8th Edition December 2025 to March 2026 Newsletter

Warrington Carers Hub

Newsletter

Welcome to the 8th Warrington Adult Carers Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass towards a brighter future

WARRINGTON Borough Council

NHS

Registered Charity No. 1128809

Welcome to the 8th Edition of the Warrington Carers Hub Newsletter

As we gently move from autumn into winter, we hope this edition of the newsletter finds you and your loved ones well. The changing seasons bring new opportunities, and we're delighted to share a fresh programme of activities and events for you to enjoy over the coming months. From social gatherings to informative sessions, there's something for everyone, and we warmly invite you to take part. Please take a moment to read through what's on offer – we look forward to welcoming you! Regular updates and links to other useful services, visit our Facebook page – see page 4 for full details.

If there's something you've enjoyed previously, or if you have any suggestions or innovative ideas that could help improve our services, we'd love to hear from you. Our service is shaped around your needs, and your feedback is always welcome. You can call us on **0300 303 0623** or email **enquiries@warringtoncarershub.org.uk** Our Team Leader and Carers Information and Support Officers are here to help – come and meet them at a Coffee & Chat! Details are in the Activities for Carers section, page 5.

We hope you find this Newsletter interesting. Please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

Wishing you a Merry Christmas and a Happy New Year!

Best wishes,
Warrington Carers Hub Team

Your Information, Your Voice

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website: **www.n-compass.org.uk**

What our service offers

As a registered carer, support available includes the below.

- 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.
- Access to digital Carers' Community Network.
- Volunteering opportunities for carers, including volunteering for the CHAT Line and PenPals.
- Support for former carers.
- Carers' Service Briefings to other professionals, aiming to increase the number of hidden carers identified and supported in Warrington.

Carers' Community Network Platform

Carers Community Network

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 **03456 887113** who will be happy to support you with this. You will just need to provide them with your name and email address.

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**

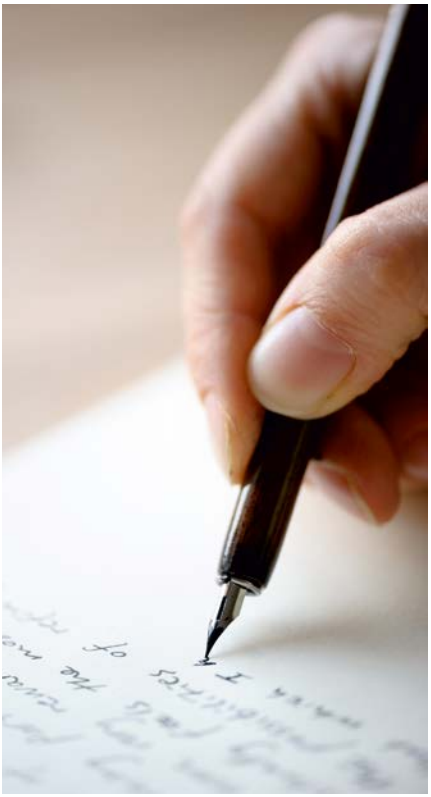
SCAN ME

What our service offers

The Volunteer Hub

The Volunteer Hub

Warrington Carers Hub has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you! Please **call 0345 0138 208** or email **volunteering@n-compass.org.uk**



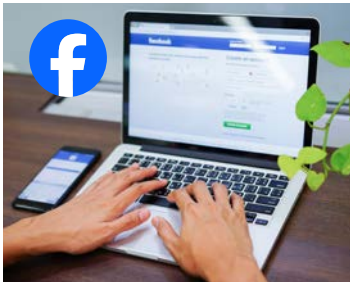
The Volunteer Hub Pen Pals

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**

Facebook

Please look at:
https://www.facebook.com/WarringtonCarersHub
"like" and "follow" our Facebook page by logging into Facebook and searching for Warrington Carers Hub by following the link.

To get up to date information on our activities, events and other useful information, please join our private group for carers
https://www.facebook.com/groups/981201576280068



Activities & Events for Adult Carers

Welcome to our latest Adult Carers Activities and Events Programme which runs from December 2025 to March 2026. 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

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.

