

NEWSLETTER

September-December 2022



**CARERS
TRUST**

Cheshire and
Warrington



Cheshire West
and Chester

NHS

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Welcome

As the end of summer quickly approaches we can reflect on what we did. Carers Week was an absolute hit and we enjoyed seeing each and every one of you. We hope to provide the same amount of success and fun with these upcoming groups. Our staff had a great time getting out and meeting so many new and familiar faces during the summer...So, if you have joined us at an event, see if you can spot yourself amongst the photos.

Recent staff changes include, Natalie has joined our team as a Carer Support Worker in Chester. Laura and Jill have both taken on additional roles to better support our organisation. We hope you enjoy reading this edition of our Newsletter from all of the providers and look forward to our groups. We have a full diary of upcoming events to keep you busy during the Autumn/Winter at various locations across Cheshire West. So hopefully there is an activity happening near to you and we look forward to meeting you at a future event.

Register with your GP

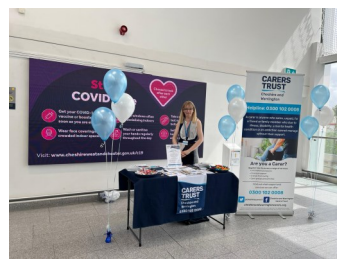
It is important that your GP knows if you are a Carer. All GP surgeries in Cheshire West and Chester hold a register of patients who are carers which helps your surgery to make sure you receive information about the help and support that is available. This can include important vaccination information. If you would like to learn more call **0300 102 0008** and ask for **Christina**.

The Emergency Card

Have you got an Emergency Card? If something happens to you, the emergency service card will know you care for someone at home and can help arrange emergency care or will notify Adult Social Care so they can step in to help. Email: michelleh@cheshireandwarringtoncarers.org for a card.



Carers Week Review



Above: Rachel at Barons Quay waiting to support carers.

Right: Parent Carers and their children enjoyed a day out at Hayrack Children's Farm in Ellesmere Port



Below: We went to Winnington Garden Centre having lots of tea and little cakes. The cared for could come along too which was lovely.



Left: Chester parent carers met for a special Carers Week treat. Solving clues whilst walking round Chester, they were rewarded with afternoon tea and chocolate for the winning team.



Successful Events



Left: We had a fab trip at the Chester Cathedral. The tour took us all round it and gave our carers so much information. It was such fun.

Right: we had a canal trip with carers along the canal near Christleton. We sailed for a few hours that gave us plenty of time for chatting and a cuppa.



With funding to help carers with the pressures of winter we were able to offer slow cooker lessons in locations across Cheshire West. These sessions were extremely popular and all carers attending a workshop were able to take away a slow cooker to keep.

"It is really important that we continue to support carers so that they can support those they care for. Without carers the whole Health and Social Care system would collapse " - **David Harvey CEO**

Successful Events



Above: We did a walk to Helsby Hill in the Ellesmere Port Walking Group. We really enjoyed the struggle trying to reach the top however it was all worth it as everyone felt accomplished.

Right: We had an amazing time having afternoon tea, lots of cake and scones were consumed. Are you a jam first then cream on a scone, or the other way round? We would love to know!



Above: We had an alpaca walk with carers. These cute fuzzy animals certainly gave these carers a laugh. It was definitely a refreshing change from life and of course alpacas are perfect to cuddle. We even saw a horse in the field nearby.



Carers in Employment

We also have a Carers in Employment support team as juggling a job and caring is hard. Our team can help you plan those difficult conversations in work and help support you with making changes at work if needed. **If you're an employer and would like free support from us in becoming a more carer aware/carers friendly employer. Email our team at carersinemployment@cheshireandwarringtoncarers.org**



Left: With "Time for Me" we have visited Chapter who have been fixing up The Haven in Ellesmere Port. Here are the pictures of their finished garden. We will be having some events in the garden and you can enjoy all the hard work everyone has done. We will also be visiting other gardens such as Grozone in Northwich and one in Little Sutton.

