



Connecting people, places and services to support people to 'Live Well' in Warrington

Information and support for adults to support you to live well.

Find out more at livingwellwarrington.org

2025-26



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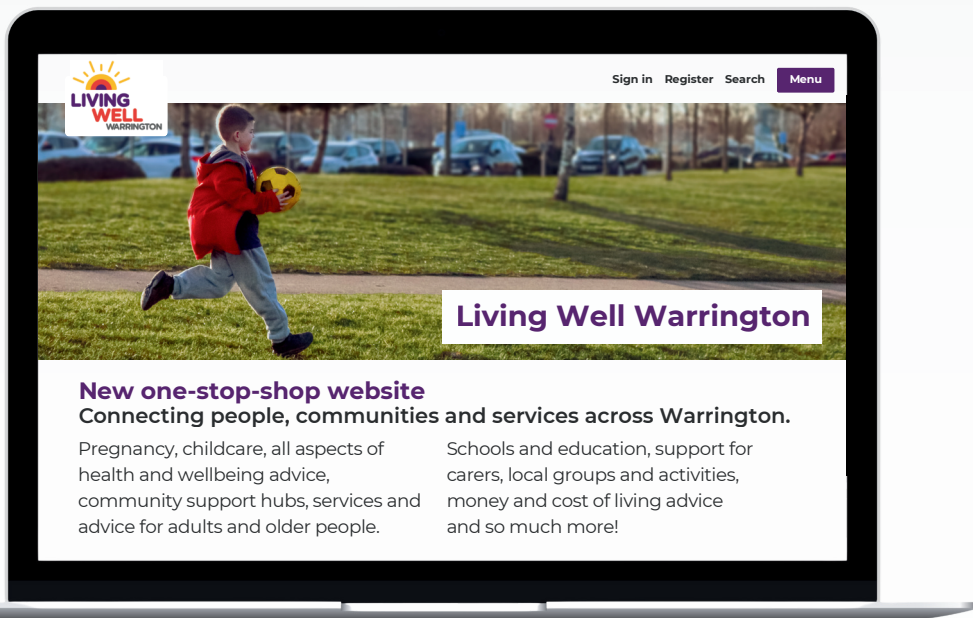
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If you would like to share feedback on this Living Well booklet or the services listed, visit [**warrington.gov.uk/speak-someone-about-our-services**](https://warrington.gov.uk/speak-someone-about-our-services)

Your feedback will help us improve our services and any communications in the future.



Health and wellbeing 'one-stop shop' website



Get advice and support with:

Health and wellbeing advice • carers support
pregnancy, childcare and early years support
advice and support for older people • local
organisations, events and activities



livingwellwarrington.org



The Living Well Hub

A welcoming and fully accessible facility for you to drop in and get advice and support.



Drop into the hub

To talk, get advice or information
Create a plan to improve your health and wellbeing
Access support that could help you



Opening hours

9am to 5pm weekdays (closed from 1pm on Thursdays)
Until 8pm on Mondays and Wednesdays (appointments only)

livingwellwarrington.org/the-living-well-hub

TALKING POINT

Hundreds of people are already benefiting from **FREE**, face-to-face support at their local Talking Point.

Don't miss out - get the help you need today!



Some of the ways we can help you



Carer support



Loneliness or social isolation



Housing and energy advice



Lifestyle support and community activities



Food / shopping support



Transport and travel



Employment and volunteering opportunities



Cost of living



Benefits support



Mobility and adaptations advice

No appointment needed

just drop in and make the most of your support

livingwellwarrington.org/talking-points

Connecting with others

To find out more about connecting with others, visit Living Well Warrington.



Warrington Voluntary Action

shares information about what is happening in your local community on their website.



 warringtonva.org.uk/community-activities

 **01925 246880**

 The Gateway, Sankey Street, WA1 1SR

Good Neighbours is a service provided by Warrington Voluntary Action to support people who are feeling lonely, have limited to no contact with others, or need help with the little things.



