

CARERS TRUST

Cheshire and
Warrington

Contact Line: 0300 102 0008

Mon-Fri 9am-5pm

Saturday 9am - 12:30pm

Email: bettertogether@cheshireandwarringtoncarers.org

October 2026 - January 2027

News



Scan this code with your
phone to visit our website.

This newsletter is produced by Cheshire and Warrington Carers Trust, the Lead Provider of the Better Together for Carers and the Community Service



Welcome to the autumn winter edition of our newsletter.

We have lots of events and support groups planned over the next few months, please do get in touch to book on to any of these you're interested in. As always, our Contact Line is available 9-5 on weekdays and Saturday mornings until 12:30pm. Thank you to carers who have recently completed the surveys we have sent out. The GP Surgery Registration survey responses have helped us in shaping how we work with GP surgeries to identify and register carers with our services. If you're a carer and you haven't informed your GP please request one of our forms next time you visit the surgery and ask their staff about support available.

**Cheshire and Warrington
Carers Trust AGM**
Monday 9th November 2026
12.30 - 2.30pm

*Join us for our Annual General Meeting
at St John's Church Centre,
School Lane, Hartford CW8 1NP.*

A light lunch will be provided following the meeting.

Everyone is welcome! For information about
becoming a member, or to book your place call:
0300 102 0008



CARERS
TRUST

Cheshire and
Warrington

FOR MORE INFORMATION

📞 0300 102 0008

✉ advice@cheshireandwarringtoncarers.org

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Let's Talk

Our Community Navigators continue to attend Let's Talk sessions across Cheshire West and Chester. As these sessions have evolved since beginning last year, the venues and days/times may be subject to change. If you would like to visit a session near you please contact us for the most up to date information.

Let's Talk Community Navigators can help with identifying local support for health and social care needs within the community. Charlotte and Rachel can be contacted at navigator@cheshireandwarringtoncarers.org or by calling our Contact Line 0300 102 0008

Everyone is welcome at Let's Talk and you will always be greeted by a friendly face and a listening ear to help you to find the right support for whatever issue you are facing.



Let's
TALK

Friendly advice and support to help you stay well, independent and connected.

We're here to offer quick, practical guidance and help you manage challenges before they become bigger.

Drop in and speak to:

- An Adult Social Care Worker
- A Community Navigator

How we can help
Come and talk to us if you'd like support with:

- Feeling lonely or isolated
- Finding and joining local groups, activities or community services
- Understanding paying for care
- Everyday challenges at home (mobility, routines, managing day-to-day life)
- Caring for someone and needing support yourself
- Not knowing where to start or who to contact for help



Scan me

Visit: cheshirewestandchester.gov.uk/letstalkhealth to find your nearest Let's Talk or scan the QR code

Chester (Lache)	Regular Sessions Available in:	Ellesmere Port
Neston	Chester (Blacon)	Northwich
Frodsham	Winsford	Malpas
Tarporley	Helsby	Chester (City Centre)

Carers Rights Day

This year Carers Rights Day will take place on Thursday 19 November. Every day, 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits.

Carers should not have to miss out on support designed to reduce some of the pressures caring can bring. Whether they care 24/7 or juggle care with work and family life, are new to caring or have been for many years, and wherever they live in the UK – all carers deserve to understand their rights and be supported to use them if they wish.

Our events this year to mark Carers Rights Day will be:

Monday 16th November at Northwich Hub, Barons Quay 11-2pm – Tea, Coffee and Cakes.

This event will be attended by representatives from other local support organisations, please join us for a chat and refreshments.

Thursday 19th November at Northwich Office 10am-12pm – Light brunch and chat with members of our team and other carers.

Thursday 19th November at Ellesmere Port Civic Hall, Civic Suite 12pm – 2pm – Refreshments and Carers Rights information from Better Together.

If you would like to attend any of these please let us know by phone or email.



Parent Carers Support



Thank you to all of the families who attended our Parent Carer activities and days out over the summer, we had a great time and enjoyed seeing the children having fun.

We are continuing to provide parent carer groups in Northwich, Malpas, Tattenhall and Frodsham.

