

**April - June 2025**



# News



## Contact Us

**Contact Line:** 0300 102 0008

Mon-Fri 9am-5pm

Saturday 9am - 12:30pm

email: [bettertogether@cheshireandwarringtoncarers.org](mailto:bettertogether@cheshireandwarringtoncarers.org)

*Welcome to the second edition of the Better Together Newssheet, which provides an outline of some of our services and forthcoming activities.*

*We are pleased to welcome two new members to our team - Sam, our Operations Manager/Service Lead, and Joanne as Service Support Worker.*

*Looking ahead, we are planning activities for Carers Week in June (see page 2) an opportunity to both raise awareness of the needs of carers and to celebrate their significant contribution and commitment to those they care for and support.*

*In the next edition of our Newssheet we will highlight how Better Together will be expanding its offer across Cheshire West and Chester to enable more people to access much needed information and advice.*

*As always, please do let us know how we can best support you through our services.*

- David Harvey

## Carer Stories

Rod, a carer from Chester, has written the below poem, which captures some of the feelings involved in being a carer. Many thanks to Rod for sharing his poetry, another of his poems will be in our next email update.

### A Piece of String

*How long will you be my Carer Joe?  
Well Sue, how long is a piece of string?  
But can you still be my Husband, Joe and what will Caring bring?  
Strength, to stand beside you in Sunshine and in Rain,  
Compassion, to make you feel better when you are down and in pain.  
Wisdom, to know just what to say when you are feeling low,  
And Love, to hold you by the hand when no-one else will do.  
You ask how long will I be your Carer,  
Well, Sue, here's the thing,  
Caring keeps on unfolding,  
Unlike that Piece of String!*

## Creative Corner

Carers in Chester enjoyed creating these eye catching collages from magazines and photographs.



**This newssheet is produced by Cheshire and Warrington Carers Trust, the Lead Provider of the Better Together for Carers and Older People Service**

## Photographs from Our Events



L to R: Walking at Manley Mere, Crafts at Chester Support Group, Printing Bags, Valentines Crafts.



**9th - 15th June 2025**

This year the theme of Carers Week is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

We will be marking Carers Week by hosting a special event celebrating carers at Chester Zoo on Wednesday 11th June.

If you would like to register your interest to attend this event please phone us on **0300 102 0008** or email **bettertogether@cheshireandwarringtoncarers.org**

Carers Week is an opportunity to raise the profile of carers nationally, and to celebrate the contribution carers make in our communities.

Our other Carers Week events are below, please get in touch if you would like to attend any:

**Tuesday 10th June** Fountains Medical Centre (Chester) Meet & Greet Drop In at 10am - 12pm

Bluecoat Building Chester LUSH Pamper Session - 10am - 12pm

Winsford Supper Club at Bombay Lounge - Winsford carers only - 6pm

**Wednesday 11th June** Carer Meet & Greet Drop in with OPAL at Malpas Surgery - 10am - 2pm

Male Carers Group at Toby Carvery, Hoole Chester - 6pm

**Thursday 12th June** Winsford Writers Workshop - Led by Sean Body

**Saturday 14th June** Chester Wesley Centre carers activity - 10am

## OPAL

OPAL, Older People Active Lives, is a charity that provides accessible, enjoyable and enabling activities for older people in rural West Cheshire, in order to reduce isolation and loneliness. We do this by providing day clubs, activity opportunities, hobby & interest groups, companionship, telephone befriending, social events for carers and the cared for, information technology support to communicate and stay safe online, and services at home for those with limited mobility.

We are proud to be part of Better Together enabling OPAL, Carer's Trust and Snow Angels to provide a joined up service and refer residents to relevant services across the partnership.



Older People Active Lives

## Carer Breaks

Please see below the dates for our upcoming Carer Breaks, please phone 0300 102 0008 for more information about any of these or to book to attend.

### April 2025

**Saturday 5th** – 10am – Easter Cake Decorating – Northwich Office

**Tuesday 8th** – 6pm – Winsford Supper Club – Brighton Belle – Winsford carers only

**Thursday 10th** – 11am – Writers Workshop – Winsford Library – All welcome including the person you care for, and other family members. Led by Sean Body, a poet and short story writer.

**Tuesday 15th** – 12pm – Northwich Family Easter Picnic – Vickersway Park – Everyone welcome, booking is essential.

**Wednesday 16th** – 6pm Chester Male Carers Meal – Toby Carvery, Hoole

**Thursday 17th** – 9:30am-2:30pm approx. Ellesmere Port – Backford Canal Trip – Limited places, priority given to Carers who haven't been on a break, your place will be confirmed by email.

**Tuesday 22nd** – 11:30am – Wishing Well Cafe Afternoon Tea – Meet at our Northwich Office

**Thursday 24th** – 11am start, from 10:30am arrival – Storyhouse Cinema, Chester – The person you care for is welcome & complimentary hot drink provided.