Good Neighbours

 warringtonva.org.uk/good-neighbours

 **01925 246 881**

Warrington Wellbeing can help with any non-medical issue to help you feel better both physically and mentally, such as support for people with dementia or long COVID.

 warringtonwellbeing@warrington.gov.uk

 **01925 248460**

Warrington Speak Up is an independent service that supports you to understand your rights, express your views and make informed decisions.

 **01925 246 888**

 info@advocacyhub.org.uk

 warringtonspeakup.org.uk

 The Gateway, Sankey Street, WA1 1SR



Carers support

To find out more about carers support, visit Living Well Warrington.



Warrington Carers Hub

provides carers of all ages with advice, information and guidance, and offers access to support services to help carers continue in their caring role for as long as they choose.



Warrington Carers Hub

Warrington Carers Hub host a number of events for carers, you can also drop in to one of their regular coffee and chat sessions.

 n-compass.org.uk/our-services/carers/warrington-carers-hub

 **0300 303 0623**

 The Gateway, Sankey Street, WA1 1SR

Warrington Parents and Carers (WarrPAC) is a warm and welcoming group of volunteers, each with lived experience of caring for a child or young person with disabilities and additional needs.

 warrpac.org

 **07376 722719**

Carers UK is a national service providing help and advice aimed at unpaid carers.

 carersuk.org

Carers assessments are provided by the council to help you find local services and support to enable you to look after yourself and the person you care for. There's also lots of local support on Living Well Warrington.

 livingwellwarrington.org/carer-support

 asc@warrington.gov.uk

 **01925 443 322**

Getting out and about and staying active

To find out more about independent living, visit Living Well Warrington



Concessionary bus passes are available for Warrington residents over state pension age. Apply for a free bus pass and travel any time for free.

 warrington.gov.uk/buspass

Touch & Go is the Warrington's Own Buses app - download from the app store to access real time bus information and plan your journey.



You can also request a printed timetable for your bus service by speaking with the team at the bus interchange.

 warringtonowns buses.co.uk/app

Blue Badges are available to support disabled people to maintain their independence, by helping them to park as close as possible to their destination.

 warrington.gov.uk/bluebadges

Dial-a-Ride provide a door-to-door accessible minibus transport service for people with registered disabilities/mobility difficulties.

 **01925 419 988**

Drive Ability is an NHS service to help those with a medical condition, disability or those who feel old age is affecting their ability to drive. They can provide advice to help you drive safely and support with maintaining or regaining independence as a driver or passenger.

Drive Ability North West

 **01942 483 713**

 bchft.driveability@nhs.net



LiveWire deliver a range of services to help promote a healthy lifestyle and increased participation in activities, while encouraging reading and learning with free access to books, IT suites, eBooks and the internet.



The LiveWire lifestyles team can help you to get back into exercise, keep active at home, and provide stop smoking services. The team also help residents who are at risk of frailty and falls, and residents with a cancer diagnosis. They offer a range of health walks with short walks taking place in nature.

Warrington Smokefree is a free LiveWire service offering group or one-to-one support. The service also offers adults who smoke the opportunity to take part in a national initiative called Swap to Stop, which supports you to swap cigarettes or a free vape kit and behavioural support for up to 12 weeks.

 livewirewarrington.co.uk

LifeTime provides many activities that can help you keep connected and improve balance and strength, to help avoid falls. It is free to join and sessions range from free to £6, depending on the activity.



 lifetimegateway.org.uk

 01925 246824

Living safe and well at home

Warrington Disability Partnership (WDP)

actively promote and can support you with:

- mobility and independent living information
- advice and guidance on peer support
- equipment
- personal assistance
- transport
- access
- Smart Flat – assistive technology showroom
- employment and education, training and a variety of other services



 **disabilitypartnership.org.uk**

 **01925 240064**

 Centre for Independent Living, Evelyn Street, WA5 1BA

AskSara provide clear, tailored advice written by experts to help with daily activities and staying independent in your home.