Our Parent Carer Specialist can also offer information about careers support for young people with SEN up to the ages on 18.

For information about these groups and the support available please contact clareg@cheshireandwarringtoncarers.org

Support Groups



Groups provide a great opportunity to meet with other carers who are in a similar situation. You can chat to other carers for support advice from them and our staff team.

Having someone to talk to and making new contacts can make a huge difference. Please do try to come along to one of our groups to meet other carers and feel less isolated.

Booking is essential for all of our groups, call the Contact Line on 0300 102 0008 or go to the 'Events' page of our website www.bettertogetherwestcheshire.org to book.

All groups correct at time of printing but may be subject to change.

	Date	Time	Group	Where
October	07/10	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	12/10	10:30 - 12:30	Northwich Parent Carer Support Group	Northwich Office, London Road
	12/10	11:00 - 13:00	Ellesmere Port - Resilience Workshop	Theatre Porto
	13/10	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	14/10	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole
	20/10	13:00 - 15:00	Northwich Former Carers Group	Northwich Office, London Road
	21/10	11:00 - 13:00	Chester Support Group	Grosvenor Park
	21/10	13:30 - 15:30	Neston Carers and Former Carers - Crafts	Neston Youth & Community Centre
	22/10	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
	27/10	18:00 - 20:00	Chester Working Carers Group	Toby Carvery, Hoole
November	28/10	12:00 - 13:30	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	04/11	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	09/11	10:30 - 12:30	Northwich Parent Carer Support Group	Northwich Office, London Road
	09/11	11:00 - 13:00	Ellesmere Port Support Group	Theatre Porto
	10/11	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	17/11	13:00 - 15:00	Northwich Former Carers Group	Northwich Office, London Road
	18/11	13:30 - 15:30	Neston Carers and Former Carers	Neston Youth & Community Centre
	18/11	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole
	24/11	18:00 - 20:00	Northwich Working Carers Group	The White Barn, Cuddington
	25/11	11:00 - 13:00	Chester Support Group	City Walls Stroll - Bluecoat start
	25/11	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	26/11	10:30 - 12:30	Northwich Support Group	Northwich Office, London Road



Carers enjoying a Chop and Chat cooking session in Ellesmere Port in September.

	Date	Time	Group	Where
December	02/12	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	14/12	11:00 - 13:00	Ellesmere Port Christmas Party	Theatre Porto
	14/12	10:30 - 12:30	Northwich Parent Carer Support Group	Northwich Office, London Road
	08/12	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	15/12	13:00 - 15:00	Northwich Former Carers Group	Northwich Office, London Road
	11/12	13:30 - 15:30	Neston Christmas Afternoon Tea	Neston Youth & Community Centre
	09/12	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole
	15/12	18:00 - 20:00	Chester Working Carers Group	Toby Carvery, Hoole
	16/12	11:00 - 13:00	Chester Support Group	Chester Cathedral
	23/12	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	17/12	10:30 - 12:30	Northwich Support Group	Northwich Office, London Road
January	06/01	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	11/01	10:30 - 12:30	Northwich Parent Carer Support Group	Northwich Office, London Road
	11/01	11:00 - 13:00	Ellesmere Port Support Group	Theatre Porto
	12/01	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	13/01	18:00 - 20:00	Chester Male Carers Group	Toby Carvery, Hoole
	19/01	13:00 - 15:00	Northwich Former Carers Group	Northwich Office, London Road
	19/01	18:00 - 20:00	Northwich Working Carers Group	White Barn, Cuddington
	20/01	13:30 - 15:30	Neston Carers and Former Carers	Neston Youth & Community Centre
	27/01	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	27/01	11:00 - 13:00	Chester Support Group	Wesley Centre
	28/01	10:30 - 12:30	Northwich Support Group	Northwich Office, London Road

Carefree Breaks

Carers may apply for a Carefree break to access one or two nights away in a hotel as a break from your caring role. These breaks are free of charge to carers and can be booked at a location and time convenient to yourself.

If you would like to apply for a break, please get in touch with us by phone or email.

Please note that breaks are available only to a carer plus one companion, who is not the person cared for.



