education, training, and a range of other services. Over 30 years' experience of developing and delivering mobility and independent living services to support disabled people and people living with long-term health conditions.

Warrpac – Warrington Parents and Carers

07376 722719

Warrington Parents and Carers Forum is a voluntary group of enthusiastic, dedicated and experienced parents and carers of children with disabilities and additional needs.

Warrington Wellbeing Service

01925 248469

warringtonwellbeing@warrington.gov.uk
Provides one-to-one support for anything non-medical, including support for carers. Runs carers' support groups and courses for people caring for loved ones living with dementia.





Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit you and other carers – you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked 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, www.facebook.com/WarringtonCarersHub 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.



Young Carers

Newsletter



Welcome to the **4th** Warrington Young Carers Newsletter

Supporting unpaid adult and young carers across Warrington

Welcome to the 4th Edition of the Warrington Carers Hub Newsletter

Welcome to the 4th Edition of our Young Carers' Newsletter! We hope you and your families are all well and that all exams have gone well too.

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 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 www.facebook.com/groups/648731044099252

Once again, we have a variety of activities/events for you to choose from – we just need the sun to make them more special! 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 to 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

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**



SCAN ME

Meet the Young Carers Team



Anna Zammit

Service Manager



Sarah Hadden

Young Carers Practitioner



Sally Bourn

Young Carers Practitioner

Welcome to our newest Young Carers Practitioner!

Hello! My name is Aimee and I recently joined n-compass as a Young Carers Practitioner, which I am absolutely thrilled about! My previous work experience includes being a support worker for individuals with complex mental health issues, learning disabilities, and physical ill health. Having been a part of a team who cares for someone 24/7, I am pleased to start this new role and spread awareness about what it means to be a carer and help as many people as I can. In my free time, I love going on walks with my Boxer dog Roxy, and spending time with friends and family going to the cinema or out for food and a bit of shopping!



Aimee Leigh



**Warrington
Carers Hub**



What we do & What we've been up to

- Help young carers and families think about what would make a difference to their lives.
- Provide peer support with other young carers.
- Help young carers have a voice.
- Help young carers to access support in school and college.
- Help young carers to take a break from their caring role.



Active April

6 young carers took part in Carers UK Active April. A Boxing and Self-Defence Coach came along to the Tuesday drop-in at Orford Youth Base and taught you some skills to help you keep fit and safe. It was an hour of high energy and lots of fun!



Half Term Cinema Trip

15 young carers went to Cineworld in Warrington to watch a showing of "If". You told us you all enjoyed the film and are looking forward to going to the cinema again!



Celebrating Carers Week! Circus Starr: The Circus with a Purpose

We were given 20 free tickets by Circus Starr so that you could enjoy going to the circus with your families. You told us, "We loved it - thank you so much" and, "Great. We really enjoyed it. Great fun. Thank you so much". We were also told Circus Starr created a magical world for you, with lots of different acts and laughter!



Pizza Hut

9 young carers went for tea to Pizza Hut straight after school. We know how much you enjoy pizza and what better way to celebrate the amazing work you do all year round than by eating pizza – and ice-cream! We've also heard your favourite pizza was the Hawaiian!



School Holiday Drop-Ins

When you are not at school or college, why not come along and see us if you have a question, are worried about something or just want a chat! We'll be at **the Gateway, Sankey Street, Warrington, WA1 1SR, every Thursday between 9.30am and 4.00pm.**

If you're busy on Thursdays, we'll be at **the Living Well Hub, 26-30 Horsemarket Street, Warrington, WA1 1XL, on Fridays between 9.30am and 4.00pm.**

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



Young Carers' Weekly Drop-In at Warrington Youth Zone

We have moved! Our regular Tuesday evening drop-in now takes place in the Employability Room, Mezzanine Floor, Warrington Youth Zone. 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.

So far, you have all enjoyed the move – and playing football and rock climbing! There will be more exciting things to do as time goes on. 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 August to November 2024. 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 advance so we can book places and order food if applicable.

We've made booking really easy! You only need to remember one email address to book on any event or group or to contact one of our Young Carers Practitioners for event/group information.

Email: eventsyc@warringtoncarershubs.org.uk

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 young carers whose caring role has ended in the last 6 months). If you are not registered and would like to receive support and attend events and groups, please register by calling **0300 303 0623** or by emailing enquiries@warringtoncarershubs.org.uk

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.

