

# Do you want to know more?

For a full guide to our services complete your details below and return to our freepost address, or complete the form and return it to a member of the surgery staff.

Once we receive your form, one of our Carer Support Officers will contact you. We never pass on your details to other organisations without your consent.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Best Time To Contact You: \_\_\_\_\_

Your Signature: \_\_\_\_\_

Place in an envelope and return to:  
**Freepost RRZU-YZEE-CCTR**  
**Halton Carers Centre**  
**62 Church Street**  
**Runcorn WA7 1LD**

Venue box



## Halton Carers' Centre

62 Church Street • Runcorn • WA7 1LD  
☎ 01928 580182

Peelhouse Family Centre • Peelhouse Lane  
Widnes • WA8 6TJ  
☎ 0151 257 9673

✉ help@haltoncarers.co.uk

[www.haltoncarers.co.uk](http://www.haltoncarers.co.uk)

We have two Carers' Centres open  
Mon - Fri 10am - 4pm  
Sat at Runcorn 10-1pm



Find out what's going on and comment on our service on Facebook!!



Halton Clinical Commissioning Group



LOTTERY FUNDED

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



Halton Carers' Centre

# Are you a carer?



Halton Carers' Centre provides FREE confidential support for unpaid carers of any age living in Halton.



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## What is a Carer?

If you care for someone who lives in Halton and has an illness, disability, physical or sensory disability or suffers from a mental health or substance abuse problem and don't receive payment, then you are a carer. As such you can access all our services as follows:

- Coffee groups
- Advocacy and Support
- Training courses
- ADHD Group
- Former Carers' Group
- Information and Advice
- Holistic therapies
- Chiropody treatments
- Counselling
- Newsletters
- Day trips
- Access to Caring with Confidence course
- Access to funding for a break
- Access to a Carers' assessment for carers 16+
- Support from your GP

## Does your GP know you are a Carer?

If you let your GP Practice know that you are a carer they will ensure that you receive appropriate support including:

- Flexible appointments if available
- Health checks
- Contact with your surgery's
- Carers' Champion
- Flu Jab



## Could you be a volunteer for Halton Carers' Centre?

Do you have some spare time, a caring personality and enjoy meeting new people?

We have many volunteering opportunities such as:

- Administration support
- Volunteer drivers
- Trip Companion
- Outreach Support
- Fundraising

All volunteers will have an induction and access to training.

Drop in for advice  
OPENING HOURS:  
Monday - Friday  
10am - 4pm

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

**01928 580 182**

[www.haltoncarers.co.uk](http://www.haltoncarers.co.uk)