Right: For National Volunteer Day we had an afternoon tea specifically for our volunteers to say thank you for all your help with us. It was lovely for all the volunteers to be together for once as well.



To celebrate the Queens Platinum Jubilee, carers in Chester were invited to a garden party in Upton Park. Carers joined in the celebrations with live music, games and crafts.



Right: We had a special event hosted by Lush. They gave carers a chance to make their own soap and bath bombs. It was a wonderful opportunity to get messy and creative in a safe environment. Carers made a range of coloured soap, blue being the most popular. At the end of the session carers got a free goodie bag to take home and enjoy some pre-made treats made by Lush themselves. We will be doing more of these sessions in these next few months.



What's on at Cheshire and Warrington Carers Trust?

This is a great chance for you to meet people who are in a similar situation as you, you can chat to fellow carers and get advice from them and our staff. Having someone to talk to and making friends can make a huge difference. These groups are a great chance to share information, motivate each other and inspire one another to cope and manage our caring roles. It also is a good opportunity to have a fun time doing something a little different.

Training For Carers	Slow Cooker Demonstration & Tastings
Thurs 22nd Sept- Energy Saving & Advice from Energy Projects Plus delivered via Zoom - 10:30-11:30	Wed 28th Sept- At Upton Pavillion, Upton Chester
Social Baking Club restarts for 5 weeks from Thurs 29th Sept- 20th Oct from 14:30-16:00	Wed 5th Oct- The Boat Shed, Whitby Road, Ellesmere Port
Thurs 6th Oct- First Aid Training- The Bluecoat Building, Chester-10:30-12:00	Wed 2nd Nov- Neston Youth Centre
Thurs 13th Oct- Paying for Care Training Workshop- The Bluecoat Building, Chester-11:00-12:00	Wed 7th Dec- Frodsham Community Centre

September 2022

Date	Time	Group	Where
Thurs 15/9/22	10:00	Winsford Parent Carer Support Group	GGO Community Centre
Mon 19/9/22	11:00	Ellesmere Port Lunch Club	St. Thomas's Church
Wed 21/9/22	10:00	Ellesmere Port Parent Carer Support Group	The Boat Shed
Thurs 22/9/22	10:30	Northwich Support Group	146 London Road
Thurs 22/9/22	10:30	Dementia Support Group	Zoom
Mon 26/9/22	10:00	Northwich Parent Carer Support Group	146 London Road
Wed 28/9/22	11:00	Cooking with Debbie @ Chester Lunch Club	Upton Pavilion
Wed 28/9/22	18:00	Chester Working Carer Support Group	The Toby Carvery

October 2022

Date	Time	Group	Where
Mon 3/10/22	11:00	Ellesmere Port Walking Group	Frodsham Village
Wed 5/10/22	10:00	Chester Parent Carer Support Group	Chester City Centre
Mon 10/10/22	19:00	Zoom Working Carers Support Group	Zoom
Tue 11/10/22	13:00	Neston Support Group	Neston Youth Centre
Tue 11/10/22	12:00	Northwich Lunch Club	146 London Road
Tue 11/10/22	11:00	Frodsham Support Club	Frodsham Community Centre
Wed 12/10/22	11:00	Chester Walking Group	Storyhouse Lobby
Wed 12/10/22	18:00	Northwich Working Carer Support Group	The Woodpecker Pub
Wed 12/10/22	18:00	Chester Male Carers Support Group	The Toby Carvery
Thurs 13/10/22	10:00	Winsford Parent Carer Support Group	GGO Community Centre
Mon 17/10/22	11:00	Ellesmere Port Lunch Club	St. Thomas's Church
Wed 19/10/22	10:00	Ellesmere Port Parent Carer Support Group	TBD
Mon 24/10/22	10:00	Northwich Parent Carer Support Group	146 London Road
Wed 26/10/22	11:00	Diverse Designs talk @ Chester Lunch Club	Bluecoat Building
Wed 26/10/22	18:00	Chester Working Carer Support Group	The Toby Carvery
Thurs 27/10/22	10:30	Northwich Support Group	146 London Road