### May 2025

**Thursday 1st** – 10:30am – Manley Mere Swim or Walk – Enjoy either a cold-water swim or a stroll around the lake followed by a picnic!

**Tuesday 6th** – 11.30am – Willow Weaving Swallows – Northwich – Come along to try a new skill.

**Thursday 8th** – 11am – Art in the Park – Chester Grosvenor Park

**Sat 10th & Sun 11th** – Storyhouse Women's Weekend – Register your interest now!

**Thursday 27th** – 11am start – Storyhouse Cinema, Chester – The person you care for is welcome

**Wednesday 14th** – 6pm Chester Male Carers Meal – Toby Carvery, Hoole

### June 2025

**Thursday 5th** – TBC – Cheshire Alpaca Visit – Come along to cuddle an Alpaca or two!

**See the Carers Week article for more June events**

**Wednesday 11th** – 6pm Chester Male Carers Meal – Toby Carvery, Hoole

**Thursday 27th** – 11am start, from 10:30am arrival – Storyhouse Cinema, Chester – Person you care for is welcome & complimentary hot drink provided.

*Breaks for carers are also available from **ChAPS, Cheshire Young Carers, Wilderness Tribe, Neuromuscular Centre, Hospice of the Good Shepherd, Neuro Therapy Centre and Maggie's**  
Contact and referral details for these organisations can be found on our website.*

## Training

It is important for carers to be informed about topics that may be useful in their caring role. Please see the list of our upcoming training sessions below and contact us if you are interested in attending any. More details about each session will be included in our fortnightly email updates.

09/04	10:00 - 12:00	Co-Op Estate Planning Talk	Northwich Office
22/04	10:00 - 12:00	Co-Op Estate Planning Talk	Handbridge Centre, Chester
07/05	10:00 - 12:00	Citizens Advice Energy Saving Talk	Northwich Office
13/05	13:00 - 15:00	West Cheshire Credit Union Talk	Handbridge Centre, Chester
14/05	10:00 - 12:00	West Cheshire Credit Union Talk	Northwich Office
24/06	13:00 - 15:00	Citizens Advice Energy Saving Talk	Handbridge Centre, Chester
26/06	13:30 - 15:30	Basic First Aid Course	Handbridge Centre, Chester

## Support Groups



Groups are a great chance for you to meet people of all ages who are in a similar situation. You can chat to fellow carers and get advice from them and our staff. Having someone to talk to and making new contacts can make a huge difference. You will have the opportunity to share information, motivate each other and inspire one another to cope and manage your caring roles.

**Booking is essential for all of our groups, call the Contact Line to book.  
All groups correct at time of printing but may be subject to change.**

	Date	Time	Group	Where
April	02/04	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	08/04	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	08/04	13:00 - 15:00	Neston Support Group - Easter Crafts	Neston Youth & Community Centre
	14/04	11:00 - 13:00	Ellesmere Port Support Group	Theatre Porto
	23/04	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	23/04	10:00 - 12:00	Parent Carer Meet Up	Chester Zoo - Elephants & Cafe
	23/04	11:00 - 13:00	Chester Support Group	The Wesley Centre, CH1 1DA
	24/04	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
May	30/04	18:00 - 20:00	Chester Working Carers Group	Toby Carvery, Hoole
	07/05	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	12/05	11:00 - 13:00	Chester Walking Group	Port Sunlight River Park
	13/05	11:00 - 13:00	Frodsham Support Group	Frodsham Community Centre
	13/05	13:00 - 15:00	Neston Support Group	Neston Youth & Community Centre
	19/05	11:00 - 13:00	Ellesmere Port Support Group	Theatre Porto
	21/05	10:00 - 12:00	Parent Carer Meet Up	Ellesmere Port/Chester Area
	22/05	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road
	28/05	11:00 - 13:00	Chester Support Group	The Wesley Centre, CH1 1DA
	28/05	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
June	29/05	18:00 - 20:00	Northwich Working Carers Group	The White Barn, Cuddington
	02/06	11:00 - 13:00	Chester Walking Group	Christleton Canal
	04/06	13:00 - 14:30	Winsford Support Group	Kennedy Room, New Images Youth Centre
	10/06	11:00 - 13:00	Frodsham Group - Flower Arranging	Frodsham Community Centre
	10/06	13:00 - 15:00	Neston Support Group - Crafts	Neston Youth & Community Centre
	16/06	11:00 - 13:00	Ellesmere Port Support Group	Theatre Porto
	19/06	09:30 - 14:30	Parent Carer Canal Trip	Christleton
	19/06	18:00 - 20:00	Chester Working Carers Group	Toby Carvery, Hoole
	25/06	11:00 - 13:00	Chester Support Group	The Wesley Centre, CH1 1DA
	26/06	12:00 - 14:00	Male Carers Group Winsford/Northwich	Brighton Belle, Winsford
	26/06	10:30 - 12:30	Northwich Carer Support Group	Northwich Office, London Road



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