Bank Holidays during this newsletter period are as below.

Christmas Day
Thursday 25th December 2025

Boxing Day
Friday 26th December 2025

New Year's Day
Thursday 1st January 2026

Coffee & Chat sessions will not be taking place on the above dates.

Coffee & Chats Calendar

	Community Room	The Living Well Hub	Lymm Community and Youth Centre	Cinnamon Brow Farm	Bath Street Health & Wellbeing Centre	Creative Therapy Room
Venue	Penketh Fire Station Widnes Road Warrington WA5 2UW	26-30 Horsemarket Street Warrington WA1 1XL	Bridgewater Street Lymm WA13 0AB	2 Perth Close Fearnhead Warrington WA2 0SF	Legh Street Warrington WA1 1UG	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

Carers' Cafés in the Wingman Lounge

Warrington Hospital, Lovely Lane, Warrington WA5 1QG

Second Tuesday of every month,
10.30am to 12.00pm and 1.30pm to 2.45pm

Contact Rosie on 07708 389719 for more infomation.

Pay and Display onsite parking is available.
The car park is always very busy, and it can be difficult to find a space.

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.

If after having booked any activity you are no longer able to attend, would you please let us know as soon as you can. This will give other carers the opportunity to attend, especially where events become fully booked and we have reserve lists.

We thank you for your cooperation and support.

Email: eventsadults@warringtoncarershub.org.uk

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

December 2025

Carers' Turkey & Tinsel Event

Tuesday 9th December
12.00pm to 2.30pm

Chapelford Farm Pub,
Chapelford Village Centre,
Santa Rosa Boulevard,
Warrington, WA5 3AG

Onsite parking available.

Arrive no later than 11.45am

This is a popular event and places are limited so booking is essential!

Special Christmas Brunch & Chat

Wednesday 17th December
12.00pm to 2.00pm

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.

January 2026

Craft Club: Book Binding

Tuesday 6th January
12.00pm to 2.00pm

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.

Brunch & Chat

Tuesday 13th January
10.30am to 12.30pm

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.

January 2026

Beetle Drive

Friday 23rd January
12.30pm to 2.30pm

Bath Street Health
& Wellbeing Centre, Legh Street,
Warrington, WA1 1UG

Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you.

Winter Warmer

Wednesday 31st January
11.30am to 2.30pm

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.

February 2026

Craft Club: Decoupage

Tuesday 3rd February
10.30am to 12.30pm

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.

Winter Warmer

Monday 9th February
11.30am to 2.30pm

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.

February 2026

Carers' Breakfast Club

Tuesday 17th February
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.

March 2026

Craft Club: Easter Card Making

Tuesday 3rd March
10.30am to 12.30pm

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.

Winter Warmer

Wednesday 11th March
11.30am to 2.30pm

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.

March 2026

Carers' Breakfast Club

Tuesday 17th March
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.

Local History and Memories Club: Manchester Ship Canal

Tuesday 31st March
11.30am to 2.30pm

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.

We've Made Booking 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

Online Activities and Events

Distance Reiki

Weekly

Every Wednesday 2.00pm - 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. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress, or simply want to enhance your overall well-being.

Seasonal Flow Yoga

Weekly

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 well-being. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners.

Yoga Nidra

Weekly

Every Thursday 7.00pm

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.

Scan Here

To access any of our Yoga or Reiki sessions on Zoom please click the link here or scan the QR code to complete the short booking form and we will provide the Zoom link. The reply is not automated and it may take a couple of days for you to receive the Zoom link. The Zoom link will then remain the same each week.

For further information or support please email:
activities@staffordshiretogetherforcarers.org.uk

Useful Information

Carers' Trust

A series of factsheets for carers looking to get back into work and in work. They are aimed at carers in London but are also useful for carers across the UK. They have been developed as part of the Working for Carers project. For more information visit:

Factsheets for carers - Resources - Carers Trust

iSupport

iSupport was developed by the World Health Organisation as an online training and support programme for dementia carers to help them provide good care and take care of themselves. It aims to reduce stress and improve knowledge and the quality of life of people caring for a person living with dementia.