Please ring **0300 102 0008** to book any of these groups

We have a Parent Carer Support Service which provides tailored information, advice and support for all parents, carers and guardians of children with additional needs, disabilities or long term health conditions up to the age of 25. To get in contact with our Parent Carer Support Team, email parentcarersupport@cheshireandwarringtoncarers.org

November 2022

Date	Time	Group	Where
Wed 2/11/22	10:00	Chester Parent Carer Support Group	Upton Pavilion
Mon 7/11/22	11:00	Ellesmere Port Walking Group	Burton Village
Tue 8/11/22	13:00	Neston Support Group	Neston Youth Centre
Tue 8/11/22	12:00	Northwich Lunch Club	146 London Road
Tue 8/11/22	11:00	Frodsham Support Club	Frodsham Community Centre
Wed 9/11/22	11:00	Chester Walking Group	Grosvenor Park by City Baths
Wed 9/11/22	18:00	Northwich Working Carer Support Group	The Woodpecker Pub
Wed 9/11/22	18:00	Chester Male Carers Support Group	The Toby Carvery
Thurs 10/11/22	10:00	Winsford Parent Carer Support Group	GGO Community Centre
Mon 14/11/22	19:00	Zoom Working Carers Support Group	Zoom
Wed 16/11/22	10:00	Ellesmere Port Parent Carer Support Group	The Boat Shed
Mon 21/11/22	11:00	Ellesmere Port Lunch Club	St. Thomas's Church
Wed 23/11/22	10:30	Dementia Support Group	Zoom
Wed 23/11/22	11:00	Healthwatch talk @ Chester Lunch Club	Bluecoat Building
Thurs 24/11/22	10:30	Northwich Support Group	146 London Road
Mon 28/11/22	10:00	Northwich Parent Carer Support Group	146 London Road
Wed 30/11/22	18:00	Chester Working Carer Support Group	The Toby Carvery

December 2022

Date	Time	Group	Where
Mon 5/12/22	11:00	Ellesmere Port Walking Group Xmas Lunch	TBD
Wed 7/12/22	10:00	Chester Parent Carer Support Group	TBD as Christmas Event
Wed 7/12/22	11:00	Chester Walking Group	Chester Cathedral Entrance
Thurs 8/12/22	10:00	Winsford Parent Carer Support Group	GGO Community Centre
Mon 12/12/22	19:00	Zoom Working Carers Support Group	Zoom
Tue 13/12/22	13:00	Neston Support Group	Neston Youth Centre
Tue 13/12/22	12:00	Northwich Lunch Club	146 London Road
Tue 13/12/22	11:00	Frodsham Support Club	Frodsham Community Centre
Wed 14/12/22	18:00	Northwich Working Carer Support Group	The Woodpecker Pub
Wed 14/12/22	12:00	Chester Lunch Club Christmas Special	The Boathouse
Wed 14/12/22	10:00	Ellesmere Port Parent Carer Support Group	TBD as Christmas Event
Thurs 15/12/22	10:30	Northwich Carers Christmas Party	146 London Road
Mon 19/12/22	11:00	Ellesmere Port Lunch Club	TBD

You can also email booking@cheshireandwarringtoncarers.org to book any of these events.

All groups were correct at time of printing.



