

HALTON CARERS CENTRE

A Network Partner of
**CARERS
TRUST**



Halton Borough Council 2022/23 Carers report Quarter 4

Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493
Company Limited by Guarantee No 06574889



Carers stat's

Quarter 4 2022/23

During Jan - Mar 2023 Halton Carers Centre Support Workers registered **270 carers** on our database, this was 174 adult carers and 96 young carers taking the full total of carers registered at Halton Carers Centre at the end of Quarter 4 2022/23 to **5657 Carers**, 4723 Adult Carers & 934 Young Carers.

2516 telephone calls to/from Carers



285 information packs were distributed to carers.

We **signposted 429** times to other agencies in Halton and made 126 direct referrals to other agencies on behalf of carers.



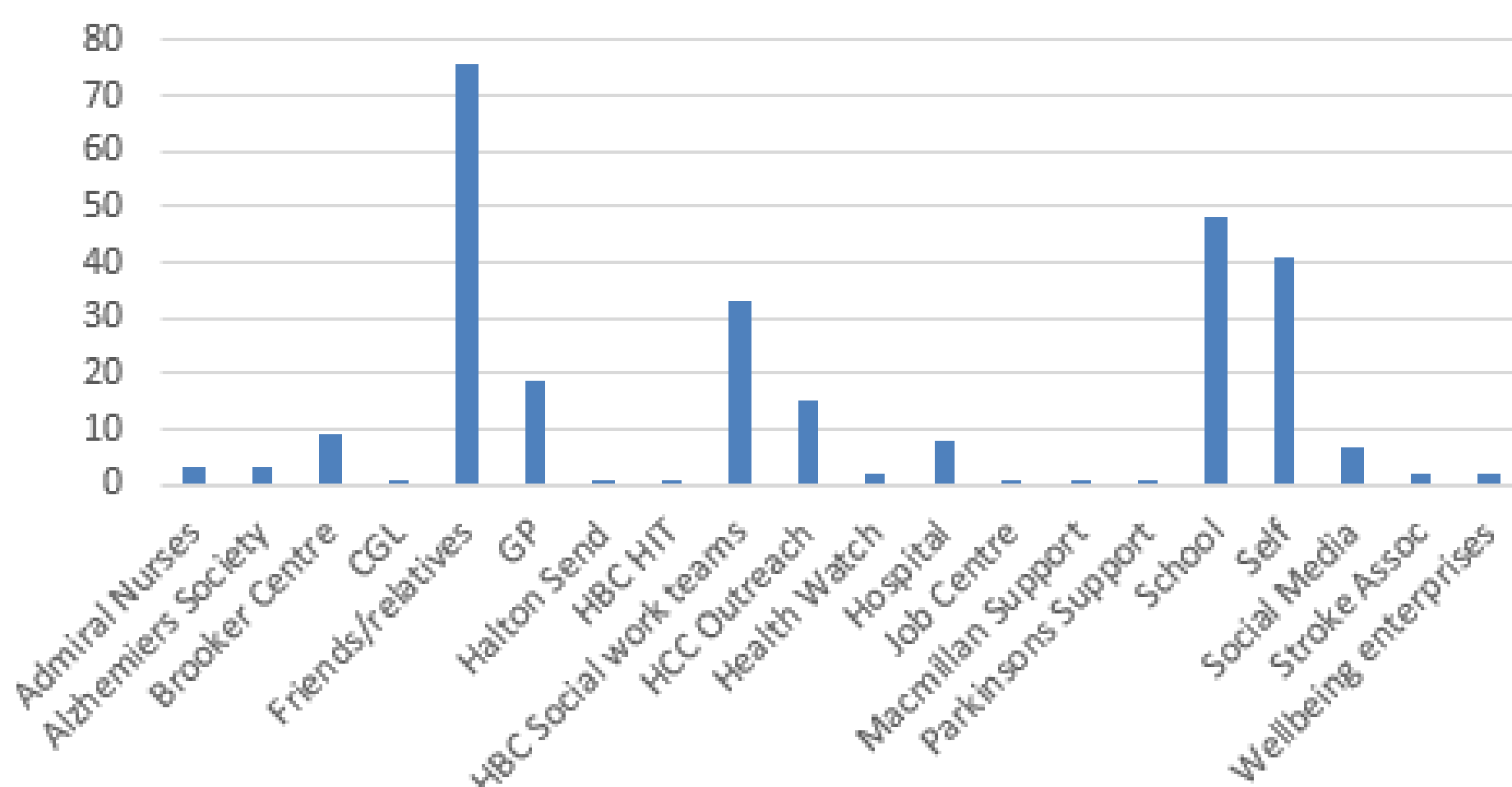
Information & advice from Halton Carers Centre was provided **1178** times to Carers.