For more information visit:
https://isupportdementiacarers.co.uk/node/1

HM Land Registry

Dealing with property when someone dies

Most properties in England and Wales are registered with HM Land Registry. This leaflet provides important information for you to consider when dealing with the property of someone who has died. There's usually no rush to sort out the property but dealing with the affairs of someone who has died can be difficult and have legal and financial implications. If you are not sure what, seeking legal advice is recommended.

For more information visit Bereavement eLeaflet .pdf

Dunelm

In store textile takeback scheme to help reduce waste

Dunelm are making it easier to do something with your unwanted home bits, whether it's a tablecloth you no longer use, a vase you don't like or a bed frame you're replacing. You can also help reduce waste by dropping off clean home textiles at some of their stores.These will be re-used, donated or recycled into something new. For more information visit:
Textile Take Back Scheme - Help Reduce Waste | Dunelm

Carers' Card Account

The Carers Card Account lets you give debit cards to 2 people who care for you. The money you transfer to your Carers Card is separate from your other current and savings accounts. This means your carers can get cash or go shopping for you. For more information visit: Carers Card Account | Santander UK

Third Party Access

This means letting someone you trust – a third party – use your current or savings account. It might be useful if you need someone to help you with your day-to-day banking for a short time. For example if you are going into hospital. For more information visit: Third party access | Santander UK

Power of Attorney

Power of attorney lets you arrange for someone you trust to make decisions on your behalf and manage your finances on your behalf. You may want to do this due to a change in your health or a change in your circumstances, such as moving abroad. You may not need someone to help you now, but you can set up a Power of Attorney for the future, just in case. For more information visit: Power of Attorney | Santander UK

Dementia-Friendly Banking

Santander are working in partnership with the Alzheimer's Society to become a dementia-friendly bank. They know that, with the right support, it's possible to live well with dementia. For more information visit Dementia | Santander UK

Will Writing Service

Santander offers a will writing service that allows you to create a will at your own pace through a fixed-fee platform or with the help of a specialist for personalised estate planning. They collaborate with Irwin Mitchell to provide customers with preferential rates on will writing services. This service is designed to be digital-first, enabling you to manage your will conveniently. For more information visit: Will writing | Santander UK

Quater 2 Report 2025/26

We hope you enjoyed reading our infographics in our last newsletter! We've included our Quarter 2 (2025/26) infographics to enhance your reading experience. As previously, complex information is presented in a visually appealing and easily digestible format. Infographics help break down data into engaging visuals, making it simpler for you to understand key points and trends. By incorporating infographics, we aim to make our content more dynamic and enjoyable, ensuring you get the most out of each issue.

1,337
ADULT CARERS REGISTERED WITH THE SERVICE

"Thank you to you and all your staff and helpers. It was a very nice event today. You all worked so hard. It's very much appreciated. Best wishes."
ADULT CARER

356
YOUNG CARERS REGISTERED WITH THE SERVICE

139
ADULT CARER ONE-TO-ONE SESSIONS DELIVERED

227
YOUNG CARERS ONE-TO-ONE SESSIONS DELIVERED

90 NEW
ADULT CARER REFERRALS

"Thank you for a lovely afternoon at Walton Hall. It's my first time at the carers wellbeing event and I thoroughly enjoyed myself. I loved the company, the crafting (very pleased with my little dream pillow), the singer, lunch, the opportunity to speak to a solicitor in a less formal setting and all the other little extras on offer. But best of all, it felt like coming home. The lovely smiley welcome from Becki and the kindness of you all put me at ease straight away. It was all very humbling. On that note, I would just like to say, as carers, how fortunate we are to have such a wonderful team (Rosie included of course), continuously supporting us and picking us up when we fall down. It means much more to us than you will ever know. Thank you again."
ADULT CARER

26 NEW
YOUNG CARER REFERRALS

2,548
ADULT CARERS REGISTERED WITH THE **CARERS COMMUNITY NETWORK**
- PEER SUPPORT FOR CARERS

97
ADULT CARERS ATTENDING **GROUPS AND EVENTS**

"Thanks very much for this. Thanks also for making me feel so welcome this morning. I learned so much and more importantly, really enjoyed the company and the chat."
ADULT CARER