 **warringtonasksara.livingmadeeasy.org.uk**

Carecall is a 24-hour, 365 days a year alarm service, operated on behalf of the council. Carecall offers a range of equipment and services to support your safety and independence in your own home. The service provides portable alarms such as wrist pendants, which are linked to your home via your telephone line or Wi-Fi network.



 **warrington.gov.uk/carecall**

 **01925 458 000**

The **Urgent Community Response Service** supports people to remain at home, such as recovery after a fall, an accident or acute operation. The team help to reduce the risk of you being admitted to hospital or support you to return home more quickly after a hospital stay.

 warrington.gov.uk/ucr

 **01925 444 220**

Assisted Living is the council's occupational therapy service. They can provide a home assessment for individuals and carers with complex needs. Call the team to request an assessment.

 **01925 443 322**

Warrington Home Improvement Agency (WHiA) can support people

to remain independent within their own home. They can help with a

range of jobs, covering everything from changing a tap and home and garden maintenance, to building an extension, handyman jobs, and work on aids and adaptations.

WHiA lifetime
Warrington Home Improvement Agency

 wha.org.uk/whia

 **01925 246812**

 The Gateway, Sankey Street, WA1 1SR

Community Catalysts Warrington has an online directory called Small Good Stuff, which connects people who are seeking care and support at home with others who can help. Community Catalysts can also work with individuals who are looking to set up their own business to support others.

 communitycatalysts.co.uk/smallgoodstuff

Support with health conditions

Dementia can affect people's memory, thinking and reasoning. However, it is not an inevitable part of ageing and you can reduce your risk by keeping socially active, doing activities and cognitive stimulation exercises like puzzles, and adopting a healthier lifestyle.

 livingwellwarrington.org/living-well-with-dementia

 warrington.gov.uk/dementia

For help with managing medications you can speak with your local pharmacist for personalised support, or your GP can also arrange a medication review to ensure your medication is still right for you.

Vaccinations can help to protect you and those around you. You may also be eligible to get free vaccinations for flu, COVID-19 and the pneumococcal vaccination if you are over 65, have certain health conditions, or if you are a carer.

 nhs.uk/conditions/vaccinations

or contact your GP practice or local pharmacy

Healthwatch Warrington

is your local health and social care champion and allows you to share your experiences of using local support services such as GPs, hospitals, dentists, pharmacies and care homes.

 healthwatchwarrington.co.uk

 **01925 246893**

healthwatch

Specsavers home visits make it easier for those who cannot get to a store to access eyecare. They can also check if you qualify for a free NHS funded eye test.

 **01925 595993**

Specsavers

NHS health screening is offered to people to find out if they have a higher chance of having a health problem. This means early treatment can be provided or further information and advice can be given. Visit the NHS website or speak with your doctor or local pharmacy.



 nhs.uk/conditions/nhs-screening

St Rocco's Hospice supports those diagnosed with a life limiting illness to live well. They provide support to help if you or if someone you love has been diagnosed with a life limiting illness of any kind.



 **01925 575780**

 enquires@stroccos.org.uk

Drug and alcohol support for people over the age of 18 can be accessed by Change Grow Live (also known locally as Pathways to Recovery). The team will work with you to help you to regain control of your life, tackle your problems and reach your goals, no matter how long it takes.

 **01925 415 176 / 07919 558 644**

 warringtonsms@cgl.org.uk

 14-16 Bold Street, Warrington WA1 1DL

Money advice, housing and life changes

To find out more about money and housing support, visit Living Well Warrington.



Warrington Citizens Advice provide advice and practical help across a range of subjects. They offer free confidential advice online, over the phone, or in person.



✉ admin@warrington.cabnet.org.uk

☎ 0808 278 7993

The Housing Advice Centre provides support and advice services to anyone who is threatened with or immediately facing homelessness, including owner occupiers, tenants (private and social landlords), and anyone in danger of losing their home.

