



**HALTON
CARERS
CENTRE** A Network Partner of
**CARERS
TRUST**



Identification and recognition of carers

The Carer's Trust defined a carer as:

“A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.”

Across Halton we know that providing care and support for another person can be extremely rewarding, but it can also be difficult.

Carers can undertake caring responsibilities at any time during their lives, as children, young people, adults or later in life. Their role can impact in many ways and a range of support, across a range of agencies, is available to help you stay happy, health and maintain your own wellbeing.

The easiest ways to be formally recognised as a carer are through social services undertaking a carer's assessment, registering as a carer with your own GP or registering as a carer with Halton Carers Centre.

Adult Social Care Services: 0151 907 8306

Children's Services: 0151 907 8305

Halton Carers Centre: 01928 580182

What support can I get by registering as a carer?

Having support in your caring role can reduce feelings of isolation, help you to do more of the things that you like doing, improve your health and help you continue in your caring role.

By registering as a carer you can access lots of support to help you in your day-to-day life, from social care services, the Carers Centre, Family Hubs, the NHS or the voluntary sector or from more mainstream services like adult education centres, libraries and community centres.

Halton Carers Centre

Halton Carers Centre have an office in Church Street, Runcorn. They also have a base in St Marie's, Lugsdale Road, Widnes. They provide holistic assessments for carers, which look at their caring responsibilities as well as their wider life aspirations.

Their work includes:

- Carer identification
- Information and advice – drop-in and community outreach sessions
- Emotional support and counselling
- Holistic therapies (massage, reflexology and podiatry)
- Trips and events – from regular day's out to the annual viewing of Halton's Jubilee Bridge fireworks display with quiet space provided for those who need it.
- Training – more recent opportunity have included the dementia START programme and training looking at sensory processing needs.
- Coffee/support groups – some being targeting at supporting certain groups of carers e.g. dementia carers, ADHD carers, etc.
- Carer break funding
- Young carers groups – the centre has dedicated young carers workers and a programme of activity to support carers aged 5 to 17 years (please email at help@haltoncarers.co.uk)
- Former carers groups

The Carers Centre also refer onto other organisations for carers' assessments, respite, benefits advice, health improvement, and more.

To register at the Carers Centre you can call **01928 580 182** or email: help@haltoncarers.co.uk

Registration as a carer with your GP

All GP practices have a carers register. This is a list of those patients who are providing unpaid care to another person with a long-term condition, illness or disability. It is important that you let your practice know that you are a carer. Once registered your practice may be able to offer you additional support and flexibility

Welfare and benefits

If you need any assistance with your benefit entitlements, you can contact the Welfare Rights Service at Halton Borough Council by calling **0151 511 8930** (Mon – Thurs 9am - 5.30pm, Fri 9am - 4.40pm) or email welfare.rights@halton.gov.uk

Employment support

An important aspect of the support to adult carers lies in enabling them to fulfil their employment and skills potential.

Many employers understand if their staff have caring roles and telling them about your caring responsibilities can grant you access to additional support.

All employees across the UK have the right to request flexible working arrangements. Additionally, as a carer, employees are entitled to one week of unpaid leave every year to undertake caring responsibilities under the Carers Leave Act 2023.

Halton's Carers Centre work with employers to identify and assist working carers, providing tips and practical examples to employers of ways that can help them make the most of their working carers workforce, improve their staff wellbeing and reduce both turnover and sickness.

Older Carers

It's well known that the UK's population is ageing, with more people living longer lives than they did in previous generations. This has a direct impact on the level of caring responsibilities that older people have, with many older people caring for spouses, partners or other loved ones into their later lives.

Halton Carers Centre run a range of groups and activities for older carers including a designated service aimed at those caring for a loved one with dementia.

Age UK Mid-Mersey

Age UK Mid Mersey provide services in Halton to support anyone providing informal unpaid care as an older person and/or to an older person. This includes offering information and advice, which can be in your own home if you cannot leave the house, They also run carers support groups which are relaxed, friendly and supportive environment for carers to get together.

If you are new to caring, their advisors can help you to schedule an Assessment of Needs and make your application for Carer's Allowance.

For more information call the [Age UK Advice Line](tel:08006781602) on 0800 678 1602.

We're open 8am to 7pm, every day of the year.

Dementia Adviser Service Halton – Alzheimer's Society

Caring for someone with dementia can be different from caring for people affected by other types of illness or disability because of the complex, unpredictable and progressive nature of the illness. Consequently, carers' needs for practical and emotional/psychological support to relieve the emotional stress of caring are especially high.

The Dementia Adviser Service in Halton offers personalised help and advice as well as ongoing support to those with a dementia diagnosis, those on a pathway to receiving a diagnosis and their carers. This may include: support to understand a diagnosis or cope with changes as the condition progresses, support with legal issues such as Lasting Powers of Attorney, support to apply for benefits and managing your money, understanding paying for and accessing care, making your home dementia friendly and more. We also run groups for carers and people with dementia to meet others and a Dementia Adviser is always available to answer any questions.

Contact your Halton Dementia Advisers to get support or make an appointment on **0151 420 8010** or halton@alzheimers.org.uk.

Available Monday to Friday 9am – 5pm or out of hours appointments available by prior arrangement.

Young Carers

Halton seeks to celebrate the achievements of young carers in our community but more importantly to encourage everyone to work together to recognise, identify and support those young people who have taken on, often unknowingly, a caring role.

We recognise that support needs to be available to young carers as they may be at additional risk of becoming vulnerable should the level of responsibility or caregiving they have become excessive, inappropriate or risks becoming harmful.