152
YOUNG CARERS ATTENDING **GROUPS AND EVENTS**

"A huge thank you to you and Sarah for your presentation which has sparked lots of conversation amongst practitioners. Really appreciated. Some of the education colleagues are likely to contact you. I will share your slides to the wider workforce."
ADULT CARER

235
ADULT CARERS BEING CONNECTED WITH SPECIALIST SERVICES

Our Partners

N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

E-Learning & Videos
Practical learning and guidance for carers

Jointly
Care co-ordination app

Free publications
Guides and information from Carers UK

More Support
Helpful resources, tools and links to localservices

Visit **carersdigital.org** and use code **NCOMPASS** to create a free account and access online resources.

Your Carers Information and Support Officer will be able to help you to do this so please do give them a call.

The Mix - For Young Adult Carers

The Mix is a UK-based charity that provides free, confidential support for young people under 25. They offer advice on:

Mental Health

Up to 8 sessions of free, over the phone or online counselling.

Counselling

If you're looking for short-term support with your mental health and emotional wellbeing.

Sex and Relationships

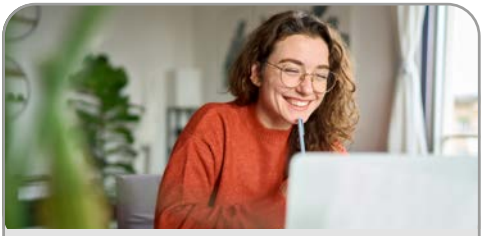
Explore honest, youth-led advice on sex, relationships, consent, dating and breakups.

Your Body

Discover youth-led advice on body image, puberty, periods and personal care.

Volunteering

Volunteer to make a direct difference to young people's lives.



Discussion Boards

An online community – a safe space for those under 25 to reach out.

Support from Warrington Carers Hub is a phone call away.
If you'd like to speak with either a Young Carers Practitioner or a Carers Information and Support Officer, please call us on **0300 303 0623** or email us at **enquiries@warringtoncarershub.org.uk**

Highlights

June 2025
Celebrating
Carers Week

July 2025
Carers'
Wellbeing
Festival

August 2025
Specsavers
Visit Lymm
Coffee and Chat

September 2025
Summer Afternoon
Tea at St Rocco's

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)

The Volunteer Hub
0345 0138 208

CHAT line
0333 103 9145

Volunteer Hub
0345 0138 203

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, socalled 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 818017 – Option 4
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 well and what didn't work well for you. Hopefully together we can improve it and make it work!

Please call **0300 303 0623** or email **enquiries@warringtoncarershub.org.uk**

Note: If you would like to read any part of this newsletter in large print, please call **0300 303 0623**, or email **enquiries@warringtoncarershub.org.uk** to make your request.

Disclaimer
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 Group **www.facebook.com/groups/981201576280068** 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.

To make sure you receive our Newsletter in good time, we will now be emailing it to all who have an email address registered with us.

Please check that we have the right email address for you and if it needs to be updated, just let us know and we will do that for you.

If you don't have an email address, we will continue to post the Newsletter to you.

Thank you!

Warrington Carers Hub

8th Edition
December 2025 to March 2026

Young Carers Newsletter

Welcome to the 8th Warrington Young Carers Newsletter

Supporting unpaid adult and young carers across Warrington

n|compass towards a brighter future

WARRINGTON Borough Council

NHS

Registered Charity No. 1128809

Welcome to the 8th Edition of the Warrington Carers Hub Newsletter

Hello from the Young Carers Team!

We hope you and your families are keeping well and had a lovely summer. As we move from autumn into winter, we're excited to share a fantastic line-up of activities and events, and we'd love for you to join us! There's always a warm welcome and a friendly face waiting for you.

Stay Connected

We send out updates about upcoming activities and events via text and WhatsApp, usually about a month in advance. If you'd like to receive these messages, just let one of our Young Carers Practitioners know and we'll add you to the list.

Changed your phone number or contact details?

Please remember to update us so you don't miss out!

We'd Love Your Feedback

Have you joined us for any activities over the past four months? If so, we'd love to hear what you thought! Your feedback helps us improve and shape future events to make them even better. Speak with one of our Young Carers Practitioners to find out how to give us your feedback.