Slow Cooker Christmas Cakes

As part of our ongoing commitment to supporting carers to manage household budgets whilst costs continue to increase, Zoe is hosting two Slow Cooker Christmas Cake sessions, which will be open to all carers.

Wednesday 21st October 11am-1pm at Wesley Centre Chester

Tuesday 1st December 10am-12pm at in our Northwich Office



To book on to one of these sessions please phone us or contact zoe@cheshireandwarringtoncarers.org

Carefree

Carer Breaks

Carer breaks are now part of the Better Together Service and are fully funded through Cheshire West and Chester. Due to high demand if you have booked to attend and are then unable to please do let us know so that other carers can take your place. Repeated non attendance may impact on your continued involvement. All breaks must be booked in advance, please contact breaks@cheshireandwarringtoncarers.org or call 0300 102 0008

Monday 5th October – 10:30am – Chester Charity Shop Challenge and Walk – Meeting outside the Bluecoat, walk along to the walls to the top of Frodsham Street where you will be given a small budget to find a 'Winter' themed item to keep – show your goodies to the group over a hot drink, before heading back to the Bluecoat along the walls.

Tuesday 13th October – 6pm – Winsford Supper Club – Brighton Belle – Come along with other Carers from Winsford to enjoy a meal and a soft drink on us whilst you chat and catch up with each other.

Wednesday 14th October – 10am – 2pm approx. Christleton Canal Trip – Come along to enjoy a trip down the Canal with lunch provided with other Carers. Places limited and priority given to those who haven't been before.

Thursday 15th October – 11am – 12:30pm Northwich Pumpkin Flower Arranging – Arrange autumnal flowers into an arrangement inside a pumpkin to take away with you – Head Office, Northwich.

Monday 19th October – 10:30am – 12pm – Fused Glass Workshop with Poppy Art Studio – Northwich Office – Limited Places and Priority given to Carers who haven't attended a break. This is also being arranged in Chester in November, full details to follow once the venue has been confirmed.

Saturday 24th October – 2:30pm – Catch Me if you Can – Theatre Show – Northwich Memorial Court – Priority will be given to Carers who haven't attended a break recently.

Thursday 29th October – 10:30am arrival, 11am start – Storyhouse Cinema – Come along to enjoy an exclusive screening of 'Sense and Sensibility' with complimentary hot drink and biscuit. You can also bring along the person you care for to this event – Booking Essential.

Monday 2nd November – 11am – 12:30am – Northwich River Walk and Charity Shop Challenge – Meeting at Baron's Quay, walk to the river, and then head into the Charity Shop's for a Winter Charity Shop Challenge and show our goodies to the group over a Hot Drink! A small budget will be provided.

Thursday 12th November – 10am – 2pm – Chester Zoo Visit with Breakfast Barm and Hot Drink – When was the last time you visited the zoo? Do financial barriers limit your ability to afford a trip to the zoo? We have a rare opportunity to arrange some trips to Chester Zoo and have visits across this year, and next so Carers can benefit! Priority given to Carers who have not been to the zoo in the last 3 years due to financial barriers, and those who haven't accessed many breaks this year.

Wednesday 18th November – 10:30am-12pm Ellesmere Port and Chester Parent Carer Meet – Breakfast at Burleydam Garden Centre and a look around the garden centre.

Monday 23rd November – 10:30am-12pm – Tarporley Coffee and Chat – Walk along the High Street, look in a few shops before heading for a Coffee and a Cake at a local Tea Room.

Thursday 26th November – 10:30am arrival, 11am start – Storyhouse Cinema, Film to be chosen at October screening – Come along to enjoy an exclusive screening of a Carer chosen film with complimentary hot drink and biscuit. You can also bring along the person you care for to this event – Booking Essential, and Seat Allocation will be sent once booked which is also essential.

Monday 30th November – 10:30am – 12pm – Fused Glass Workshop with Poppy Art Studio – Chester; venue to be confirmed – Limited Places and Priority given to Carers who haven't attended a break.

Carer Breaks

Wednesday 2nd December – 10:30am – 12pm – Willow Weaving Northwich – Festive Willow Weaving led by Robyn at Nature Makers – Come and create a Willow Star – Limited place and priority given to those who haven't attended.

