Welcome to the new edition of your newsletter, this issue we are highlighting Carers Week, and our Carers Celebration Event.

**Carers Week**

Helping Carers to be Healthy and Connected

**Monday 11 June—Sunday 17 June 2018**

Carers Week is an annual campaign to raise awareness of caring, highlighting the challenges carers face and recognising the contribution they make to families and communities throughout the UK.

This Carers Week, we’re coming together to build communities that support the health and wellbeing of carers. Caring can be a hugely rewarding experience but sometimes carers find it challenging to take care of their own well-being whilst caring. The impact of caring on health and well-being should not be underestimated. This Carers week we will be looking to help carers to stay Healthy and Connected.

See inside for our timetable of events for Carers Week, including our Annual Carers Celebration Event on Wednesday 13 June 2018 to be held at The Pyramid, Parr Hall and The Carers Centre.

**Warrington Disability Partnership** will be holding a Carers Open Day on Monday 11 June as part of Carers Week, at The Centre for Independent Living, Beaufort Street, where carers can get information on their services; Learning and Volunteer support, aides and equipment, Direct Payments, Personal Health Budgets. There will be free tea and cakes in their Galleries Café all day too.

If you would like to attend any of our activities or events, during Carers Week or the rest of the quarter, our telephone number is **01925 633492** or you can contact us by email on wcsadmin1@wired.me.uk.
This course will be held at The Centre on **Tuesday 17 July 2018; 10am—1pm**, if you would like to attend please contact us asap to put your name down as places are limited, there will be a £5.00 charge towards the cost of the course.

**Brief overview:**
- CPR, choking, bleeding, shock, managing seizures, heart attacks etc, recovery position, Automated External Defibrillator explanation.

**Duration** - 3 hours

**Assessment method** practical/formative, **no exam**.

**A basic first aid course aimed at giving confidence in providing basic first aid to the person you care for whilst awaiting medical help.**

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**Mindfulness Meditation Drop In**

Mindfulness has been clinically proven to reduce anxiety and stress, and if practised regularly, its techniques can help us to experience a greater sense of emotional well-being, improved relationships and a wonderful sense of inner peace in the midst of our busy world.

The skills and knowledge developed in these sessions, can assist in every area of life, from work to home life.

*These sessions are designed so that you don’t have to worry about a weekly commitment to a full course, just come along to as many as you can and you will still experience the benefits.*

In the sessions you will:
- Explore the health benefits to regularly practising Meditation and Mindfulness techniques
- Learn and practice various techniques and exercises that will develop our understanding about the nature of our thinking patterns.
- Develop the ‘attitudes’ of Mindfulness, that will help us to easily deal with life’s ups and downs.
- Learn how to be more ‘present’, encouraging us to feel more fulfilled and less caught up in worry and stress
- Learn how to practice Mindful techniques that will help us manage physical aches and pains.

The sessions will run from **Thursday 12 July 2018 10am-12pm until Thursday 16 August 2018**

@ The Centre; 86 Sankey Street. Please contact us on **01925 633492** to put your name down—you can attend as many sessions as you are able, **there is no commitment to attend all the sessions**.

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**Hospital Discharge Support at Hollins Park**

Julie Howson; Hospital Discharge Coordinator for carers, will be at Hollins Park on **Tuesday 12 June**, during **CARERS WEEK**, offering confidential independent support and advice to families/carers who would like a chat about hospital discharge support and on any of other services WIRED provide.

**What is hospital discharge support?**
- Information on the support available for families/carers who are supporting someone in hospital or will be going into hospital and their journey through the hospital discharge procedure.
- Emotional support.
- Support with hospital discharge meetings.
- Liaising with hospital staff.
- Information on what support is available in the community.
- Signposting and referrals to appropriate services.
- Information on our Young Carers Service.

If you would like more information please call: **01925 633492** or Julie on: **07841 203 134**
Wednesday 13 June 2018

“Helping Carers to be Healthy and Connected”

The Celebration Event is our way of acknowledging and thanking carers in Warrington for all their hard work, we’d like to invite everyone to join us for an informative, but fun day.

The day commences at **10.00am in The Postlethwaite Studio at The Pyramid, Parr Hall** and ends at **6.00pm in The Carers Centre, 86 Sankey Street.** During the day activities will be held both at The Pyramid and at The Carers Centre—*brief outline of the day below, but there will be lots more going on throughout the day. There will also be useful information about services and support available to help you in your role as a carer and representatives from a wide range of services from across Warrington for you to talk to.