Follow us on Facebook

Stay up to date with everything we're doing by visiting our Facebook page **https://www.facebook.com/WarringtonCarersHub**
And don't forget to join our private group for young carers for exclusive updates and useful links **https://www.facebook.com/groups/648731044099252**

Got Ideas? We're Listening!

Is there something you've always wanted to try? Did you love a past event and want to see it return? Have a brand-new idea you're excited about? We want to hear from you! Our service is built around you, so your suggestions really matter. Whether it's a fun activity, a creative workshop, or something totally different, let us know what you'd enjoy. Your ideas help us make our events even better! Call us on **0300 303 0623** and ask to speak with one of our Young Carers Practitioners, or email us at **enquiries@warringtoncarershub.org.uk**

We are always available if you need us and you can contact us on **0300 303 0623** or email us at **enquiries@warringtoncarershub.org.uk**

Looking forward to seeing you at one of our activities!

Wishing you and your families a very Merry Christmas and a Happy New Year!

Warrington Carers Hub Team

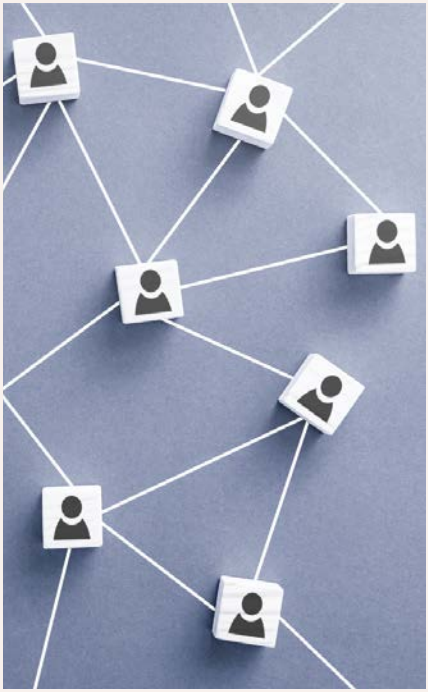
Your Information, Your Voice

How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.



By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website: **www.n-compass.org.uk**

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**

www.facebook.com/WarringtonCarersHub

SCAN ME

Meet our Young Carers Practitioners

Welcome to Roz, who joins our Team as a Young Carers Practitioner!
Let's hear from Roz…

Hi, I'm Roz! I'm married to Dave, proud mum to two sons and Nanny to 4-year-old Sophia, my little shadow. We also have two incredible children who have joined our family, hopefully one day they will call me Nanny, too.

I left Scotland to join the army at 18, met Dave a few years later and travelled around with his postings, nothing too exotic! I've had many jobs due to army relocating, and then finally settling down roots in Warrington in 2004. My career has included kindergarten manager to voluntary services manager, and everything in between. In 2005, I started working for the Princess Royal Trust for Carers, Warrington Carers Centre. This was a turning point for me, and I knew that wherever life took me, my heart was in supporting carers, of all ages. I was privileged to be a part of the strategy working group, leading to the launch of the first Warrington Young Carers Strategy in 2007, something I am very proud of. And here I am, back to where I feel I have belonging and I'm grateful to have the opportunity again.

Who am I? It is always difficult to talk about yourself – I'm better at telling funny stories about my life, I have many! Here is a passage from a poem my friends and former colleagues wrote about me:

> "We've seen her twirl in Warrington Square, dancing alone without a care, that dancer spirit, bold and free is who we'll miss eternally. Supporter of staff and volunteers true, compassion in all she says she will do. A Scottish star so caring and kind, someone who is always on your side."

What We Do & What We've Been Up To

- Help 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.
- Access support in school and college.
- Help young carers to take a break from their caring role.