Carers Rights Day is a national campaign that aims to raise awareness for the rights of unpaid carers in the UK and to highlight the many challenges that they face. This year in Cheshire West and Chester, Thursday 24th November 2022, we will be holding a Carers Rights event in the Chester / Ellesmere Port area, which will showcase available support and services for carers as part of the Cheshire West Carers Support Service. The event will take place from 10:30 until 14:30 with refreshments provided. For more information and to reserve a place, please contact the helpline on 0300 102 0008 or email booking@cheshireandwarringtoncarers.org

**CARERS
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Cheshire and
Warrington

Cheshire West and Chester “Time for Me” Activities

- Thursday 15th September** - 11:00-12:30 - Walk and Talk, Station House Cafe, Whitegate, CW7 2QE
- Thursday 15th September** - 19:15 - Matilda, Grange Theatre, Hartford
- Friday 16th September** - 11:00-13:00 - Walk and Talk Marshalls Arm, Hartford
- Monday 19th September** - 18:00-20:00 - Chester Mecca Bingo
- Wednesday 21st September** - 10:30-12:30 - Chat in the Gardens, Ellesmere Port
- Wednesday 21st September** - 14:00-16:00 - Gordale Garden Centre, Coffee and Cake
- Thursday 22nd September** - 13:00-15:00 - Grozone Northwich
- Wednesday 28th September** - 11:00-12:30 - Walk and Talk, Little Budworth Country Park
- Thursday 29th September** - 11:00-14:00 - Cinema Storyhouse, Chester
- Thursday 29th September** - 18:00-20:00 - Knit and Natter, Crosshatch Studios, Winsford
- Friday 30th September** - 11:00-13:00 - Behind the Scenes Cheshire Archives Tour
- Wednesday 5th October** - 11:00-12:30 - Walk and Talk Marbury Park
- Thursday 6th October** - 13:00-15:00 - Grozone Northwich
- Thursday 13th October** - 11:00-13:00 - Dementia Friendly Film Screening - Storyhouse Chester
- Thursday 13th October** - 18:00-20:00 - Knit and Natter, Crosshatch Studios, Winsford
- Thursday 20th October** - 11:00-14:00 - Storyhouse, Chester
- Thursday 27th October** - 10:30-12:30 - Hayrack Church Farm, meet the animals
- Friday 28th October** - 14:00-16:00 - Halloween Crafts, Neston
- Thursday 3rd November** - 11:00-12:00 - Walk and Talk, Chester meet at The Cross
- Friday 4th November** - 10:00-13:00 - Lino Printing, 146 London Road, CW9 5HH
- Saturday 5th November** - 19:00 - Fireworks Celebration (More information to follow)
- Friday 11th November** - 10:30-12:30 - Chat in the Gardens, Ellesmere Port
- Friday 11th November** - 15:00-16:00 - Walk and Talk - Whitby Park

Further events will be promoted closer to the time.

All Carer Breaks Activities are open to Carers living in the Cheshire West and Chester areas, and are fully funded. If you would like any further information, to suggest any activity ideas or to be on the mailing list, please contact us:

Phone: **0300 102 0008**

Email: breaks@cheshireandwarringtoncarers.org

Booking is essential



Carers Information and Support Programme for People who care for a person with Dementia



Each essential session lasts 2.5 hours and the course runs for 5 weeks, covering the following topics:

- Understanding dementia
- Providing support and care
- Legal and money matters
- Coping day-to-day and next steps
- Understanding how dementia progresses
- Living with change as dementia progresses
- Living well as dementia progresses, including occupation and activities.

The Next CrISP course will run from Tuesday 18th October to 15th November 2022 the venue is to be confirmed, but the course will be delivered face to face in a venue in West Cheshire. Places will be on a first come first served basis and places are restricted to 12 carers per course.

To book your place please contact Emily Jones on: 07927 5090220 or email: cheshire@alzheimers.org.uk



OPAL

To celebrate Carers Week, on Wednesday 8th June 2022 Opal held an Afternoon Tea at the Deeside Ramblers Hockey Club in Tiverton together with musical entertainment with a 1940's and 1950's theme.

The event was very popular with 20 carers and their cared for attending. They all enjoyed a delicious afternoon tea with sandwiches, salad and cakes and enjoyed chatting to each other and the volunteers who also attended.

