

For Children with Disabilities

Newsletter w/c 19th December 2022

This newsletter contains events and updates from various services around Halton, as well as other general information which you may find useful. You can find out more information on the [Halton Local Offer page online](#) or contact the [Short Breaks Service for Children with Disabilities](#) team too.

Christmas Holiday activities

With Christmas now upon us there are lots of activities planned for the holidays across the borough for school aged children from Reception to Year 11, who receive benefits related to free school meals. There are also a **number of places available to other vulnerable groups of children and young people, such as SEND, Young Carers, and NEET.** [Click here to view the locations](#) and you can [click here to view the full list](#).

Christmas Sports Camp at Widnes Vikings



S – SEND Friendly: venue or event where providers have general SEND awareness and small adjustments can be made.



WIDNES VIKINGS
**CHRISTMAS
SPORTS CAMP**

THURSDAY 22ND DEC	FRIDAY 23RD DEC
YEAR 1 & 2 8.30AM - 12PM	YEAR 3 & 4 8.30AM - 12PM
YEAR 5 & 6 12.30PM - 3PM	YEAR 7 TO 11 12.30PM - 3PM

FREE FOOD PROVIDED

SECURE YOUR PLACE ONLINE
[WIDNESVIKINGS.CO.UK/TICKETS](https://www.widnesvikings.co.uk/tickets)

There are still some **free places, including free food** on the Widnes Vikings Christmas Sports Camps. On Thursday 22nd December years 1 & 2 have their session 8.30am-12pm, and years 5 & 6 is running 12.30pm-3pm. On Friday 23rd December it's years 3 & 4 in the morning and years 7 to 11 in the afternoon. [Click here to book you place online on the Widnes Vikings website.](#)

Vibe Christmas activities in Runcorn – 22nd and 23rd December



HAF Christmas Programme

 Runcorn Ski Centre
Town Park

 22nd December 2022

 1-5pm

 Free taster ski session on the slopes *
Facepainting
Festive arts and crafts
Marshmallow s'mores on campfire

 Festive food, dessert and hot chocolate provided

*Under 16's need a parent to sign a waiver to partake in activity

For young people age 8-16 who are eligible for Free School Meals and other vulnerable groups of young people.

SEND Key
S F

 Department for Education

 **REGISTER HERE**



Join the team at Vibe on **Thursday 22nd December between 1pm and 5pm** at Runcorn Ski Centre Town Park for an afternoon of skiing, face painting, festive arts and crafts, and even marshmallow s'mores on the campfire! Scan the QR code above or [click here to register](#).



HAF Christmas Programme



Windmill Hill Westwood/
Southwood



23rd December 2022



1-5pm



Crazy Golf
Festive arts and crafts
Marshmallow s'mores on campfire
Facepainting



Festive food, dessert and hot
chocolate provided

For young people age 8-16 who are eligible for Free School Meals and other vulnerable groups of young people.

SEND Key

S

F



Department
for Education

REGISTER HERE



Join the team at Vibe on **Friday 23rd December between 1pm and 5pm** at Windmill Hill Runcorn for an afternoon of crazy golf, face painting, festive arts and crafts, and even marshmallow s'mores on the campfire! Scan the QR code above or [click here to register](#).

Don't forget there are other Vibe activities running over the Christmas holidays – [click here for more details](#).

**Christmas Soccer Camp at Brookvale
Recreation Centre**



**CHRISTMAS
SOCCER
CAMP**

 **Thur 22nd & Fri 23rd
December 2022**
9AM - 3PM DAILY

 **Brookvale
Recreation Centre**
BARNFIELD AVE
RUNCORN WA7 6EP

**AVAILABLE FOR
YOUNG PEOPLE
AGED 4-17. SEND
ACCESSIBLE**

**PACKED
LUNCHES
PROVIDED**


Department
for Education

15 EXTRA FREE PLACES NOW AVAILABLE



To book your place David Todd
07712 637360
or email halton@activesoccer.co.uk

Please provide full name, age, post code and any additional information when booking.
Please ensure children bring relevant clothing, footwear and a drink with name clearly written on it.

Due to popular demand another 15 free places on the soccer camp at Brookvale Recreation Centre have been made available which also includes free food. To book your place call David Todd 07712 637360 or email halton@activesoccer.co.uk

Vibe Outdoors January activities –
Saturday 14th January

Bushcraft
Fire and cooking

Junior Club

vibe
outdoors

Saturday
14th January
9:30-12:30

@ Vibe
Outdoors!

Transport
Provided

Ages
8-11

FREE

LIMITED SPACES

Register now by clicking the
link or scanning the QR code:

BOOK
HERE



Collection Points:

Runcorn: Old Police Station, Mersey Road, WA7 1DF

Widnes: McDonalds, Moor Lane, WA8 7AP

Halton Council funded, monthly Outdoor
Activity focused Junior Youth Club (8-11) for
SEND young people in Halton



vibeuk.org



The Juniors session is 9.30am-12.30pm and the Seniors session is 1.30pm-4.30pm.
[Click here to book on the Juniors](#) session and **[click here to book on the Seniors](#)**.

Bushcraft

Fire and cooking

Senior Club
vibe
outdoors

Saturday
14th January
1:30-4:30pm
@ Vibe
Outdoors!

Transport
Provided

Ages
12-17

FREE

LIMITED SPACES

Register now by clicking the
link or scanning the QR code:

BOOK
HERE



Collection Points:

Runcom: Old Police Station, Mersey Road, WA7 1DF

Widnes: McDonalds, Moor Lane, WA8 7AP

Halton Council funded, monthly Outdoor
Activity focused Senior Youth Club (12-17) for
SEND young people in Halton



vibeuk.org



NHS health and wellbeing guidance this Christmas



Local NHS leaders are highlighting the self-care advice that's available to the public for dealing with every-day illness and injury, as services in every area continue to experience high levels of pressure. They are particularly concerned in the run up to the Christmas and New Year break about the increasing demand for 999, emergency department, GP and 111 services and want to ensure that people get the help they need from the right service. They are asking people to consider the following actions in the first instance:

- If you need advice for an everyday illness or injury, please either look at the self-care advice that's available on-line from the NHS at www.nhs.uk where there is an A-Z covering the majority of conditions; or contact your local pharmacy
- If you want to check your symptoms, there is an on-line symptom checker available at 111.nhs.uk, which will re-direct you to a health professional if you need to be seen by someone
- Alder Hey Children's Hospital NHS Trust has developed an on-line symptom checker for children [Alder Hey Symptom Checker :: Alder Hey Children's Hospital Trust](#)
- It's also a good idea to make sure that your medicine cabinet is stocked up with items that can help you to manage every day complaints, for example:
 - Ibuprofen and paracetamol for pain relief
 - Hydration salts for sickness and diarrhoea
 - Over the counter cough and cold remedies
 - Ice and heat packs for aches and pains (bag of frozen peas or a hot water bottle work just as well)
- Thermometer

Your symptoms should start to ease within 72 hours (3 days), but if they are persistent or start to get worse, contact your GP practice. It's important that urgent and emergency services are available for people who need them, so only call 999 if it's an emergency or life-threatening situation or go to 111 online at 111.nhs.uk for something that's urgent.

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.

Julie.Pennington@halton.gov.uk

Short Breaks Service for Children with Disabilities Halton Borough Council

Tel: 0151 511 6560

Email: AimingHigh.forDisabledChildren@halton.gov.uk