📞 warrington.gov.uk/homelessness

✉ housingadvice@warrington.gov.uk

The Household Support Fund is available for 2025/26 to support people who receive certain benefits. If you applied in previous years, you will not need to reapply again and you will be automatically included.

warrington.gov.uk/hsf



the GATEWAY is based on Sankey Street in the town centre (opposite the Golden Gates). It is home to a number of the voluntary and statutory services that you will find in this booklet. Services include Citizen's Advice, Warrington Carers Hub, Warrington Improvement Agency, Warrington Speak Up and Warrington Voluntary Action.

thegateway.org.uk



Pension credit is one benefit you may be entitled to if you're over State Pension age and have a low income. You may also be eligible for other benefits if you're facing financial difficulties.

 warrington.gov.uk/review-your-benefits

Help and support with energy costs:

Warrington Disability Partnership's Energy Saving Support Service is a free service to help you look at where you can save money within your home with your energy bills. It can help you find additional financial support, as well as provide tips to save energy and money.

 **01925 240 064**

The Hardship Hub is a website with information on the support services offered by a wide range of organisations. You can access a range of support such as finding the location of a local foodbank to help feed your family, or simply to find someone with a friendly ear that you can talk to.

 hardshiphub.co.uk





Cost of living support

Food • Energy • Finances

**Individual and family support
is available**



warrington.gov.uk/costofliving

Local community food support

If you need help accessing food in Warrington, support is available. There is a range of affordable food spaces, including emergency food providers, community fridges, and community meals.

You can find more details, including locations and dates, on

warringtonva.org.uk/community-food



The Bread and Butter Thing Food club – access three bags of food for £8.50. Text name, postcode and venue to 07860 063304 to sign up as a member

- 📍 The Old School, WA1 3GF.
Mondays 1.30pm – 2pm
- 📍 Warrington Disability Partnership, WA5 1BA.
Tuesdays 1.30pm – 2pm
- 📍 Dallam Primary School, WA5 0JG.
Wednesday 2.30pm – 3pm
- 📍 The Table, Birchwood, WA3 6QG.
Thursdays 1pm – 1.30pm
- 📍 Westy Community Centre, WA4 1TA.
Fridays 1.30pm – 2pm

The Community Shop Social supermarket – discounted food, community kitchen, activities and support. You must be on a means tested benefit to register for the Community Shop.

- 📍 Bewsey Park, off Troutbeck Avenue, WA5 0BA
Monday – Friday 10am – 6pm
Saturdays 10am – 4pm

Warrington Community Grocery Food pantry – buy 12 items for £5 or 24 items for £10 (yearly membership costs £5).

📍 Life Church, Cotswold Road, Orford, WA2 9SE.

Monday – Thursday between 9.30am and 2pm

The Little Shop Affordable food space – most items cost 50p

📍 Fearnhead Community Centre, WA2 0HD

Tuesdays 10am – 12pm, Wednesdays 10am – 12pm,

Thursdays 1.30pm – 3.30pm

📍 Latchford Baptist Church, WA4 2RP

Tuesdays 5pm – 7pm, Thursdays 10:30am – 1pm

📍 Tanning Court, Unit 2, WA1 2HF

Mondays 11am – 1pm

The Vantry Pop-up affordable food space – most items cost 50p

📍 Lymm Sanctuary Hub, WA13 0QW

Mondays 2pm – 4pm

📍 Culcheth Community Centre, WA3 4EL

Tuesdays 1pm – 3pm

📍 St Mary Magdalene Church, Appleton Thorn, WA4 3AG

Fridays 1.30pm – 3.30pm

Warrington Foodbank is open Monday to Friday and can help if you're struggling to buy food. A referral is needed to access this service. If you are unsure where to go to get a referral, call the team on 01925 977 630.