Monday 7th December – 11am – 12:30am – Chester Walls and Christmas Markets Walk – Meeting outside the Bluecoat, head up onto the Walls for a Walk around Chester, and finish with a drink and a look around the Christmas Markets.

Tuesday 8th December – 6pm – Winsford Supper Club – Venue TBC – Come along with other Carers from Winsford to enjoy a meal and a soft drink on us whilst you chat and catch up with each other.

Wednesday 10th December – 10:30am – 12pm – Wreath Making Northwich – Come along to create a festive wreath and enjoy some refreshments. Limited places and priority given to those who haven't attended breaks before.

Friday 11th December – 7pm – Rapunzel – Storyhouse Theatre – Limited places available, priority given to Carers who haven't attended breaks this year.

Thursday 17th December – 10:30am arrival, 11am start – Storyhouse Cinema, Film to be chosen at September screening – Come along to enjoy an exclusive screening of a Carer chosen film with complimentary hot drink and biscuit. You can also bring along the person you care for to this event – Booking Essential, and Seat Allocation will be sent once booked which is also essential.

Monday 11th January – 11:00am – 1pm – Delamere Forest Walk – Subject to weather conditions – Meeting at Delamere Barns Bridge Car Park, Frodsham WA6 6PA, walking a circular route to the café for refreshments.

Thursday 14th January – 10:30am – 12pm – Frodsham New Year Journalling Session and Walk – Castle Park Arts Centre – Create a New Year Journal, enjoy a refreshment and a short walk.

Wednesday 20th January – 10:30am – 12:00pm – Parent Carer Wizards Golf, Chester – Hole in the Wand – Come along for a game of mini golf and a magical drinkable potion!

Wednesday 27th January – 6pm – 8pm – Northwich Hygge Evening – Come and enjoy a relaxation evening using the methods of Hygge, along with face/foot masks and take-home candle making kits.

Thursday 28th January – 10:30am arrival, 11am start – Storyhouse Cinema, Film to be chosen at December screening – Come along to enjoy an exclusive screening of a Carer chosen film with complimentary hot drink and biscuit. You can also bring along the person you care for to this event – Booking Essential, and Seat Allocation will be sent once booked which is also essential.

Carers had a great time at Reminisce Festival

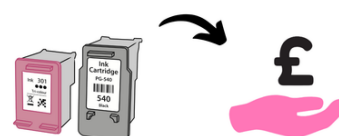


Cartridge Recycling

If you use printer cartridges at home please consider recycling them with Recycle 4 Charity and donating the proceeds to us, with no cost to yourself!

Information about this service can be found on their website: www.recycle4charity.co.uk

**Help Us Raise Money!
Recycle Your Ink Cartridges**



recycle them at recycle4charity.co.uk

Research Sessions

Over the summer, thanks to funding through the NIHR (National Institute for Health and Care Research) and Bridge (community led research network), Cheshire and Warrington Carers Trust led three sessions for unpaid carers aimed at enhancing an understanding of and encouragement to participate in research projects (These were followed up by brief focus groups in September). These sessions involved a brief history of research and research methodology, with plenty of participant interaction, looking at questions such as "Why should carers be involved in research?" and "What barriers may there be in encouraging carers to participate in research?" We also shared case studies kindly sent to us by carers who have participated in a wide range of research opportunities.

Alongside this, we shared a survey via social media, our blogs and during carer engagement sessions to ascertain carers perceptions and understanding of research and to gauge potential future interest in getting involved in research.

All of the information gathered will be processed and a final report will be made available to carers in the near future.

In the meantime, watch out for any research opportunities we share with you and take a minute to look and see whether this would be of interest to you. Carers can provide a unique insight into things like the side effects of new medications on their loved one, how the caring role can affect mental health etc. If you are interested in finding out more, have a look at this website:

www.bepartofresearch.nihr.ac.uk



Facebook

If you use Facebook please find our page @cheshireandwarringtoncarers and FOLLOW us. We post lots of useful information about our events, other local and national services to support carers and our wider community. We know that Facebook gets flooded with more and more advertising and 'spam' content but if you follow and interact with our page you are more likely to see future posts.



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