June 2025

Celebrating Carers Week

July 2025

Gardening at Sky Garden

August 2025

Visit to Warrington Fire Station

September 2025

Weekly Drop-in at Warrington Youth Zone

School Holiday Drop-Ins

Need Someone to Talk To? We're Here for You!
Whether you've got a question, are feeling worried, or simply want a friendly chat, we're here to support you. If you're not at school or college, why not drop in and see us? You can find us at:

The Gateway, Sankey Street, Warrington, WA1 1SR
Thursdays 9.30am to 4.00pm

The Living Well Hub, 26–30 Horsemarket Street, Warrington, WA1 1XL
Fridays 9.30am to 4.00pm

Our team is always happy to listen, offer advice, or just be there when you need someone. If you can't make it in person, feel free to reach out:
Call us on 0300 303 0623 or email us at enquiries@warringtoncarershub.org.uk

Young Carers' Weekly Drop-In at Warrington Youth Zone

If you haven't been to our regular Tuesday evening drop-in the **Employability Room, Mezzanine Floor, Warrington Youth Zone**, please do come along and see us! There is a great variety of activities for you to do, or you can just come along for a chat. 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. 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

Our New Programme is Here – and it's All About You!

We're thrilled to launch our latest programme, filled with fun, engaging, and relaxing activities designed especially for young carers. Whether you're in need of a well-earned break, curious to try something new, or simply want to spend time with others who understand what it's like to be a young carer, there's something here for everyone. From creative workshops and chill-out sessions to exciting outings and opportunities to connect, this programme is all about you, your wellbeing, your interests, and your chance to just be yourself. Stay tuned for more details, and don't forget – we're always here if you need a chat or support.

If you've never been to one of our events before, we'd love to welcome you! One of our Young Carers Practitioners will be happy to chat with you about what to expect and help you choose the activities that suit you best.

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.

NOTE **Where you see "To be confirmed", tickets have not yet been released which may affect the dates and times we can attend.**

All events are free and are for current young carers registered with Warrington Carers Hub (or for 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@warringtoncarershub.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!

If you've booked a place on one of our activities but later find that you're unable to attend, please let us know as soon as possible. This helps us offer the space to another young carer, especially for events that are fully booked and have a waiting list.

Your cooperation ensures that as many carers as possible can enjoy the opportunities we provide. Thank you for your support and understanding!

Email: eventsadults@warringtoncarershub.org.uk

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

December 2025

Christmas Crafts

The festive season is just around the corner, and we're inviting you to join us for some fun, creativity, and a little holiday magic!

Monday 1st December, 4.00pm - 6.00pm

The Gateway, Sankey Street, Warrington, WA1 1SR

Booking is essential as places are limited.This activity is suitable for all ages.

Christmas Meal

We're inviting all young carers to a Pizza Hut (one of your favourite places!) where you can relax, enjoy some pizza and ice cream. What better way to start Christmas!

Thursday 11th December, 4.00pm - 6.00pm

Pizza Hut, Junction 9 Retail Park, Hawleys Lane, Warrington, WA2 8TW

Booking is essential as places are limited. This activity is suitable for all ages.

January 2026

Bowling

Ready to knock down some pins and have a blast? Join us for a fun-filled bowling session – perfect for letting off steam, having a laugh, and spending time with friends.

Saturday 24th January, 10.00am - 12.00pm

Tenpin Warrington, 10-15 Chetham Court, Warrington, WA2 8RF

Booking is essential as places are limited. This activity is suitable for all ages.

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@warringtoncarershub.org.uk

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

February 2026

Cinema Trip

Lights, camera, action! Join us for a trip to the cinema – a perfect chance to relax, enjoy a great film, and spend time with friends.

AGED 7-12

Wednesday 18th February, Time to be confirmed

Cineworld Warrington, Unit 8, Warrington, WA1 2LH

Booking is essential as places are limited.

AGED 13-17

Wednesday 18th February, Time to be confirmed

Cineworld Warrington, Unit 8, Warrington, WA1 2LH

Booking is essential as places are limited.

March 2026

Young Carers Action Day

This is an annual event organised by Carers Trust to raise awareness and drive meaningful change for young carers and young adult carers across the UK and takes place in mid-March. Young Carers Action Day shines a spotlight on the challenges faced by young people who care for family members with physical or mental health conditions, disabilities, or substance misuse issues. These responsibilities often impact their education, social life, and wellbeing.

Let's Make Young Carers Day Extra Special!