### Times

**Arrive and sign in at The Postlethwaite Studio, The Pyramid, Parr Hall (1st floor, accessible lift and stairs)***

**Welcome and presentation of the Warrington Carers Strategy by Warrington Borough Council; Steve Peddie—Executive Director Families and Wellbeing, Cllr Pat Wright—Executive Board Member for Statutory Health and Adult Social Care, Dr Dan Bunstone—Chair Warrington Clinical Commissioning Group***

**Tea/Coffee and Biscuits available in the Atrium, The Pyramid***

**Market Place of Information Stalls in The McCarthy Room, The Pyramid***

**‘The Care Act/The Mental Capacity Act’ presentation in The Postlethwaite Studio***

**THE CENTRE: Reflexology Appointments; Mindfulness Session; Crafting session***

**LUNCH—The Atrium, The Pyramid, Parr Hall followed by .....***

**‘The Wired Health Quiz’ - Team Prize of £100***

**Market Place of Information Stalls in The McCarthy Room, The Pyramid, Parr Hall***

**THE CENTRE: Reflexology Appointments; Mindfulness Session; Crafting session***

**LIVE MUSIC from Rock-a-Hoola Ukulele Band in The Lounge at The Centre***

**Drumming Session in The Lounge at The Centre**

**BBQ on The Terrace at The Centre***

**Young Carers Activity at The Centre***

If you would like to attend the event (either all day or just part of the day, due to work etc.) please contact us on 01925 633492 or email on wcsadmin1@wired.me.uk to book your place(s). If you would like to attend any of the specific activities, please contact us asap for more information or to book onto the particular session. Please book early to avoid disappointment. We look forward to seeing you on the day.

*Nb the above is subject to change, please phone for more information.*
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**Carers Week**

**WIZARD NARROWBOAT TRIP (1)** 10am-4pm

**WDP CARERS OPEN DAY**
Centre for Independent Living, Beaufort Street

**WIZARD NARROWBOAT TRIP (2)** 10am-4pm

**HOLLINS PARK DROP IN**

**CARERS CELEBRATION EVENT** (see page 3 for details)

**WIZARD NARROWBOAT TRIP (3)** 10am-4pm

**CARERS LUNCH and LIVE MUSIC** The Centre 12noon–2pm

**18**

**19**
Lymm Support Group 10am—12pm

**20**
Carers U Knitted Craft Group 10am—12pm

**21**
Fearnhead Support Group 10am—12pm

**22**
Town Centre Support Group 11am—2pm

**25**

**26**
Lymm Support Group 10am—12pm

**27**
Carers U Knitted Craft Group 10am—12pm

**28**
Fearnhead Support Group 10am—12pm

**29**
Town Centre Support Group 11am—2pm

**OPEN TO ALL CARERS.** Departing 10am from The London Bridge at Stockton Heath (make your own way there) to The Barn Owl, Lymm. 12noon stop for lunch at The Barn Owl, you can either take a picnic lunch/blanket and dine canal-side or if you wish to book a table at The Barn Owl (you purchase your own lunch) a table can be booked for you. 2pm-4pm return Journey to The London Bridge. Book early!
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Disability Awareness Week 9th—15th July 2018; DAD—Sunday 15th July 2018

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<td>18 Carers U Knitted Coffee Morning</td>
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Many people don’t realise they are carers, please pass on our details to anyone who you think may need our support.
Tel: 01925 633492 / Email: wcsadmin1@wired.me.uk

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**Building Confidence to Flourish and Grow Workshop**

- The simple science behind our negative thinking
- Meeting our inner critic and welcoming the inner coach
- Creating new ways of thinking
- Planting seeds of self worth to increase wellbeing

The Tipi, The Secret Garden at Victoria Park, on Monday 16 July 2018; 11am—1pm. Cost £5.00, includes transport to and from Victoria Park from the Centre and refreshments.

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Our Carers U-Knitted Craft Group are holding a Coffee Morning in aid of Breast Cancer Care—please come along and join us for lots of lovely cake and a coffee—all proceeds to Breast Cancer Care—Wednesday 18th July 2018 10am—12pm
## Wired Adult Carers Services Warrington

### JUNE 2018

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<td>23 Fearnhead Support Group 10am—12pm</td>
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<td>27 CLOSED BANK HOLIDAY</td>
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### Relaxation and Self Nurture Workshop

**An Afternoon of Relaxation and Self Nurture**  
This workshop quite simply is an opportunity to let go and relax in a space of beauty and peace.  
This workshop offers lots of lovely healing meditations, relaxation, self nurturing and self worth enhancing activities, balancing body and mind. Angel card reading, craft making and light refreshments.  
The workshop takes place in The Tipi at 'The Secret Garden', Victoria Park on **MONDAY 20 AUGUST 2018 1pm-3pm** and costs £5.00, please pay on booking to secure your place. Transport to The Secret Garden, is included.  
To attend this trip please contact 01925 633492—places are limited so please book early to avoid disappointment. **Please make sure you wear warm, comfortable clothing.**  

For information on other workshops in the Mindflip Tipi you can visit The Mindflip Tipi page on Facebook or email lmcgrath@ntlworld.com for the newsletter.

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