936 Reviews were completed with Carers.

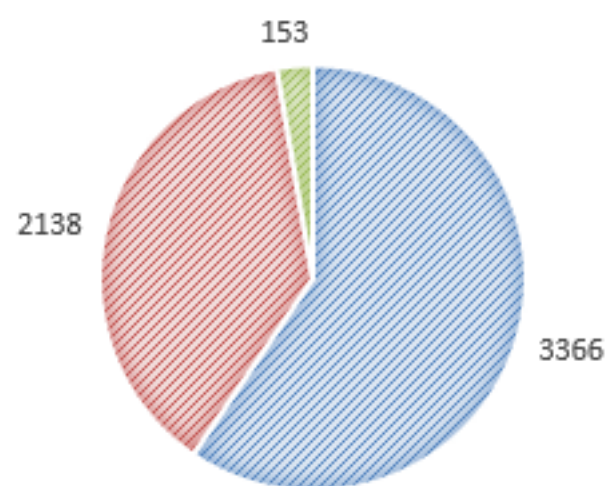
We receive referrals from services throughout the borough, this quarter the highest point of referrals has been from relatives referring the carer to ourselves and also as our presence has increased within schools, schools are becoming more prominent in identifying young carers and directly referring them to our young carers team.

Direct referrals from Q4



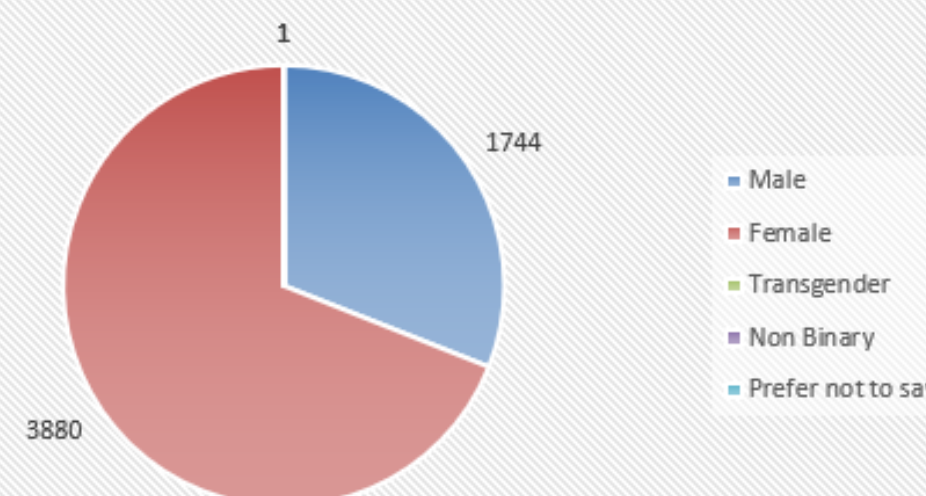
LOCATION OF CARERS Q4

■ Runcorn ■ Widnes ■ Out of borough



Of the 270 Carers registered in Q4, 163 live in Runcorn, 99 in Widnes and 8 are from outside the borough but caring for someone in Halton.

Gender of Carers Q4



There are 585 Carers 65yrs+ with their own health conditions registered. There are 499 Carers registered that are a male carer over 65yrs. There are 273 Young Adult Carers aged between 18yrs - 25yrs.

Of the 4723 Adult carers we have registered 760 of these are caring for more than 1 person and 1451 are still in a form of employment alongside their caring commitments.