Our Young Carers Practitioners are already busy planning something wonderful for Young Carers Action Day, and they want your help! This day is all about celebrating you, your strength, your voice, and everything you do.

So, tell us:

- What would make the day feel truly special for you?
- Is there an activity you'd love to try?
- Would you prefer something fun, relaxing, creative, or adventurous?

No idea is too big or too small – we'd love to hear them all! Share your thoughts by speaking with one of our Young Carers Practitioners by calling **0300 303 0623** or emailing **enquiries@warringtoncarershub.org.uk**

Sidekick by Action for Children

Sidekick is a confidential text service provided by Action for Children, designed to support young people aged 13 to 18 in the UK with various issues they may face.

Confidential Support
Sidekick offers an anonymous and confidential helpline where young people can text about anything that is bothering them. This includes emotional wellbeing, school challenges, relationships, and more.

Target Audience
The service is primarily aimed at young people aged 13 to 18, but it also extends support to those up to 25 years old if they have special educational needs.

How It Works
Users can text their questions or concerns to Sidekick at any time. The friendly team responds with helpful answers within 24 hours. The service is free to text if users have free texts included in their mobile plan.

Emotional Wellbeing
Sidekick provides tips and ideas/plans for managing mental health and emotional challenges. Young people can reach out for support regarding issues like bullying, anxiety, or family problems.

Accessability
The service is available on weekdays, and if the team is offline when a message is sent, they will respond when they are back online. This ensures that young people can receive support when they need it.

More Infomation and Urgent Help

For urgent situations, Sidekick advises contacting Childline at **0800 1111** or texting **SHOUT** to **85258** for immediate mental health support.

Sidekick by Action for Children is a valuable resource for young people seeking confidential support for various challenges they may face in their lives. For more information visit **Sidekick | Helpline for Young People | Action for Children**

Top 10 Things for Young Carers to do Before Christmas

These are our Top 10 Things for you to do before Christmas!

1. **Make a Christmas Craft**
Join us on 1st December at the Gateway!

2. **Attend a Christmas Meal**
Come along to Piza Hut on 11th December!

3. **Write a Letter to Santa (or Yourself!)**
Whether it's a wish list or a note of encouragement, writing can be a lovely way to reflect and dream.

4. **Take a Winter Walk**
Wrap up warm and enjoy the lights, nature, or even a frosty morning stroll to clear your mind.

5. **Watch a Christmas Movie**
Pick a favourite festive film, grab some snacks, and enjoy a cosy movie night.

6. **Try a New Recipe**
Bake cookies, decorate cupcakes, or help prepare a festive treat—fun and delicious

7. **Instead of chocolate, fill each day of December with a small act of kindness!**
It could be:
- Helping someone at home
- Writing a thank-you note
- Giving a compliment
- Donating a toy or book
- Taking a moment for self-care

8. **Make a Gratitude Jar**
Fill a jar with notes about things you're thankful for this year – it's a great way to boost your mood.

9. **Make a Christmas Playlist**
Create your own Christmas playlist filled with your favourite festive tunes! Whether you love classic carols, upbeat pop songs, or cozy acoustic tracks, music is a great way to lift your spirits and get into the holiday mood.

10. **Take Time for You**
Whether it's reading, journaling, or just relaxing, make sure to take a moment for yourself this season.

Over to you! Can you think of any others?

1.

2.

3.

4.

5.

A Young Carer's Reflection Sheet

Let's take a moment to think about 2025 and use this space to reflect.

Three things I'm proud of from 2025

One thing I learned or tried

One goal I set for myself and achieved (not care-related)

One person I was able to talk to when I needed support

A place I visited which I wanted to go

Three things to describe 2025

A Young Carer's Journal For 2026

As the new year begins, here's a gentle reminder to pause and reflect, not with pressure, but with kindness. Being a young carer means you give so much of your time, energy, and heart to others. In 2026, your journal can be a space that gives something back to you. Here are a few ideas to help you get started. We've also created a special space for you – My Space. Enjoy!

Self-Care Moments

Write about one small thing you did just for yourself today, even if it was just 10 minutes of quiet.

