

Do you want to know more?

For a full guide to our services complete your details below and return to the freepost address, or you can call us directly on either of our telephone numbers during our opening hours.

Once we receive your details we will post you out our information booklet and a Carers Support Worker will contact you. We will never pass your details to other organisations without your consent.

Name: _____

Address: _____

_____ Post Code: _____

Telephone No: _____

Best time to contact you: _____

Your Signature: _____

Place in an envelope and return to:

Freepost RRZU-YZEE-CCTR
Halton Carers Centre
62/64 Church Street
Runcorn
WA7 1LD

Venue Box



Runcorn Office: 62/64 Church Street, Runcorn, WA7 1LD

t 01928 580182

Outreach Widnes Office: Peelhouse Family Centre,
Peelhouse Lane, Widnes, WA8 6TJ

t 0151 257 9673

Runcorn: Mon - Fri 10am to 4pm, Sat 10am to 1pm

Widnes: Wed & Thurs 10am to 4pm

e help@haltoncarers.co.uk

www.haltoncarers.co.uk

To find out what's happening in the centre, follow us on:



Halton Carers' Centre is a registered Charity. No.1124493
Company Limited by guarantee. No. 06574889



Halton Carers' Centre



Do you look after someone?

Have you come to this appointment with a relative or friend today?



Are you visiting a family member or friend in hospital?

If the answer is **YES** to these questions you are a carer and could be accessing carer support services



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Are you a Carer?

For many people, being a carer means different things. Some people do not consider themselves as 'carers', instead they are just looking after someone close to them.

A carer is someone who provides help & support to a partner, child, relative, friend or neighbour who could not manage without their help.

The person you care for may require your help due to frailty, illness, learning or physical disability, sensory impairment, mental illness or addiction.

Many carers do not know what services are available and how to find support and services that they may find helpful.



For a complete information pack on the services we offer, return the form overleaf, drop in and see us or telephone us on

01928 580182

About Us

It can be very confusing and distressing time when you are thinking about caring for someone who is coming out of hospital or you may have been caring for someone but their needs have changed following a hospital stay.

If you would like more information about supporting someone whilst they are in hospital and when they are discharged, including discharge procedures and processes please contact our Hospital Liaison Carer Support Worker on 01928 580182 or 0151 257 9673.

Caring for someone can be both rewarding and challenging, if you are caring for someone its important that you:

- Have access to information, advice & support
- Take care of your own physical & emotional health
- Find time to relax
- Have a break
- Have someone to listen to you
- Have access to training and leisure opportunities.



If you register with us at Halton Carers' Centre, you will be able to access the following services:

- Information & Advice
- Advocacy & Support
- Quarterly Newsletters
- Training Courses -
 - Basic First Aid
 - Dementia Strategies
 - Caring with Confidence
 - Mental Health Awareness
- Coffee Groups -
 - All Carers
 - Mental Health Carers
 - ADHD Parent Carers
 - Former Carers
- Counselling
- Podiatry*
- Relaxation Therapies*
- Day Trips*
- Forums
- Hospital Discharge Support
- Carers' Break Funding
- HBC Leisure Card
- Access to a Carers' Assessment 16+

*Small charge, all other services are free.