📞 warrington.foodbank.org.uk

📍 The foodbank is located at Unit 2, Tanning Court (behind DFS on Riverside Retail Park, WA1 2HF).

Healthy food support

If you have a child under 4 and are on a means tested benefit, you may qualify for the Healthy Start Scheme which supports you money towards milk, fruit and veg for you and your child.

📞 warringtonva.org.uk/healthy-start-warrington

Mental health and wellbeing

To find out more about mental health support, visit Living Well Warrington.



**Need urgent help with your mental health?
Call the 24/7, all age urgent
mental health crisis line**

0800 051 1508

merseycare.nhs.uk/urgent-help

For free mental health support for all ages text 'Reach' to 85258. This is provided by Shout, who offer 24/7 crisis text support when you need immediate assistance.

Creative Remedies is a programme of arts activities that aims to support those who are socially isolated within our community, and to help those who are looking to make friends and gain confidence. They offer a range of activities in a relaxed and friendly environment to help people to learn new skills.

Residents aged 18 and over can also self-refer to the Positive Thoughts course, a six-week cognitive behavioural therapy course designed to help people manage their mood and improve everyday wellbeing. It's a good option for those who aren't currently accessing therapy or are waiting for further support.

☎ 01925 443 555

✉ creativeremedies@warrington.gov.uk



Happy? Ok? Sad?

We all deserve to enjoy life and feel well. Sometimes however we need information, advice or support to help us cope better with the bad times.

If you live or work in Warrington visit www.happyoksad.org.uk for links to mental health services and information on:

Where to get urgent help if you (or someone else) is unable to cope

How to get help and support through the online 'support directory'

Self-help ideas including how to boost your mood

Information on various areas, including self-harm, anxiety, bereavement, money/debt, and more.



The mental health website
for Warrington

www.happyoksad.org.uk

Community Centres

Find out what's happening in your local community centre on Living Well Warrington.



📍 throughout Warrington

Community Centres are a one stop shop for neighbourhood advice, information and support. From what's on in your local area to engaging with your local community, they are open and available to everyone, and offer flexible community spaces for a large range of activities such as exercise classes, digital skills sessions, energy efficiency advice, support groups, art and craft groups, and community education and training.

Our community centres are inclusive and dementia friendly and we encourage people with dementia to take part in everyday activities, enabling them to find their way around in a safe environment.

Why not try our Wellbeing Community Cafes at Orford Community Centre (Monday to Friday from 9am - 1pm) and Fearnhead Community Centre (Monday to Wednesday from 9am - 1pm) for a lovely affordable bite to eat?

Bereavement support:

Warrington Bereavement Support volunteers are trained to support you through the grieving process. They are ordinary people who will listen to you and understand your feelings.

☎ **01925 631 516**

St Rocco's Hospice Bereavement Cafés have been set up in the town to support anyone who is grieving the loss of a loved one.

☎ **01925 575 780**

✉ **enquiries@stroccos.org.uk**

📍 Bank Park Café (next to Warrington Town Hall)
Alexandra Park Café, WA4 2UT



Help with anything else?

Did you find what you're looking for?

The Living Well Warrington website has more information to help you to live well and connect you to local people and services.

If you need more help or advice, or perhaps you want to speak to someone, you can pop into your local Talking Point. Find out more about Talking Point on page 5.

Alternatively, you can contact the council's **One Front Door** team, they will focus on what you can do, rather than what you can't. The team will also discuss the support you have around you, as well as any difficulties you may be having.

If you believe someone is at immediate risk of harm, call 999.

If you think a crime has been committed, call the police on **101**.

Are you concerned about someone's safety or welfare?

If you're worried that an adult is being abused, exploited, or neglected – or is at risk of this happening – you must report it.

Contact the adult social care One Front Door team



01925 443 322

01925 444 400 (outside of office hours)

Notes

Make a note of anything important to you that you might want to remember.



WARRINGTON
Borough Council