In participation with young carers and their families, we aim to be proactive in our support and help remove the barriers young carers face in their health, wellbeing and life chances.

If you are a young carer in need of support please contact the Integrated Contact & Referral Team (iCART) on **0151 907 8305**

Halton Carers Centre – Young Carers Team

Offer support to registered young carers with:

- Age-appropriate groups and activities focused on increasing wellbeing.
- 1-2-1 reviews with feedback from parents
- Information, advice and guidance
- Support for parent / guardian to gain the right support for the young carer.
- Activities to promote family cohesion.
- Access to carer break fund
- Training as appropriate
- Advocate between home and school
- Sessions in school
- Fun based activity sessions designed to give respite and build emotional resilience.
- School holiday programmes
- Information about the condition of their loved one and how this plays out in reality.
- Workers attending meetings MAP / CiN / CP to advocate for the young carer.

The team can be reached on 01928 580 182

Support in Schools

Run jointly by Carers Trust and The Children's Society, the Young Carers in Schools (YCiS) programme works with schools across England to share good practice, provide relevant tools and training, and celebrate the great outcomes many schools achieve for young carers. Using a step-by-step approach, the award is underpinned by five key principles to **understand, inform, identify, listen** and **support** young carers.

More information about the programme can be found on [What is the award? – Young Carers in Schools](#) and schools can also ask for help with the award via the Young Carers team at Halton Carers Centre.

Family Hubs

Halton Family Hubs bring lots of services together in one place, making it easier to find information and support for you and your family.

Family Hubs can help parent carers and young carers to access the services and support they need to continue in their caring roles.

FamilyHub online is available 24 hours, 7 days a week via the web or on app. It offers a safe and secure way to browse services.

Visit: www.haltonfamilyhubs.co.uk or call **0303 333 4300** and ask for family hubs/children's centres/ family information service.

Family Hubs – list of services:

- Activities for 0-5
- Birth registrations
- Debt and welfare advice
- Domestic abuse support
- Early Language & Home Learning
- Early childhood education & care
- Health visiting 0-5
- Housing
- Infant feeding
- Intensive targeted family support
- Local Authority 0-19 public health
- Mental health services | Midwifery/ maternity | Nutrition & weight management
- Oral health improvement
- Peri natal mental health & parent infant relationship
- Parenting support
- Reducing parental conflict
- SEND support services
- Stop smoking support
- Substance misuse & drug and alcohol support
- Support for separating & separated parents
- Youth justice services
- Youth support services

Leisure and community

Halton Borough Council takes an inclusive approach to supporting carers in the community. Carers can access support with:

The **Halton Leisure Card** entitles the holder to discounts on certain Leisure Centre activities. Those in receipt of Carers Allowance can get a free card from Halton Carers Centre (this is not available from any other outlet). For further information please visit: <https://activehalton.co.uk/documents/leisurecard.pdf>

Halton Libraries offer a range of support for carers, including –

Home Library Service

- Open to anyone who can't access library buildings for reasons of mobility, disability or caring responsibilities.
- Currently a waiting list for the service, but we also offer a 'click and collect' service as an alternative.

Mental Health

- Well Reading collections of books on mental health, dementia and grief.
- Bereavement Café – at Halton Lea Library. First Monday of the month.
- Weekly free coffee mornings and Midweek meetup groups
- Adult board games and Scrabble Clubs

Online resources

- Borrow book- providing 1000's of free e-books and e-audio titles
- Press Reader- providing access to 1000's of magazines and newspapers
- Theory test pro- driving theory test practice site
- Which online- full access
- All sites accessible from comfort of own home or device

Social Offer

- Midweek Meet-up – A drop in group to meet new people
- Call and Chat Group – phone group for older people who are isolated
- Weekly Coffee mornings
- A Good Yarn – knitting and craft group
- Men's Shed
- Together Unlimited – for people with physical disabilities and limitations

Digital Support

- Weekly IT help club
- Help at home to use internet etc.

Reminiscence Offer for Dementia

- Memory boxes for loan
- Picture Halton – website of photos of Halton in the past

Useful information:

Age UK Mid Mersey - <https://www.ageuk.org.uk/midmersey/>

Carers Card UK – <https://www.carerscarduk.co.uk/>

identification card, app to log emergency plan, own wellbeing needs and get advice and guidance. Discounts also available with the card.

ChildLine – 0800 11 11

Citizens Advice Bureau Halton - <https://haltoncab.org.uk/>

Free, confidential, impartial and independent advice and information on a wide range of subjects from debt and benefits advice to accessing employment.

Carers Trust – <https://carers.org/>

Support and grants through local network partners i.e. Halton Carers Centre

Dementia Advisor Service - Alzheimer's Society - <https://www.alzheimers.org.uk/support-services/Cheshire%20North%20%26%20St%20Helens%20Local%20Service%20Office/Dementia%20Adviser%20Service%20Halton/regional>

Halton Adult Social Care - <https://www3.halton.gov.uk/Pages/adultsocialcare/AdultSocialCare.aspx>

Halton Carers Centre - <https://haltoncarers.co.uk/>

Halton Community Alarm, Telecare and KeySafe – <https://www3.halton.gov.uk/Pages/adultsocialcare/CommunityAlarms.aspx>

Halton Shared Lives - <https://www3.halton.gov.uk/Pages/adultsocialcare/adultplacement.aspx>

Mobilise – free to access web/app for carers with wide range of national and local resources - <https://support.mobiliseonline.co.uk/halton>

NICE quality standard - Supporting adult carers (NG150) - <https://www.nice.org.uk/guidance/NG150>