Of the 270 Carers registered in Q4, 186 carers are female and 84 male

Adult Carers support groups and activities in Q4 2022/23

In quarter 4 of 2022/23 we held **33 adult carers support groups** for carers to attend, these groups consist of a monthly all carers coffee group (Runcorn & Widnes base), a weekly evening dementia group, a monthly daytime dementia group, a fortnightly dementia zoom group, a monthly Parent Carer Group, a monthly Parent Carer ADHD zoom group & a monthly Mental Health Carer Group. All of our groups are facilitated by a HCC Worker and have time on the agenda for a guest speaker to attend.

'Getting to meet other people who have an understanding of the struggle you can go through as a carer and not judge you is something unique I get from accessing the carers groups'

We hosted **4 day trips and activities** for adult carers these included a spa day @ Vita Beauty in Riverside College where attendees were treated to 2 pamper treatments each as well as a 2 course meal, a private cinema showing at Cineworld which gave attendees the opportunity to access the cinema in a more relaxed environment eg: lights only dimmed, volume lower, no adverts etc, a family day trip to Gullivers world with transport there & back and finally an adult carers only night out at the local comedy office. All the feedback from these activities was positive and carers felt that their isolation had been reduced and they had a break from their day to day caring role.

'We've not been able to go the cinema before because of my sons needs but to go to a private showing which is much more relaxed has allowed us to go as a full family and not be worried about anything, thank you for providing this!'

This quarter we have been able to start back up on START training which is coping strategies for carers who are caring for someone with dementia, the course is a 7 week course with 1 session per week. The course covers all topics and gives the attendees the opportunity to learn, share stories and meet other carers. We have also help a cooking workshop which gave the carers the opportunity to get some idea on making budget health family meals.

'Would love more sessions like this. not only did I relax and I have some time away from my caring role, but I learnt how to save money and time which will help in my role as carer'

Carers accessed **359 therapy/podiatry appointments** in our Runcorn & Widnes office, this includes Saturday appointments for working carers.

'I cannot commend your podiatrist enough. He was extremely professional and sociable throughout. A pleasure to have met him - really nice man. I am feeling the benefit of his work already so please pass on my thanks'



Young Carers support groups and activities in Q4 2022/23

In quarter 4 of 2022/23 we held **6 Young Carers RTIME** groups which is for YC aged 11+, the groups aims are to give the YC a much needed break from their caring role, the opportunity to meet other carers and listen to guest speakers from other youth services in the borough.

'I think it's a great way for children who are young Carers to be involved in something like this it really does make a difference'

In Quarter 4 we have held **6 Young Carers Me-Time** groups. In Quarter 3 started to run the Me-Time group which is for our younger carers 4ys - 10yrs, initially we started the group in Runcorn fortnightly but due to the success and demand in Quarter 4 we have now also started a fortnightly Widnes group!

'He came back in a really positive mood and had made some new friends. He really enjoys the sessions and having some time for himself'

We hosted **3 day trips and activities** for Young Carers including a trip to Go Karting, a VR Experience and 40+ young carers joined us at our very own roller disco!

'My child was very eager to tell me all about how much he enjoyed it. It gave him a break from activities at home and allowed him to be a kid with all the other kids.'



Total for the full year 2022/23

Since April 22 - Mar 23 **910 Carers** in Halton have been identified, registered and supported at Halton Carers Centre. This breaks down to 627 Adult Carers and 283 Young Carers newly identified carers registered on our Carers database.

7064 telephone calls to/from Carers



We have facilitated **118 Adult Carers** Support Groups & **34 Young Carers** Groups. A total of **152 Carers groups**.

Provided **36 Adult Carers** day trips/activities for carers to attend and **25 Young Carers** day trips/activities.

Held **1553** Relaxation & podiatry appointments for adult & young carers.



1021 information packs were distributed to carers.

We **signposted 1840** times to other agencies in Halton and made **415 direct referrals** to other agencies on behalf of carers.



Information & advice from Halton Carers Centre was provided **4538** times to Carers.



3743 Reviews were completed with Carers.



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