



Disabled Children's Service – Short Breaks Service



Newsletter 22nd September 2021

❖ **Halton Carers Centre Coffee Group:**

The Widnes Coffee Group is returning on 13th October. Call 01928 580182 to book. You can check out the other groups on their Facebook page or website <https://haltoncarers.co.uk/our-services/support-groups/>



❖ **MAX CARDS**

Due to circumstances beyond our control, we are unable to issue Max Cards at this time. When we receive further information we will let everyone know and update this on the Halton Local Offer.

Just a bit of information for those who are not sure what a Max Card is...

The Max Card is a discount card for families of disabled children aged 0-18 years that can be used at various leisure and holiday activities (zoos, castles etc) across Britain.

Halton has registered with this national scheme in the hope that some activities may be more affordable for families. They are usually available from Halton's Disabled Children Service at DCS@halton.gov.uk or call 0151 420 7767.

Please see the website for further details - <http://www.mymaxcard.co.uk/>

❖ **Halton Carers Centre Halloween Party:**

Friday 29th October 10-1 in Haddock's Wood, Runcorn. Contact 01928 580182 or email tracey.strain@haltoncarers.co.uk or lorina.ditchfield@haltoncarers.co.uk to book



CAMP CURIOSITY
IGNITE CURIOSITY. FUEL LEARNING

Camp Curiosity where we seek to ignite curiosity and fuel learning. A place of wonder, laughter, family-time, and re-wilding.

HAPPY HALLOWEEN
TRICK OR TREAT

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

We have a fantastic opportunity for **Parent Carers and their families** to attend Camp Curiosity on **Friday 29th October from 10am-1pm**, this is situated in Haddock's wood in Runcorn and will be available for the whole **family** to spend some quality time together.

If you are interested in joining us for our Halloween themed activities that include Wand Making, Tree dolls & Goblins, potion making, bug hunting plus much more then please contact us on 01928 580182 or email tracey.strain@haltoncarers.co.uk or lorina.ditchfield@haltoncarers.co.uk with the number of places needed and we will add your name on to the list and be in touch nearer the time.

❖ Recharge and Restore CIC

Recharge and Restore are running a Moving Forward programme:

The course is 12 weeks long and will cover a wide range of things designed to help you with confidence, self-esteem, self-care and to improve your wellbeing.

You need to be aged 19+, unemployed or economically inactive and living in Halton. If you are interested please call/text Angelita: 07808 160315 or Eileen: 07533 044283



Recharge & Restore

Moving Forward

BEGINNING OCTOBER 2021

Join our brand new 12 week holistic programme designed to help you to move toward becoming the best version of **YOU** for 2021 and beyond

Our sessions are aimed at helping with stress and anxiety, improving your self esteem and confidence, getting you moving and taking better care of yourself.

Course will run on Tuesdays from 10am-1pm

You should be over 19, unemployed/economically inactive and living in Halton

Please get in touch for more information
Call or text us to register:
Angelita: 07808 160315
Eileen: 07533 044283

Register at www.rechargerestore.co.uk
or find us on Facebook and send a message

WEA 

Moving Forward

What can you expect:

- How to improve your sleep and why you should
- Self help relaxation techniques
- Tools and techniques to support you
- Eating for good health
- Help to improve your self-esteem and confidence
- Getting moving and being more mobile
- Maintaining a self care routine
- Motivation and goal setting
- A journal to record your progress
- Mindfulness
- Tailored yoga sessions
- Support with your mental and emotional wellbeing
- A Certificate of Achievement

 

  

WEA 

❖ **A message from CONTACT:**

Almost one in three parents of disabled children expects their financial situation to get worse over the next 12 months. A combination of the economic fallout from the pandemic, months of shielding and the difficulties of juggling care and working make families worry for the future. For those parents who claim [Universal Credit](#), many are worried about [the reduction in the benefit of £20 a week of the benefit](#) due to happen at the end of the month. 80% say this is the reason they are most worried about their finances. If you are worried about how the cut to the £20 Universal Credit uplift might affect you, please seek advice by [visiting our webpage](#) or calling [our specialist helpline](#) (0808 808 3555).

If you haven't already, subscribe to [our other email newsletters](#) or [get your free copy of our Helpful guide for families with disabled children](#) straight to your letterbox.

This newsletter provides general information and resources, though not all of it will be relevant to everyone included in the mailing list. If there is some specific information you would like to see more of, or information from a certain service please let me know and I will try to include next time. If you do not wish to continue receiving this newsletter, please let me know.

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Disabled Children's Service
Halton Borough Council