Asking For Support

Reflect on a time you reached out for help. How did it feel? Who was there for you?

Trying Something New

Use your journal to explore new interests – draw, write poems, list things you'd love to try.

Celebrate Your Wins

Big or small, every achievement matters. Write about something you're proud of this week.

Stay Connected

Note down people or groups who help you feel supported – friends, carers groups, or your Young Carers Practitioner.

Your journal doesn't have to be perfect. It's your space to be honest, creative, and kind to yourself

Something I'm excited to try (Just for me!)

Someone who made me feel heard

A place that felt special

A moment I felt proud of myself

My Space

Make 2026 a year where you feel supported, proud, and hopeful.

8 Tips For Healthy Eating

These 8 practical tips cover the basics of healthy eating and can help you make healthier choices. The key is to eat the right number of calories for how active you are, so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, this could affect your overall health and wellbeing.

Base your meals on high fiber starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals, wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

Eat less salt

Even if you do not add salt to your food, you may still be eating too much. About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces. Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt.
Adults and children aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish. Oily fish are high in omega-3 fats, which may help prevent heart disease. Oily fish include sardines and pilchards. Non-oily fish include cod and haddock

Cut down on saturated fat and sugar

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under 5. In addition, full-fat dairy products, such as cheese, fromage frais and yoghurt, are recommended up to the age of 2 years. Saturated fat is found in many foods, such as sausages, pies, cakes and biscuits. Regularly eating foods and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks are often high in energy and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing. Being overweight or obese can lead to health conditions, such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.

Do not get thirsty

You need to drink plenty of fluids to stop you getting dehydrated. 6 to 8 glasses every day are recommended. This is in addition to the fluid you get from the food you eat. All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices. Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth. Even unsweetened fruit juice and smoothies are high in free sugar. Remember to drink more fluids during hot weather or while exercising.

Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight. But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet and can help you get the nutrients you need for good health. A wholegrain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthier breakfast.

Your Superpowers as a Young Carer

Did you know that being a young carer gives you a superpower? It's true! You've developed skills that many people don't learn until much later in life, like empathy, resilience, and responsibility. Here are just a few of your superpowers:

Empathy
You understand how others feel and know how to support them.

Strength
You keep going, even when things get tough.

Time Management
You juggle school, caring, and your own needs.

Problem Solving
You find ways to manage challenges every day.

These aren't just useful at home; they're skills that will help you in school, friendships, future jobs, and life in general. So next time you feel overwhelmed, remember you're not just a young carer, you're a young hero. Take pride in your superpowers. You've earned them.

Sometimes, in the middle of everything you do – school, caring, helping at home – it's easy to forget something really important: you matter. You matter not just because of what you do, but because of who you are. You bring kindness, strength, and compassion into the world every single day. That's something to be proud of.

Here's what we want you to remember:

- You deserve time to rest and recharge.
- You are allowed to ask for help.
- Your dreams and goals are important.
- You are not alone – there are people who care and want to support you.

So, take a moment today to do something just for you. Whether it is listening to your favourite song, going for a walk, or talking to someone you trust, you deserve it. Keep being amazing! We see you. We appreciate you. And we are here for you.

Useful Numbers

Warrington Carers Hub
0300 303 0623

Children's Safeguarding/Social Work Team
Monday to Friday 8.30am to 5.00pm
01925 443322

Access to Social Care (First Response Team)
Monday to Friday, 8.30am to 5.00pm
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
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

The Samaritans
01925 235000

Childline
0800 1111

NSPCC
0808 800 5000

Papyrus Helpline UK
0800 068 4141
Text: **07786 209697**
Email: **pat@papyrus-uk.org**
Monday to Friday 10.00am to 10.00pm
Weekends and bank holidays
2.00pm to 10.00pm

Warrington CAMHS
01925 575904
Monday to Friday 9.00am to 5.00pm

Response CAMHS
Urgent contact only
111
Weekdays 5.00pm to 9.00pm, and 9.00am to 9.00pm at weekends

Warrington Foodbank
07583 080521
Email:
info@warrington.foodbank.org.uk
Website:
https://warrington.foodbank.org.uk

Warrington Carers Hub

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Thank you!