For those who could not attend we delivered some of the afternoon teas to their door and had a chat with them too. **To learn more about Opal Services please visit www.opalservices.org.uk or phone 07547 508280**



NeuroMuscular Centre

A few words on Carer's Week: "We celebrated and thanked our Carers at the Neuromuscular Centre with a range of activities during Carer's week. This included a Fishing day, a Coffee Morning and Jubilee Planting activity in our allotment garden, a BBQ in the NMC Meadow, NMC Literary festival and culminated in a jubilee themed afternoon tea. A good time was had by all." **Contact: denise.boyall@nmcentre.com. Or call 01606 860911**



making space

Kind hearted care and support

At Making Space Carer Support, we understand that caring for a family member or loved one can be a generous and selfless thing to do. Caring can be both physically and emotionally demanding to their wellbeing.

Walk & Talks

Wrap up with a warm scarf and wear comfortable wellies or boots to join us on an autumn walk around these beautiful Cheshire country parks and riversides. Take in all the gorgeous autumn colours, and crunchy brown leaves.

Friday 7th October 2022—**Weaver Park Way, Winsford** meet at 10am – 11.30am.

Tuesday 18th October 2022—**Chester Riverside Walk** meet at 10am – 11.30am

Monday 1st November 2022—**Rivacre Country Park, Ellesmere Port**—meet at 1.30 pm – 3pm.

For more information and to book a place please telephone the office on 01606 606694.

Carer Breaks

Many carers find caring for a member of their family, close friend or neighbour stressful and exhausting but often have difficulties in getting a chance to take a break from caring to focus on themselves and 'recharge their batteries'. The need for a breaks is even more important now after 2 years of limited access to support during the pandemic.

For a number of years, Cheshire West and Chester Council and the local NHS have recognised the importance of breaks for carers and have funded a wide range of breaks through the Better Care Fund. This gives carers a chance to take time out, spend time with other carers for mutual support and to do something enjoyable for themselves. All of these breaks offered are free of charge.

The 8 organisations shown here have been funded until September 2023 to provide breaks across Cheshire West and Chester and can be contacted directly to find out more and to book onto the breaks on offer. Breaks offered by Cheshire and Warrington Carers Trust are highlighted on page 6 of this newsletter.

During the past year, more than 500 individual carers accessed over 10,000 hours of breaks across Cheshire West and Chester but there are still many more carers who are unaware of these breaks and could greatly benefit from taking part.

If you are having difficulty in accessing a break, perhaps due to transport, finding someone to look after the person you care for or any other reason, please do let us know as we might be able to through the network of organisations which form the Cheshire West Carer Support Service.

If there are any other types of breaks you would like to see offered, please contact us on the helpline **0300 102 0008** or email **advice@cheshireandwarringtoncarers.org** so that we can add these to future development plans.



Tel. 0344 8508607
Email: info@cheshireautism.org.uk



Tel 0300 102 0008 Email:
breaks@cheshireandwarringtoncarers.org



Tel. 0151 3563176 Email:
alan.jones@cheshireyoungcarers.com



Tel. 01244 851094
Email: info@hospicegs.com



Tel. 01606 861799
Email: denise.boyall@nmcentre.com



Tel. 01244 678619
Email: Jane@neurotherapycentre.org



OPAL

Tel. 07547 508280
Email: contactus@opalservices.org.uk



Tel. 01606 551246
Email: enquires@slhospice.co.uk

Northwich

146 London Road
Northwich
Cheshire
CW9 5HH

Our Carer Centre's:

Chester

The Bluecoat
Northgate St.
Chester
CH1 4EE

Helpline:

0300 102 0008— Mon-Fri 9am-5pm

Email:

advice@cheshireandwarringtoncarers.org

Contact Us:

Alternatively you can get in contact with us using the "Get In Touch" form on the Cheshire West Carer Support Website:

<https://www.cheshirewestcarersupport.co.uk/>

Find us on Facebook and LinkedIn:
[@CheshireandWarringtonCarersTrust](https://www.facebook.com/CheshireandWarringtonCarersTrust)

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[@cheshirecarers1](https://twitter.com/cheshirecarers1)