August 2024

| When? | Where? | What is there to do? | What time? | Who's it for? |
|-------------------------------------|--------------------------|----------------------------------------------------------|-----------------------|---------------|
| Thursday 1 st August | Safety Central Lymm | Safer Together Learn about fire safety in the home | 10.00am to 2.00pm | All ages |
| Friday 2 nd August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Wednesday 7 th August | Warrington Youth Zone | Chocolate Workshop | 10.00am to 12.00pm | All ages |

| | | | | |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------|
| Friday 9 th August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Monday 12 th August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Tuesday 13 th August | Causeway Community Garden, St John's United Reform Church, Wilderspool Causeway, Warrington, WA4 6QE | Learn about gardening, build a bug hotel, grow veg! | 1.00pm to 2.30pm | All ages |
| Friday 16 th August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Monday 19 th August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Friday 23 rd August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| Tuesday 27 th August | Causeway Community Garden, St John's United Reform Church, Wilderspool Causeway, Warrington, WA4 6QE | Learn about gardening, build a bug hotel, grow veg! | 1.00pm to 2.30pm | All ages |
| Friday 30 th August | Warrington Youth Zone | Holiday Club | 8.00am to 6.00pm | Ages 7 to 12 |
| From Saturday 31 st August to Saturday 19 th October | Warrington Youth Zone | 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 31 st August to Saturday 19 th October | Warrington Youth Zone | 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 |
|----------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|

| | | | | |
|------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| From Saturday 26 th October to Saturday 14 th December | Warrington Youth Zone | 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 |
|------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|

September 2024

| When? | Where? | What is there to do? | What time? | Who's it for? |
|-------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------|
| Saturday 14 th September | Causeway Community Garden, St John's United Reform Church, Wilderspool Causeway, Warrington, WA4 6QE | An opportunity for young carers to show their parents/guardians the work they did in the garden during the summer. | You can visit the garden any time between 10.30am and 12.30pm | All ages |
| Saturday 21 st September | Tenpin | Bowling | 10.00am to 12.30pm | All ages |

November 2024

| When? | Where? | What is there to do? | What time? | Who's it for? |
|------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| To be confirmed | To be confirmed | Fireworks Display | To be confirmed | All ages |
| Saturday 16 th November | RAF Burtonwood Heritage Centre, Gulliver's World, Warrington, WA5 9YZ | Visit the centre to learn about the history of RAF Burtonwood, the GI Brides, the planes and the everyday life of the airbase. | You can visit the Centre any time between 2.30pm and 5.00pm | All ages, including parents/guardians Numbers are limited to 10 so booking is essential! |

October 2024

| When? | Where? | What is there to do? | What time? | Who's it for? |
|------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Wed 23 rd October | Tenpin | Bowling | 10.00am to 12.00pm | All ages |
| From Saturday 26 th October to Saturday 14 th December | Warrington Youth Zone | 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 |



mobilise's 10 Top Tips for Young Carers



In the 3rd Edition of our Newsletter, we gave you the first 5 Top Tips – here are the last 5. If you would like to speak with one of our Young Carers Practitioners or one of our Carers Information and Support Officers, please call 0300 303 0623.

6. Make time to speak to others

It is easy to leave a message on “read”, to miss or postpone a phone call or to simply not start a conversation when we feel like we don't have the time. However, there are times where these conversations can be just what we need, even if we don't know it. A catch up with a friend or speaking to others can help us to work through the tough stuff, to talk about recent events or share a laugh or two.

7. Set personal goals and aspirations for ourselves

What is your dream job or career? What is on your bucket list? Setting goals and plans help us to bring out the best in ourselves. They remind us to think about what's important to us and to be ourselves.

8. It's okay to not have all the answers

Every experience of caring is so unique and a big part of it is learning as we go. No one ever has all of the answers but there are a whole range of people, tools, services, and resources out there to help us find the solutions that work for us. Never be afraid to ask for help.

9. Make the most of the support available to us

Support is important, even when we don't think we need it. Support is not only beneficial in times of crisis, but it is also so important within our day-to-day lives. Accessing support helps us to gain the tools we need to be resilient, healthy and emotionally strong when we need to be. It can also ensure the practical things are in place if and when we need it, which gives us peace of mind.

10. Find what self-care works for us

Self-care looks different for everyone, it doesn't always look like respite breaks, mindfulness, or wellbeing classes. Sometimes, it can be taking time to listen to our favourite song, having a bubble bath or calling a friend for a catch-up. The important thing is to make time for the things that help us to recharge within our day. Self-care shouldn't feel like more work!

Question

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

Who gave you that advice?

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 2.00pm - 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
Info@warrington.foodbank.org.uk
warrington.foodbank.org.uk



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit you and other carers – you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work well for you. Hopefully together we can improve it and make it work!

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